



YouthWell works in collaboration on youth mental health prevention and early intervention...

to **eliminate stigma** through education and provide tools and tips for managing mental wellness and practicing self-care in order to build resilience

to simplify access and **connect youth through age 25 and their families** to mental health resources before the crisis

towards **systemic change** that encourages collaborations so that we can fill the gaps and remove barriers to services

WE PRACTICE
SELF CARE IN
SANTA BARBARA
COUNTY BY...

our mental health matters



YOUTHWELL.ORG



IT'S OKAY TO ASK FOR HELP



COLLABORATE

TO CREATE CHANGE

YouthWell

YouthWell Community Collaborative

- 60 partnering agencies in Santa Barbara County convene quarterly including school districts, community-based organizations, providers, healthcare, law enforcement, faith communities, and caregivers.
- **Vision:** Increase youth mental health prevention and early intervention efforts. Work towards systemic change that encourages collaboration so that we can fill the gaps and remove barriers to services for all youth and their families so that they can access the care they need in a timely manner through a warm handoff.
- **Mission:** Prioritize prevention, and early intervention (PEI). Eliminate stigma through education and provide tools and tips for managing mental wellness and practicing self-care in order to build resilience. Simplify access and connect youth through age 25 and their families to mental health resources before the crisis.

Behavioral Health Linkages Team

- Convene monthly to educate 40+ resource navigators, probation officers, local crisis lines, and school counselors so that they are better equipped to support families.
- **Mission:** Build stronger health linkages in order to foster “warm handoffs” and close the loop when referrals are made to ensure youth and caregivers access services. Increase responsible outreach to our marginalized and vulnerable communities. Share referral experiences and learn from each other. Collect anecdotal data to better understand the barriers and challenges to accessing services.

PROJECTS

TO CREATE CHANGE

YouthWell

Youth Mental Health First Aid [YMHFA]

Email to register: educationmwc@gmail.com

- YouthWell is partnering with FSA and Mental Wellness Center on a SAMHSA Mental Health Awareness Training grant providing **free YMHFA training classes** in Santa Barbara County. Additional Teen MHFA and MHFA for adults are offered by MWC.
- 1-day course designed to teach caregivers, family members, teachers, school staff, peers, neighbors, health workers, and others how to recognize the signs and symptoms of mental disorders and help youth (age 12-18) who are experiencing a mental health or addiction challenge or is in crisis. Classes are offered monthly both virtually and in person. Classes educate about available community resources.



Integrated Care Clinic Serving Youth

- YouthWell is partnering on a 2-year Cottage Pop Health grant bridging connections between Sanctuary Centers, Children's Medical Clinic, and the community to support youth and parents in accessing psychiatric and therapeutic services.
- **Vision:** Create a systems change where **psychiatrists & pediatricians** work to treat patients with mild to moderate mental health issues that may or may not require in-person visit.

Resource Navigators in our schools

- Working with SB County Education Office and SB County BWell.

Bring allcove integrated care model to Santa Barbara County

- YouthWell, MWC, SBNC, Cottage, SBCC, SB County BWell, and others meet monthly to bring allcove to SB County. Developed by Steve Adelsheim in Santa Clara County.

CONNECT
youth & families to
resources & services

YouthWell

EnglishEspañol

Selecione BILINGÜE si está buscando una organización que ofrezca servicios en español.

HOME

YOUTH & FAMILY RESOURCES

WORKSHOPS

ABOUT

DONATE

RESOURCE DIRECTORY

Tips for Navigating Resources

Books, Articles, Videos

Materials & Handouts

share feedbackor submit a resource

YOUTH & FAMILY MENTAL HEALTH & WELLNESS

Resource Directory

View **LIST of CRISIS RESOURCES** or Contact **SAFTY** 888.334.2777 or **CARES** 888.868.1649 or **TEXT CRISIS LINE** 741741

Find youth behavioral health and wellness resources for Santa Barbara County in our directory.

Find listings for <keywords>

Find Listings

Advanced Search

Directory

Manage Listings

Add Listing

Age 4-10 (17)

Ages 11-17 (28)

Ages 18-25 (22)

Parents & Caregivers (25)

Servicios Bilingües (22)

0-9 A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

805-563-8820

Website

Categories: *Servicios Bilingües, Age 4-10, Ages 11-17, Ages 18-25, Parents & Caregivers

Our mission is to care for anyone experiencing the impact of serious illness or grieving the death of a loved one. We offer individual GRIEF COUNSELING for adults and children, support groups and care management services, free of charge. Hablamos español. Wait time for an appointment varies so it is best to call for current status.

