



Youth Supporting Youth

Gonzales Youth Council

Board of Supervisors Presentation Aug. 18, 2020

With Support By:



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- **Gonzales Unified School District**
 - Yvette Irving, Candice McFarland, and Alicia Trentelman
- **Cal State Monterey Bay**
 - Claudia Rocha, Selena Espinoza, and Dr. Jennifer Lovell
- **Trinidad and Lupe Family Fund**

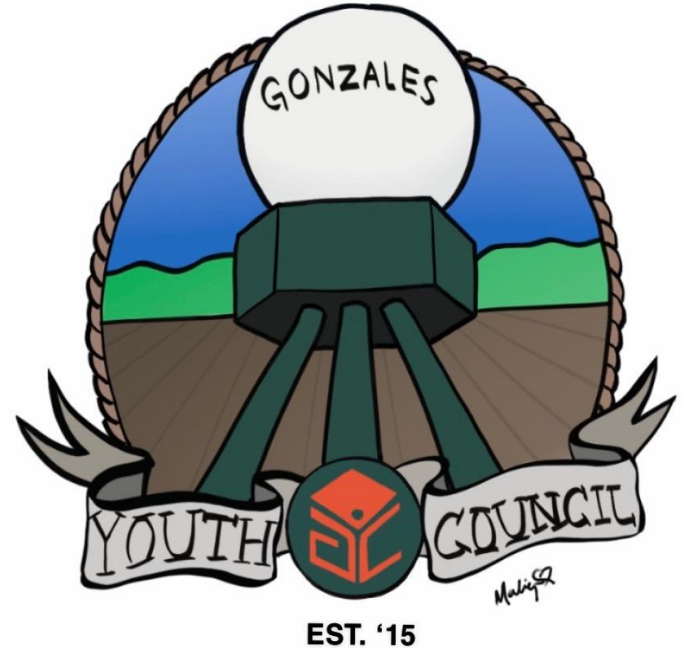
Overview

1. Gonzales Youth Council (GYC) Background
2. Why Mental Health?
3. Mental Health as a GYC Priority
4. Project Implementation and Findings
5. Action Items
6. Thank You's
7. Q & A



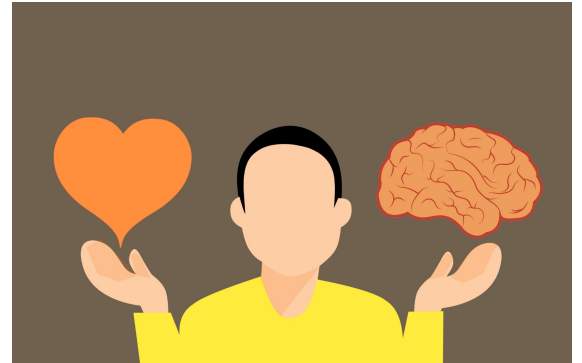
The Story of the GYC

- Partnership between GUSD and City begun in 2006
- Commitment to formal youth leadership development began 2013
- Youth Commissioners established in 2014
- Formal GYC established in 2015
- Going on 6th generation
- A lot of interest around GYC
- Have supported other communities in establishing their own versions

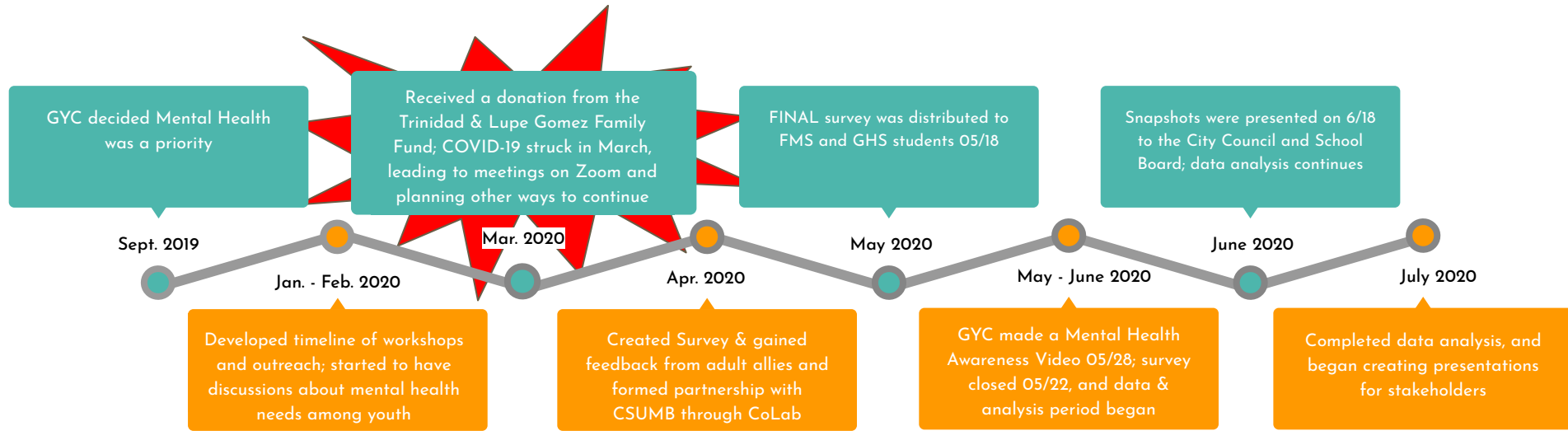


Why Mental Health?

