

# **Welcome to Youth Voices for Change 2024!**



# Agenda

1. Welcome + Introductions
2. Icebreaker
3. Youth Voices for Change Overview
4. Jamboard Activity – What's important to your mental health?
5. Reflections

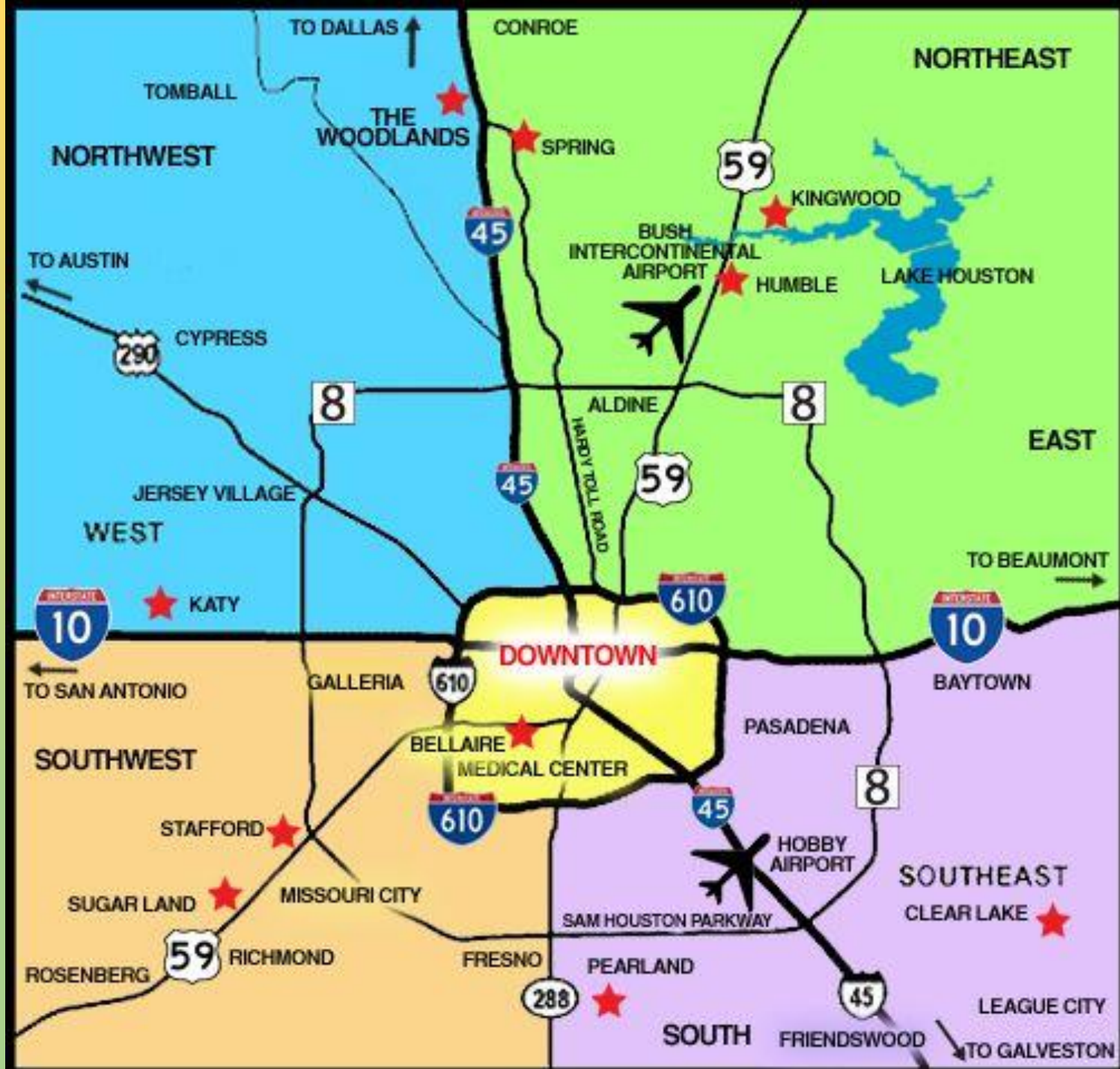


# Roll Call

Use the  
'annotations' on  
Zoom to let us know  
where your  
community is!