Levels of Care: treatment & intervention

Parent & Caregiver Resources: support groups, therapy-counseling

Resource & Referral Support: resource or wellness navigator

Fee for Services: FREE services.

Regions: Carpinteria, Santa Barbara-Goleta

COMMUNITY CALENDAR

- Find support groups, events, workshops, and volunteer opportunities.

YouthWell.org



Youth & Family Mental Health & Wellness RESOURCE DIRECTORY

- services for youth **ages 0-25** and families
- 200+ organizations listed for SB County
- view in English & Spanish
- tools for navigating mental health, book list, handouts



COMMUNITY CALENDAR

Find support groups for parents and youth, workshops, parenting classes, youth classes, volunteer opportunities for youth, and more. Use the FILTER to choose a category, or to sort by region or age. **ADD AN EVENT** to the calendar. **MANAGE** your events. [View our **RESOURCE DIRECTORY** to find mental health services for youth, ages 0-25, and their parents/caregivers in SB County.]

Search for events

Find Events

Hide Filters

List

Event Category

Day

Regions

Ages

Who should attend

Organizers

Venues

City

Featured Events

<

>

Today

May 10 - May 12

Hide Recurring Events

May 2022

TUE
10

May 10 @ 5:30 pm - 7:00 pm

Parenting Together Classes at CADA

VIRTUAL-zoom ONLINE

Weekly group classes (via Zoom during the pandemic) designed to help parents navigate the challenges of raising adolescents. Participants can join a group at any time and will receive support from the class facilitator and other parents facing similar challenges. Will cover a broad range of parenting topics, including the philosophy of nurturing parenting. teens ... Read more

Free

May 10 @ 6:00 pm - 7:00 pm

Teen Talks: Let's Talk About Self-Harm

VIRTUAL-zoom ONLINE


Teens4TeensHelp.org is a peer-to-peer online platform with a purpose to empower teens who are suffering from emotional and mental health issues to choose their own recovery. Monthly webinars are offered on a variety of mental health topics where teens take the lead and interview professionals. The next Teen Talk will be a Zoom discussion on ... Read more


May 10 @ 6:00 pm - 7:45 pm


Parent Project Senior

VIRTUAL-zoom ONLINE

Parent Project Senior is for parents of children/teens 11 to 17 years old. This is a 10-week program, which works with both the parent and the teen. All teens of parent participants will be concurrently enrolled in the Joven Noble program which is a comprehensive youth leadership development program that supports and guides youth







March 2021						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

Rack Cards

for parents & students

English & Spanish

YouthWell

YOUTH & FAMILY MENTAL HEALTH & WELLNESS RESOURCES

Caregivers, students, teachers, and providers... It can be overwhelming when a young person starts to struggle with a mental health challenge. You are not alone.

visit **YouthWell.org** to find...

- online **resource directory** to help youth, ages, 0-25, and their families access appropriate mental health and wellness services. Find therapists, support groups, treatment programs, crisis resources, and after-care resources for those in recovery. View in English or Spanish.
- online **community calendar** with support groups for parents and youth, educational workshops, volunteer opportunities, and more!
- tips** to help you navigate. Learn about mental health disorders, how to choose a program, questions to ask a therapist, insurance terms, screening tools, & more.
- book** recommendations to help you on your journey.
- handouts** that provide self-care tips, ideas for improving communication, crisis resources, and more.

educate yourself about mental health...

- Free, virtual YouthWell **Wellness Workshops** provide a platform for students, ages 10-25, and the adults who care about them to learn. Speakers share tools for managing mental health and tips for practicing self-care in order to build resilience to be better equipped to cope with stress and challenging situations. Spanish interpretation is provided. View past **workshop recordings** on our YouTube channel...