- Identified a gap in mental health resources for youth in our community
- COVID-19 hit - it was important to assess how students were coping with the crisis and the effects it was having on their mental health
- Conducted a survey to help identify how students wanted to be supported and how they accessed resources

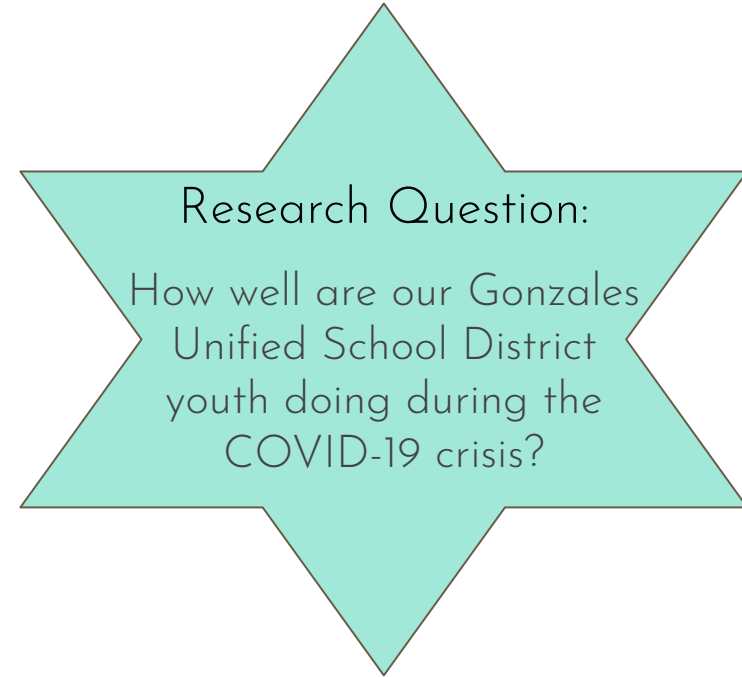


Timeline



Intent and Goals

- The GYC wanted to:
 - Create content to share online
 - Understand what type of information our peers needed and how they wanted to receive it
 - Assess the needs our youth needed around mental health
 - Understand how well youth adjusted to online learning



Social Media Outreach

<https://spark.adobe.com/video/OdesEZOnxPpcl>

Mental Health Check-In
Use an emoji to share how you're feeling today.

- ♥ I'm doing really great!
- 💛 I'm doing pretty good.
- 🟡 I'm doing okay, I guess.
- 🟢 I'm starting to struggle.
- 💙 I'm having a really hard time.
- 💜 I need to reach out for support.

BlessingManifesting

@selfcareisforeveryone

How are y'all feeling today?

Type something....

selfcareisforeveryone

OVERWHELMED?
A HELPFUL CHECK LIST

- ☐ RELAX SHOULDERS
- ☐ TAKE A BREAK
- ☐ THREE BREATHS
- ☐ GO FOR A WALK
- ☐ DO A BODY SCAN
- ☐ ADJUST SCHEDULE
- ☐ LIST TOP 3 PRIORITIES
- ☐ ASK FOR HELP

& REMEMBER YOU CAN HANDLE THIS!
xo @heyjambezac

selfcareisforeveryone 🍌 STOP SCROLLING!!! You deserve to take a break 🍌...

For those who are feeling stressed,
TAKE A BREAK.
Take care of yourselves and don't be afraid of
asking for help.
We're all in this together 🍌

Mondays at 7:00 PM and Fridays at 12:00 PM

Every Monday at 7:00 pm/Todos los lunes a las 7:00 pm

• April 20, 2020 - June 15, 2020

Just a reminder that the Monterey County Health Department is hosting Mental Health and Self-Care tips! Tune in this Friday!

Survey Question Break-Down

Coping and Tips (8 questions)

School (12 questions)

Mood and Social Support (5 questions)

- High Schoolers also completed:
 - Screener for Depression and Anxiety (PHQ-4; 4 questions)
 - Resilience Questionnaire (BRS; 6 questions)

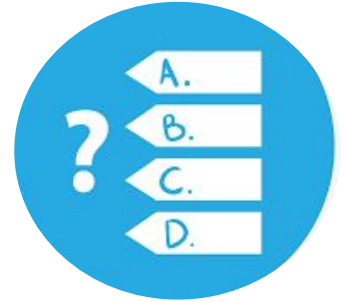
Screen Time Wellness (14 questions)

Demographic Information (3 questions)



Data Analysis

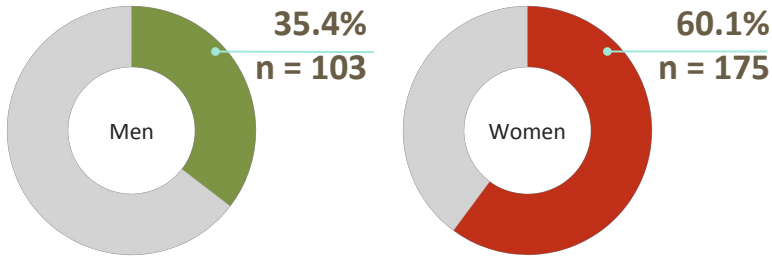
- Quantitative Data Analysis
 - Frequencies and descriptive statistics
- Qualitative Data Analysis
 - Open-ended questions: challenges of COVID-19, motivation, impact of pandemic, tips for youth, and three things they are grateful for
 - GYC youth and CSUMB researchers read through every response & coded into themes
 - Identified powerful quotes



Data Findings

Demographic Snapshot (Total Participants: N=374)

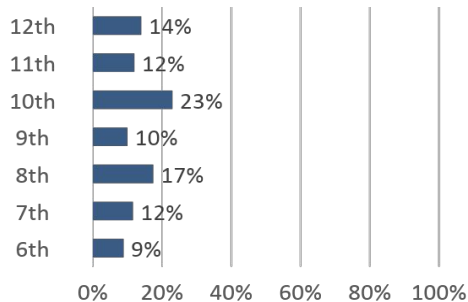
Gender (n = 291)



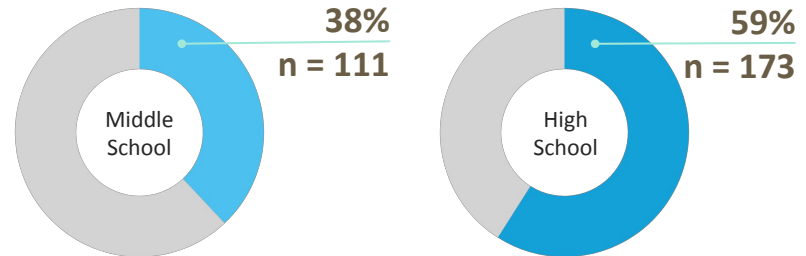
Ethnicity (n = 289)