Tip: Go to View options ->  
Annotate -> Stamp

Not from the Houston area?  
Let us know in the chat!



# Communities of Care

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# Communities of Care

To support Houston Metropolitan Statistical Area communities  
in their efforts to:

**inclusively and collaboratively**

**transform the environments**

where people

**live, learn, work, play and pray**

to support

**resiliency, mental health, equity and well-being**

in everyday life for all members of their community with a specific focus on

**children and youth of color and their families.**

# Communities of Care Initiative

**Funder**  
**Hogg  
Foundation**

**Coordinator**  
**Prevention  
Institute**

**Evaluation**  
**6 local  
researchers**

## CoC Learning Community:

Community of practice comprised of 10 *collaboratives*. Each collaborative is a coalition of partner organizations/entities.

|                                                                       |                                                                   |
|-----------------------------------------------------------------------|-------------------------------------------------------------------|
| Asian Americans Attaining Awareness (HOPE Clinic)                     | The Future is Us / aka Galveston ACEs to Assets (FSC Galveston)   |
| Babies in Baytown (First3Years)                                       | Healthy Outdoor Communities (Nature & Eclectic Outdoors)          |
| Connect Community                                                     | Hiram Clarke Community Resilience Project (Mental Health America) |
| Dream 77021 (Neighborhood Recovery Community Development Corporation) | Project Rise and Shine (Light and Salt Association)               |
| East End Communities Collaborative (CHRISTUS)                         | Reaching Richmond (Access Health)                                 |

## Five Core Principles with a focus on children & youth of color and their families:

1. **Understand the Community Environment.** Gathering data to understand how the places we live, work, learn, play, and pray impact community health and well-being
2. **Imagine One Community.** Encouraging an inclusive and collaborative way of working and making decisions together that is fair and open to all voices
3. **Talk about and Act on Health Justice.** Dialogues about how race and racism result in unfair differences in community well-being are being elevated and opportunities for change are being identified for action
4. **Provide Opportunities for Ongoing Learning.** Improving knowledge and skills to implement actions in the places where we live, work, learn, play, and pray that will improve community well-being
5. **Improve Community Well-Being.** Using data and lived experiences to inform actions that will improve community well-being

# Youth Voices for Change 2023

# Youth Voices for Change 2023

- Summer meetings held to offer space for youth to share experiences, hopes for changes they want to see made
- Opportunity to join panel discussion at Young Minds Matter conference
- Interviews to gather youth experiences, help reshape the narrative around youth mental health

# Young Minds Matter 2023

- Panel discussion with Youth Voices for Change members, shared why youth mental health is important to them
- Shared strategies for how to make schools a safer environment with less pressure placed on students

# Youth Voices for Change 2024

# Youth Voices for Change 2024 Structure

- Workshops
  - Talk with other youth in a confidential space about mental health
  - Free trainings and workshops to develop advocacy skills
  - Hear from experts on how to take action
- Planning
  - Share ideas for projects or events you want to take on
  - Work with youth, other organizations to advocate for change
- Communications
  - Share your voice on issues that are important to you
  - Engage in podcasts, interviews, or write blogposts

# Youth Voices for Change 2024 Structure

- Communications
  - Share your voice on issues that are important to you
  - Blogposts published on Prevention Institute, Hogg Foundation websites
- Podcasts
  - [Hogg Foundation: Into the Fold](#)
  - [UT ACTion Lab: Beyond Boundaries](#)



# Summer workshops will include...

- Advocating for change in schools
- Youth and community leadership
- Practice with sharing testimony
- Understanding the school system/structure
- **What else do you want to learn or know about?**





