

Bastrop Youth Summit 2022

Definition of Trauma:
A person's response to a traumatic event.

Examples of Trauma

- Sexual Assault, Molestation, Abuse, etc.
- Stress induced events (natural disasters, war, violence, shooting, etc.)
- Loss of family/friends

EXAMPLES OF TRIGGERS

- Flashing lights
- Loud noises
- Colors
- people
- Location (streets, cars, buildings, etc. related to event)





A DAY TO REMEMBER

The theme of our youth summit is HEAR US NOW! This is important to our community because, as we grow, we want to ensure that the voices of all youth are acknowledged and embedded into Bastrop County. Please join us for our first annual summit, aimed at creating a more resilient, thriving and equitable community for all.

Activities for the day include:

- Calm Lounge
- Career Presentations
- Great Speakers
- Food
- Swag bags
- and door prizes!

EVENT OBJECTIVES

- Inspire youth to become advocates for change in the schools and communities of Bastrop County
- Increase youth's capacity to become proactive leaders who break gender, racial and cultural barriers.
- Integrate youth within county systems to guide policies that will affect the future
- Empower youth through educational and leadership opportunities that will encourage them to achieve their highest goals and potential.

TARGET AUDIENCE:

Youth of Bastrop County ages 14-18 or 9-12th grade. Representatives from all 4 local Independent School Districts (Bastrop Elgin, McDade and Smithville). Excused absence offered to students with Bastrop County.

Creating a Resilient Bastrop County for local youth

188 participants registered for the 2022 youth summit

Teens were asked for specific paths forward to create a community culture of resilience. Here's what they had to say:



HEAR US NOW!

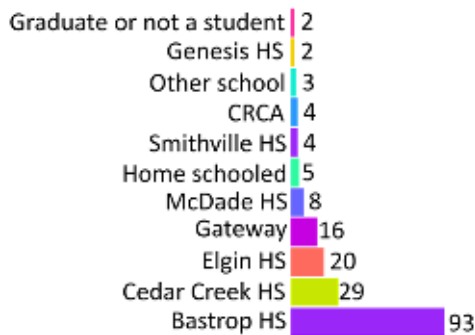
BASTROP CO. YOUTH SUMMIT



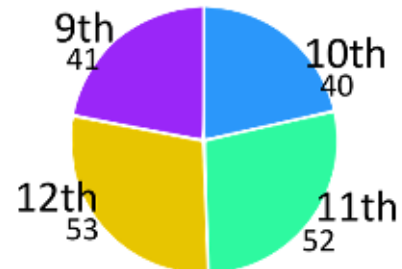
- More youth specific events in our community
- Mandatory student mental health days (help with stress, focus, anger management, catch up on assignments, etc.)
- Include youth in school board elections
- Youth present in Chamber of Commerce meetings
- Create a safe place for teens to relax & hang-out
- More promotion on social media for similar events
- Including shelters in related activities
- Teen dances
- Bilingual events and communications
- Mental health support groups
- Mental health classroom/curriculum (available to all)
- Develop a student board of change-makers
- Mental health awareness committee
- More clubs to fit the needs of everyone
- Use of the mobile wellbeing and recreation unit to support the social and emotional wellness of youth

