

Breakout Session 3



Youth Mental Health: You Matter

TODAY'S PRESENTERS



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Video – you and

<https://www.dropbox.com/s/s7z12w9xreynvql/You%20And%20App.MOV?dl=0>

Video – you and (COVID-19)

<https://www.dropbox.com/s/exnpheylyihgt1/Resilience%20during%20COVID-19.MOV?dl=0>

worksheet

Then & Now

Think about how much you have changed and grown in the past year. Use the sentence starters below to capture your experience.

A Year Ago

I was _____

I spent my days _____

I really enjoyed _____

I loved _____

I hoped _____

Now

I am _____

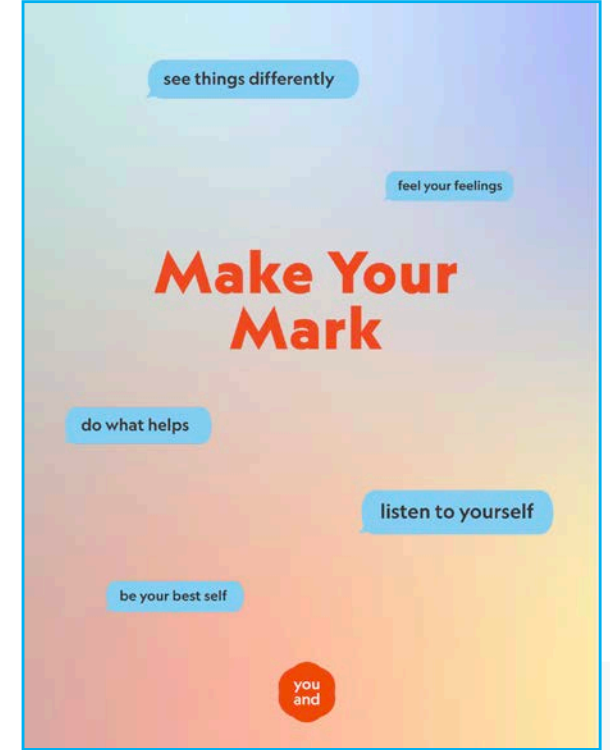
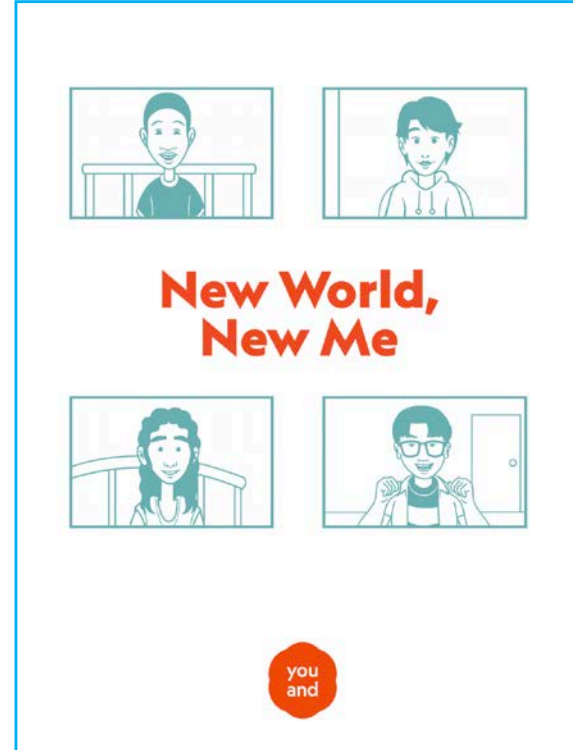
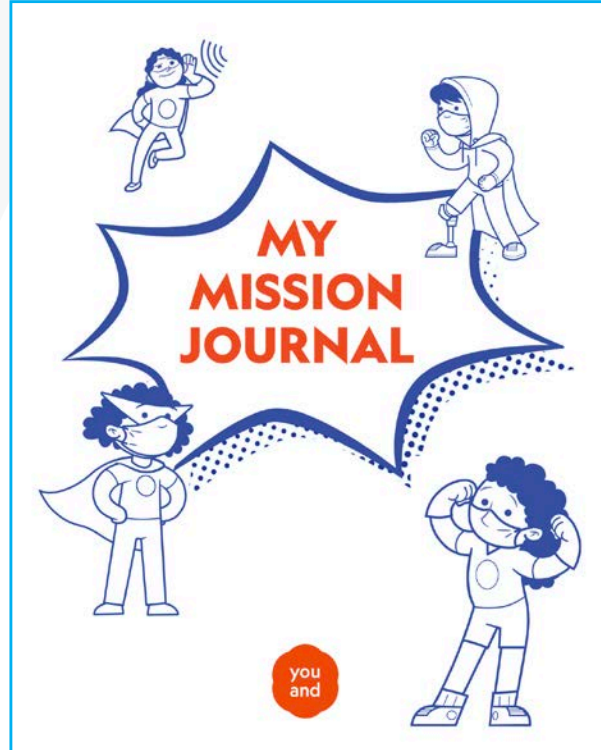
I spend my days _____

