

Peer to Peer

# Summit

San Joaquin County Office of Education



SAN JOAQUIN COUNTY OFFICE OF EDUCATION  
Troy A. Brown, Ed.D., County Superintendent of Schools

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# Keynote

LAUGH TOGETHER- COMEDY IN THE NAME OF MENTAL HEALTH



“HA  
HA  
HA”

“HA  
HA  
HA”



# Safe Spaces

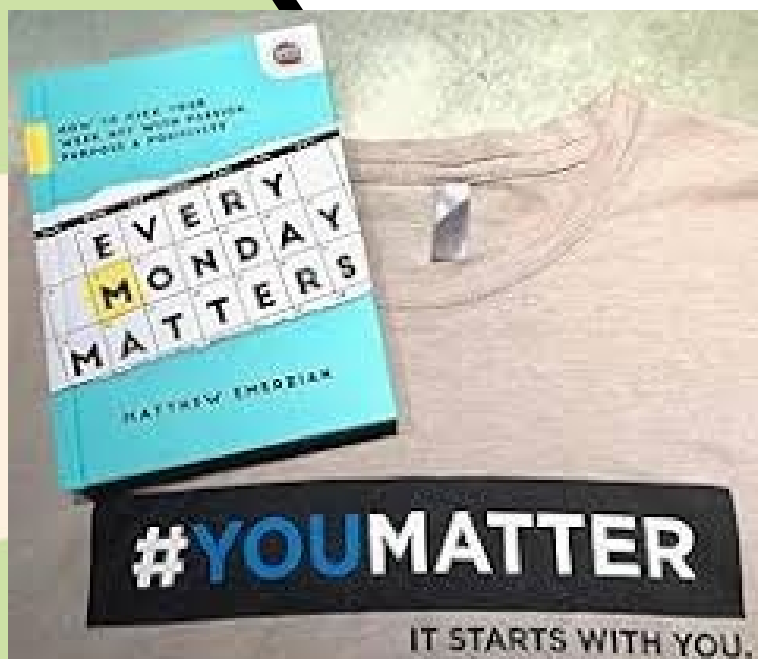
SJ Pride Center trained students on how to foster inclusive, supportive and non-judgmental environments. The session began with asking what is a “safe space” and how do you identify them? Training also included conversations on mental health awareness, advocacy for policy and inclusion.



**Affinity Space**

# You Matter

Every Monday Matters trained students on how they have the capacity to make a positive impact every day. Students worked together to create promising practices to help people in their community understand how much and why they matter together.



# WELLNESS YOU

## STATIONS

SUCCULANT PLANTING  
POSTCARD WRITING  
FRIENDSHIP BRACELETS  
DIAMOND ART  
ART COLORING

## GOAL-SELF CARE

STUDENTS SELF SELECTED WHAT THEY  
WANTED TO DO FOR SELF CARE FOR  
ONE OF THE ROTATIONS.



# SOLUNA

PRESENTED ON THEIR FREE MENTAL HEALTH APP THAT CAN BE A GO TO TOOL FOR SELF CARE FOR DEALING WITH ANXIETY, STRESS OR JUST WANTING TO IMPROVE MENTAL HEALTH AND WELL BEING.