Survey Results from summit registrants

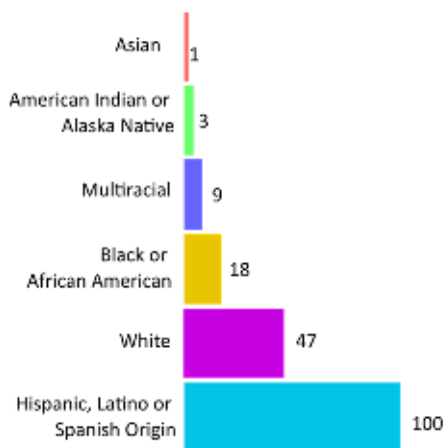
School



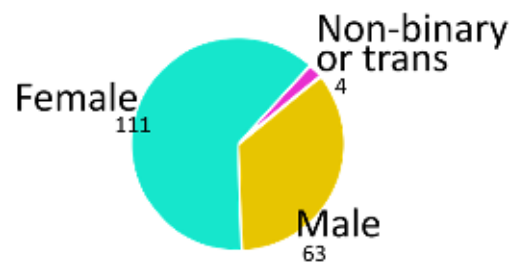
Grade level



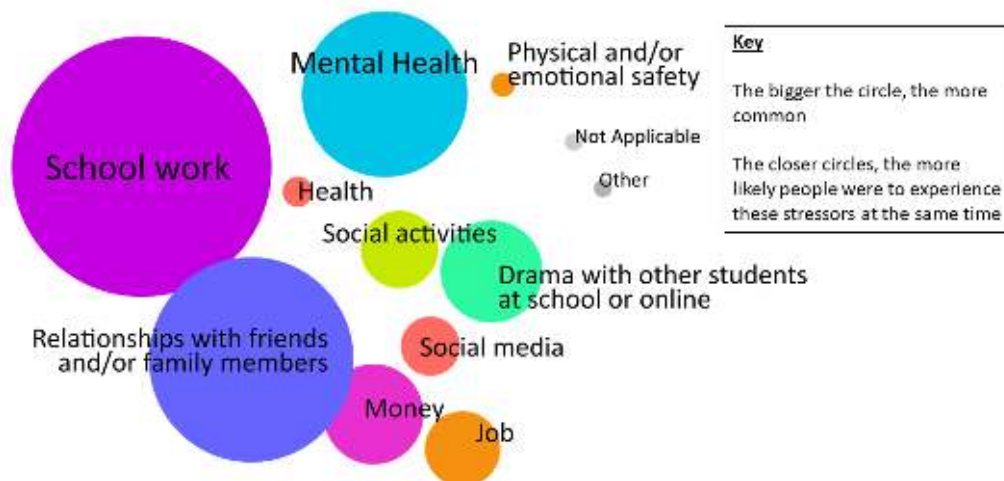
Race and ethnicity



Gender

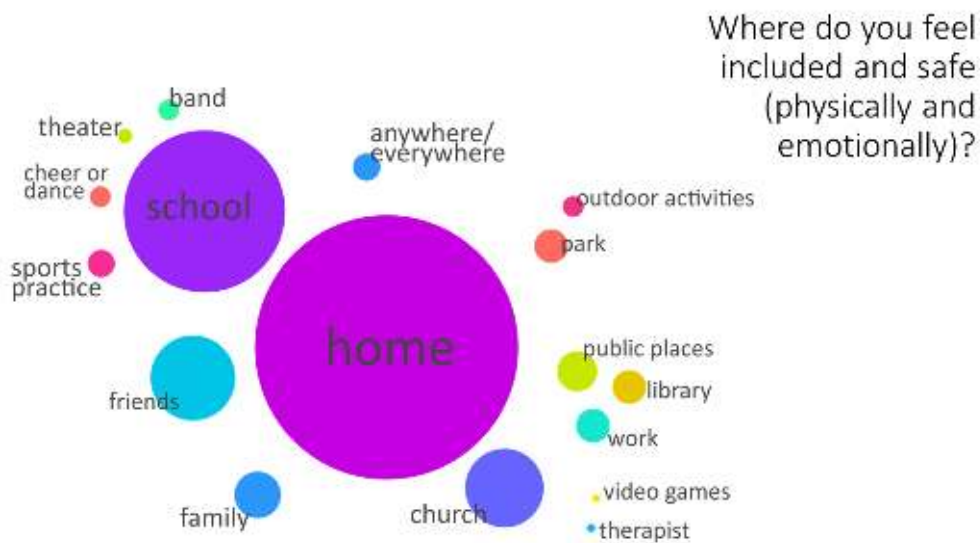
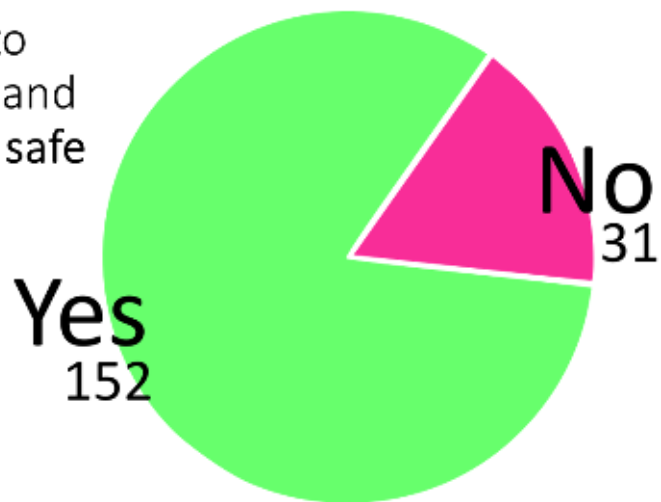


