



**Youth Innovation Project Committee Meeting Notes**

**Date: Friday, June, 21 2019 | Time: 9:30am-4:00pm**

**Public Location, Sacramento, CA**

**\*\*DRAFT\*\***

**Committee Members:**

**Staff:**

**Other Attendees:**

Commission Chair Khatera Tamplen Kalyn Jones Samskruthi Madireddy Marisol Beas Kylene Hashimoto Gabriel Garcia Matthew Diep Carina Romero Jeanavy Perez Celeste Walley Juan Acosta Amanda Simon Michel'le Bailey Irene Wei Courtney Potts	Toby Ewing Sharmil Shah Anna Naify Shannon Tarter Lester Robancho	Kristen Gardner, Marin County TAY Coordinator Alyssa Martinez, Marin County TAY Rep Floyd Gilmore, TAY Rep My Brother's Keeper Devontae Springer, TAY Rep My Brother's Keeper Del Reyer, Innovation Bridge, MBK Brit Irby, Innovation Bridge, MBK
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Committee member(s) absent: Gabriel Garcia

**Welcome/Introductions**

Commission Chair Khatera Tamplen, called the meeting to order and welcomed everyone. Introductions were provided by all present in the room as well as on the phone.

Committee reviewed Community Agreement to encourage a supportive meeting environment: I will not act on my personal biases; I will support a non-judgmental space; I will understand both intention and impact; I will assume positive intention I will not yuck someone else's yum; My experiences, my words, and my thoughts are valid; I will approach other's differences with curiosity; I will throw glitter and not shade; I will respect other's first draft; I will let the stories stay and the lessons continue; Bad spellers are welcome!

**Meeting Notes**

On June 21st, 2019, a meeting of the Youth innovation Project Planning Committee was held in Sacramento, Ca.

Commission Chair Tamplen led an interactive discussion with Committee members about the history of the consumer/peer movement. Members shared personal stories of struggle, hope and recovery.

Executive Director, Toby Ewing provided an update on the state of Mental Health Innovation in California, related legislative priorities and answered questions related to the project and overall work of the Commission.

Marisol Beas, Committee Member facilitated a discussion with Youth Leaders from My Brother's Keeper, Sacramento about their work to help improve mental health strategies for boys and men of color to strive for success and reach their fullest potential.

Next, Youth Leadership Institute(YLI) provided a training to build capacity for innovative problem solving around mental health issues facing youth across the state to support the committee in facilitating an Innovation Idea Lab. The objectives for the training are below.

- Youth will understand the logic of the project roadmap (where we have been and where we are going).
- Youth will have increased clarity regarding immediate next steps.
- Youth will have increased their creative problem solving and innovative thinking skills.
- Youth will have had opportunities to creatively problem solve and practice innovative thinking skills.
- Youth will have deeply explored and examined the Areas of Opportunity (AOOS). See AOOs on page 2 of this document.
- Youth will have chosen an AOO or idea to bring to the Innovation Idea Lab.
- Youth will have discussed ideas and planning considerations for the Innovation Idea Lab.

In the morning, the committee engaged in a community building activity and reviewed the project roadmap and next steps. The trainer from YLI described the purpose and rationale of trainings conducted in previous meetings. General considerations for planning the Idea Lab were also briefly discussed.

Next, YLI facilitated a discussion about the top 5 Areas of Opportunity (AOO) to more deeply explore each AOO and choose an idea to bring to the summer Innovation Idea Lab. Below are the original AOO's that were discussed:

### ***Areas of Opportunity (AOO)***

1. Increasing preventative mental health services in schools and colleges (this could look like curriculum change, introducing mental health at a younger age, holistic education, G.E. courses on mental health, etc.)

2. Changing access to mental health resources (this could look like changing the approaches such as looking into resources not only for crisis prevention, changing insurance policies, and changing income requirements, etc.)
  
3. Increasing/ Changing funds available for mental health services (this could look like increasing available dollars for agencies to run mental health programs or changing systems to redirect/manage available funds, etc.).
  
4. Centering youth voice (this could look like making sure there are youth-friendly resources available that meet youth needs, having youth-informed approaches, and employing youth with lived experiences, etc.)
  
5. Assuring culturally competent quality services (this could look like ensuring processes/ systems are in place to provide mental health services that identify and meet the needs of youth most affected, changing income requirements, etc.)

