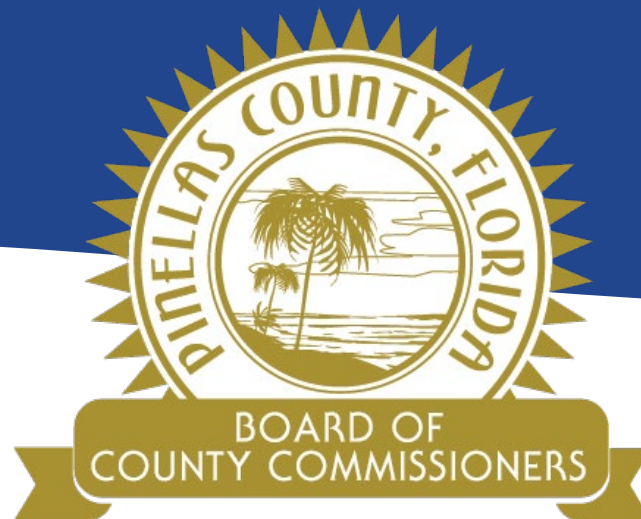


Pinellas County Youth Advisory Committee

Speakers: Nysa Dhamani, Muskan Parmar, Sofia Olsen



Our Vision:
To Be the Standard for
Public Service in America

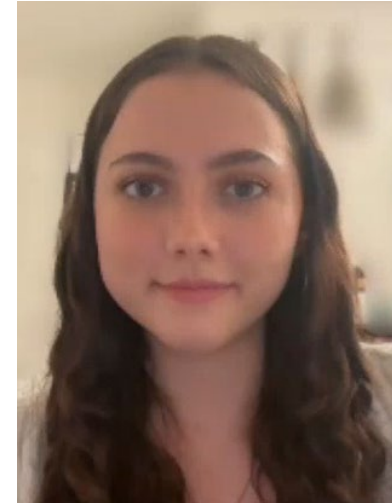
Officers



Nysa Dhamani
Chair



Muskan Parmar
Vice Chair



Sofia Olsen
Secretary

Typical YAC meeting

- ❖ YAC meetings went through an agenda that accomplished the needs of the committee for that month.
- ❖ The meetings typically run by the leadership council often contained and went over the following:
 - ❖ Old business that needed to be followed up on, or actions needed to be taken on between meetings
 - ❖ New business that we looked to take care of or goals we hope to accomplish
 - ❖ Then typically ended with a group discussion on what could possibly be done in the future

YAC members



- ❖ We had 41 original members and about 75-95% attendance.
- ❖ As the year went on members got busier with outside activities and we had a consistent 32 members per meeting/tour.
- ❖ Despite the busy schedules the committee was able to accomplish a lot throughout the year. This included tours, service projects, and the virtual career day
- ❖ Many of the members were dedicated to the mission of the committee and often looked to assist the committee in any way possible

- ❖ **Pinellas County Supervisor of Elections**
- ❖ **Pinellas County Medical Examiner**
- ❖ **Pinellas County Regional 9-1-1 Division**
- ❖ **Pinellas County Animal Services**
- ❖ **Heritage Village**

A look at our tours

- ❖ To the right and left is the medical examiner's office with the crime lab in the middle



A look at our tours

❖ We also really enjoyed our tour at the 9-1-1 call center



YAC's Long Term Project



- ❖ This year YAC's long term project was to interview four county employees that have a large impact on our county about what they look for in an employee
- ❖ Jennifer Renner: Director of Animal Services
- ❖ Sasha Perez- Supervisor of Elections, Voter Outreach Manager
- ❖ Chris Latvala, Board of County Commissioners
- ❖ Judith Weshinskey-Price, Director, Regional 911 Division

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Service Activities

- ❖ This year YAC participated in service activities including making Valentine's Day cards
- ❖ We made around 185 cards.
- ❖ These cards went to seniors at Assisted Living and the Ronald McDonald House



Service Activities

- ❖ This year YAC also hosted a donation drive after the devastation in the community due to back to back hurricanes.
- ❖ These donations all went to Lakewood Elementary School.



Service Activities

- Mental Health Awareness Blog by Sofia Olsen
- Focused on navigating teen mental health after the storms

NAVIGATING TEEN MENTAL HEALTH AFTER THE STORMS

Warning Signs To Look Out For

- Not hanging out with the people they care about
- Irritable and/or moody for a long time
- Acting out or doing negative things they normally wouldn't do
- Complaining about unusual headaches or insomnia
- Struggling in school more than normal like grades dropping or zoning out



How Hurricanes Can Affect Teen Mental Health

- Fear for the future or what will happen next
- Traumatized from loss of home or belongings
- Feeling like they're alone in what they're going through
- Stressed because of possible financial strain because of the damages
- Long-term issues like anxiety, depression, PTSD, etc. can develop

Check Out Our Blog for More Info and Resources!!!



Expert Insights

Dr. Carleah East's take on healthy coping strategies for teens:

- **Talk to someone:** Whether it's a friend, parent, or therapist, getting feelings out in the open is really helpful.
- **Do something creative:** Drawing, writing, or playing music can help them process what they're feeling without needing words.
- **Get moving:** Exercise, even if it's just going for a walk, can do wonders for stress and anxiety.
- **Stick to a routine:** Having some predictability in their day can help bring a sense of normalcy.
- **Help others:** Volunteering or doing something kind for someone else can give them a sense of control and purpose.
- **Practice mindfulness:** Things like deep breathing or just focusing on the present moment can help calm their nerves.

Our Gift to the members

- ❖ This year the YAC members chose to receive a shirt with the new logo on it. The logo was created by YAC member, Karina Grishchenko.



Looking Forward

- ❖ **YAC looks to the future to continue to influence the youth population in this county**
- ❖ **Some of the goals include creating an all county youth leadership summit**
- ❖ **Another goal is to expand these interviews into an in person format as a career fair**
- ❖ **Additionally, moving forward YAC would like to focus more on have members actively work in different areas of the community**

Thank you!



YAC would like to thank JP, Leslie, Commission Peters, Commissioner Latvala, and all other County Commissioners for their support and everything they do. Thank you!