Youth Mental Wellness Through and Past COVID-19: Tackling Stress, Burn-out, and Communication Challenges June 18, 2020 at 3:30 – 5:00 pm

Youth Steering Committee Members

Thank you to 17 members of the Youth Steering Committee for planning and organizing the 6/18 Youth Convening event.

Abigail Milne, she/her – Woodside Priory High School junior; TLAB
Angel Nowsu, she/her – Gunn High School second-year; TLAB
Anya Lassila, she/her
Christina Chen, she/her – PAUSD alum; UC Berkeley-UCSF MS/MD graduate student
Erica Cardozo, she/her – Archbishop Mitty High School senior; Mental health advocate
Grace Williams, she/her – Rhodes College 2nd year undergrad; past ROCK Leader
Gwyn Wong, she/her
Hanna Suh, she/her – Gunn High School alum; Project Oyster
Hannah Zhang, she/her – Gunn High School junior; YCS-YCI
Helena Cirne, she/her – Columbia University 2nd year undergrad; past ROCK Leader
Kate Williams, she/her – Gunn High School senior; Wellness Commissioner & Current ROCK President
Kelly Yu, she/her
Langston Wu, he/him – Gunn High School junior; TLAB
Phoebe Kim, she/her – Palo Alto High School junior; BC2M and YCS-YCI
Meghna Singh, she/her – University of Michigan 2nd year undergrad; past ROCK Leader
Shannon Yang, she/her – University of Oxford 2nd year undergrad
Vardaan Shah, he/him – Gunn High School alum; Project Oyster
With guidance from our supportive partners and PSN Leadership.

Jimmy Nguyen, he/him – YCS-Youth Connectedness Initiative Youth Program Coordinator

Molly Wallner, she/her – Teen Librarian, City of Palo Alto Library and Mental Health booklist suggestions

PSN Leadership

Paco Lopez, he/him – High School Pastor, Peninsula Bible Church

Jasmine Lopez, she/her – Coordinator, Santa Clara County Suicide Prevention Program

Lisa Miller, she/her – Program Manager, Counseling and Support Services for Youth

Mary Gloner, she/her – Executive Director, Project Safety Net

Organizations mentioned:

City of Palo Alto Library’s Teen Library Advisory Board (TLAB)
Bring Change to Mind (BC2M) – Palo Alto High School, Palo Alto
Project Oyster
Reach Out, Care, Know (ROCK) – Gunn High School, Palo Alto
Youth Community Service – Youth Connectedness Initiative (YCS-YCI)