In the past 6 months, which have added stress to your life?

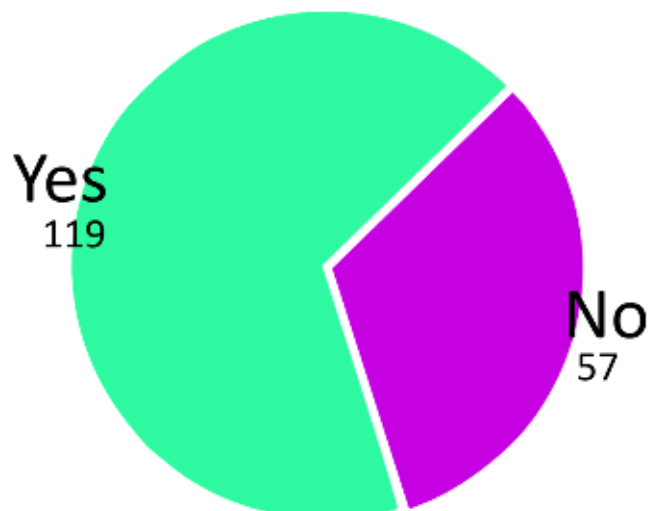


Survey Results from summit registrants, cont.

Are you able to access places and spaces to feel safe & included?



Are you interested in working with other youth on one or more issues in the county?





Gwen Ibarra

Teen Leader

President - Youth Bridging Networks For Change



Aidan Christensen

Teen Leader

President - Youth Bridging Networks For Change



Layla Cole

Co-Creator of 2022 Bastrop County Youth Summit



Yabdiel Ubiles-Lebron

New Member Outreach Coordinator - Youth
Bridging Networks For Change



Mabel Zhu

Project Manager - Youth Bridging Networks For
Change



Bryan Gonzalez

Secretary - Youth Bridging Networks For Change

speakers



Amy Wilhelm-Rabel

Vice President of Operations
First National Bank

Ben Smith

Program Coordinator
Texas A&M EAgrilife Extension



Connie Juarez

Marketing Officer
First National Bank



Courtney Robinson, Ph.D.

Founder/CEO
Excellence and Advancement



GG Thompson

Primary Prevention Specialist Coordinator
Bastrop Family Crisis Center



Hannah Reyes

Co-Creator of 2022 Bastrop County Youth Summit
Social Worker, Bastrop ISD



Jeffrey Pearce

Program Coordinator
Texas A&M Agrilife Extension



Joe Brundidge

Emcee/Host
Author, Poet, Public Speaker



speakers



Dr. Kristi Lee

Guest Panelist

Associate Superintendent - Communications &
Community Relations
Bastrop ISD

Krystal Grimes

Co-Creator of 2022 Bastrop County Youth Summit

Bastrop County Cares

Amma Empowerment Services



Dr. Laila Olivarez

Guest Panelist

Associate Superintendent- Curriculum & Instruction
Bastrop ISD

Maggie Stern

Youth Civic Education and Engagement

Coordinator

Children's Defense Fund - Texas



Norma Mercado

Family & Social Services Coordinator

Bastrop ISD

Priscilla Ruiz

Co-Creator of 2022 Bastrop County Youth Summit

Youth Director/Advocate

Youth Bridging Networks For Change



J. Muzacz

Artist, Advocate, and Educator

speakers

8:15 - 10:00 | Check-in and Breakfast

8:15 - 10:30 | Mentor Café (speak with local mentors for guidance, inspiration and/or support)