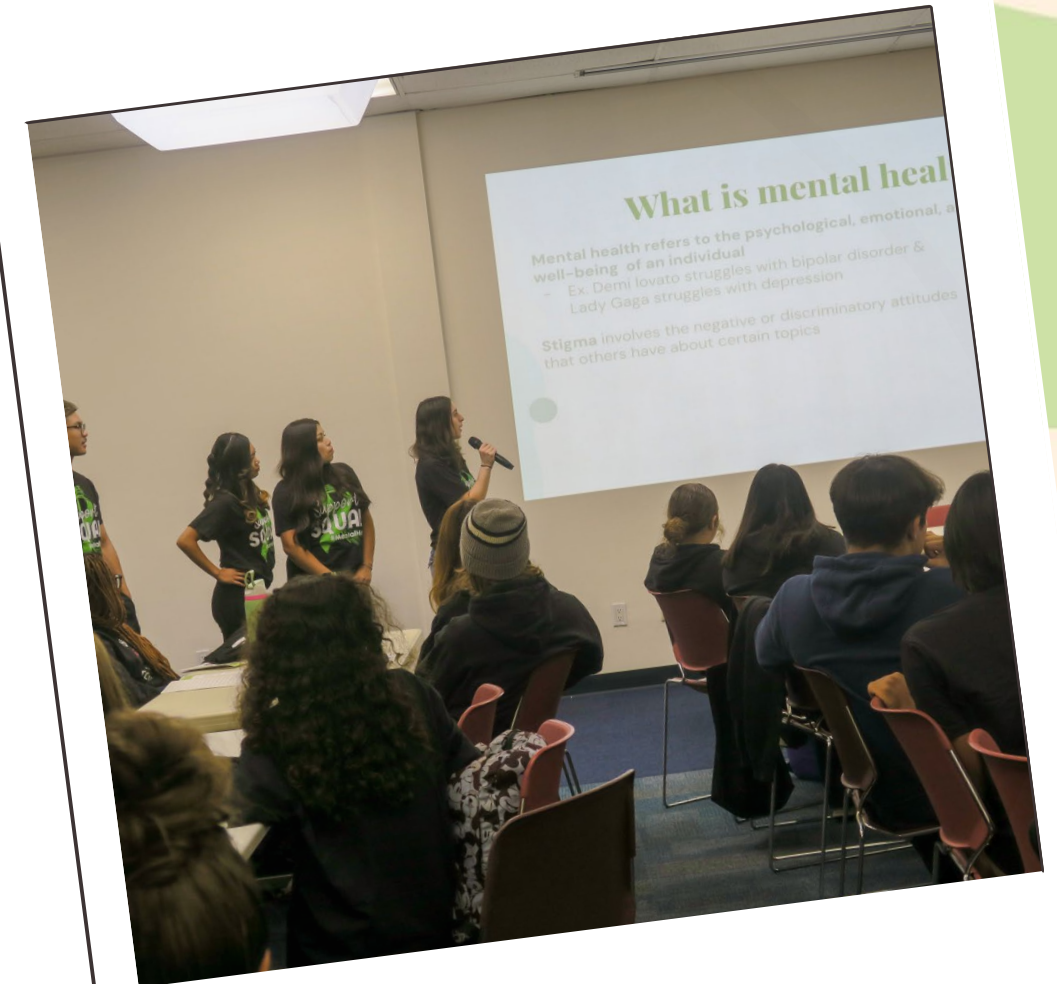
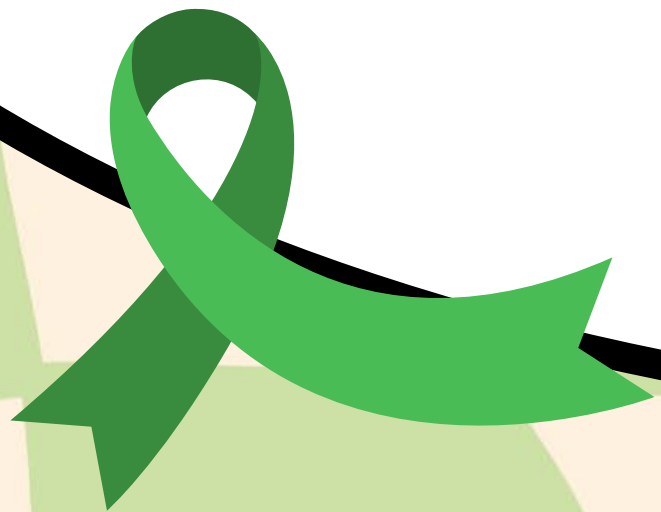
# SJ YOUTH WELLNESS

SAN JOAQUIN COUNTY YOUTH WEBSITE FOR LOCAL MENTAL HEALTH RESOURCES, ACCESS TO COMMUNITY BASED SUPPORT AND PODCASTS BY YOUTH MENTAL HEALTH DEVELOPMENT ACADEMY.