1. Develop your communication style to increase connection
2. Body Positive... Our body image can impact our mental health.
3. Navigating your mental health, practicing self-care, finding services
4. Build healthy relationships/friendships, understanding consent
5. Learn from SB County orgs how volunteering benefits mental health
6. Simple strategies to manage anxiety and build relationships
7. Cultivating resilience and finding flow in sports and in life
8. Compassionate and mindful listening
9. Understanding youth substance use
10. Food affects our mental health and how we feel
11. Wellness tips for families - Reboot, Restore, Replenish
12. Power of movement and breathing and how it can relieve stress
13. Keep our Kids Safe: Prevent Human Trafficking in SB County

Participate in a free 1-day **Mental Health First Aid** training designed to teach family members, teachers, and others to recognize the signs of a mental health or addiction challenge and help youth in crisis. Register at BeTheDifferenceSB.org.

SB COUNTY RESOURCE DIRECTORY ♥ YOUTHWELL.ORG
Our mental health matters. It's ok to ask for help.

HELP LINES in SANTA BARBARA COUNTY

SAFTY CRISIS & HELP LINE 888.334.2777
SB County Hotline • mobile triage team can do welfare checks. Call 8am-8pm • ages 0-20

ACCESS LINE FOR SERVICES 888.868.1649
SB County Behavioral Wellness • mobile crisis team Call 24/7 • all ages

CENTRAL COAST HOTLINE 800.763.0607
SB & SLO County crisis line provides resource information. Call or text 24/7 • all ages

RESOURCE DIRECTORY • YOUTHWELL.ORG
Online directory & community calendar. Find mental health services for youth, ages 0-25, and families in SB County.

NON-EMERGENCY • 211
Connect to health and human services, disaster relief, housing, & public information 24/7. Multiple languages.

EMERGENCY • 911
Police & Sheriff, crisis intervention teams, welfare checks

HOSPITALS
SB, Carp, Goleta Lampoc Santa Maria
805.682.7111 805.737.3300 805.739.3000

YOUTH SHELTER 805.698.6701
Noah's Anchorage crisis hotline & temporary housing call or text 24/7 • ages 12-17

DOMESTIC VIOLENCE 805.964.5245
DVS helpline & emergency shelter call 24/7 • all ages

SEXUAL ASSAULT 805.564.3696
South County, STESA North County Rape Crisis Center

NATIONAL HOTLINES • 24/7
National Suicide & Crisis Lifeline Call/Text **988** or 800.273.8255 Eating Disorders helpline Call or text 800.931.2237
Crisis Text Line Text **HOME** to 741741 Runaway Safeline Call 800.786.2929
Teen Peer Line • 6pm-10pm Call 800.852.8336 Human Trafficking Hotline Call 888.373.7888
Text **TEEN** to 839 863
Trevor Project • LGBTQ+ support Call 866.488.7386 Child Welfare Services child abuse/neglect reporting Call 800.367.0166
Text **START** to 678 678

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MENTAL HEALTH PROFESSIONALS

THERAPIST • LCSW • LMFT • LPCC
Addresses emotional challenges through a variety of therapeutic interventions. Can help individuals resolve issues with their behavior, thoughts, emotions, and relationships while developing healthy coping skills. Sessions are typically weekly for 45-60 minutes.

PSYCHOLOGIST • PhD • PsyD
Can conduct structured assessments and testing. Addresses emotional challenges through a variety of therapeutic interventions. Can help individuals resolve issues with their behavior, thoughts, emotions, and relationships while developing healthy coping skills. Sessions are typically weekly for 45-60 minutes.

PSYCHIATRIST • MD • DO
Diagnose and treat mental illnesses with a focus on physical impacts and medication management. Can prescribe and manage medication. First visit is usually a 1 hour assessment. Other information may be requested to assist in the diagnosis (school reports, blood tests, etc.). Sessions are typically 15-30 minute check-ins as needed.

CONSENT & CONFIDENTIALITY

- With your consent, health information may be shared with other health professionals to assist with treatment.
- The therapist and psychiatrist can work together to create a treatment plan. This can be effective because a therapist who is seeing a patient once a week can share their perspective which gives the psychiatrist a broader view of your child's needs. The psychiatrist can alter the treatment plan to respond to new issues. It can also be helpful to keep your pediatrician informed.
- Youth, ages 12-17, can receive confidential mental health care without a parent's consent. Therapist must break confidentiality & report if a youth is a danger to self, others, or they suspect the youth is being abused. [CA 106]

COMMON TYPES OF THERAPY

- CBT/cognitive behavior therapy** helps change negative thoughts, feelings, & behaviors through talking.
- Psychodynamic therapy** is talking, play, or art-based therapy that considers how past experiences and relationships affect current behavior.
- Family therapy** brings family members together to identify issues, resolve problems and learn new skills for coping and communicating with one another.
- Support groups** help individuals feel more connected, less shame, and provide coping tools.

