



"Project Safety Net mobilizes community support and resources in Palo Alto for youth suicide prevention and mental wellness. We are a coalition working on community education, outreach, and training; access to quality youth mental health services; and policy advocacy."

Building a Resilient Community with Our Youth: Self-Care for the Supporters

September 22, 2021, 3:30 – 5:00 p.m.

Join: <https://us06web.zoom.us/j/83818077836?pwd=OUluTFdvNVR2eHFPY25DbitwaTVMUT09>

Meeting ID: 838 1807 7836 Passcode: selfcare

Please note that this event will be recorded.

By the end of the forum, participants will:

- Gain insight to others' perspectives and experiences with self-care
- Identify what's in a self-care plan
- Identify three local mental health and suicide prevention resources

3:30 p.m.	Welcome All participants: please introduce yourself by typing into the chat box <ul style="list-style-type: none">• Your name/pronouns and affiliation• Something you are looking forward to	Peying Lee (she/her) Project Safety Net Program Coordinator
3:35 p.m.	Grounding Exercises	Susan Ramsundarsingh, PhD Sky Schools National Director of Research
3:45 p.m.	Community Perspectives on Self-Care for the Supporters Lucia Ramirez, AMFT (she/her) Acknowledge Alliance Collaborative Counseling Program Psychotherapist at Sequoia High School, Redwood City Martha Zambrano, LMFT (she/her) La Selva Community Clinic Program Manager Susan Ramsundarsingh, PhD (she/her) Sky Schools National Director of Research Q&A All participants: please feel free to type a question in the chat box earlier or raise a virtual hand during the Q&A session.	Moderated by Peying
4:30	Connect over Self-Care Participants will share in break-out rooms.	Peying
4:50	Resources, Closing, and Thank You!	
Happy September Suicide Prevention Awareness Month! <ul style="list-style-type: none">• We challenge you to take one action to promote youth suicide prevention and mental wellness! https://www.psn youth.org/• Get involved and share Community Activities and Youth Activities• Follow @psnyouth on Facebook and Twitter, and @psn_youth on Instagram• Upcoming activities and events<ul style="list-style-type: none">○ 9/24/21 The Power of Community: Shaping Youth Mental Health and Suicide Prevention Policies○ Sign up for free online suicide prevention training: https://tinyurl.com/psnLWStraining		



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Meet Our Panelists

Martha Zambrano, LMFT (she/her/hers) is the program manager of [La Selva Community Clinic](#), a service of the La Selva Group and [Momentum for Health](#). She is a bilingual clinician working with both mono-lingual clients and clients participating in our outpatient program at La Selva. Using a blend of mindfulness and cognitive behavioral therapy, Martha provides short term psychotherapy as well as case management services. Martha is passionate about community work and has worked in various settings including working with at-risk juvenile offenders, survivors of domestic violence and child protective services. Her interests include working with young adults, incarcerated/at-risk populations, and family therapy.

Lucia Ramirez, AMFT (she/her/hers) is a registered Associate Marriage and Family Therapist at [Acknowledge Alliance's](#) Collaborative Counseling Program and works with students at Sequoia High School, Redwood City. She grew up in the San Francisco Bay Area and has worked with high school students for over 4 years. She earned a B.A. in Psychology from S.F. State University and an M.A. in Counseling Psychology from Golden Gate University, San Francisco. She has volunteered for Community Overcoming Relationship Abuse (CORA) and Rape Trauma Services (RTS) for over 10 years combined. Lucia is fluent in Spanish and has worked with many students that only speak Spanish. Her passion is working with this population and helping students heal from past trauma.

Susan Ramsundarsingh, PhD (she/her/hers) is a social worker and researcher. Her expertise is in community building approaches to poverty reduction, youth empowerment, and disaster relief. She recently completed a PhD in social work and has 20 years of experience working with youth in Canada, United States, and India. She is currently the National Director of Research for [SKY schools](#). She infuses breathwork and mind management into all of her work supporting youth to be their best selves.