

## **LASPN Youth Workgroup**

**June 1, 2020**

### **Inside the Mind of A Teen During Covid-19**

*Chris Gonzales – Student, Mount Saint Mary’s University*

*Ava Brennen and John Dayot – Students, John Marshall High School*

*Grant Venable – Graduate, Notre Dame High School and Teen Line listener*

*Rosa Murillo – Student, John Marshall High School and Teen Line listener*

*Daisy Johnston – Student, Malibu High School and Teen Line listener*

Several reported feeling disconnected, a lack of motivation, and a feeling of loss and grief. Also mentioned was the lack of privacy and feeling of intrusion by parents, of which was remedied by setting clear boundaries for parents.

Things that have helped them cope are: Setting a schedule to help motivate them, activities with parents, telling parents the importance of acknowledging their feelings, and using social media to spur action around new civil rights movement since parents won’t allow going to protests (i.e. petitions, websites, donation, etc).

Recommendations by youth – How can we help create the space to discuss racism and discrimination with youth? Make sure white youth are involved in the discussion, since silence is not acknowledgment. Consider the way questions are asked (i.e. What is the pain and injustice that you are experiencing?)

### **Supporting Youth Mental Health During Covid 19**

*Sara Shewfelt, MSW – Outreach Coordinator, Teen Line*

*Freddie Zavaleta – Manager, SPOT Program, L.A. Parks & Recreation*

Our SPOT is an after-school program for teens ages 12-18. Our SPOT is a fun, safe and supportive place where teens can check-in daily, Monday through Friday all year long. Programming takes on a strength-based approach engaging youth from our communities to explore their unique and collective lived experiences through various forms of recreation programming.

Teen Line is working with the SPOT Program to include discussions through a 4-week curriculum that includes healthy relationships, LGBTQ+ & how to be an ally and general mental health (including learning new coping skills and resources and ways to stay connected).

## **LACOE Update**

**CDOL and our SPORT2 programs** - *Dotti Ysais, MEd, Project Dir III, Center for Distance & Online Learning and Stephanie Murray, School Psychologist, Whittier Union High School District*

Covid 19 Educational Resource (online tool) – works with PBS so youth without resources for distance learning to transmit on TV

They are currently collecting data on youth from 10 districts where youth are thriving with online education who weren't previously before

Three Suicide Prevention online courses for mental health specialists and teachers – has seen a 500% increase in use of these resources since March 2020

Four segments (15 minutes each) on suicide prevention for parents – Every district who has participated in SPORT2 will receive the links to put on their district's resources page on website

Center for Distance & Online Learning doing social media campaign on their Facebook page

**Covid-19 Response and Plans** - *Susan Chaides, MEd, RN, CPNP, Project Director III, Community Health and Safe Schools*

<https://www.lacoe.edu/portals> – considerations for districts for opening in Fall

<https://www.lacoe.edu/home/school-reopening> - Triage plan: social distancing and some students go back on certain days – Offering back to school hybrid option to everyone, but working to identify learning gaps in students to determine what framework would work best for their learning

Challenge of back to school is providing child care for those parents that are working outside the home

With schools operating virtually, DCFS is experiencing a drop in reported cases, so trying to work with schools to identify youth virtually

Focus on:

Crisis Response Plan must be in place at each district

Equity gaps – to ensure all students have the resources to continue distance learning, which has caused youth to not show up for classes; Puts a strain on teachers, counselors and principals that are reaching out and even visiting students' homes