Grade in School (n = 292)

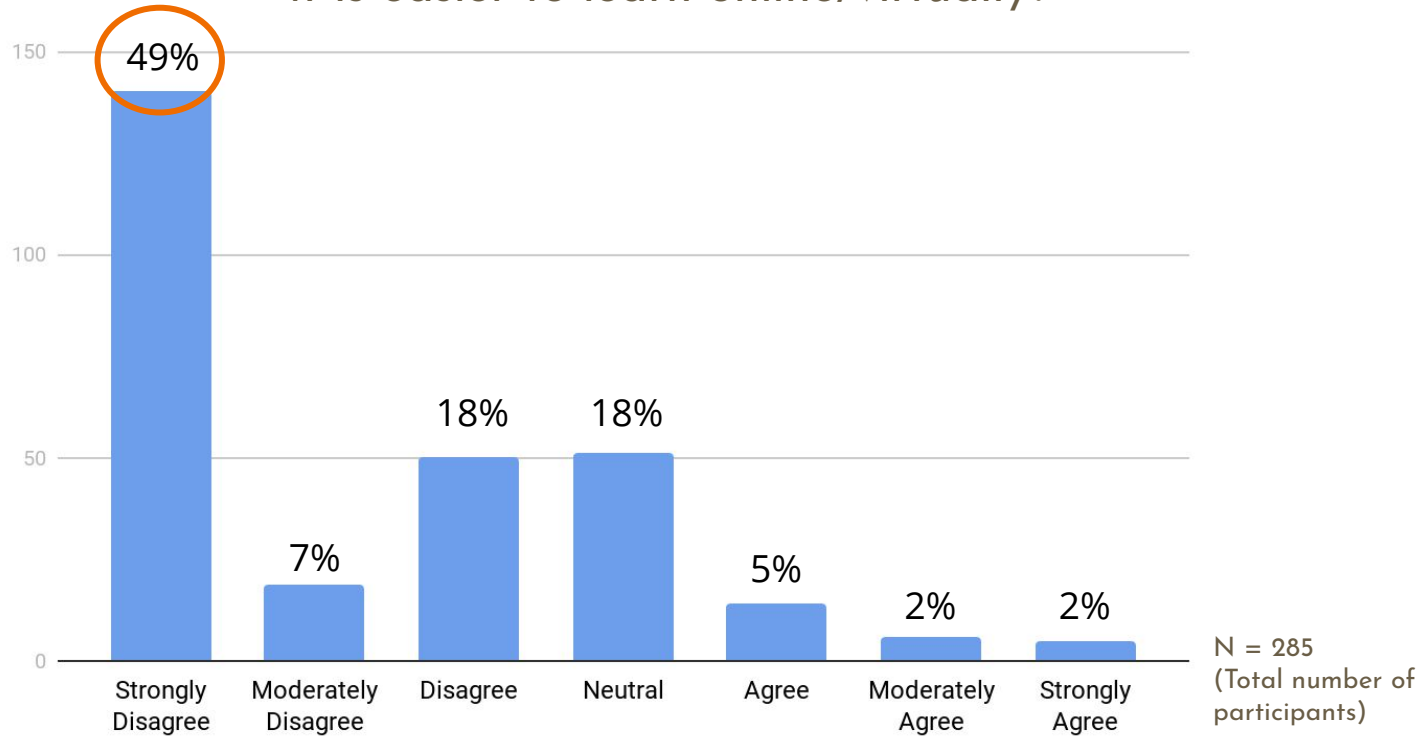


Middle School vs. High School (n = 284)



Online Learning

It is easier to learn online/virtually?



