

# El Dorado County Youth Commission



Board of Supervisors Presentation

# 2025 Youth Commission



- PHS: Secretary Amelia Leo-Frazee, Isabella Roth



- UM: Anna Schifferle, Kaitlin Fuller



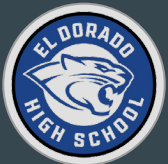
- ORHS: Co-Chair Sophia Sumimoto, Co-Chair Kara Chavez, Ella Anderson, Sudeep Mazumder



- STHS: Eva Griscom



- GSHS: Vice Chair Zofia Bradford



- EDHS: Mareika Delmolino, Kieran Smith

# Youth Commission

The El Dorado County Youth Commission is a group of 13 dedicated students representing high school students across the county, committed to representing and advocating for the youth in our county. Our goal is to improve the health, happiness, and connection of El Dorado County youth while designing solutions to address the complex issues and difficulties that we all face today.

# Our Focus - Youth Mental Health

- Mental health impacts all aspects of student life, from academic performance to social interactions to campus culture.
- 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.
  - 80% of high school students across the county report feeling anxiety.
  - Other student concerns are bullying, depression, substance abuse, etc.
- We are committed to improving campus culture, reducing at-risk behavior and boosting attendance.

# Peer Advocacy

- Mentors trained in:
  - Confidentiality, communication, mindfulness, mental health, and coping strategies
- What they do:
  - Listen to their mentee and guide them to resources they may need.
  - Present to 9th grade health classes about drug abuse and various mental health problems and solutions
- Students feel most comfortable in peer to peer connection, and have better communication and support.
  - 58.1% of mentees from Golden Sierra feel more comfortable talking to their Peer Advocate than an adult.

# Our Progress

- Worked closely with the Golden Sierra Peer Advocacy program
  - Their expertise and experience has proven invaluable in guiding our efforts to expand this program across the county
- Presented to the El Dorado County Board of Supervisors, El Dorado Union High School Board, as well as various community leaders
- Obtained funding for peer advocacy classes across the county high schools
  - Funds acquired by California Mental Health Services Act via EDCOE

# Community Outreach

- Behavioral Health Commission
- California Association of Youth Commission CAYC
- El Dorado Hills CSD Promise Foundation
- Youth and Families Commission
- Peer Advocacy Clubs
- Sending Sunshine
- Interact Club
- Friday Night Live (FNL) Convoy of Hope
- Letters of Inspiration, Friendship
- Togetherness (LIFT) Hands4Hope
- Music From the Heart
- National Charity League,
- Days for Girls
- Youth Action Council
- California Youth Council
- Clubs - Vikings Inspire Positivity (VIP),<sup>25-0785 A</sup> 7 of 12

# Empower Event

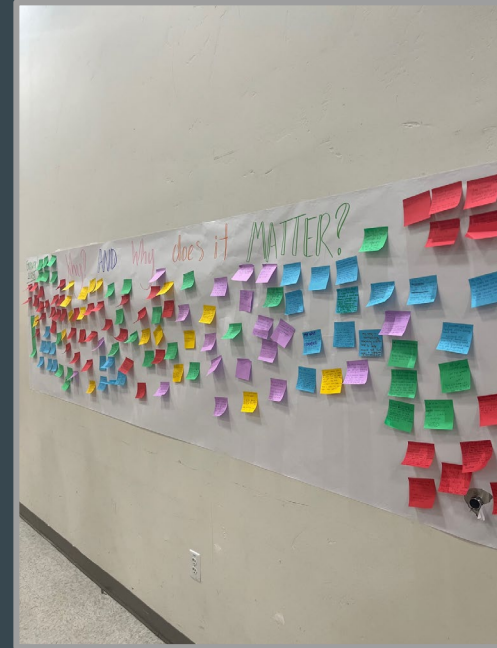


Building a sense of community through connection and collaboration, with the intent to inspire and Empower youth while demonstrating the potential of their impact.



# Empower Event

- 175 students
- Keynote Speaker: Rochelle Whelams
- Guest Speaker: Dr. Ed Manansala
- Our WHY: Youth Commission, Golden Sierra Peer Advocacy, Union Mine Friday Night Live
- Breakout Sessions



# Empower Event-Impact

- Build sense of community among youth through connection and collaboration
- Empower youth to proactively create change in the community
- Demonstrate the potential impact on the community
- Encourage youth to find their “Why?” within their community and programs



# Goals for the Future

- Raise greater awareness about youth mental health struggles
- Continued support of the Peer Advocacy Program
  - Assist in recruitment and training of Peer Advocates
- Increased awareness of the wellness centers and existing resources through the Peer Advocacy program
- Connection and collaboration between all school sites

# Questions and Comments