



YOUR IDEAS MATTER!

JOIN US AT CALIFORNIA'S NEXT YOUTH INNOVATION IDEA LAB.

MARCH 23, 2020 // 9:00 AM – 3:00 PM // SOLANO COUNTY

WHY:

California needs *innovative* new approaches to **Youth Mental Health**. You have been identified as a youth leader and champion for mental health in your community! We want to invite YOU to be part of the conversation in planning for the future of Youth Mental Health Services across California!

WHAT:

The idea lab is an intensive, interactive, and free-thinking environment where you will join with adult allies to immerse yourselves in a collaborative thinking process and together, imagine a positive community change that improves the mental health services accessible to California's youth.

HOW:

There are two main ways to participate in the 2020 Innovation Idea Lab, first and most importantly, RSVP, show up and participate in the workshop itself. Optionally, you can also choose to submit your own artwork, why not go for it and do both?

WHO:

Youth and adult allies from **Solano, Yolo, Sacramento** and surrounding counties will join the Mental Health Services Oversight and Accountability Commission's Youth Innovation Committee.

You will be joining a state-wide movement that needs your expertise, vision and dreams of what youth mental wellness can look like. The workshop will result in the development of an innovative concept to increase preventative mental health services in schools using youth-led approaches.

For further details on submitting artwork to the 2020 Innovation Idea Lab, please see the reverse side of this flyer, or contact Jennifer Lopez jenniferslopez@mednet.ucla.edu 310-494-1058

For all RSVPs please contact Shannon Tarter at shannon.tarter@mhsoc.ca.gov

WHERE:

JOSEPH NELSON COMMUNITY CENTER
611 VILLAGE DRIVE, SUISUN CITY, CA



CREATE BETTER WELL-BEING IN YOUR SCHOOL.

In preparation for the next Innovation Idea Lab, Youth Innovation Committee members ages 15-25, in partnership with Solano, Yolo and Sacramento Counties, are asking students to use different forms of media (e.g. photography, poetry, drawings, etc.), to illustrate something about your school or community that you would like to change in the name of student wellness and mental health.

It could be something totally new! Or an improvement to something that already exists! More of this?! Less of that?! It's all up to YOU! Have fun and get creative! Just remember, the form of media you use needs to answer the following questions in 2-3 sentences each:

- (1) WHAT ARE WE LOOKING AT?
- (2) WHAT'S THE CONTEXT? WHAT'S REALLY GOING ON HERE?
- (3) HOW HAS THIS IMPACTED YOU OR OTHERS?
- (4) WHAT SHOULD BE DONE ABOUT THIS?

How to Submit:

Submit your media and the responses to these four questions to: **Jennifer Lopez at ACT-CA jenniferslopez@mednet.ucla.edu** for the chance to be featured in the second MHSOAC Youth Regional Innovation Lab. **You can also text or call Jennifer at 310-494-1058** if you would like help in creating the pieces and to talk through supports you may need with school dismissal approvals, transportation, and meals etc.

Don't miss this opportunity to collaborate with youth throughout **Solano, Yolo and Sacramento Counties**. We will be using these submissions as the centerpieces for designing youth-led approaches to improving school and community environments to improve well-being. Your solutions can make a difference and we want to make sure you're included in this unique opportunity to make them a reality!



Classmate Connection
Classmate Connection

WHAT ARE WE LOOKING AT?
A PICTURE OF A GROUP OF CLASSMATES AND THEIR TEACHER.

WHAT'S REALLY GOING ON HERE?
THE PICTURE SHOWS THAT THE CLASSMATES HAVE GROWN TOGETHER AND CAN SHARE THEIR THOUGHTS TOGETHER.

HOW DOES IT IMPACT US?
IT HELPS YOU FEEL LIKE YOU HAVE SOMEONE TO TALK TO.

WHAT CAN WE DO ABOUT IT?
WE SHOULD HAVE MORE CONNECTION, LIKE IN THIS CLASSROOM.

SUBMISSION DEADLINE:

MARCH 16, 2020

