

You are invited to an incredible opportunity to create better well-being in your school and community. The Youth Innovation Committee, a statewide group of young people ages 15-25 formed through the Mental Health Services Oversight & Accountability Commission (MHSOAC) is holding a Regional Youth Innovation Lab on Monday, March 23rd at the Joseph Nelson Community Center in Suisun City. Local and state officials will be present wanting to hear specific changes and solutions you have in mind and work with you on how best to develop them together.

In preparation for this Innovation Lab, we 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 that would help to support student wellness/mental health. This could be something brand new, an improvement to something that already exists, something you'd like to see more of, or something you'd like to get rid of. The form of media you use to illustrate this must answer the following questions with no more than 2-3 sentences per question:

- (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?

Submit your media and the responses to these questions to Jennifer Lopez at ACT-CA [jenniferslopez@mednet.ucla.edu](mailto:jenniferslopez@mednet.ucla.edu) for the chance to be featured in the first-ever MHSOAC Youth Regional Innovation Lab. We will be using these submissions as the centerpieces for designing youth-led approaches to improving school and community environments to improve well-being. 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, Sacramento and surrounding counties. Your solutions matter and we want to make sure you're included in this unique opportunity to make them a reality!