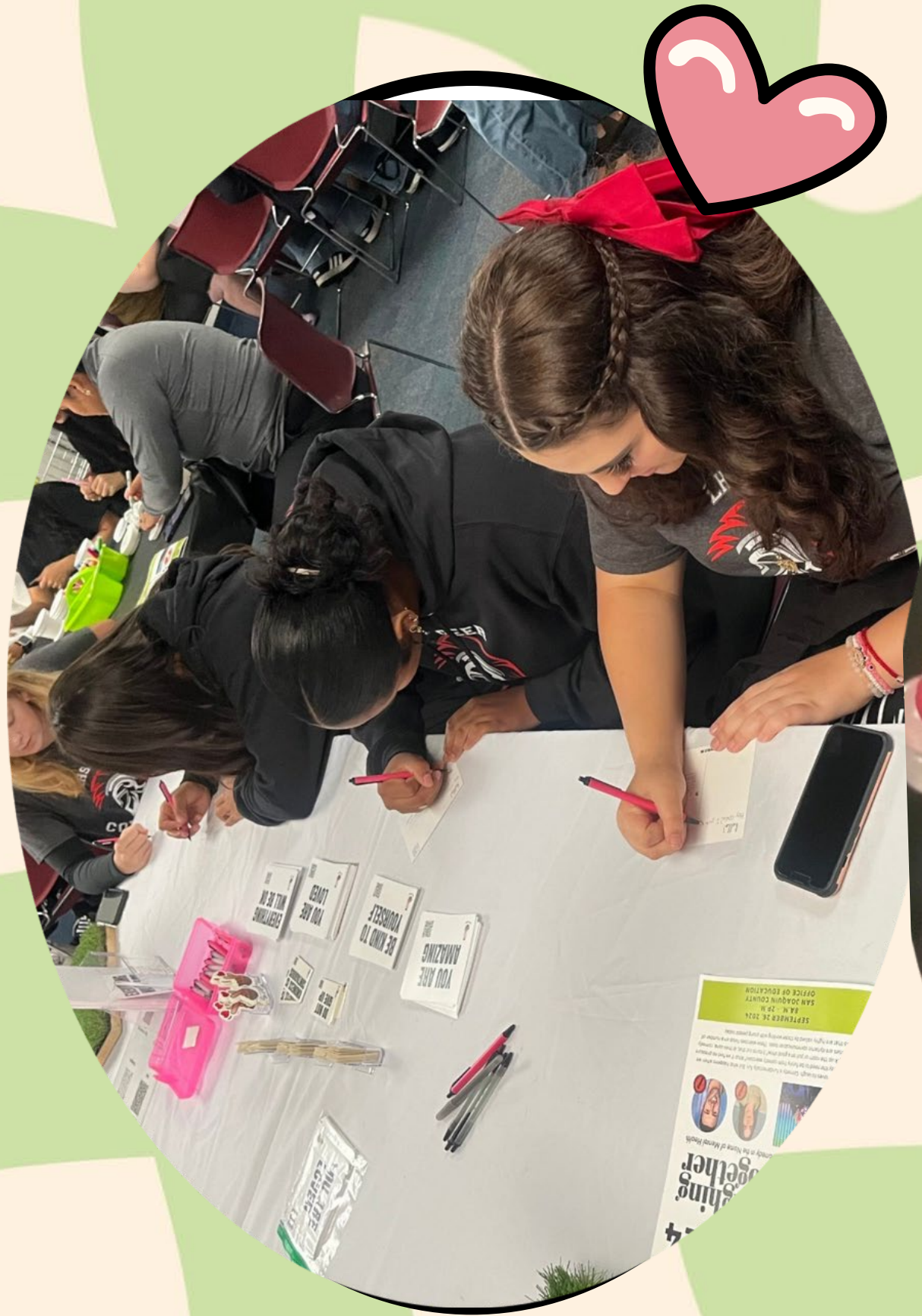


# YMHDA

STUDENTS FROM THE ACADEMY PRESENTED TO PEERS ON HOW TO BE A PEER SUPPORT, LOOK FOR SIGNS AND SYMPTOMS OF SUICIDE, AND WHAT TO DO WHEN A FRIEND IS IN CRISIS. THE STUDENTS ALSO PROVIDED INFORMATION ON HOW TO PARTICIPATE IN FUTURE YMHDA COHORTS







# CELEBRATION YMHDA

## 2024 BECAUSE KIDS FAMILY RESOURCE AND REFERRAL CHILDREN'S HEALTH AWARD

YOUTH MENTAL HEALTH DEVELOPMENT ACADEMY





Thank you!

Nora Hana

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