

Project Safety Net

PSN Community Meeting

Supporting LGBTQIA+ Mental Wellness
and Suicide Prevention

October 26, 2022
3:30 pm – 5:00 pm



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.



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/>



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, affiliations**
- **What brings you joy?**
- **Announcements or upcoming events**



Live 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/



Welcome

“We often tell our students, The future’s in your hands. But I think the future is actually in your mouth.

You have to articulate the world you live in, first.”

- Ocean Vuong

Author of *The New York Times* bestselling poetry collection, *Time is a Mother*, and bestselling novel, *On Earth We’re Briefly Gorgeous*. Currently a tenured Professor in the Creative Writing MFA Program at NYU.

Quote source: <https://onbeing.org/programs/ocean-vuong-a-life-worthy-of-our-breath-2022/>



Photo and bio source: www.oceanvuong.com/about



Objectives

- Identify affirming language and practices to support LGBTQIA+ mental health and suicide prevention
- Discuss how heterosexism, anti-gay, and anti-trans biases impact LGBTQIA+ wellbeing
- Describe protective factors in LGBTQIA+ communities
- Identify three resources for LGBTQIA+ mental health and suicide prevention

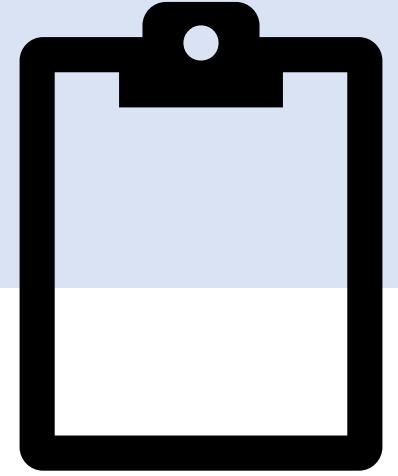


Agenda

- 3:30 pm **Welcome**
- 3:40 pm **SOGIE 101 Part 2: Mental Health & LGBTQ+ Community**
- 4:50 pm **Closing, Event Surveys, and Thank You**



Help Shape Future Programs



Demographics Survey

www.surveymonkey.com/r/LWellDemo

Event Evaluation and Feedback Survey

<https://tinyurl.com/psnLGBTQIA>



SOGIE 101

Part 2: Mental Health and the LGBTQ+ Community



Jack Roach

he/him

Program Coordinator,

LGBTQ Wellness

Family and Children Services of Silicon Valley,

a division of Caminar



Additional Resources

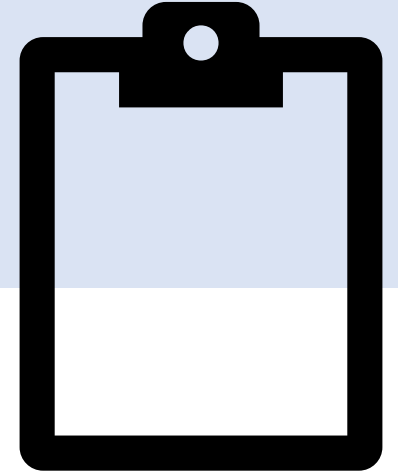
Resource	Link
Pronouns Booklet by the County of Santa Clara Trans Care Coalition Navigate asking for, using, and educating others on pronouns outside of she/her and he/him	https://linktr.ee/SCCTRANSCARE
San Mateo County Pride Center Provides free monthly legal name and gender marker change workshops, resource and service referrals, educational programs and workshops (Trans Talk), and more	https://sanmateopride.org/resources
Family Acceptance Project (San Francisco State University) Is a research, intervention, education, and policy initiative to prevent health and mental health risks and to promote well-being for LGBTQIA+ children and youth in the context of their families, cultures, and faith communities	https://familyproject.sfsu.edu/posters Provides evidence-based posters to educate family, providers, religious leaders, LGBTQ youth and others about the critical role of family support to prevent suicide and other serious health risks and to build health futures
Resources Directory by the County of Santa Clara Office of Lesbian, Gay, Bisexual Transgender, Queer Affairs	https://lgbtq.sccgov.org/resources Shares resources by categories and provides materials through the Office of LGBTQ Affairs
24/7 Crisis Support and Suicide Prevention Hotlines in the United States	<ul style="list-style-type: none">• Trevor Project: Call 1-866-488-7386 or Text 678-678• Crisis Text Line: Text “BAY” to 741-741• 988 Suicide and Crisis Lifeline: Call 9-8-8



Live Poll



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Connect with PSN staff!

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Mary Cheryl B. Gloner, MPH, MBA (she/her/siya) – Chief Executive Officer
Project Safety Net



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.

