



October 2020

Help & Hope for YOUTH Alliance Meeting



Join us for the next ZOOM Help & Hope for YOUTH Alliance meeting!

Monday, October 19, 2020

11:30 AM - 1:00 PM

[Register Now](#)

At this meeting, participants will have an opportunity to learn more about Arizona Youth Partnership and a potential transition to this organization as our new backbone. Participants will also hear from the Metropolitan Education Commission about the upcoming Teen Town Hall and learn ways to support as a community leader. We will be welcoming our newest member and unveiling two new additions to the website. We hope to see you there!

FREE Virtual Groups offered by CODAC Health, Recovery & Wellness



Balancing work, family life, school and self-care can be extremely challenging and has become even more stressful during COVID-19. CODAC is offering free support and skills groups for community members 18 or older to teach practical skills to help manage stress. This service is FREE of charge and there is no commitment to participate. For more information or to register click [here](#).

Free Crisis Counseling Services Extended through June 2021

AHCCCS has received two grant funding extensions to provide COVID-19 Crisis Counseling services through June 2021. Services through the Crisis Response Network and Resilient Arizona are free to any Arizona resident affected by COVID-19. The program offers free confidential support services from the existing 2-1-1 statewide information and referral number in both English and Spanish. To learn more click [here](#).



The Big Event for Mental Health on October 10th



On World Mental Health Day, October 10th, the World Health Organization will, for the first time ever, host a global online advocacy event on mental health. World leaders will join WHO Director-General, Dr. Tedros Adhanom Ghebreyesus, mental health experts and celebrity guests in telling the world what we can do to improve our mental health and how to make sure that quality mental health care is available to everyone who needs it. The event begins at 7:00am. Learn more [here](#).

Tune in from one of WHO's social media channels:


[Facebook](#), [Twitter](#), [LinkedIn](#), [YouTube](#) and [TikTok](#)


Member News


Welcome to our newest member! **Youth On Their Own** supports the high school graduation of homeless, abandoned youth in grades 6-12 who are enrolled in public, private, charter, or alternative schools in Pima County. Their program consists of three components-- financial assistance, basic human needs, and guidance-- to ensure that homeless youth have the resources necessary to stay in school and graduate.





Training and Events Calendar


- 
Capacity Building Task Force Meeting
 October 14th, 4:00 PM - 5:00 PM


- 
Youth Mental Health First Aid for Adults
 October 15th, 1:00 PM - 6:00 PM

- 
Help & Hope for YOUTH Alliance Meeting
 October 19th, 11:30 AM - 1:00 PM

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Education & Training Task Force Meeting
 October 20th, 11:30 AM - 1:00 PM

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Youth Mental Health First Aid for Adults
 October 24th, 9:00 AM - 2:00 PM

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School-Based Behavioral Health Services Coalition Meeting
 October 29th, 3:30 PM - 5:00 PM

- 
Advocacy & Policy Task Force Meeting
 November 3rd, 12:00 PM - 1:00 PM

For additional training opportunities, please visit the [MHTTC Calendar](#).

Program Director Updates

- Help & Hope for YOUTH participated in the Southern Arizona Candidate Forum hosted by the Children's Action Alliance. Three of our Youth Task Force members submitted videos sharing their stories and asked a direct question from the candidates on the issue of youth mental health in schools and supporting legislation to mandate mental health education. This effort is in alignment with our Advocacy & Policy Task Force which is focused on getting mental health education into the state standards.
- The Education & Training Task Force has continued plans for the Healthy Minds, Happy Futures Wellness event. In collaboration with input from Youth Task Force members, workshop topics are being identified for the virtual series that will lead up to the main event. More details to follow.
- The Capacity Building Task Force is developing an onboarding process for new members to orient them on all things Help & Hope for YOUTH. Additionally, members will be checking in with Alliance members to update contact information, encourage participation, and invite feedback.

- The School-Based Behavioral Health Services Coalition will be meeting on October 29th. Students and parents are being invited to share out their experiences with returning to school during this pandemic, their mental health impact and access to care during this time.

Your Voice, Your Vote



With voting season in full swing, here are some key dates and deadlines to help get your vote in!

You can check the status of your voter registration, request a ballot-by-mail, or find your polling location, by checking the Arizona Voter Information Portal [here](#).

We want to hear from you. Send your news and events for the next issue to newsletter@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 the National Alliance on Mental Illness Southern Arizona (NAMI SA), a 501(C)3 non-profit organization (EIN 86-0450977).