

# S. JOSEPH SIMITIAN

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June 26<sup>th</sup>, 2023

To Whom It May Concern:

I wanted to share our office's strong support for the Teen Mental Health First Aid Program and the efforts of Project Safety Net and Momentum for Health to improve the mental health and wellness of youth and young adults in our community. The course teaches participants how to identify, understand and respond to signs of mental health concerns, mental illnesses, and substance use disorders. The training gives individuals the skills needed to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.

After hosting mental health first aid training for adults that work with youth, Project Safety Net and Momentum for Health are currently offering training directly to youth. This program provides this training to high school students in 10<sup>th</sup>-12<sup>th</sup> grades, which will give them the tools to reach out to their peers directly to speak about these issues and provide assistance. This is critical, as youth themselves are often in the best position to recognize one another's mental health concerns and provide trusted help.

The program will also provide training to parents, guardians, and educators, and aims to work with community partners, public school systems, and

school districts to advance these efforts. It is our hope that school districts and other organizations will work with Project Safety Net and Momentum for Health to implement this training for the benefit of young people, the adult that support them, and the surrounding community.

We are incredibly grateful to schools and other organizations that help youth and young adults in the County. I hope that you will consider Teen Mental Health First Aid Program as an essential program to help our youth and our community. Please let me know if you have any questions or if there is anything our office can do to help by calling me at (408) 299-5056 or by emailing [matt.savage@bos.sccgov.org](mailto:matt.savage@bos.sccgov.org).

Sincerely,

A handwritten signature in black ink, appearing to read "Matt Savage", with a long horizontal flourish extending to the right.

Matthew Savage  
Healthcare Policy Aide for County Supervisor Simitian