*Mental health is a state of wellbeing in which every individual realizes their own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to their community.*

World Health Organization

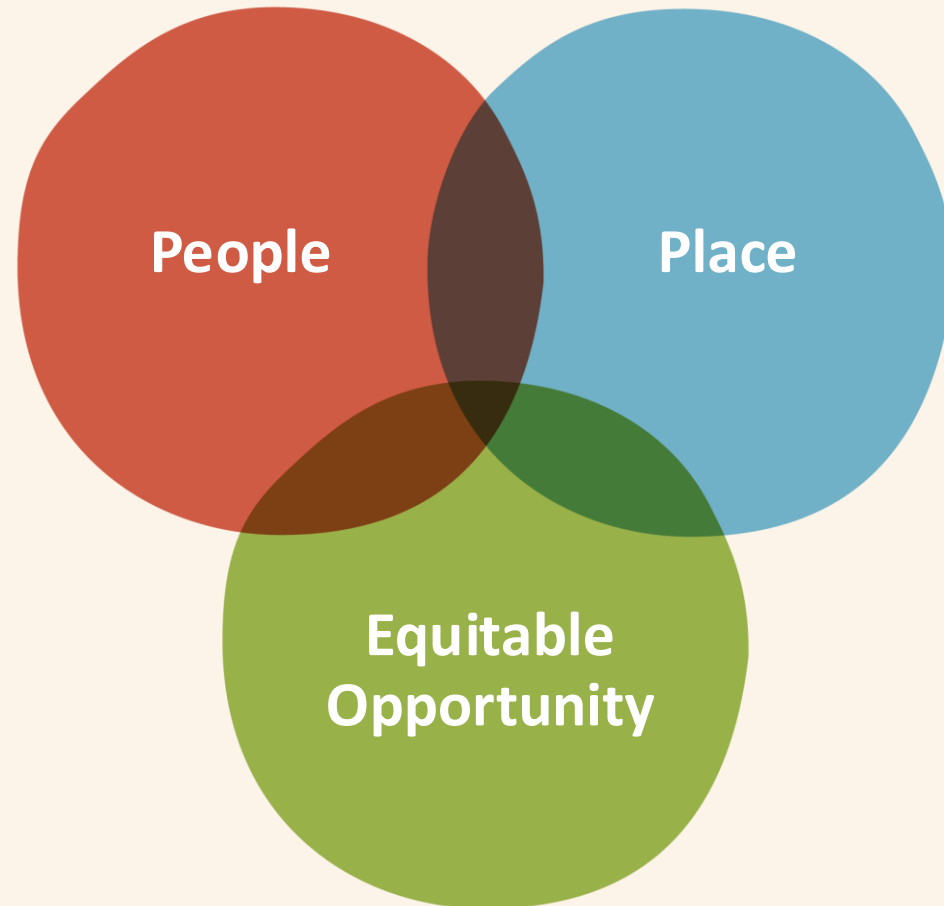


# THRIVE

Tool for  
Health and  
Resilience  
In Vulnerable  
Environments

Developed originally for the  
Office of Minority Health

# THRIVE



# Our mental wellbeing is shaped by

## People



Social networks  
& trust



Participation &  
willingness to act for  
the common good



Norms &  
culture

## Equitable Opportunity



Education



Living wages &  
local wealth/assets

## Place



What's sold & how  
it's promoted



Look, feel,  
& safety