Materials and Distance Learning Needs

93%



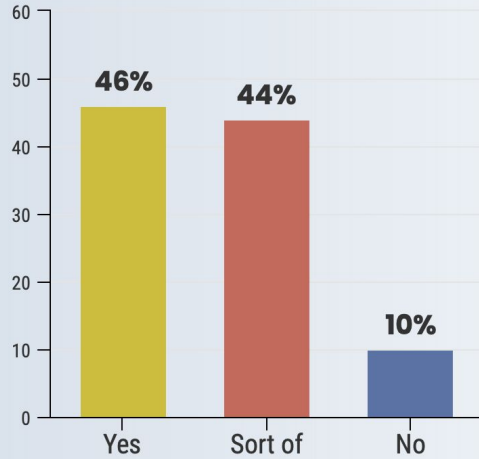
N = 334

**said they have all
the materials they
need to complete
assignments**

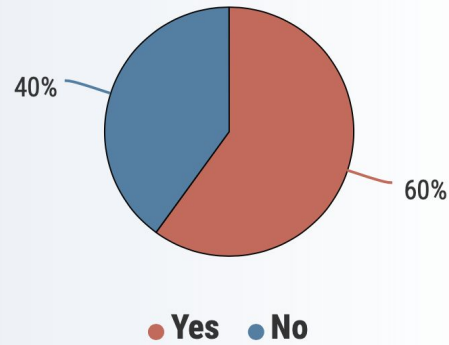


Barriers to Learning

Do you have a quiet place to get your work done? N = 336



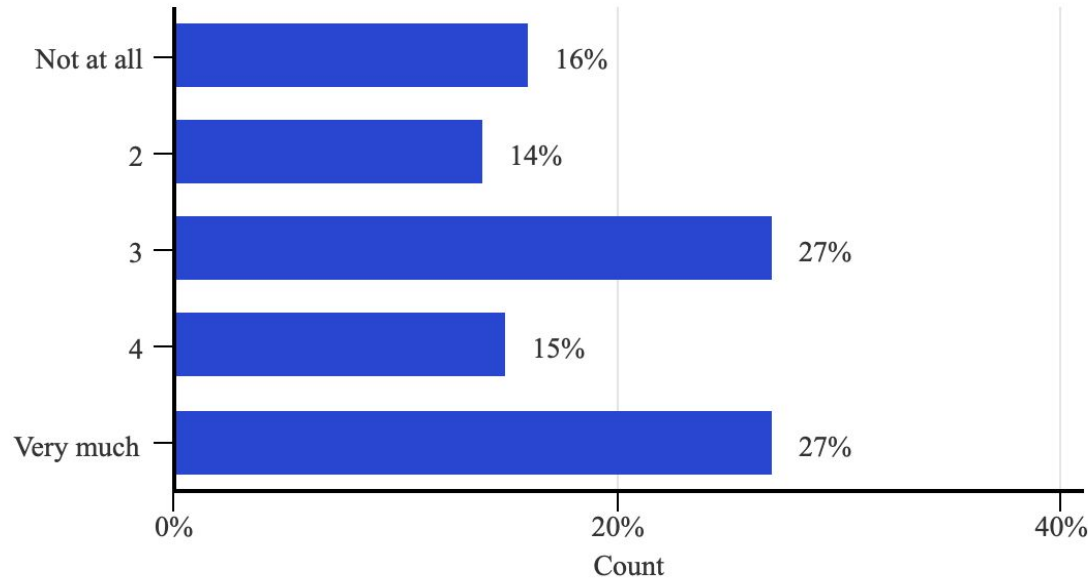
Do you feel responsible for helping your younger sibling(s) complete their schoolwork? N = 220



“...I don't really have anyone to help besides my mom and she's always at work so basically doing things on my own. Also when my brothers here and my moms at work I have to help him as well with his stuff so it's kinda stressful and also because I'm going through family issues.”



Stress means a situation in which a person feels tense, restless, nervous, anxious, or is unable to sleep at night because his/her mind is troubled. Do you feel this kind of stress lately?



N = 355

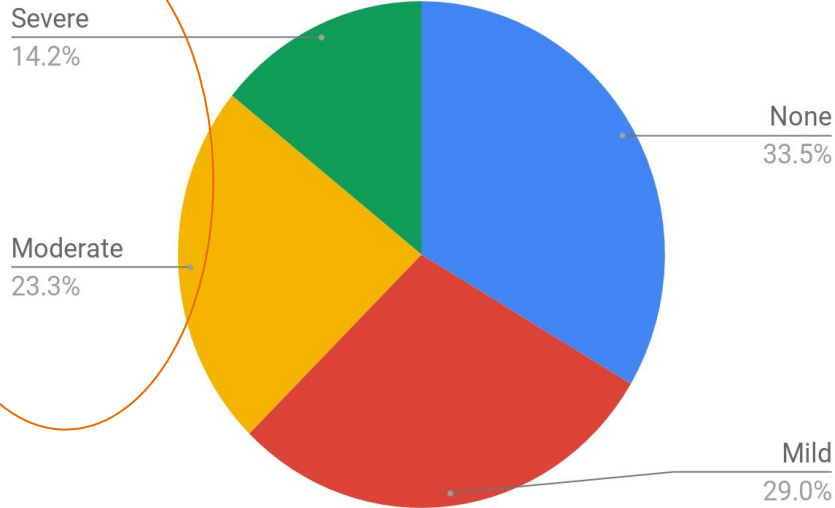


When asked the hardest part of COVID-19...

“Well it is very **stressful** that both of my parents have to leave the house almost daily to go to work and provide for us and it makes me **anxious** each time they do. Not only that but **teachers have been piling up on the homework** adding more things to do along with **chores and taking care of my siblings...**”



Patient Health Questionnaire Screeners for Anxiety and Depression



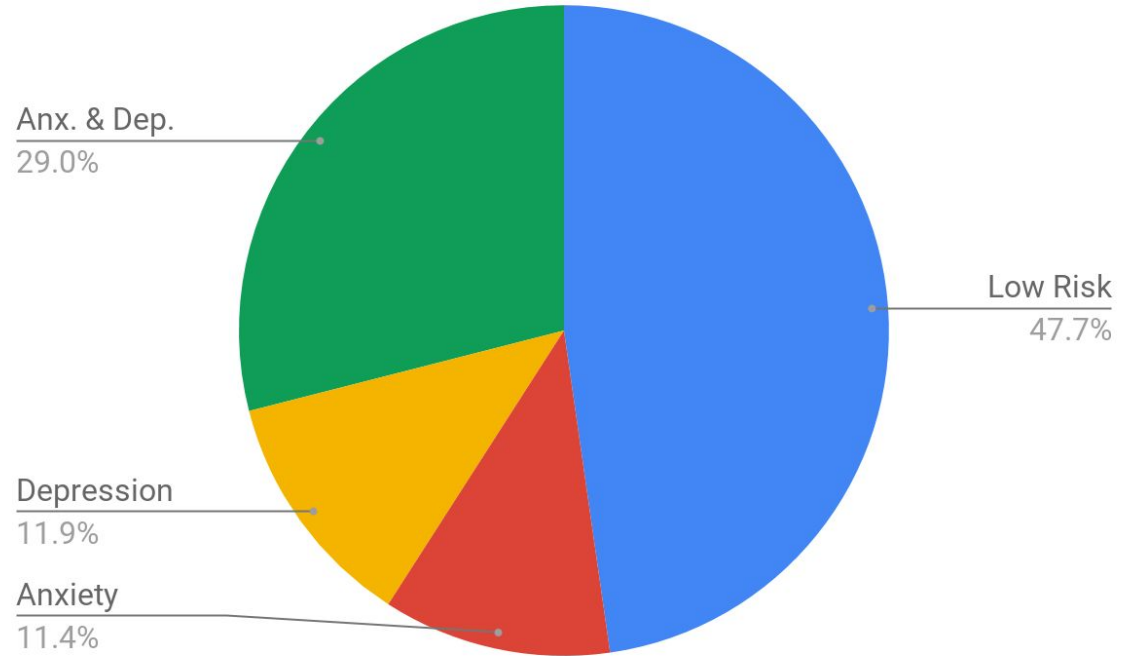
- Well validated 4-item scale
- High School Students (N = 176)
- Demonstrated good reliability within our sample ($\alpha = .85$)

38% of high schoolers scored within the Moderate to Severe range for their **overall mental health**

Risk for Anxiety & Depression

Based on analysis of the subscales of the PHQ-4:

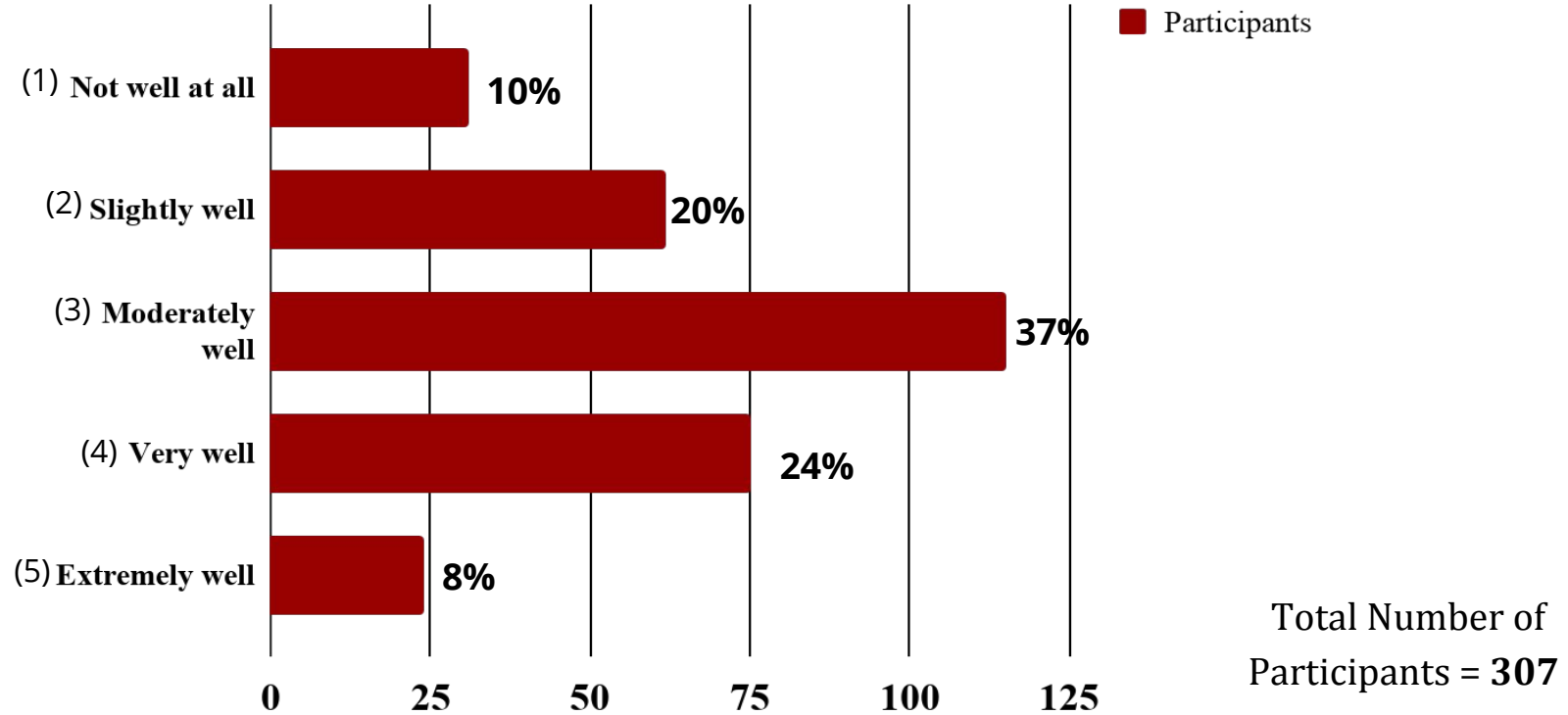
52% of high school students scored above the **cutoff scores** for Anxiety, Depression, or Anxiety and Depression





“I guess being alive because if I weren't a coward it wouldn't be that way. I am grateful my dogs love me because I don't love myself....”

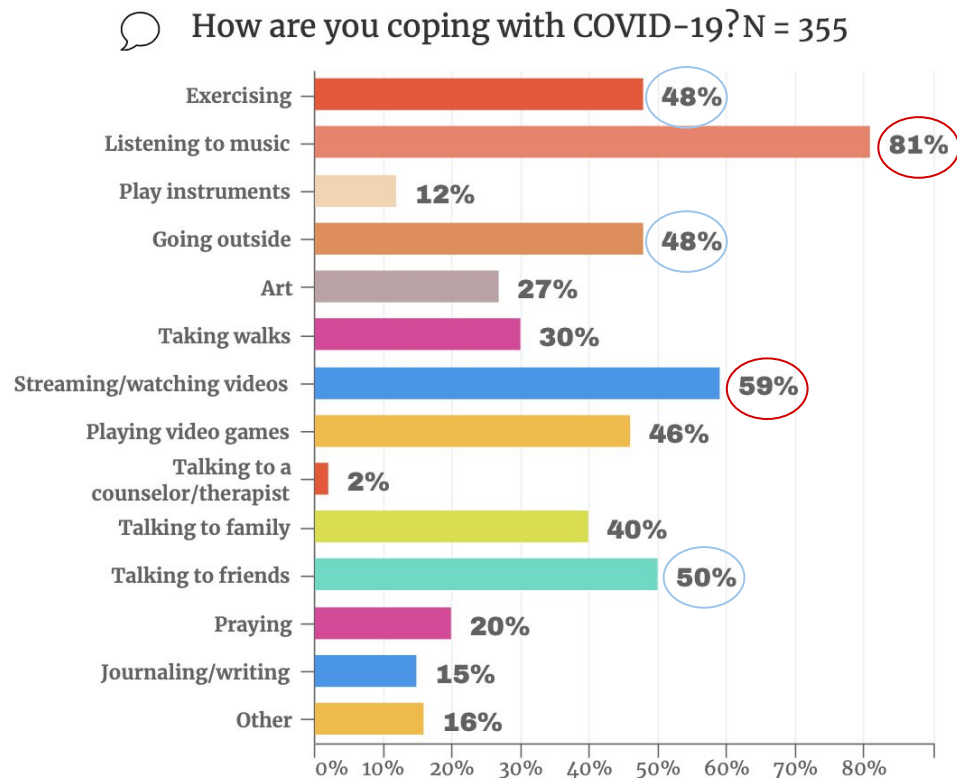
“How well are you coping with COVID-19?”



