

PSN Community Meeting

Community of Care: Supporting Youth

Please note that this meeting will be recorded and shared

April 27, 2022, 3:30 PM – 5:00 PM

Project Safety Net



Welcome

“One of the most vital ways we sustain ourselves is by building communities of resistance, places where we know we are not alone.”

-bell hooks

Theorist, scholar, writer, and activist



Land Acknowledgement*



The collective efforts of Project Safety Net occurs upon the aboriginal homeland of the Tamien Nation, Ramaytush, and Ohlone since time immemorial and recognizes the continued persistence and resilience of culture and community despite the adverse impacts of settler colonialism. The three nations continue to have a relationship with the land; one of deep respect, agreement and reciprocity collaborating to help maintain balance. Project Safety Net acknowledges and supports the Tamien Nation, Ramaytush, and Ohlone in solidarity and commitment to partnership advocating for a more equitable and inclusive future.

*To learn about the land you live on, go to <https://native-land.ca/>



Community Meeting Agreements

When we communicate and collaborate

- Be present and intentional
- Be self-aware to step up to speak, or step back and let others speak
- Respect, champion each other, and lean on each other's expertise
- Listen actively, seek to understand, and clarify
 - Assume positive intent
 - Have an open mind, open heart
 - Involve youth; listen to concerns AND solutions
- Focus on the issue, equity, and shared care
- Hold space, embrace, and honor silence
- Speak from our own perspectives and experiences

Adapted from PSN Partners Council's Agreements.


Introduce yourself in the chat box

- Name, pronouns, affiliation(s)
- If you were given a bonus Saturday starting tomorrow, how would you spend it?*
- Any announcements

*Thanks to [Youth Community Service](#) Youth Connect peer leaders for the check-in question!



Poll: How are you feeling this afternoon?



Red = Feeling totally overloaded, stressed, angry or on edge. Support or space needed to change status.

Orange = Juggling many things. Difficult to focus beyond main priorities, hard to take in new info or make changes.

Yellow = Lots going on, but still managing okay.

Green = Feeling positive and balanced, and have mental space to reflect, assess, be creative, or try new things.

Blue = Feeling sadness, depression, grief, fear, or loss of control.

Gray = Listless, bored, unfulfilled, or numb.

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Source: www.collectiveimpactforum.org/resource/team-color-check-in-tool/



Live Poll



Agenda

- 3:30 pm **Welcome and Opening Remarks**
- 3:40 pm **allcove-in-action and Q&A**
- 4:25 pm **Amplify May Mental Health Matters Month:
*Encourage Self-Care and Compassion***
- 4:55 pm **Closing and Thank You**



allcove-in-action



Maryna Pim
she/her

allcove
mental health professional



Gavi Bucio
she/her

allcove peer support specialist



Faith Bacani
she/her

allcove peer support specialist



Amplify May Mental Health Matters Month: *Encourage Self-Care and Compassion*

We'll break out into smaller groups of 4-5 people (10 mins)

1. Quick, warm introductions and discuss questions
 - What's a key message you'd recommend to share throughout May Mental Health Matters Month 2022?
 - What's a question youth and community members can ask themselves for a self-check-in and mental health reflection?
2. Choose a volunteer to report highlights/themes

We'll come back to the main room (10 mins)

Volunteers will share themes and highlights from each group



Community Announcements



PSN's Community Engagement Opportunities

Reach out PSN Program Coordinator, Peying Lee (she/her) at peying@psnyouth.org

- ❑ **Monthly community meetings**
Connect, share information, and build skills
- ❑ **Partners Council and Collaborative Action Teams**
Workgroups that develop and implement strategies
- ❑ **Monthly newsletters**
Share stories and announcements
- ❑ **Awareness and Action Campaigns**
Plan, amplify, participate in May Mental Health Matters Month and September Suicide Prevention Awareness Month



Live Poll

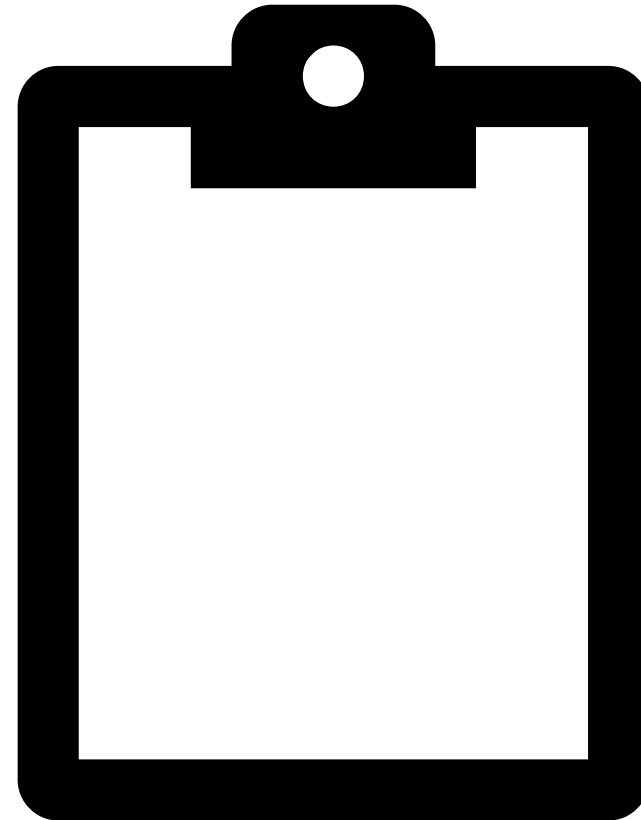


Thank You!

Help shape PSN's future programs

The survey will take about
5 minutes to complete!

tinyurl.com/supportyouthEval



Connect with PSN staff!

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Palo Alto Unified School District alumna and
College student

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