

# BUILDING BETTER FUTURES FOR YOUTH!

A MONTHLY NEWSLETTER OF  
THE SNOQUALMIE VALLEY COMMUNITY NETWORK



MAY 2019

## Mental Health Matters!



Youth Mental Health First Aid class

June 8, 2019

8:00 am - 5:00 PM

click here to register: <https://tinyurl.com/maymentalhealth>

### Get Inspired!

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## What is Youth Mental Health First Aid?

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

This workshop is being offered for free and lunch will be provided.

## Fun Facts about our Staff!

Heather is our program coordinator for Youth Success! Mentoring. Heather's oldest daughter is graduating from Cedarcrest High School this year!



# Heart of the Valley Gala success!

Thanks to YOUR support, we are thrilled to announce we grossed over \$140,000!

Because of you, more youth will receive suicide prevention training, more youth will have mentors, and more community members will be engaged in these important conversations!



Robin Marie Photography

## Youth Success! Mentoring

You're invited to a YSM Coffee Meet to learn more about the YSM mentoring program. Join us after the Rise and Shine breakfast June 4, 9:30-11:00 am at the Rustic Cabin in Duvall.

YSM is expanding in 2019-20 to add Tolt & Twin Falls MS. We are looking for volunteer mentors in all 10 schools that offer YSM program. Visit our website to learn more or email [heather@svcn.info](mailto:heather@svcn.info)

*Social media, self-harm and suicide. How can parents help kids help a friend?*



Executive Director Laura Smith was recently interviewed as part of a Washington Post article on how parents can help kids help a friend. We invite you to read and share this informative article!

<https://tinyurl.com/waposthelpafriend>



The Supportive Community For All Work Group Kick-off meeting took place on Mar 25 and we now have four meetings under our belt. James Whitfield, President of Leadership Eastside, is leading the Work Group in discussions and exercises around shared purpose, adaptive solutions, systems thinking, equity and rapid prototyping — all critical components of leading an adaptive campaign such as A Supportive Community For All. The Work Group is made up of the five Partner Team members plus 24 highly engaged and diverse individuals from across the Snoqualmie Valley working towards a Supportive Community For All. The Partner Team for a Supportive Community For All can't wait to see the Work Group put these adaptive practices into action in service of our Valley. Please visit our website to learn more.

[www.ASupportiveCommunityForAll.org](http://www.ASupportiveCommunityForAll.org)