10:00- 10:30 | Morning Kickoff

- Emcee: Joe Brundidge
- Panel Discussion of Support: Dr. Kristi Lee, Dr. Adelaida Olivares, Gwen Ibarra, Aidan Christensen & Yabdiel Ubiles

10:35- 11:10 | Breakout Sessions

11:15 -11:20 | Break (CHECK OUT THE CUSTOM MURAL)

11:20- 12:05 | Breakout Sessions

12:05- 1:00 | LUNCH

1:00- 2:00 | Group Reflection/Visioning

- Creating a Resilient Bastrop

event schedule

We want teens to feel supported and to prioritize mental health. This and the next three pages of the Youth Summit Program are extracted from the 2021 U.S. Surgeon General's Advisory on Protecting Youth Mental Health. To read the full advisory, visit this website: <https://bit.ly/3E504av>



Every child's path to adulthood—reaching developmental and emotional milestones, learning healthy social skills, and dealing with problems—is different and difficult. Many face added challenges along the way, often beyond their control. There's no map, and the road is never straight.

But the challenges today's generation of young people face are unprecedented and uniquely hard to navigate. And the effect these challenges have had on their mental health is devastating.

Recent national surveys of young people have shown alarming increases in the prevalence of certain mental health challenges—in 2019, one in three high school students and half of female students reported persistent feelings of sadness or hopelessness, an overall increase of 40% from 2009. We know that mental health is shaped by many factors, from our genes and brain chemistry to our relationships with family and friends, neighborhood conditions, and larger social forces and policies. We also know that, too often, young people are bombarded with messages through the media and popular culture that erode their sense of self-worth—telling them they are not good looking enough, popular enough, smart enough, or rich enough. That comes as progress on legitimate, and distressing, issues like climate change, income inequality, racial injustice, the opioid epidemic, and gun violence feels too slow.

And while technology platforms have improved our lives in important ways, increasing our ability to build new communities, deliver resources, and access information, we know that, for many people, they can also have adverse effects. When not deployed responsibly and safely, these tools can pit us against each other, reinforce negative behaviors like bullying and exclusion, and undermine the safe and supportive environments young people need and deserve.

All of that was true even before the COVID-19 pandemic dramatically altered young peoples' experiences at home, at school, and in the community. The pandemic era's unfathomable number of deaths, pervasive sense of fear, economic instability, and forced physical distancing from loved ones, friends, and communities have exacerbated the unprecedented stresses young people already faced.

It would be a tragedy if we beat back one public health crisis only to allow another to grow in its place. That's why I am issuing this Surgeon General's Advisory. Mental health challenges in children, adolescents, and young adults are real, and they are widespread. But most importantly, they are treatable, and often preventable. This Advisory shows us how.

To be sure, this isn't an issue we can fix overnight or with a single prescription. Ensuring healthy children and families will take an all-of-society effort, including policy, institutional, and individual changes in how we view and prioritize mental health. This Advisory provides actionable recommendations for young people and their families, schools and health care systems, technology and media companies, employers, community organizations, and governments alike.

Our obligation to act is not just medical—it's moral. I believe that, coming out of the COVID-19 pandemic, we have an unprecedented opportunity as a country to rebuild in a way that refocuses our identity and common values, puts people first, and strengthens our connections to each other.

If we seize this moment, step up for our children and their families in their moment of need, and lead with inclusion, kindness, and respect, we can lay the foundation for a healthier, more resilient, and more fulfilled nation.

A handwritten signature in black ink that reads "Vivek Murthy". The signature is fluid and cursive, with a long, sweeping underline that extends to the right.