Committee members started with AOO #1, which was one of the highest ranked on the survey. In a large group, youth discussed the reasons they felt AOO #1 was important and why they ranked it higher than other AOOs. The committee then broke into small groups and were prompted to develop specific ideas/solutions to address AOO #1. The small groups shared their ideas with the whole of the committee and common themes unifying all of the small groups were noted and became the foci for more conversation (please see the notes to review youth ideas). Through focused conversation on specific ideas/solutions the committee was able to eliminate AOOs #2 & #3 because they were not as strongly aligned with discussed priorities and the committee felt like these areas could be addressed in other AOOs or at a later time. Additionally, the committee utilized the culturally competent (AOO #5) and youth-centered AOOs (AOO #4) to frame the ideas they generated for AOO #1 to further specify, enrich, and narrow down their topic. After much discussion and a series of unanimous decisions the committee decided to choose the idea of a comprehensive and holistic youth-led, developed and informed mental health curriculum for K-12 schools as the idea to bring to the Innovation Idea Lab. The curriculum would be implemented by youth in partnership with adults (ex. Peer-to-peer training, youth training teachers and administrator, etc.). The committee recommended that research informed tools and strategies, such as positive youth development and youth-led action research, be used and incorporated to support the authentic and sustained engagement and leadership of youth. The committee also highlighted that the curriculum creation process, content, and implementation should be inclusive and representative of diverse groups of youth (ex. LGBTQ+, homeless youth, youth of color, etc.)

Themes from large group conversation are captured below:

**Why is this area a priority for us? What excites us about this AOO?**

AOO #1: Increasing preventative mental health services in schools and colleges (this could look like curriculum change, introducing mental health at a younger age, holistic education, G.E. courses on mental health, etc.)

- Mental health curriculum in K-12 (wellness comprehensive holistic also should address TAY and college youth)
- Resource fairs and parent check-ins/support at schools to facilitate and create a pro mental health environment in schools.
- Add mental health to suicide prevention policy laws. This would first include exploring current laws that may be expanded to include mental health and wellness.
- Youth-led training for educators and school-wide staff in mental health and trauma-informed strategies with specialties for groups like LGBTQ+ and youth of color, for example.
- More mental health support staff at schools with specialties to serve most impacted youth.
- Important to start earlier with mental health prevention such as elementary School.
- It is an issue that colleges have a cap on mental health sessions and not enough providers
- Mental health resources and services need to be more visible at school
- Stigma around mental health needs to be reduced at school
- There need to be recurrent mental health days and events at school (to create pro-mental health environment and reduce stigma)
- Young people are spending most of their time in schools
- There's a lack of peer support
- Lack of trust with adults to make current services completely effective
- There needs to be peer leaders at school that have similar experiences and can relate to build community and reduce stigma
- Young people have the biggest stake in addressing mental health issues that impact youth
- The easiest way to reach young people with mental health services is in schools
- Equity-- reaching all students even those who are struggling
- Look at primary and secondary prevention
- Important for peer-led outreach in higher education

**Specific Idea Themes from small group and large group conversations to Address AOOs 1,4,5 (see AOOs Below)**

- Mental health curriculum in K-12 (wellness comprehensive holistic also should address TAY and college youth)
- Peer to Peer support programs and training

- Youth-led and involved mental health and trauma informed training for educators and school staff
- More MH Support staff with specialties (LGBTQ+, youth of color, etc.) (more capacity to address mental health issues at school)

### **Chosen Idea to Bring to Innovation Idea Lab**

The Committee chose to focus on creating a comprehensive and holistic youth-led, developed and informed mental health project for K-12 schools as the idea to bring to the Innovation Idea Lab. The idea would be implemented by youth in partnership with adults (ex. Peer-to-peer training, youth training teachers and administrator, etc.). The committee recommended that research informed tools and strategies, such as positive youth development and youth-led action research be used and incorporated to support the authentic and sustained engagement and leadership of youth. The committee also highlighted that the project creation process, content, and implementation should be inclusive and representative of diverse groups of youth (ex. LGBTQ+, homeless youth, youth of color, etc.)

Added to this idea: A seal of youth certified, youth approved strategies or curriculum and youth centered safe spaces led by youth with adult support.

This area of focus will be further refined at the Youth Innovation Committee meeting on July 31, 2019.

Toward the end of the workshop, the committee engaged in a rapid brainstorming session to further explore what the Idea Lab could look and feel like, where it could be hosted, and who could be invited to participate or to speak. The workshop ended with a mindful reflection on the day.

### **Idea Lab Planning**

#### **Location**

#1. Exploratorium in San Francisco

Museum like setting

Venues similar to We rise

Creative venue

#2 Humboldt State University

#3 Sonoma State University

#4 the California endowment in Sacramento or possibly another city.

#### **Activities and entertainment**

- Music
- art
- creative writing

- beats rhymes and life
- Oakland bro

### **Who**

- Community leaders
- TAY youth we've lived experience
- List all sectors affected with new information of are chosen idea
- Influencers who rep a lot of TAY
- The governor
- educational leaders
- community colleges
- Obama

### **Planning next steps:**

YLI will host a webinar in July to review Youth-Centered Design and to continue planning for the Idea Lab. On July 31<sup>st</sup>, the committee will come together to continue planning and practicing their facilitator roles. Please see the Project Roadmap for more information on next steps.

### **Adjourn**

Meeting adjourned at 4:00pm

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