I really enjoy _____

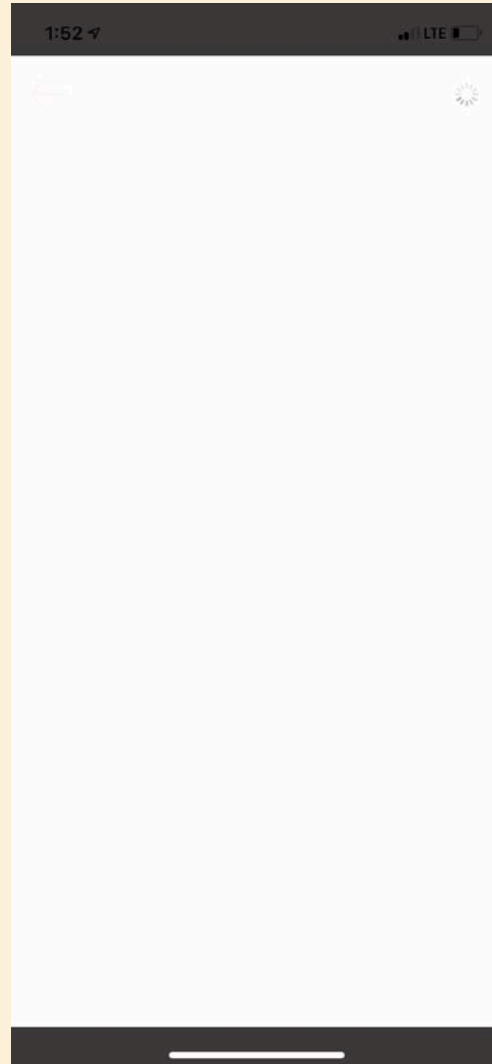
I love _____

I hope _____

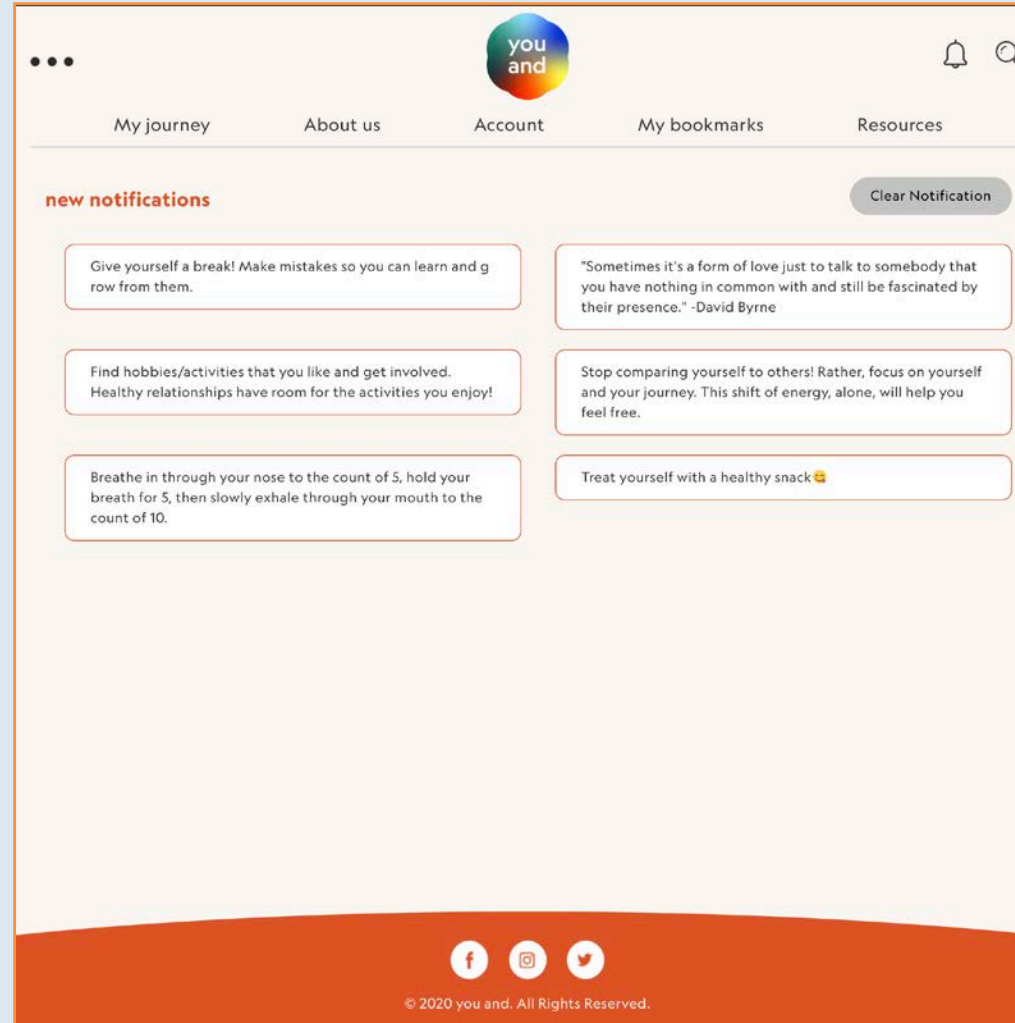
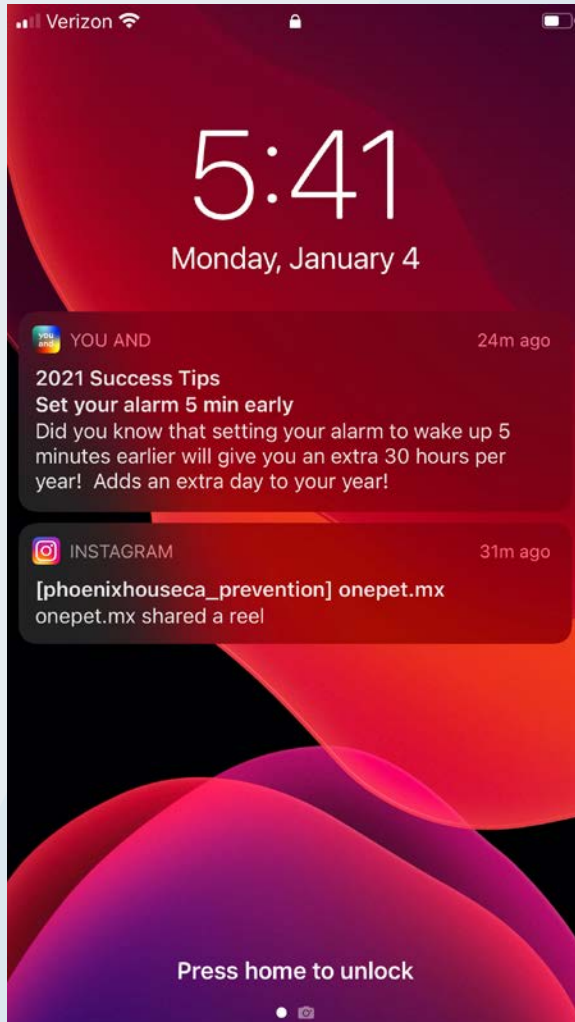
Grade-Specific Curriculum