Housing



Parks &  
open space



Air, water  
& soil



Getting  
around



Arts & cultural  
expression

# Interactive Jamboard Activity

**Who Represents Me?**

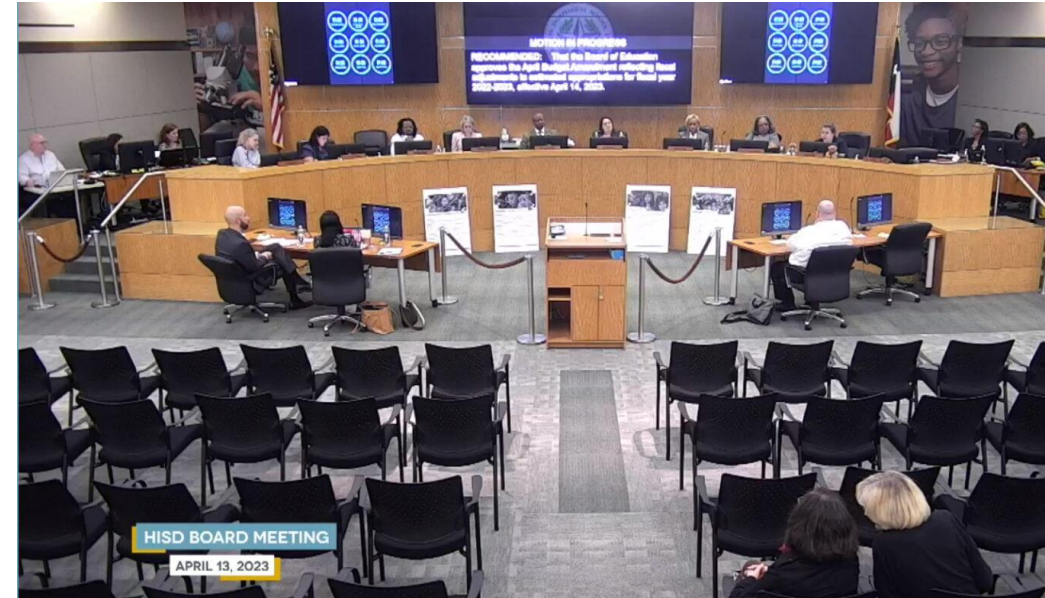
# School Board Members

- [Houston ISD](#)
- [Aldine ISD](#)
- [Fort Bend ISD](#)
- [Crosby ISD](#)
- [Klein ISD](#)
- [Alief ISD](#)
- [Lamar CISD](#)
- [Spring Branch ISD](#)



# School Board Meetings

- [Houston ISD](#) (May 9th)
- [Aldine ISD](#) (May 21st)
- [Fort Bend ISD](#) (April 22nd, May 20th)
- [Crosby ISD](#) (May 20th)
- [Klein ISD](#) (May 13th)
- [Alief ISD](#) (May 21st)
- [Lamar CISD](#) (May 21st)
- [Spring Branch ISD](#) (**Trustee Election**, May 6th)



