

# Pinellas County Youth Advisory Committee



*Because Our Voices Matter*

PRESENTATION TO THE  
PINELLAS COUNTY BOARD OF COUNTY COMMISSIONERS  
JUNE 22, 2021

IN PARTNERSHIP WITH

**UF** | IFAS Extension  
UNIVERSITY of FLORIDA



SECOND YAC UPDATE

2021



1. EDUCATION MEETINGS
2. SUB-COMMITTEE UPDATE
3. MENTAL HEALTH MONTH

# LEADERSHIP & QUORUM



Chair - Madie | Senior



Vice Chair - Dillon | Senior



Secretary - Ella | Senior



PINELLAS YOUTH ADVISORY COMMITTEE

**VOTE ELLA NORTH FOR SECRETARY**

Previously on the PYAC 2019-2020 Board as Secretary

**SERVED THREE YEARS ON BERTHOUD YOUTH ADVISORY IN COLORADO, OF WHICH TWO WERE SERVED AS SECRETARY**

Also previously served for one year as Miss Safety Harbor Teen USA, and completed many service hours during that reign. Ex. Serving at 5Ks, sewing 45+ masks for senior centers.



# EDUCATION MEETINGS

Mental Health World Café – Relaxed and productive discussion surrounding mental health and ways to improve resources

Ground Rules:  
Speak loudly  
Everyone is encouraged to participate  
Only one person speaks at a time  
Open and respectful  
Speak slowly

U.S. Congressman Charlie Crist – Overview of what Congressmen were up to and what bills and funding are coming up for a vote.



## What concerns you about mental illness?

**I think its a problem that concerns everybody**

**I think that it is something that people can get depressed and dangerous**

I think having a support system can really help someone with a mental illness.

portrayed differently, substance abuse, a bunch of people were rude about it, times changed, people might be more supportive now, a different reaction to both of those cases for same type of issue, Demi Lovato, John

**Stigma**

I think accessibility - support for people who have a mental illness should be more of a focus

A mental health issue that one person is having can affect others around them

I think a concern is how the schools deal with mental health - our group has been talking about it - the teachers don't know how to approach the subject or ignore it entirely

I think it's something that requires discussion to make progress

**I don't think we should make mental illness a negative thing**

I think that it is something that could be dangerous to the person who has the illness or the people around them.

Parents don't know what to do, they don't have those resources, cannot help a child/their child, don't know where to look, resources should be open to parents

Mental illness is an aesthetic or fabricated thing, OMG that gave me PTSD but they didn't mean it, it's very concerning (mis-representation)

I agree with having a support system to help with mental illness

I agree with others from the last group - it's not taken seriously, in schools, don't take it seriously.

Everything is unexpected, teachers don't often elaborate in presentations appropriately, substance abuse could be trigger, it is a sensitive topic that should be taught

I think that people do not take mental health seriously - it is not a physical illness, cannot be measured by seeing it

Schools need to help support mental health and provide resources for mental health - interactive and not one-way, it is a check box if it is one-way

The emotions and negative feelings people experience and not knowing how or if there is a way out of it

I agree with previous groups - schools don't take it seriously, teachers cannot help, don't know how to help

YAC group were educated on mental health issue, what to do when we notice it, don't know symptoms - training and edu

Not always being able to identify who is struggling with a mental health issue

How expensive resources (counseling) are for people, cannot afford it, sessions are about \$100 per hour, insurance only covers a certain number of sessions, you have to

sometimes they need mental health counseling or therapy and their parents are against it or think it's a sign of weakness, that stigma is not where we need to be. I've never thought of it that way, a parent can be restrictive of

Parents let issues go, don't concern themselves with it and the student cannot get help

People go from being happy and then sometimes happen they get very depressed or sad, and people cannot help. People cannot help because they are so depressed - professional help needed

health - extreme versions - do not talk about everyday instances of how life impacts them. Suicide and depression are the end-all of mental health, there is a spectrum, we don't learn about it at school and how to

# Mental Health World Café

## What experiences do you have with mental health in your community?

As teens, our community is at school and out of school activities

Seeing anxiety in friend group, especially as a result of COVID

Trying to get outside more due to a lack of activities and need to get out of the house

Increase in meditation to focus your mind

Recent job loss or pay cuts for parents means students have scaled back activities or involvement because of financial strain

Hard to cover tough topics in school, but once you get into those difficult discussions you become more interested in being able to help or get help

Increase in depression because of forced isolation

Suicide within the last few months @ ELHS

After experiencing the loss of classmates by suicide, you never know who's okay. Check in with your friends and see if they're doing okay.

Knowing how to support someone who experienced loss as a result of COVID. Hard to be supportive when you don't know what to do or say in unique situations.

Difficulty managing time w/ all the work students get.

Stigma - separation of psychiatric disorders from whole health

Talking about it raises awareness

Increase in depression over COVID

Mental health days in school don't go in-depth enough to expand on serious issues

Online school - hard to keep up with everything

Even if someone is very well put together, they might not be okay

Staying up late by using social media and then being tired during school

Prioritizing making time for yourself & more time with family.

Going through a break-up has impacted mental health of friends

SAT/test anxiety

Helping ourselves and each other will be beneficial in our future

Encouraging someone else - someone was becoming disconnected and withdrawing from activities. Reminded them how great their future can be.

Finding things that bring you joy, not just doing them because others are doing them.