Strategies Used for Coping

Top 3:

1. Listening to music
2. Watching videos
3. Talking to friends;
Going outside;
Exercising

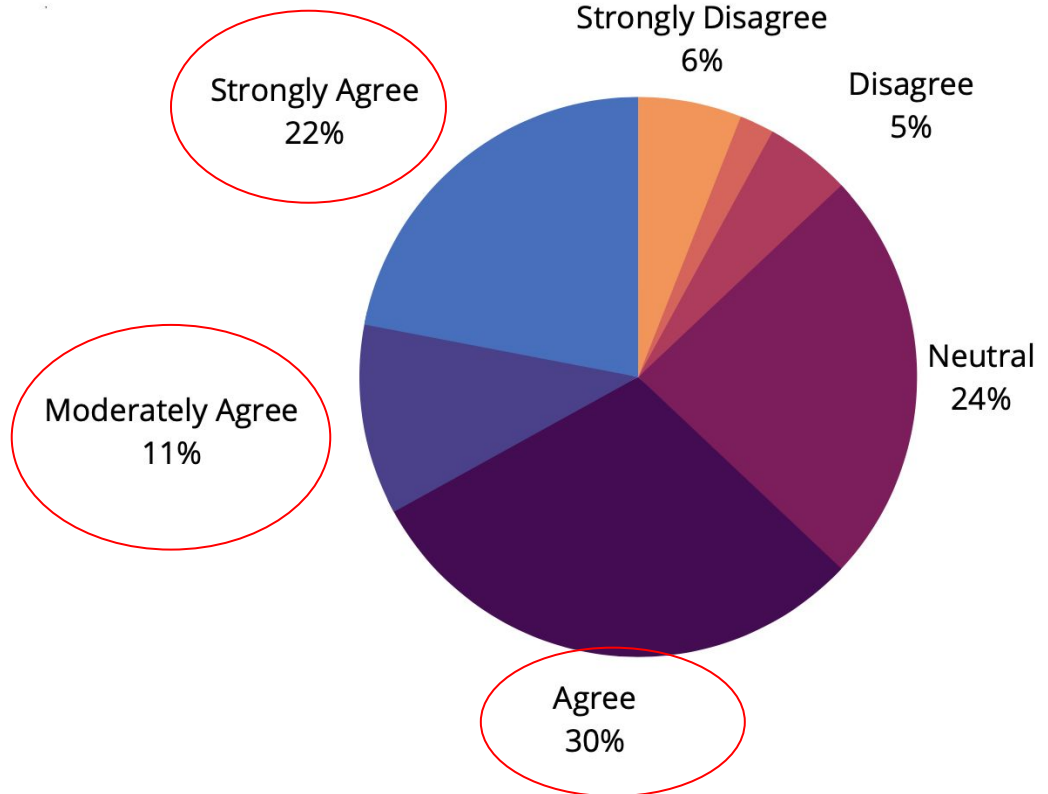


Digital Wellness - Creative Inspiration

When asked if students find creative inspiration online (e.g., art, music, writing)

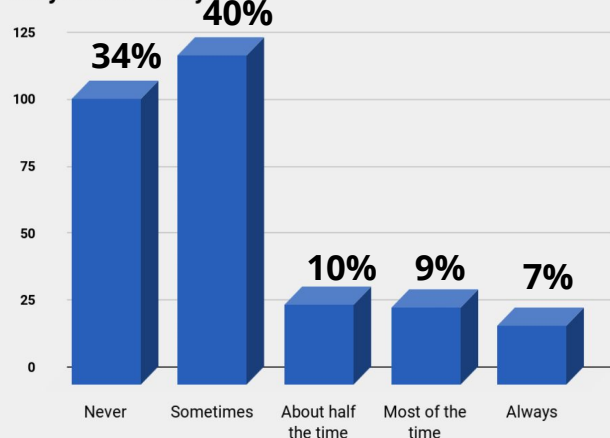
Number of participants = 285

63% of students agree that they find creative inspiration online



Mood and Social Supports

Do you feel lonely?



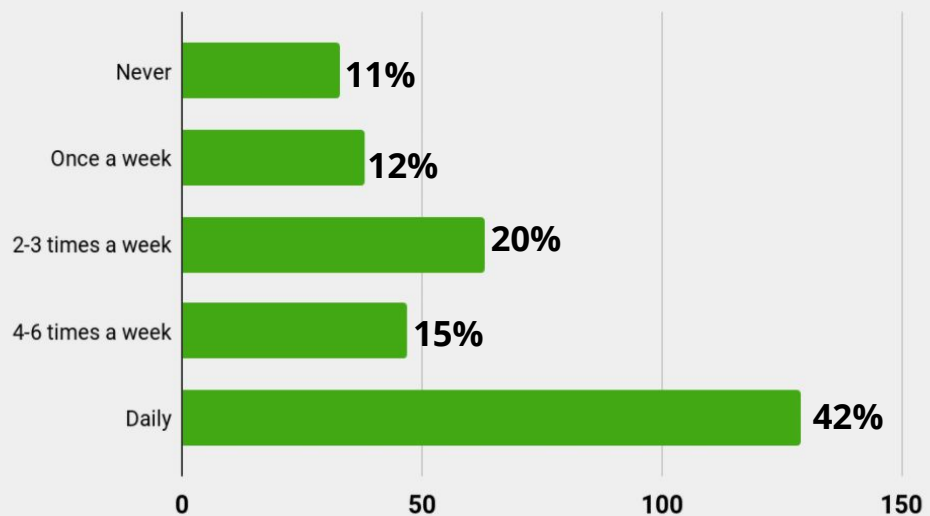
Loneliness

Description of results:

- 39.55% reported *sometimes*
- 34.41% reported *never*

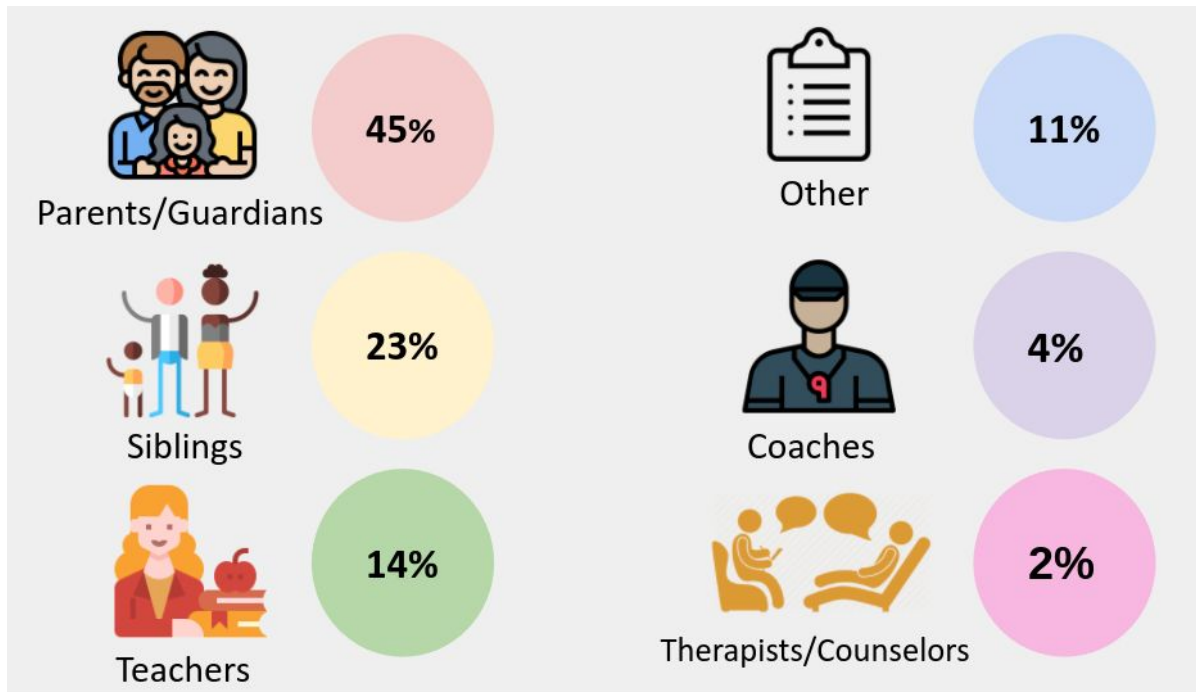
Number of participants = 311

How often have you been talking to friends during shelter-in-place?



Number of participants = 310

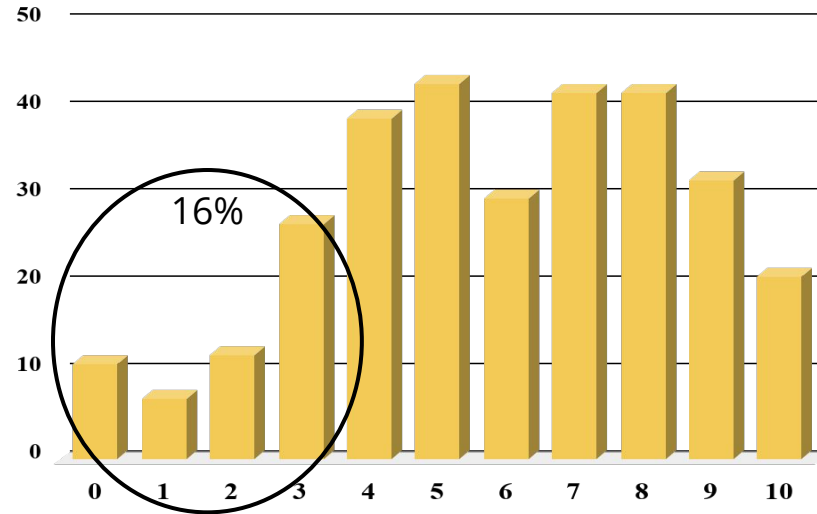
Who are Youth Connecting with?



“I am grateful **my family is healthy**, and that I have their support no matter what. Also, I am grateful for **a teacher** (Mrs. Medina), she is basically the **only one** who understand that we all go through something different. She is always so **supportive**, and there for us.”



Overall, how happy would you say you are?



Results:

- Total Participants(N) = 306
- Mean = 5.85

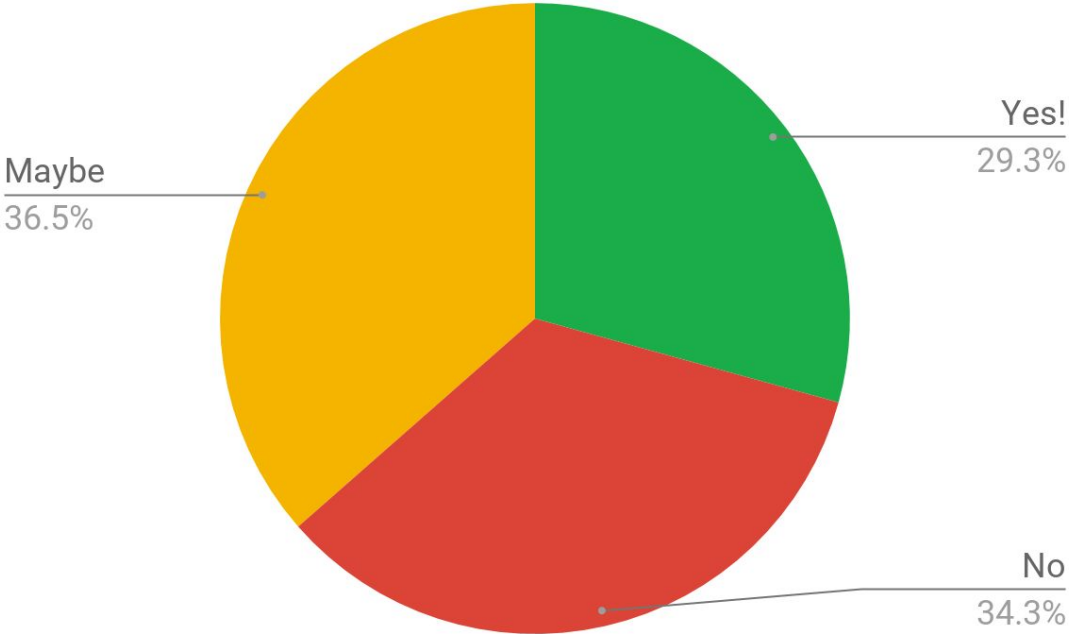
Not at All



5.85

Completely

Would you like tips on how to stay motivated and cope during COVID-19?