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YOU ARE NOT ALONE • TALK TO SOMEONE

Talk to a trusted adult, school counselor, parent, or friend. It takes courage to ask for help. Call/text a hotline if you are feeling depressed, suicidal or like you want to hurt yourself. Counselors can help talk you through when things feel hopeless and help you connect to local resources. Practice daily self-care which includes getting enough sleep, exercise, healthy eating, and taking breaks from digital devices & social media. Do things to relax... listen to music, walk outside, journal, practice deep breathing.

HELP SOMEONE YOU ARE CONCERNED ABOUT

WHAT TO SAY TO THE PERSON STRUGGLING...
I'm worried about you. You haven't been yourself lately. How can I support you? Can I help you find some services? If they're at risk, ask... Are you considering suicide? ”

ASK FOR HELP OR REPORT A CONCERN...
Trust your gut. It may feel like you're betraying someone but you could be saving their life. Youth, talk to a trusted adult.

At school... If you're concerned about a student potentially dangerous to self or others, or is being bullied, or has been sexually assaulted, talk to a teacher, counselor, or principal. Some schools have anonymous online reporting forms.

Call a helpline... The person doesn't need to be in crisis. Helplines can guide you on how to talk to the individual or connect you with resources. If you are worried they're considering suicide, tell the **crisis line**. "I want to make a report and would like to have you document it."

Call 911 in a crisis to request a **welfare check**. Say, "This is a mental health emergency. We need a crisis evaluation done." Police can stop by the home to ensure the person is okay. Individuals 18+ cannot be forced into treatment. They can be detained for 72 hour psychiatric hospitalization for evaluation to determine if they are a risk to self or others. Continue to **check-in** with the person. Offer support and **listen** without judgment. This isn't something you can fix.

FRIENDS & FAMILY: TAKE CARE OF YOURSELF...
Watching a loved one struggle can be stressful. Practice your own self-care. You may need to process your own emotions of shock, grief, hurt, guilt, or anger after a loved one attempts to take their own life. Talk to someone. Reach out to a helpline. Caregivers - try a parent support group.

WARNING SIGNS • MENTAL HEALTH CHALLENGE

- Feeling very sad or withdrawn for more than 2 weeks
- Extreme difficulty in concentrating or staying still
- Intense worries that get in the way of daily activities
- Drastic changes in mood, behavior, or sleeping habits
- Risk-taking behaviors or excessive drug/alcohol use
- Making plans to harm or kill oneself
- Significant weight loss or weight gain

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COORDINATED CARE

CHECKLIST OF NEXT STEPS TO SUPPORT THE SUCCESS OF YOUTH AFTER A CRISIS

It's hard to ask for help when your child is struggling with a mental health challenge. Keeping everyone informed benefits you, your child, and your family.

- ☐ **Notify your school.** Keep them in the loop so they can support your child on campus and help you connect to community resources.
- ☐ **Notify your pediatrician.** As your child's primary provider, it is good for them to be aware of your child's mental health the same way they are of their physical health.
- ☐ **Consider signing a ROI** (release of information) form signed by a patient/parent that authorizes providers to release patient-specific information. It can be beneficial to have your school, therapist, and pediatrician working as a team.
- ☐ **Call your insurance or MediCal** to find out what resources are covered and available to you.
- ☐ **Find a therapist** for your child so they have ongoing support to work with someone that can provide them with positive coping tools.
- ☐ Consider working with a **resource navigator** or **educational consultant** to determine next steps and the best treatment options for your child.
- ☐ **Continue to check in with your child** and validate their feelings so they feel understood. Recovery is a process and isn't something we can just fix.
- ☐ Use the **Youth & Family Mental Health Resource Directory** and **Community Calendar** to find services in Santa Barbara County... **YouthWell.org**

PARENTS & CAREGIVERS...

