

A conceptual graphic for the Project Safety Net. It features a large green net with a grid pattern, supported by several stylized green trees. The net is set against a background of a light blue sky with a rainbow at the top. The text 'PALO ALTO COMMUNITY' is written in large white letters at the bottom of the net. Various sectors and services are labeled around the net, including 'BUSINESS', 'GOVERNMENT', 'SCHOOL SYSTEM', 'FAMILY', 'FAITH BASED ORGANIZATION', 'COMMUNITY EDUCATION, RESEARCH & TRAINING', 'POLICY ADVOCACY', 'YOUTH CARE SERVICES', 'MENTAL HEALTH SERVICES', 'NONPROFIT', 'CBO & NONPROFIT', 'YOUTH', and 'MENTAL HEALTH'. The top right corner of the graphic contains the text 'YOUTH RESILIENCY, WELLBEING & SUICIDE PREVENTION'.

Project Safety Net

Community Meeting

Aug 28, 2019, 3:30-5:30 pm

Cubberley Community Center, Building H: Room H-1

PSN Mission Statement

Project Safety Net 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.

PSN Vision Statement

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.



Education is for improving the lives of others and for leaving your community and world better than you found it.

- Marian Wright Edelman

AGENDA

- ▶ 3:15 Doors Open
- ▶ 3:30 Welcome and Agenda Review
- ▶ 3:40 Keynote speech by
PAUSD Superintendent Don Austin
- ▶ 4:15 School-Based Youth Mental Health & Suicide
Prevention Efforts Panel
- ▶ 5:20 PSN's September Suicide Prevention
Awareness and Action Month
- ▶ 5:25 Closing and Thank You
- ▶ 5:30 Meeting Adjourns and Network

Keynote Speaker
PAUSD Superintendent
Don Austin




Panel

Introductions

- ▶ **Abby Sullivan**, Gunn High School's ROCK & Sources of Strength
- ▶ **Kate Williams**, Gunn High School's ROCK & Sources of Strength
- ▶ **Ella Jones**, Palo Alto High School's Sources of Strength
- ▶ **Courtney Carlomagno**, Gunn High School's Social Emotional Learning/
Educational Specialist
- ▶ **Genavae Pierre-Dixon**, Gunn High School's Mental Health & Wellness
Coordinator
- ▶ **Husna Hashmi**, Palo Alto Council of PTA
- ▶ **Indira Selva Kumaraswamy**, Palo Alto Council of PTA
- ▶ **Miriam Stevenson**, PAUSD Director of Student Services

PSN's September Suicide Prevention Awareness & Action Month

City of Palo Alto • **project safety net**
For the well-being of Palo Alto's youth.

#YouthWellbeing   
#SuicidePreventionMonth
#Take5toSaveLives

SEPTEMBER 2019 Suicide Prevention Awareness and Action Month

ENTIRE month **Submit your response**

What words and/or actions from others helped you during your youth?
Submit here: <https://bit.ly/2ZkbEby>

WEEK 1 **step 1:** **step 2:**
Sept. 1-7 **Learn the signs & know how to help**

Sept. 5 **FREE Youth Mental Health First Aid Training**
8:30 AM - 6:00 PM at Mitchell Park Library, Palo Alto
Register here: <https://bit.ly/2zbEjoD>

WEEK 2 **step 3:**
Sept. 8-14 **Practice self-care**

~~Sept. 9~~ **Santa Clara County Mental Health Services Act Planning - North County Stakeholder Meeting**
Event has been rescheduled - stay updated via psnpaloalto.org or our FB

Sept. 9-15 **National Suicide Prevention Awareness Week**
Sept. 10 **World Suicide Prevention Day**

WEEK 3 **step 4:**
Sept. 15-21 **Reach out**

Sept. 21 **NAMI Walks-Silicon Valley 5k**
8:30 AM check-in and 10:30 AM start at Guadalupe River Park, San Jose
Register here: <https://www.namiwalks.org/team/ProjectSafetyNet>

WEEK 4 **step 5:**
Sept. 22-28 **Spread the word**

Sept. 25 **PSN Community Meeting**
3:30-5:30 PM at Cubberley Community Center, Rm. H-1, Palo Alto
Dive into PSN's Year-in-review presentation and learn from HEARD Alliance leaders about a toolkit on mental health promotion and suicide prevention in the K-12 school setting

*expanding upon National Council for Suicide Prevention's campaign. More info at take5tosavelives.org.

Thursday, Sept. 5 - Youth Mental Health First Aid Training

TRAIN YO' SELF

A young person you know could be experiencing a mental health challenge or crisis. You could help!

Register now

<https://bit.ly/2zbEjoD>



**Training
Certification**
Thursday, Sept. 5
8:30 AM - 6:00 PM
**Adobe Room at
Mitchell Park
Library,
Palo Alto**

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Saturday, Sept. 21 - Team Project Safety Net at NAMIWalks- Silicon Valley



NAMIWalks - Silicon Valley
Sat, Sept. 21, 2019 / 8:30am

**Guadalupe River Park/
Arena Green West, San Jose**

TEAM PROJECT SAFETY NET

\$1,500 Goal
Join us & improve
lives of individuals
& families affected
by mental illnesses




- Register & walk with us in person (you can be a virtual supporter, too!)
- Donate to the event
- Spread the word & rally others to get involved with mental health efforts

namiwalks.org/team/ProjectSafetyNet



Entire Month of Sept. 2019- Submit your response

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#SuicidePreventionMonth
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SEPTEMBER 2019

Suicide Prevention Awareness and Action Month

**What words and/or actions
from others helped you during
your youth?**

Sign as you want (i.e. Name or Group- Palo Alto parent or youth)
Submit to peying.lee@cityofpaloalto.org or <https://bit.ly/2ZkbEby>

Closing, Next Meeting, and Thank you!

- ▶ Next PSN Community Meeting:
- ▶ 3:30-5:30 PM
- ▶ Cubberley Community Center - H1
 - **September 25:** PSN's Year-in-Review and HEARD Alliance's K-12 Toolkit on Mental Health Promotion & Suicide Prevention