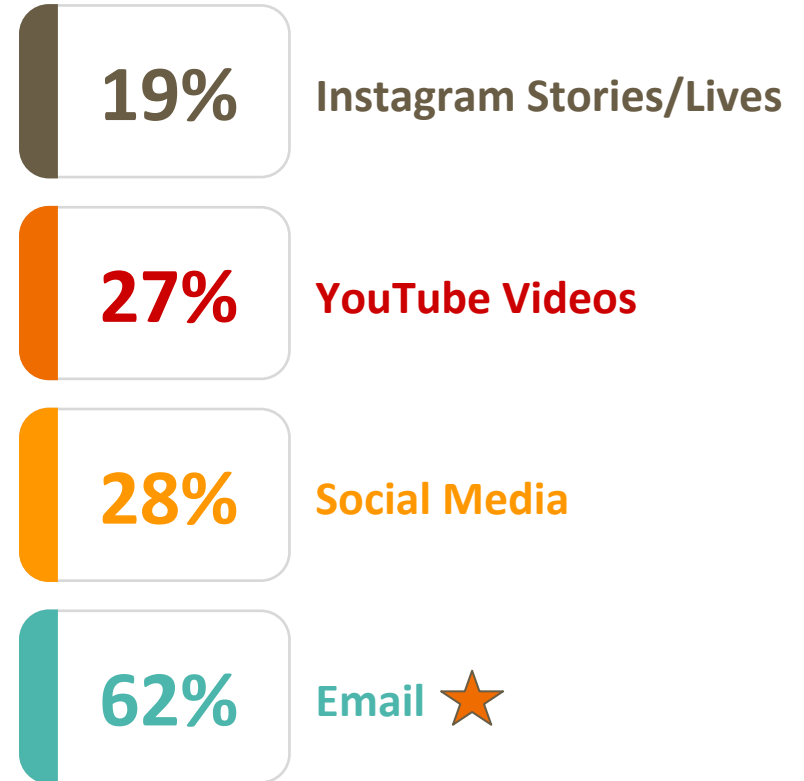
Want Tips on...



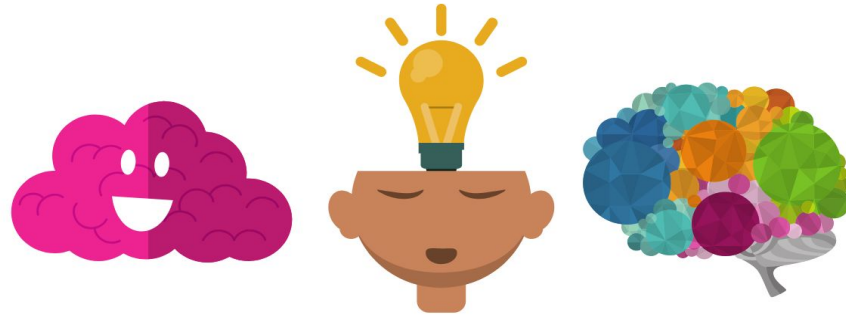
Want tips on... N=238



Preferred Ways to Receive Support/Tips (N = 238)

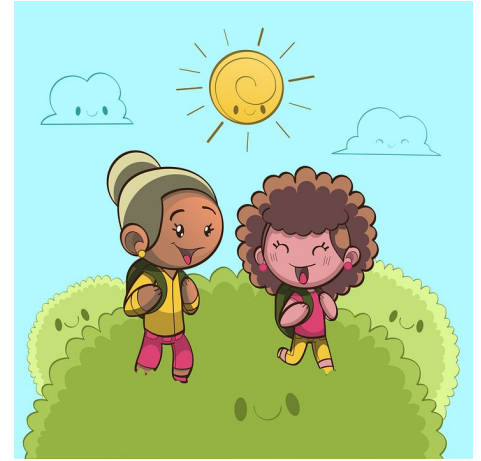


What are some tips you'd like to share with other youth as they deal with COVID-19?



“...stay positive and think ahead. Make sure you are being as healthy as possible, and that you have enough entertainment to satisfy yourself. People do go, quite literally insane during this, well, insane time... be healthy, stay smart, be creative, and stay motivated.”

What are 3 things you are grateful for?



“I am thankful for all those **teachers** taking their time in educating us even if it’s more difficult, I am thankful for my **family** and **friends** who are there for me to keep me happy, I am also thankful for all those **doctors, nurses** and all those **people helping in our community** to make these rough times better.”

Conclusions

- Majority of survey participants are having trouble with staying motivated
- 52% of participants need follow up for mental health (scored above the cutoff for anxiety, depression, or anxiety & depression)
- 62% of survey participants wanted to receive tips and support via email; 28% wanted tips and support through social media posts



Next Steps

- The GYC will continue to support mental health access
- Continue to push mental health-related content through email and social media
- Support the creation of safe spaces that support youth wellness
- Continue to share research findings to inform distance learning approaches





- Support parents and teachers in helping children thrive through distance learning
- Work with GYC to include youth voice in decision making processes and procedures
- Support the GYC in bringing more mental health services to the community of Gonzales and South County and provide outlets for creativity and engagement

Thank You!

Questions?

Contact Information

Email: gyc@gonzales.k12.ca.us

Social Media:

- Instagram: [gonzalesyouthcouncil](https://www.instagram.com/gonzalesyouthcouncil)
- <https://www.facebook.com/CityofGonzalesCalifornia>



“If not us, who? If not now, when?”