- ☐ **Join a support group.** Connect with parents who can share tips from their experiences and learn tools for supporting your family, and yourself.
- ☐ **Practice your own self-care.** You may need to process your own emotions of shock, grief, fear, guilt, or anger. Talk to a trusted friend or consider your own individual therapy for support.
- ☐ **Check-in on siblings.** They are often impacted when someone in the family is struggling.
- ☐ Take a **Youth Mental Health First Aid** training.

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crisis

COMMUNICATION & CONNECTION

Active listening shows respect and builds trust...

- Be patient and don't interrupt.
- Remember, it's about the person, not you.
- Use "I" statements to convey what you observe.
- Be aware of your body language & your expressions.
- Don't minimize or trivialize their experience or feelings.
- Notice body language and emotions behind their words.
- Sometimes listening is enough. It is not your job to fix it.

Our words matter...

I wanted to check in. I've noticed you don't seem like yourself lately. Are you ok?

You are not alone. I am here for you.

Do you want advice or would you rather I just listen?

That sounds really difficult. I see why you feel this way.

VALIDATE

I may not understand exactly how you feel, but I care and I can listen.

Let me see if I understand what you said...

SUMMARIZE

How can I support you?

I'd like your input on how we can resolve this.

SOLICIT

I can see you are feeling frustrated right now.

ACKNOWLEDGE

If you don't want to talk, it's ok. I'll just sit with you.

Can you tell me more?

I see it this way... How do you see it?

CLARIFY

I am not available right now but I want to support you. Can I check back with you later?

It sounds like you're upset. Are you open to feedback?

ADVICE

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CHARACTERISTICS OF HEALTHY RELATIONSHIPS

- KINDNESS**
I deserve a partner or friend who is kind, able to compromise, and shows empathy.
- COMMUNICATION**
I deserve someone I can confide in, who listens, makes me feel safe, and validates my feelings.
- LOYALTY & TRUST**
I deserve someone who is reliable, committed, and supports me.
- STRONG CHARACTER**
I deserve someone who shares my values and brings out the best version of me.
- RESPECT**
I deserve someone who treats me as an equal, respects my boundaries, my thoughts, my opinions, my choices, and my body. I have the right to set limits, ask for space, and to say no.

I am worthy. I am enough. I matter. I am not alone.

SELF-LOVE CHECKLIST

- love myself
- be kind to myself
- forgive myself
- ask for support
- practice self-care
- set boundaries
- set goals for myself
- Learn to love yourself first in order to improve the quality of your relationships with others.
- spend time with people who make me feel good
- take a deep breath when I am feeling overwhelmed
- do things that bring me joy

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LABEL YOUR EMOTIONS

Choose a word for how you are feeling...

- affectionate
- angry
- anxious
- annoyed
- ashamed
- awkward
- bored
- confident
- confused
- content
- curious
- defensive
- depleted
- depressed
- determined
- devastated
- disappointed
- disgusted
- dismayed
- empty
- embarrassed
- energetic
- envious
- exasperated
- excited
- exhausted
- explosive
- frightened
- frustrated
- fulfilled
- grateful
- grouchy
- happy
- helpless
- hopeful
- hurt
- impatient
- inadequate
- indifferent
- inferior
- insecure
- invisible
- irritated
- jealous
- joyful
- judgmental
- lonely
- loved
- miserable
- motivated
- nervous
- optimistic
- pathetic
- playful
- peaceful
- powerful
- puzzled
- regretful
- relaxed
- relieved
- sad
- satisfied
- scared
- shame
- silly
- skeptical
- sleepy
- sorry
- spiteful
- thankful
- thoughtful
- unhappy
- upset
- vulnerable
- withdrawn
- worried

Labeling our emotions is a skill that reduces the influence negative feelings have over us and allows us to deal with them more effectively. Too often we dismiss our feelings. Reflect on what happened that may have triggered the emotion. Taking time to recognize our emotions helps us understand ourselves and our underlying needs which is important to improving our mental well-being.

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10 MINUTE DAILY JOURNAL

Journaling helps reduce stress, creates space to process emotions and can shift our perspective.

GRATITUDE TODAY, I AM GRATEFUL FOR...

KINDNESS I SHOWED KINDNESS TO SOMEONE ELSE TODAY...

EMOTIONS EMOTIONS I FELT TODAY...

SELF-CARE TODAY, I PRACTICED SELF-CARE BY...

REFLECT 1 CHALLENGE & 1 POSITIVE THING IN MY LIFE...

