



# Youth Commission Presentation

---

## 2024 Youth Commission

- **ORHS: Lauryn Sumimoto (Co-Chair), Mahee Haswani (Co-Chair), Sophia Sumimoto, Kara Chavez**
- **PHS: Amelia Leo-Frazee, Isabella Roth**
- **EDHS: Emilia Delmolino (Vice-chair), Wrenna Potter, Bailey Plimpton**
- **CUP: Avery Sheridan**
- **GSHS: Zofia Bradford**
- **STHS: Eva Griscom**





## Youth Commission

Located in California, the El Dorado County Youth Commission is a group of dedicated high school students who have volunteered to represent the voice of our youth. We strive to improve the health, happiness and collaboration of El Dorado County youth while helping solve the complex issues and difficulties that they face today.

# Why has the YC chosen to focus on mental health?



- Survey data and our student experiences have made it clear that mental health is one of the most prominent issues facing youth in our county
- Mental health impacts all aspects of student life, from academic performance to social interactions to campus culture
- We can encourage students to reach out for help if they are struggling by helping break the stigma surrounding mental health discussions and promoting the idea of embracing wellness
- We seek innovative solutions to address the complex issue that is youth mental health



# Peer Advocacy

- Gives upper-class mentors to 9th and 10th grade students
- Allows peer-to-peer education and support on a variety of teen health issues
- Mentors are trained on confidentiality, communication, healthy ways of coping, and a variety of mental health issues
- We have worked with leadership, teachers, staff, and the administrations at each school that are excited and hopeful about peer advocacy and how it can benefit each individual school site by creating meaningful connections
- We have created peer advocacy clubs on the majority of school sites
- Currently in the process of establishing Peer Advocacy classes on the majority of campuses



## Success with Peer Advocacy in Our County

- Golden Sierra: full established class for 15 years, and are working with EDCOE and other organizations to help with the creation of new programs.
- Camino Elementary School: first school in our county to have an established club!
- Union Mine: has a class on the schedule for next year! They had 83 applicants.
- El Dorado, Oak Ridge, Ponderosa, Pacific Crest and Independence High Schools: have clubs and are working on recruiting and branding.
- Course of study for Peer Advocate Class has been approved for EDUHSD.



## EDCOE Support for Peer Advocacy

- Hosted successful Peer Advocacy training for teachers
- Funding for Union Mine pilot Peer Advocacy class
- Funding for school site Peer Advocacy coordinators at each site plus Camino Elementary
- Plans for future trainings for teachers and coordinators
- Site mini grants of \$2000 for starting up programs and classes



# Youth Advocacy Initiative

- Online Initiatives: September- December
- Youth Advocacy Initiative Mental Health Event: January 20th
  - Gained useful resources
  - Learned the difference between a program and a policy
  - Connected with other Mental Health Advocates
  - Got ideas for Wellness Week
  - Interacted with students from other counties



Let's Talk About It.



Mental Health Services  
Oversight & Accountability Commission

24-0787 B 9 of 16



## Community Outreach

- Behavioral Health Commission
- California Youth Advocacy Network Youth Board of Directors
- EDH Community Council
- Work with NAMI El Dorado
- Youth Advocacy Initiative
- Golden Sierra Peer Advocates
- Sacramento Youth Mental Health



---

## Wellness Week

- Movement Monday
  - Kickball (EDHS)
- Time to Unwind Tuesday
  - El Dorado had baby goats in the quad for students to pet and hold
  - we also handed out flyers with coping techniques, stickers, and wristbands
- Wireless Wednesday
  - El Dorado had a succulent propagating station
- Thankful Thursday
  - All schools handed out flowers with cards attached to encourage thankfulness



# Get Moving

Physical activity can make you feel better, function better, and sleep better.

source: CDC



## Wellness Week

March 18th-March 21st

Reach Out. Connect. Embrace Wellness  
El Dorado County Youth Commission

El Dorado County  
Youth Commission



# Take time to unwind.

Use a few minutes of your day to do something you enjoy.

source: WHO



## Wellness Week

March 18th-March 21st

Reach Out. Connect. Embrace Wellness  
El Dorado County Youth Commission

El Dorado County  
Youth Commission





# Take a break from your screens.

Information overload can be upsetting. Make an effort to switch off your screens once in a while.

source: WHO



## Wellness Week

March 18th-March 21st

Reach Out. Connect. Embrace Wellness  
El Dorado County Youth Commission

El Dorado County  
Youth Commission



# Express Gratitude & Connect with others.

Talk to people you trust about your concerns and how you're feeling.

source: WHO



## Wellness Week

March 18th-March 21st

Reach Out. Connect. Embrace Wellness  
El Dorado County Youth Commission

El Dorado County  
Youth Commission







## Goals for the Future

- Growth of Peer Advocacy program throughout the county from club to a class
- Information sessions between Peer Advocates and the freshman classes
- Continual supervision of Peer Advocacy
- Continued recruitment and training of Peer Advocates
- Increased awareness of the wellness centers and existing resources through the Peer Advocacy program



# Thank you!