

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.

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



Website: psnyouth.org

Facebook: [@psnyouth](https://www.facebook.com/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!



Meeting Agenda

- 3:30 PM** Welcome and Agenda Review
- 3:35 PM** Breathing Awareness Exercise
- 3:45 PM** Community Perspectives on Self-Care for the Supporters
- 4:30 PM** Connecting Over Self-Care
- 4:50 PM** Resources, Closing, and Thank You



Breathing Awareness Exercise



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)

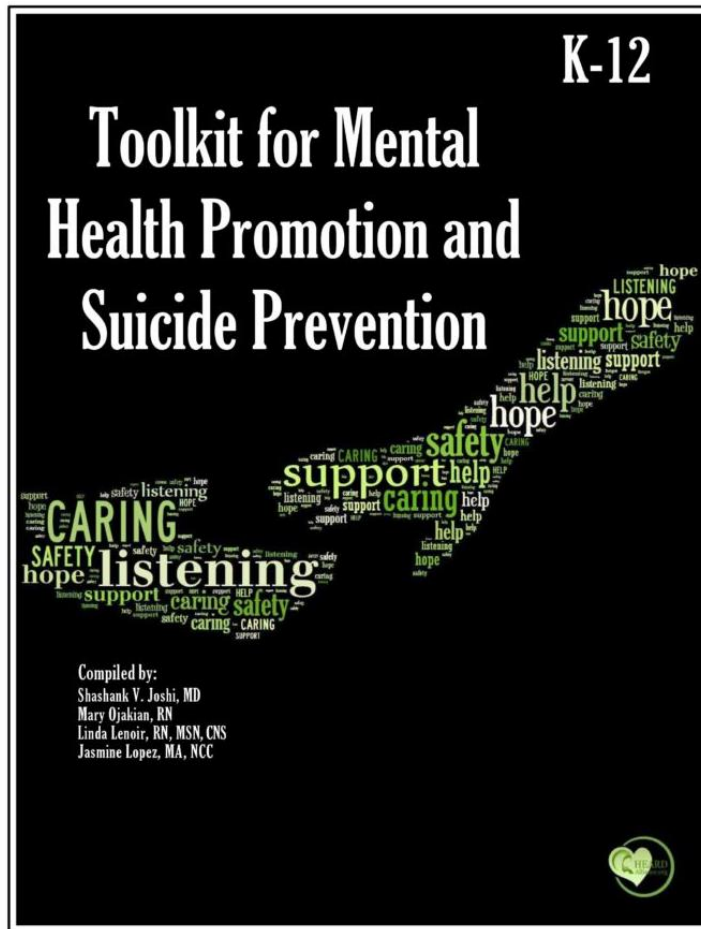
La Selva Community Clinic Program Manager

❖ Susan Ramsundarsingh, PhD (she/her)

Sky Schools National Director of Research



Self-Care in Our Toolkit



The Imperative of Compassionate Self-Care

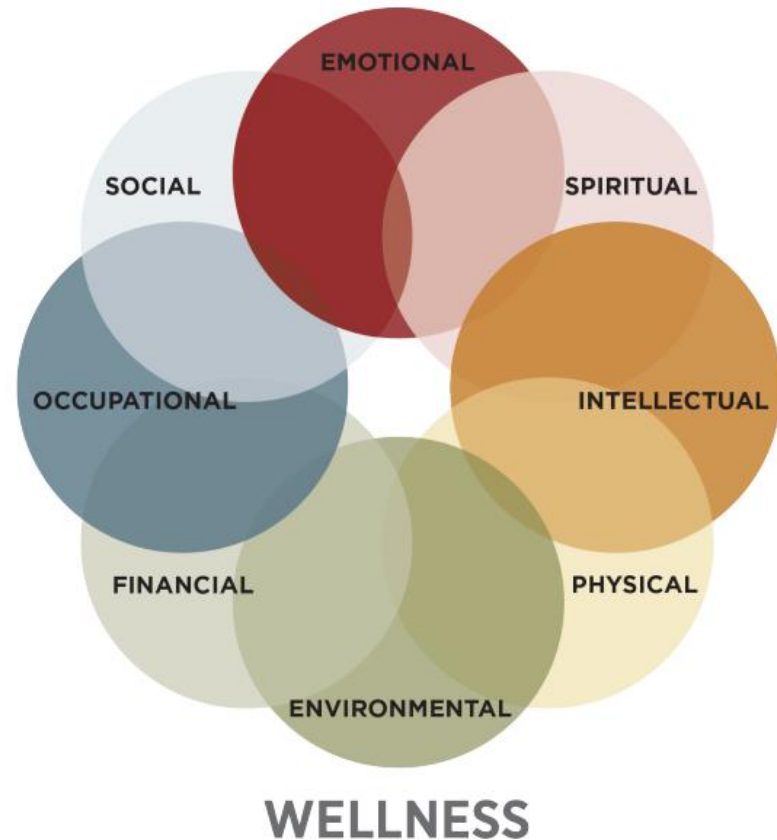
“The more you can develop the internal ability to be a calm, compassionate presence toward yourself, the more you can bring that presence to everyone you serve.”

(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 Clínica Latina at the Granowski Center (Palo Alto University)
- La Selva Community Clinic
- Momentum for Health
- National Alliance on Mental Illness (NAMI) – Santa Clara County
- Outlet (A Program of ACS, LGBTQIA+ Support)
- Parents of Vision – A Faith Based Support Group
- SELPA 1 CAC (Special Needs Support and Education)
- The LGBT Youth Space
- The Q Corner

Parent and Youth Education Resources



www.psnnyouth.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.

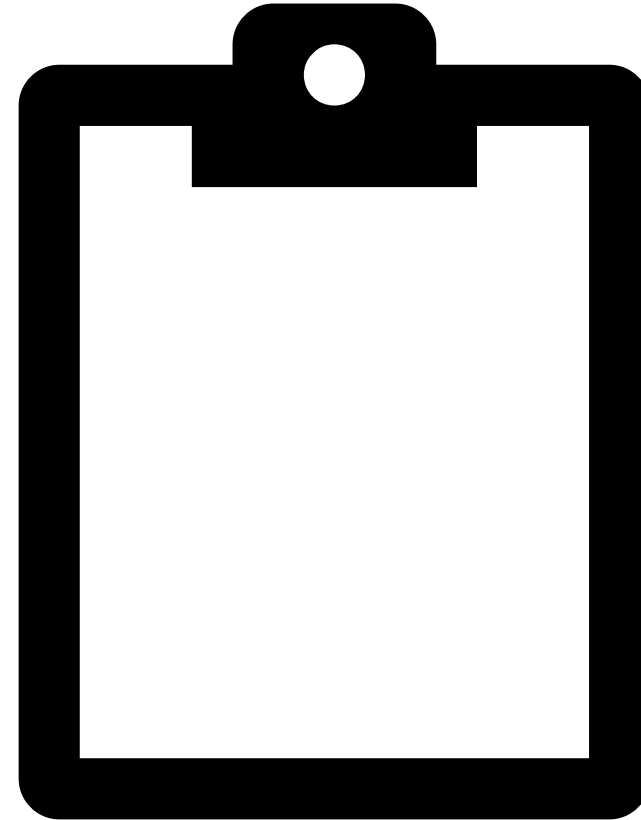
Peying will ask for 2-3 volunteers to share highlights and reflections of the breakout rooms and event!



Help shape future programs!

Please complete the survey.

tinyurl.com/psnEvalSelfCare



Connect with us!

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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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