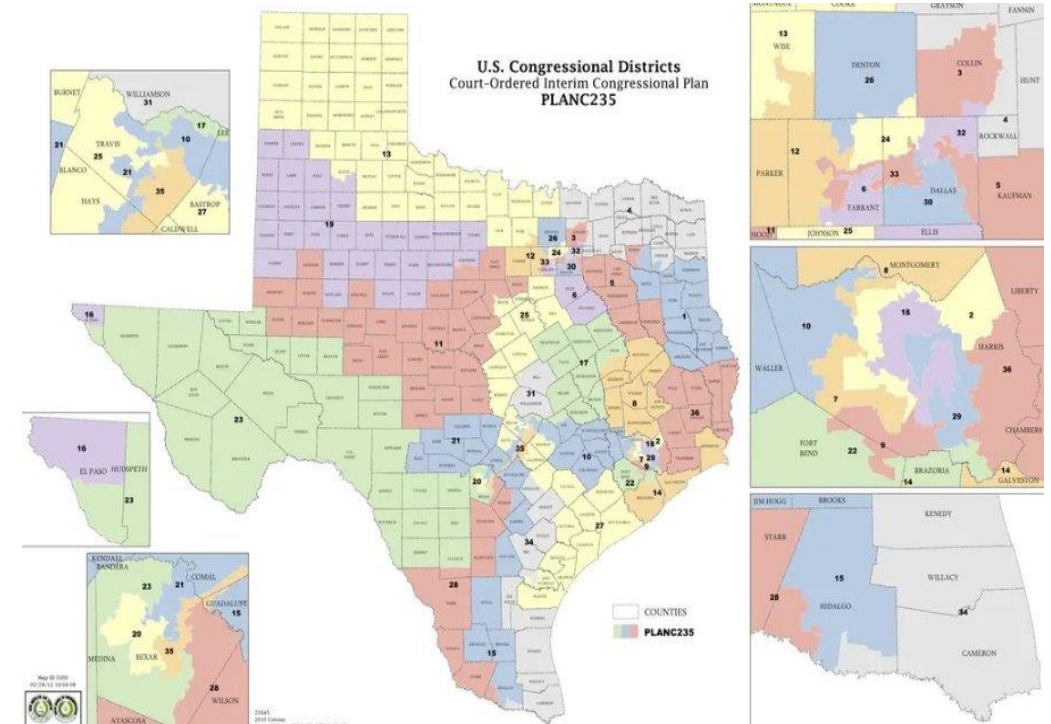
# Superneighborhoods & City Council

- [Houston Superneighborhoods](#)
  - Regular community meetings, led by residents
  - [Community Liaisons](#)
- [Houston City Council](#)
  - Next meeting April 23rd (view agenda [here](#))
- [Galveston City Council](#)
  - Next regular meeting May 23rd
- [Conroe City Council](#)
  - Next meeting April 25th ([agenda](#)), May 8th



# State-Level Representatives

- Who Represents Me?
  - U.S. Senators
  - State Board of Education trustees
  - TX State Senate members
  - TX State House members
  - U.S. House Representatives (district)
- Other elected officials



Adapted from [Texas Tribune](#)

# Tips for Legislative Meetings / Consejos para las visitas legislativas

1

**Be prepared:** learn the priorities, practice your story, assign roles within your group

**Prepárese:** Infórmese sobre las prioridades y practique su historia, asigne roles dentro de su grupo

2

**Be brief:** limit your speaking time to a couple minutes

**Sea breve,** limite su tiempo para compartir su historia a un par de minutos.

3

**Be specific:** tell the legislator or staffer know why you are there and exactly what you want them to do

**Sea específico:** dígame al legislador o al miembro del personal por qué está allí y exactamente qué quiere que hagan.

4

**Be respectful:** even if you disagree, always be polite

**Sea respetuoso** incluso si no está de acuerdo. siempre se educado

**ENACT  
DAY**

# Tell Your Story / Cuenta Tu Historia

## Why do you care about this issue?

1. Are you affected by it? How?
2. Is someone in your family affected by it? How?
3. What have you experienced?
4. What have you observed?
5. What convinced you this was important?

## ¿Por qué te importa este problema?

1. ¿Eres afectado por esto? ¿Cómo?
2. ¿Su familia es afectada por esto? ¿Cómo?
3. ¿Cual ha sido su experiencia?
4. ¿Qué has observado?
5. ¿Qué te convenció de que esto es importante?



# Online Advocacy Resources

# Advocacy + Testimony Guides and Resources

## Testimony/Storytelling Guides

- [Children's Defense Fund student advocacy guide](#)
- [Student Voice: School Board Testimony Guide](#)

## Advocacy Resources and Opportunities

- [Houston ShiftPress](#)
- [YOUthTX Advocacy Trainings](#)
- [Unicef U-Report](#)

# Youth Mental Health Resources

## Self-Care and Well-being

- [Mental Health is Health](#)
- [Press Pause](#)

## Toolkits and Resources

- [United We Dream Mental Health Toolkit](#)
- [Staying Engaged with Mental Health: JED Foundation](#)



**What are your thoughts  
and reflections?**





**What do you want to focus  
on when we have our next  
meeting?**



# Next Steps

- Fill out [Interest Form](#) if you haven't already
- Think about where you want to see change in your community
- Look out for Doodle Poll for the next group meeting