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

September 22, 2021

Project Safety Net
Project Safety Net Mission

Project Safety Net (PSN) 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.

Our work is:

- Facilitated by ongoing collaboration, coordination, and communications;
- Enhanced by evaluation & shared measurement; and
- Built on a backbone of sustainability for collective impact.
Welcome!

Please introduce yourself in the chat box:
• Name/pronouns
• Affiliation, or the community that you live or work in!
• What is something you are looking forward to?
Project Safety Net
September Suicide
Prevention Awareness Month

A BIG THANK YOU TO OUR SPONSOR:

CITY OF PALO ALTO

Project Safety Net mobilizes community support & resources for youth suicide prevention and mental wellness. We envision a community where youth and young adults feel safe, supported, and accepted.

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We thank you for your commitment to PSN's mission and vision.

Website: psnyouth.org
Facebook: @psnyouth
Donation page: bit.ly/donatePSN
Housekeeping

• Mute your mics
• Meeting will be recorded and shared
• Use the chat box for questions and comments
• There will be time to discuss and share. We encourage you to have your videos on then!
<table>
<thead>
<tr>
<th>Time</th>
<th>Agenda Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>3:30 PM</td>
<td>Welcome and Agenda Review</td>
</tr>
<tr>
<td>3:35 PM</td>
<td>Breathing Awareness Exercise</td>
</tr>
<tr>
<td>3:45 PM</td>
<td>Community Perspectives on Self-Care for the Supporters</td>
</tr>
<tr>
<td>4:30 PM</td>
<td>Connecting Over Self-Care</td>
</tr>
<tr>
<td>4:50 PM</td>
<td>Resources, Closing, and Thank You</td>
</tr>
</tbody>
</table>
Breathing Awareness Exercise
Community Perspectives on Self-Care for the Supporters

❖ Lucia Ramirez, AMFT (she/her)

*ACKNOWLEDGE ALLIANCE COLLABORATIVE COUNSELING PROGRAM PSYCHOOTHERAPIST 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*
Connect over Self-Care
Self-Care in Our Toolkit

The Imperative of Compassionate Self-Care

“The more you can develop the internal ability to be a calm, compassionate presence toward yourself, the more you can bring that presence to everyone you serve.”

(Emotional Intelligence, Dr. Daniel Goleman)

heardalliance.org/help-toolkit/
What’s in a Self-Care Plan?

When creating your self-care plan, it’s important to consider the following questions:

1. What will I do for self-care?
2. Whom can I call at any time?
3. Whom can I reach out to if I need more help?

https://www.mentalhealthfirstaid.org/
Resources

Crisis Text Line: Text “BAY” or “RENEW” to 741741
Santa Clara County Suicide and Crisis Hotline: 1-855-278-4204
San Mateo County Crisis Hotline: 650-579-0350
National Suicide Prevention Lifeline: 1-800-273-8255
Trevor Lifeline (LGBTQIA+ Youth): 1-866-488-7386

Emergencies:
Call or Text 911 and ask for
Crisis Intervention Trained (CIT) officer

Mental Health & COVID-19
• Mental Health & COVID-19 Resources

Crisis Hotlines
• County of Santa Clara Suicide Prevention & Crisis
• County of Santa Clara Mental Health Call Center
• Crisis Text Line
• National Suicide Prevention Lifeline
• The Trevor Project (LGBTQIA+ Youth)
• UpLift Family Services Continuum of Crisis Care

Local Counseling and Support Groups
• Adolescent Counseling Services (ACS)
• allcove
• Asian American Community for Community Involvement (AACI)
• ASPIRE at El Camino Hospital
• Bay Area Children’s Association (BACA)
• Counseling and Support Services for Youth (CASSY)
• Children’s Health Council
• Family & Children Services of Silicon Valley
• Kara Grief Support
• La Clinica Latina at the Granowski Center (Palo Alto University)
• La Selva Community Clinic
• Momentum for Health
• National Alliance on Mental Illness (NAM) – Santa Clara County
• Outlet (A Program of ACS, LGBTQIA+ Support)
• Parents of Vision – A Faith Based Support Group
• SELPâ€™s CAC (Special Needs Support and Education)
• The LGBT Youth Space
• The Q Corner

Parent and Youth Education Resources

www.psnyouth.org/resources/
Connect over Self-Care in Break-out Rooms

PAIRS → SMALL GROUPS (3-4) → MAIN SESSION

1. Break out into pairs! (3 mins)
   • Introduce yourself
   • Give an example of one of your self-care practices during the pandemic
   • How to integrate self-care into our daily lives?

2. Come back into the main room.
   Break out into small groups of 3-4 individuals! (5 mins)
   • Introduce yourselves
   • How to share importance of self-care in our lives, work, to young people? Any ideas?

3. Come back into the main room.
   Peying will ask for 2-3 volunteers to share highlights and reflections of the breakout rooms and event!
Help shape future programs!

Please complete the survey.

tinyurl.com/psnEvalSelfCare
Connect with us!

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Facebook:  @psnyouth
Project Safety Net Vision

Young people are empowered, in partnership with the whole community, to advocate for themselves and their peers. Youth suicide is ended. Stigma is non-existent, and high-quality mental health services are culturally-relevant, accessible, and well-utilized. We envision a community where youth and young adults feel safe, supported, and accepted.
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