PEOPLE I CAN TALK TO WHEN I NEED SUPPORT...

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ABC'S OF SELF-CARE

Enjoy the benefits of technology and reduce the negative effects by being mindful of how you use your devices.

benefits of a digital detox...

- Unplugging helps you focus on your well-being rather than what someone else might be doing.
- Reducing screen time allows you to focus on in-person real social connections with others without distractions.

signs that it is time to reduce screen time...

- You feel depressed, anxious, or angry after spending time on social media. You have a hard time sleeping.
- You are preoccupied with the like, comment, or reshare counts on your social posts.
- You're afraid you'll miss something if you don't keep checking your device which makes it hard to feel content. [FOMO: fear of missing out]
- You have trouble concentrating on one thing without having to check your phone.
- You are isolating and spending less time with others.

checklist: set limits & create balance...

- Only follow people you care about and who post things that make you feel good.
- Turn off all notifications. Delete apps you don't use.
- Set screen time limits with the feature on your phone.
- Choose 2 times a day to check social media or watch YouTube or TikTok videos, and stick to those times.
- Put down your phone when you talk to a friend, watch TV, do homework, eat a meal, or go to the bathroom.
- Turn your phone off at least 30 minutes before you go to sleep and use the "do not disturb" feature.
- Don't check your phone when you first wake up.
- Gaming... set a time limit. Take breaks to go outside. Don't let it replace time spent in person with friends.
- Choose a friend or family member to detox with and hold each other accountable.
- Take time to notice how you feel when you unplug from your devices.

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Follow us on Social Media

@YouthWell

Subscribe to our Newsletter

WELLNESS WORKSHOPS

For youth, parents, and those working with youth, in order to eliminate stigma and open up conversations.

Designed to empower participants by providing tools that promote connection, wellness, and self-care in order to build resilience so they are better equipped to cope with stress & challenging situations.

Spanish interpretation provided.

YouthWell



understanding youth substance use

2022 · 2021



develop your communication style to increase connection



navigating your mental health and wellness

2022 · 2020



cultivating resilience and finding flow in sports and in life



strategies to manage anxiety & tools for creating connections



learn to build healthy relationships and understand consent



body positive

our body image can impact our mental health



volunteering improves mental health

learn about meaningful opportunities



wellness tips for families

reboot, restore, replenish



compassionate and mindful listening



The power of movement and breathing and how it can relieve stress



food affects our mental health and how we feel



Wellness Workshops
YouthWell.org or YouTube channel

Subscribe to our
You Tube Channel

Teens need tools to talk about what’s going on with them, and tools for when their friends reach out to them.

COLLABORATE

with our school districts
in Santa Barbara County

YouthWell

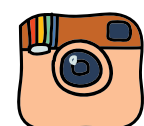
Working together to educate caregivers, youth, teachers

HOW SCHOOL DISTRICTS CAN HELP...

1. Add a **LINK** to the Youth & Family Mental Health RESOURCE DIRECTORY to **school websites**.
2. Provide **RACK CARDS to educate** parents about resources and to provide self-care tools & tips.
3. Promote **Wellness Workshops** to families through **Parent Square** and on **Social Media**.
 - a. Let families know they can watch past workshop recordings online.

HOW YOUTHWELL CAN HELP...

1. YouthWell will keep the RESOURCE DIRECTORY up to date and accurate for families.
2. YouthWell will continue to provide mental health EDUCATION to empower students & caregivers.
3. YouthWell will continue to educate through SOCIAL MEDIA with tips and facts.
4. YouthWell will continue to PROMOTE PARTNER programs through our monthly newsletter.