# SUB-COMMITTEE UPDATES

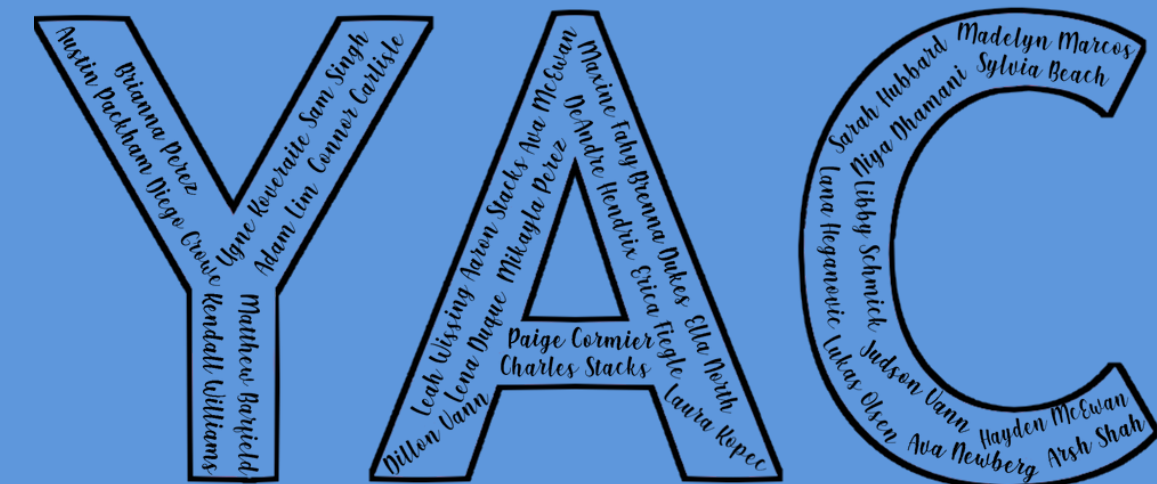
## Working sub-committees

- Marketing- Vote on New Logo
- Program- Seminar Organization and Speaker Recruitment
- Community Service- Increasing Awareness about 4-H and County Opportunities

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# COMMUNITY SERVICE UPDATE



## YAC VOLUNTEER DAYS

- 4-H farm days - @ Woodlawn Academy
- 4-H Public Speaking, Photography, and Graphic Design Contest
- Beach Clean up - @Gandy Beach w/ Keep Pinellas Beautiful
- Youth/Adult Mental Health First Aid offered w/ Directions for Living, free for Pinellas County Residents

# IN THE COMMUNITY



Mental Health Awareness

## END THE STIGMA NOW

Let's talk about it. Come & be part of the conversation.

**OPEN ZOOM MEETING**





# MENTAL HEALTH MONTH

## YOUTH MENTAL HEALTH

- **MONTHLY VIDEOS**

15-minute videos/ interviews to be shared monthly on social media.

- **YOUTH MENTAL HEALTH**

As May is officially Mental Health Month, it was advantageous to the Senior officers of YAC to promote Youth Mental Health during this time. August will still be recognized as Pinellas County Youth Mental Health Month.

- **ADVOCACY**

Engaging elected officials by activating Pinellas youth; informing our desired changes in policy and practice.



## BE KIND TO YOUR MIND

Pinellas Youth Advisory Committee's  
mental health awareness meetings

**JOIN OUR EVENT ON ZOOM AS A  
PARTICIPANT FREE OF COST TO  
SPREAD MORE AWARENESS  
ABOUT MENTAL HEALTH**

Zoom Link In The Bio



# MENTAL HEALTH MONTH SPEAKERS

- Matthew Fahy - LMHC
- Heidi Jolliffe - School Counselor
- Becky Albert (JWB) & Max Reed (CHCP)

## FACTS ABOUT MENTAL DISORDERS IN U.S. CHILDREN

ADHD, behavior problems, anxiety, and depression are the most commonly diagnosed mental disorders in children

- ❖ 9.4% of children aged 2-17 years (approximately 6.1 million) have received an ADHD diagnosis.
- ❖ 7.4% of children aged 3-17 years (approximately 4.5 million) have a diagnosed behavior problem.
- ❖ 7.1% of children aged 3-17 years (approximately 4.4 million) have diagnosed anxiety.
- ❖ 3.2% of children aged 3-17 years (approximately 1.9 million) have diagnosed depression.

### Where did we about ACE?

Kaiser Permanente did a study on the effects of childhood trauma on adults in 1997.

Our understanding of ACEs and how they influence us through our lives comes from that study.

Many additional studies have followed over the past 20+ years that have refined our understanding of ACEs.



Max Reed

one's own feelings, while tactfully describing a problem.

"I feel *emotion word* when *explanation*."

- ✓ "I feel..." must be followed with an emotion word, such as "angry", "hurt", or "worried".
- ✓ Careful wording won't help if your voice still sounds blaming. Use a soft and even tone.
- ✓ In your explanation, gently describe how the other person's actions affect you.

#### Examples

Blaming	"You can't keep coming home so late! It's so inconsiderate."
"I" Statement	"I feel worried when you come home late. I can't even sleep."
Blaming	"You never call me. I guess we just won't talk anymore."
"I" Statement	"I feel hurt when you go so long without calling. I'm afraid you don't care."

## Children's Mental Health Awareness Month

THIS YEAR'S THEME IS "FLIP THE SCRIPT" WITH A CALL TO ACTION TO MAKE CARING FOR OUR MENTAL HEALTH THE SAME AS OUR PHYSICAL HEALTH



Children's Mental Health Awareness Webpage

<https://www.jwbpinellas.org/childrens-mental-health-awareness/>

Activity Books and Breathing Wand Art Project

Local and National Resources

Follow us on Instagram @jwbpinellas



# THANK YOU!

## Pinellas County Youth Advisory Committee



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Facebook: @PinellasYAC  
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Twitter: @Pinellas\_Youth  
[pinellascounty.org/yac](http://pinellascounty.org/yac)

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