



January 2021-Happy New Year!

26th Annual Teen Town Hall



The 26th Annual MEC Teen Town Hall, a city-wide interactive virtual dialogue of engaging conversations led by youth will be held virtually on **Friday, February 12th from 8:30am-12:30pm**. Among the topics, mental health and teen suicide are once again two of the most sought out topics youth want to address.

Students and schools interested in registering youth may do so [here](#). Additionally, anyone interested in serving as a Community Leader may sign up [here](#). The **registration deadline** for both is **February 3rd by 5pm**. Stay up to date on changes to the Town Hall on the [MEC Facebook Page](#). Please direct any questions on the MEC Teen Town Hall to Dr. Cathy Gastelum at cathy@metedu.org.

Speak, Stand, and Save



The 5th annual conference inspires students to Speak Up, Stand Up and Save a Life by emphasizing peer intervention and reporting: if one student is in trouble another student needs to intervene and tell a trusted adult. It also seeks to dispel the stigma of being a “snitch” or a “tattletale” by informing students that reporting warning signs can often prevent school tragedies. By changing their mindsets, the conference empowers students to make a difference and take actions that could save another student’s life. This year, the event will be hosted virtually on **Tuesday, January 19th from 9:00am-2:30pm**. The goal of the annual conference is to tackle the threats facing our youth head on, from bullying to depression and drug addiction to mental health. The theme this year is Resilience. **Click on www.speakstandsave.com to register today! Click Register NOW then select Non-School for all individual registrations.**

Confronting Youth Suicide in Arizona



A new student-produced documentary about youth suicide in Arizona and what can be done to stop it aired this week. The documentary, titled “Life is...”, was produced through a grant from the Arizona Community Foundation and with the support of the Arizona Broadcasters Association. It analyzes the underlying societal, cultural, technological and medical causes behind the state’s troubling statistics and offers resources and potential solutions.

Dozens of students spent the past year reporting and producing the documentary and related digital content on mental health, isolation and loneliness, at-risk gene variants, the LGBTQ+ community and more. Their stories are available at www.confrontingyouthsuicideaz.com and the video may be watched by clicking on “Life is...” directly above.

NEW Initiative in Santa Cruz County



Alfredo I. Velásquez, Santa Cruz County Superintendent, is proud to announce new grant funding recently awarded to his office. The proposal entitled “Promoting Healthy Students Initiative” was approved by the United States Department of Justice under the Bureau of Justice Affairs: STOP School Violence Program. The project will receive approximately \$670,000 over the next three years.

The grant will provide school-based resources to support families and students in the county. This three-year initiative seeks to prevent violence in the community by implementing school-wide programs that will raise awareness through training and proactive measures. In addition, PHSI seeks to institute positive learning environments, while providing small group and individualized services. The project will also create partnerships with community-based agencies and local law enforcement in a coordinated effort to reduce incidences of violence in the county.

With the unique challenges created by the pandemic and distance learning, Promoting Healthy Students will work diligently to address the needs of students in Santa Cruz County. Their overall health and well-being will be of utmost importance as the program moves forward. For more information on the program, please contact Teresa A. Sprigg at tsprigg@santacruzcountyaz.gov or at (520) 375-7952.

Mental Health and Suicide Prevention Trainings



The Arizona Department of Education is offering a FREE Youth Mental Health First Aid train-the-trainer February 9-11th. Contact Linsey Shupe for more information and to register at Linsey.Shupe@azed.gov.

Additionally, the ADE is offering multiple, free, online options including a new one in Spanish. The trainings and registration may be accessed [here](#).

Training and Events Calendar

(Task force meeting links directly take you to the meeting page. Please copy and paste into your own calendars as registration for these meetings is not required).

[Education & Training Task Force Meeting](#)

January 19th, 11:30 AM - 1:00 PM

[Advocacy & Policy Task Force Meeting](#)

January 19th, 12:00 PM - 1:00 PM

[Capacity Building & Sustainability Task Force Meeting](#)

January 20th, 4:00 PM - 5:00 PM

[The Impact of Mental Health on Students & Youth Part 1: Assessing Mental Health in Young People](#)

January 25th, 10:30 AM - 12:00 PM

[Exploring Cultural Awareness](#)

January 27th, 12:00 PM - 1:00 PM

[School-Based Behavioral Health Services Coalition Meeting](#)

January 27th, 3:30 PM - 5:00 PM

We want to hear from you. Send your news and events for the next issue to acornidez@helphopeforyouth.org.

Want to help? Please give a tax-deductible gift of Help and Hope to children and teens in Southern Arizona. All funds go to Help & Hope for YOUTH.

DONATE NOW



Help & Hope for YOUth is an initiative of
Arizona Youth Partnership (formerly of the National Alliance on Mental Illness
Southern Arizona/NAMI SA), a 501(C)3 non-profit organization.