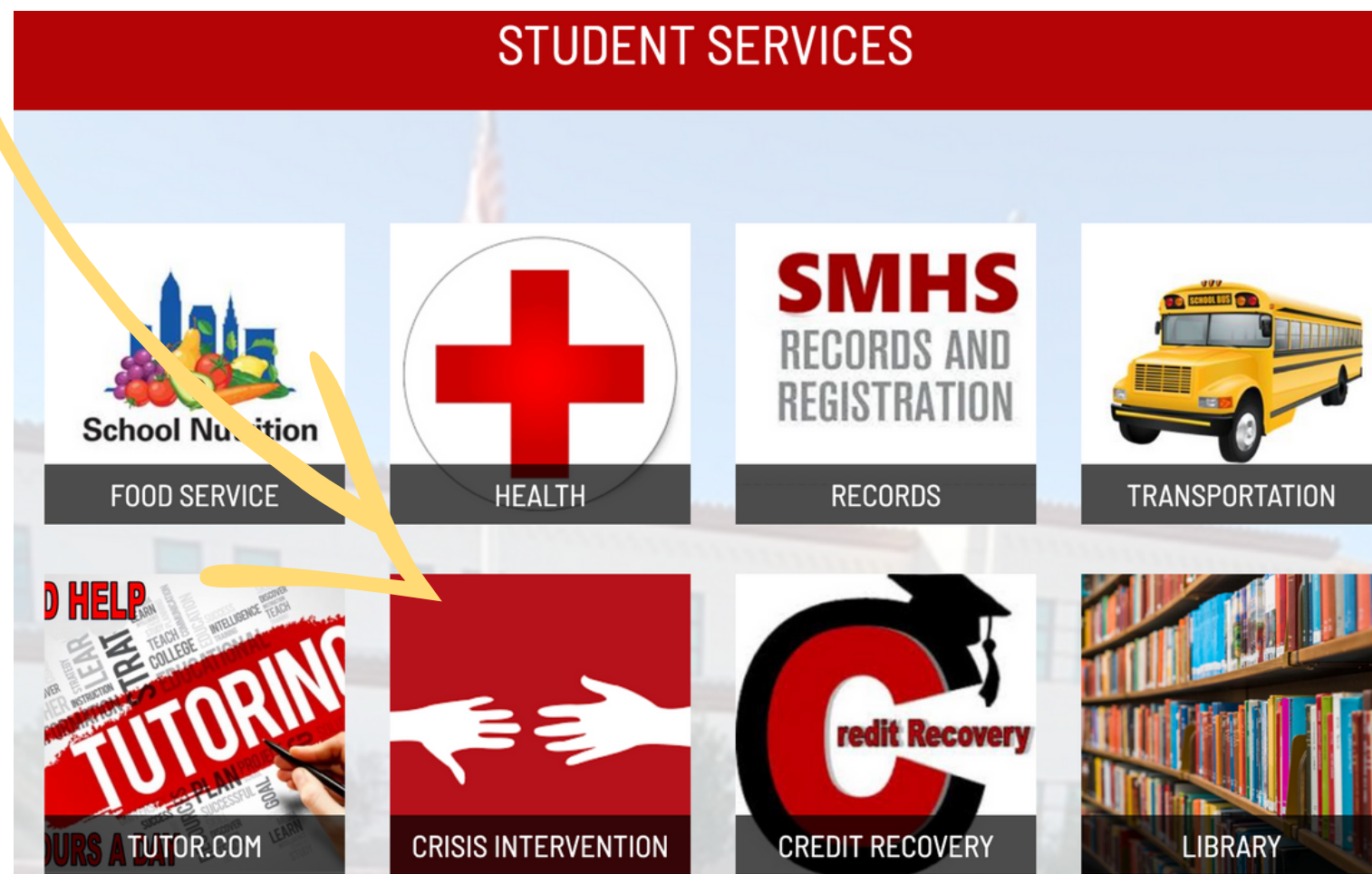


@YouthWell

Resource pages on school & district websites...

SCHOOL DISTRICTS...

- Consider using the words... **MENTAL HEALTH & WELLNESS RESOURCES** (we want students to ask for help before they're in crisis)
- Create a section that explains **ON CAMPUS SUPPORT** and another section with **COMMUNITY RESOURCES**. (Consider having each school link to the district website for community resources so that this can be kept up to date more easily.)
- Consider putting **links** to the RESOURCE DIRECTORY on school issued **iPads** or the PDF of the Crisis numbers and how to make the call.



County or District websites...

MENTAL HEALTH & WELLNESS RESOURCES

Our mental health matters! It is ok to ask for help. You are not alone. You don't need to be in crisis to ask for support.

ON CAMPUS...

- School academic counselors can help with...
- School psychologist on campus can help with...
- School therapist, crisis counselors, resource navigators, etc can help with...
- Supportive Groups & Clubs on campus...
- Community organizations providing support or education on campus...

