Mental Health Presentation

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Why this is important

Mental health is not covered as the way it should. Currently in education schools are asking students, "how can teachers support a student's mental health." **The reality is that educators are not medical professionals.** Teachers and advisors need not assume that students are fine because they are academically motivated. **We are humans before we are students.** Teachers can't support student's mental health if there isn't a close relationship. Small inclusive communities, clubs and organizations are needed.

Personal experience

Being involved in leadership programs and non profit organizations has motivated me to do something rather than being alone with my obsessive thoughts. One of the non profit organizations I'm a part of is **Salud Y Carino** for six years. This program has impacted my mental health in the most positive way because it was the space where I learned how to express my feelings. It was a safe space where I felt seen and heard.

Program Outcomes

2020 we released a program evaluation: [A Snapshot of the First Five Years](#) outlining our program's history and accomplishments including the following participant outcomes:

• 62.5% report an increase in positive body image
• 75% report an increase in self-efficacy
• 100% report they were not engaging in self-harm

When asked about the changes our participants experienced, girls expressed that they learned: to love themselves and their bodies; how to become more independent; how to become a leader; and that they deserve respect and to stand up for themselves.
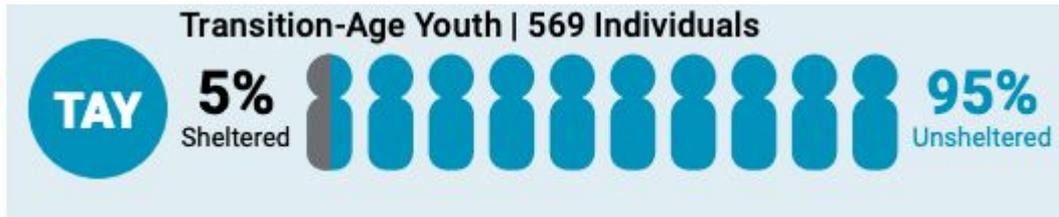
Feedback from participants describing the impact of SyC (even virtually) over the last 12 months:
● It has been amazing having a group because it's a place where I feel safe and able to say anything I want
● It's been a good experience on zoom; it's almost like it would be in real life.
● SyC gives me something to be excited about and look forward to and makes me want to get my homework done!
● They teach us important life lessons that school doesn't teach us.
● I've learned essential information about my body as a woman and about how to be safe from harmful things like human trafficking.

Homeless Youth Data

95% of the 569 youth ages 15-24 reported being unsheltered during the Point in Time Survey in 2019.

⅓ of all homeless individuals reported having mental and emotional needs, drug and alcohol use and PTSD.

32% Psychiatric/Emotional Conditions

30% Alcohol & Drug Use

PTSD 30% Post-Traumatic Stress Disorder

Transition-Age Youth | 569 Individuals

TAY   5% Sheltered   95% Unsheltered

Recommendations

- Schools and communities should have organizations and clubs to have youth be engaged.
- Engagement helps create a safe environment where the youth can be actively working on what they care about and find trust with peers is the first step.
- Create a mentorship program for youth of color who are interested in becoming mental health professionals to get them on a career path. So they can be the ones who change the low representation of POC in mental health.This needs to be created
- Having a support group for youth and families who are exploring gender and sexuality
- Create youth groups regarding mental health in communities of low income housing
- More funding to programs that have a positive mental health impact on youth
- Prioritize youth employment to give youth a head start in what they are interested in
- More teen centers are needed countywide
- Increase the funding towards homeless mental health as being homeless carries a lot of trauma
- Have homeless youth shelter and resource facilities in all 5 districts throughout the county

What is helping

As of right now what is helping me is presenting to you all. The voice of the youth should be heard on this topic. I hope that you invite more students to come forward with their ideas and experiences and share what they would like to see changed.