



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.

**Community of Care:
Supporting Youth**

April 27, 2022, 3:30 – 5:00 pm

Join: <https://us06web.zoom.us/j/83059819484>

Meeting ID: 830 5981 9484 **Dial in:** +1 669 900 9128 US (San Jose)

At all PSN community meetings, we encourage people to connect, share information, and build skills.

At the end of this community meeting, participants will

- Learn about the allcove model, services for youth 12-25, and peer support specialists
- Identify two activities, programs, and resources to share with own network
- Help develop key messaging to promote youth mental health and suicide prevention during May Mental Health Matters Month 2022

<p>3:30 pm</p>	<p>Welcome and Opening Remarks All participants: please introduce yourself in the chat box</p> <ul style="list-style-type: none"> • Your name, pronouns, affiliation • If you were given a bonus Saturday starting tomorrow, how would you spend it? • Any announcements <p>Thanks YCS Youth Connect for the check-in question! For announcements, Peying will prompt people to share more during community announcements.</p>	<p>Peying Lee she/her <i>PSN Program Coordinator</i></p>
<p>3:35 pm</p>	<p>allcove-in-action</p> <p>Q&A</p>	<p>Maryna Pim, LCSW she/her <i>allcove clinician/ mental health professional</i></p> <p>Gavi Bucio <i>allcove peer support specialist</i></p> <p>Faith Bacani <i>allcove peer support specialist</i></p>
<p>4:35 pm</p>	<p>Amplify May Mental Health Matters Month: Encourage Self-Care and Compassion</p> <ul style="list-style-type: none"> • Break-out rooms and community discussion • Community announcements 	<p>Peying Lee</p>
<p>4:55 pm</p>	<p>Closing and Thank You PSN's next community convening: May Mental Health Matters Month Community Forum! To be arranged in the last week of May!</p>	<p>Peying Lee</p>

Take care and reach out. Find and share resources: <https://psnyouth.org/resources/>
 Access PSN community meeting materials: <https://www.psn youth.org/community-meetings/>
 Follow @psnyouth on [Facebook](#) and [Twitter](#), and @psn_youth on [Instagram](#)



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Draft!

Notes from 4-27-22 PSN Community Meeting

Break-out Rooms and Community Discussion

PSN's Community Outreach, Training, Education (COTE) Collaborative Action Team recommends key messages to promote during May Mental Health Matters Month 2022 to include:

- Elevate the importance of checking in on your own mental health and wellbeing
- Acknowledge feelings of burn-out, stress, and pressure to move forward and always be on
- Encourage slowing down and “being” instead of being action-oriented
- Name that you don't always have to be productive
- Extend compassion to yourself and practice self-care

1. What key messages would you recommend that PSN and the community share throughout May Mental Health Matters Month 2022?

PSN's COTE CAT also came up with some questions for young people and community to ask for a self-check-in and mental health reflection!

- **Youth:** If you were given a bonus Saturday starting tomorrow, how would you spend it?
- **Adults:** What is one of your daily self-care practices? If there's something in the way of doing self-care, what needs to happen for you to practice self-care?

2. What is a question youth and community member can ask themselves for a self-check-in and mental health reflection?



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List of Community Announcements (DRAFT)

What are you planning to do to celebrate May Mental Health Matters Month 2022?

Time	Description	Hosts and partners
All month	Innovation Tournament Community generated ideas and strategies for youth mental health promotion and suicide prevention in Santa Clara County. In this next survey, you can rate the importance of these ideas! \$10 gift card for participation.	Palo Alto University and Project Safety Net
All month	San Mateo County May Mental Health Matters Month 2022 In-person and virtual events for education and advocacy.	San Mateo County and community partners
All month self-paced	LivingWorks Start Suicide Prevention Training Free, self-paced online suicide prevention training to learn to identify indicators of suicide thoughts, ask confidently and clearly about suicide, and connect individuals to resources.	Santa Clara County Suicide Prevention Program and Project Safety Net
April to June 2022	To Be Honest Book Club You may know To Be Honest for its Art contest and podcasts encouraging young people 14-25 to speak openly about mental health and seek support! To Be Honest now has a book club!	A program of Momentum for Health
5/1 10:30 – 3:00 PM	TransformAsian2022: Breaking the Cycle 2 nd conference focused on the power of change and the importance of celebrating recovery. Topics speak to destigmatizing mental health issues important to Asian communities.	Asian Mental Health Collective
5/4 3:30 – 5:00 PM	Youth Advocacy Day – youth-only Teens meet with decision makers in California Legislature. Previous teen survey showed interest in climate change, voting rights, and youth mental health.	JFCS Center for Children and Youth
5/7 10:00 AM	May Fete Parade and Fair – in-person Stop by and say hello to Project Safety Net, allcove, and city teen services!	Kiwanis Club of Palo Alto and City of Palo Alto
5/11 12:00 – 1:00 PM	Discover ACS Get to know ACS and its life-changing programs.	Adolescent Counseling Services



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5/11 12:00 – 1:00 PM	Let's Talk Mental Health Panel of healthcare professionals and experts discuss how to improve the mental wellness of our community!	BACA and partners
Last week of May	PSN May Mental Health Matters Month Community Forum	Project Safety Net and community partners
	Celebrate AAPI Heritage Month x Mental Health Month AAPI Heritage Month Storytimes Shibori Workshops Author Event: Samantha Mui	City of Palo Alto Library