COMMUNITY RESOURCES

- Visit our district website for all of our up-to-date community mental health and wellness resources, helplines, and tips.

COMMUNITY RESOURCES

- Community & National Helplines
- Youth & Family Mental Health Resource Directory
- Community Calendar with support groups, education, etc.

TOOLS & TIPS FOR SELF-CARE

- Parent Toolkit
- YouthWell Rack Card - link to PDFs

OUTREACH

to raise awareness,
to educate, and to
eliminate stigma

YouthWell

Our Mental Health Matters Campaign

2022

Let's normalize the conversation around mental health and eliminate the stigma and shame so those struggling can ask for help. Promote a unified message that fosters awareness and educates on the signs of emotional distress while focusing on messages of hope, resilience, and self-care. Messages: It's ok to ask for help. It's ok to not be ok. You are not alone. You matter.



SCHOOL BANNERS



Social Media Calendar

MON... affirmations

TUES... mental health facts

THURS... spotlight
community members

FRI... spotlight partners

SUN... self-care tips

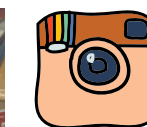
Airport ads



Easy Lift vans



Social Media & Newsletter stats



1,238+ followers



408+ page followers
350+ friends



4,045+ subscribers
36% avg open rate
sent 2x/month



189+ followers



1,700+ views
87+ subscribers

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YouthWell
OUTCOMES
Santa Barbara County

YouthWell

AS A COMMUNITY,
We have achieved our goals when...

- We prioritize prevention and early intervention [PEI] the way we do crisis.
- Understand that mental illness does not discriminate. It can affect anyone regardless of age, gender, income, social status, ethnicity, religion, sexual orientation, or background.
- We treat mental health challenges with the same respect and care we show someone who has a physical illness or injury (ie: cancer, broken arm).
- We normalize the conversation around mental health so that youth and caregivers do not feel shame asking for help.
- Families feel supported and informed and know where they can go to find mental health services in the community and on their school campuses.
- Providers, school counselors, and resource navigators help ensure families have accessed the resources they need through a warm handoff.
- Schools are incorporating wellness practices for students on campus.
- Providers are working together to design programs and services before they seek funding.



One of the biggest reasons people don't seek help or support when they are struggling with a mental health challenge is because of the stigma and shame associated with it.

OUR TEAM



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Megan Riker-Rheinschild, Director, SB DA Victim Witness Assistance

Susan Salcido, Superintendent, SB County Education Office

YouthWell workshops provide extremely helpful information and tools. The speakers are relatable, very knowledgeable and I really appreciate the way they teach the program. -MH Provider

I always appreciate the thoughtful insights my family and I glean from YW workshops. It's ALWAYS time well spent - content we all get something out of, and can't quite get anywhere else. -Parent

Every program I have attended with YouthWell has had great speakers & valuable information. The information I have learned has made my family's & my life better. Grateful! -Parent

I wanted to reach out to thank you for your incredible resources and work on behalf of our young people in town. Years ago, seeing the same need for a resource guide, our school counselor created a similar guide for us, however, it was limited in scope, and the effort required to keep it up-to-date became onerous. I visited your site, and for the first time as a principal, I feel that I have the ability to send desperate families to a thorough, well-curated resource. What a relief! -School Principal

TESTIMONIALS

I was blown away by the workshop yesterday. Thank you for your genuine soul and brilliant wisdom. You and Dave moved so many of us yesterday. We were all laughing, connecting, and most importantly learning some new skills to help with - how to better listen. We all want and desire connection. You made it seem possible that I could talk with my daughters without the eye roll. Thank you for your care and for touching me so much. I'm looking forward to putting my newfound skills into practice. -Parent

Our family is enjoying the workshops. I am also enjoying them as a junior high educator. -Educator

Thanks to the workshops, I have learned how to take care of myself and prioritize my mental wellness. I have learned how to take care of my body inside and out and learned how I can help others who may be struggling. I think mental health education is important, especially for people my age. -Student

Learning about mental health has made me a more compassionate person and I feel prepared to help others who are struggling and to help myself. -Student

The Collaborative continues to benefit Hospice of SB. It is the only meeting where all leaders come together to share and coordinate mental health services for youth in the community and in our schools. Truly valuable in my busy calendar and should be for everyone at the table. -David Selberg, CEO, Hospice of SB