Resources



Wellness Reminders & Check-Ins



The screenshot shows a mobile application interface for a blog. At the top, there is a navigation bar with the logo "you and" in a colorful circle, and icons for notifications and search. Below the navigation bar are menu items: "My journey", "About us", "Account", "My bookmarks", and "Resources". The main content area is titled "Blog" and features four article cards. Each card has a header image, a title, a byline, a short description, and a "Read more" button. The footer contains social media icons for Facebook, Instagram, and Twitter, along with a copyright notice: "© 2020 you and. All Rights Reserved."

you and

My journey About us Account My bookmarks Resources

Blog

How to Communicate with Children About COVID-19.
By Phoenix House CA | January 4, 2021
Conversations about COVID-19 have become part of our daily lives. Children of a...
Read more

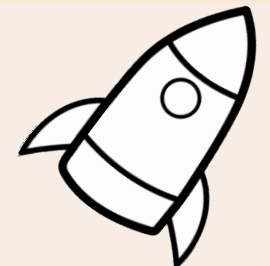
8 must-have tips to create balance
By Phoenix House CA | January 4, 2021
Just a year ago, our lives were filled with many places to go and people to vis...
Read more

Find joy and connection while social distancing
By Phoenix House CA | December 14, 2020
With the spread of the coronavirus pandemic, social distancing regulations and ...
Read more

The urgent need for parental self-care
By Phoenix House CA | December 14, 2020
Due to distance learning parents are forced to balance many roles. Teacher, emp...
Read more

f i t

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Swag



you and

**WIN!
WIN!
WIN!**

you and SWAG

Drawstring backpack and journal upon registration. Students who complete all 6 lessons will receive a choice between our limited edition **you and** T-shirt or **you and** signature water bottle.

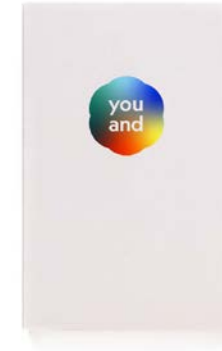
While supplies last,
email by April 9th 2021.
Orange County residents only*

Explore now at:
www.youandapp.org



Funded by the Orange County Health Care Agency (OCHCA), Behavioral Health Services, Coronavirus Aid Relief, and Economic Security (CARES) Act.


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QUESTIONS & DISCUSSION





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