Vivek H. Murthy, M.D., M.B.A.
Vice Admiral, U.S. Public Health Service
Surgeon General of the United States

WHAT YOUNG PEOPLE CAN DO

Since many of the challenges young people face are outside of their control, we need a whole-of-society effort to support children's mental health and wellbeing from birth to adulthood. That said, below are important steps children and young people themselves can take to protect, improve, and advocate for their mental health and that of their family, friends, and neighbors:

- **Remember that mental health challenges are real, common, and treatable.** Struggling with your mental health does not mean you are broken or that you did something wrong. Mental health is shaped by many factors, including biology and life experiences, and there are many ways mental health challenges can be addressed.
- **Ask for help.** Find trusted adults, friends, or family members to talk to about stressful situations. For example, if you or someone you know is being bullied, tell a trusted adult. If you are struggling to manage negative emotions, reach out to a school nurse or counselor, a teacher, a parent or caregiver, a coach, a faith leader, or someone else you look up to and trust. Look into therapy or counseling resources to get support when something causes distress and interferes with your life. Reaching out to others can be hard and takes courage, but it is worth the effort and reminds us we are not alone.
- **Invest in healthy relationships.** Social connection is a powerful buffer to stress and a source of wellbeing. But too often in our fast-paced lives, quality time with people gets crowded out. Make space in your life for the people you love. Spend time with others regularly, in-person and virtually.¹¹⁴ Find people who support and care about you and have open and honest conversations with them about your feelings. Get involved in group activities, such as recreation and outdoor activities, after-school programs, and mentorship programs.¹¹⁵
- **Find ways to serve.** Volunteering in your community and helping others can be a great way to connect with people, build a sense of purpose, and develop your own sense of self-worth.¹¹⁶ Helping others when you are the one struggling can seem counterintuitive. But service is a powerful antidote to isolation, and it reminds us that we have value to add to the world.
- **Learn and practice techniques to manage stress and other difficult emotions.** Try to recognize situations that may be emotionally challenging for you, and come up with strategies to manage those emotions. For example, if you find it stressful to look at COVID-related news, try to check the news less often, take a break for a day or a week at a time, keep notifications off throughout the day, and avoid looking at negative stories before bed.⁵¹

- **Take care of your body and mind.** Stick to a schedule, eat well, stay physically active, get quality sleep, stay hydrated, and spend time outside.^{117, 118, 119} And avoid substances that can ultimately make you feel tired, down, or depressed, such as alcohol, marijuana, vaping, and tobacco.¹²⁰
- **Be intentional about your use of social media, video games, and other technologies.** Here are some questions to help guide your technology use: How much time are you spending online? Is it taking away from healthy offline activities, like exercising, seeing friends, reading, and sleeping? What content are you consuming, and how does it make you feel? Are you online because you want to be, or because you feel like you have to be?
- **Be a source of support for others.** Talk to your family and friends about mental health, listen and be a source of support to them, and connect them to the right resources.¹²¹ Advocate for and contribute your ideas at the local, state, or national levels. For example, look into joining Youth Advisory Councils or mental health peer support programs in your community.¹²²

RESOURCES FOR YOUNG PEOPLE

If you're in crisis, get immediate help: Call the National Suicide Prevention Lifeline at 1-800-273-8255, [chat](#) with trained counselors 24/7, or get help in [other ways](#) through the Lifeline

[How Right Now](#) (Centers for Disease Control and Prevention): Resources for coping with negative emotions and stress, talking to loved ones, and finding inspiration

[Youth Engaged 4 Change](#): Opportunities for youth to make a difference in their lives and in the world around them

[Supporting Emotional Wellbeing in Children and Youth](#) (National Academies of Medicine): Tools for children, teens, and parents to learn how to cope with challenges

[Mental Health Resource Center](#) (JED Foundation): Information about common emotional health issues and how to overcome challenges

[Youth Wellbeing Initiatives](#) (National Council for Mental Wellbeing): Collection of initiatives to improve mental wellbeing in youth and young adults

[Kids, Teens, and Young Adults](#) (National Alliance on Mental Illness): Resources for young people to get mental health support

[One Mind PsyberGuide](#): A guide to navigating mental health apps and digital technologies

[FindTreatment.gov](#) (SAMHSA): Information on substance use and mental health treatment

[Trevor Project](#): Suicide prevention and crisis intervention resources for LGBTQ+ young people

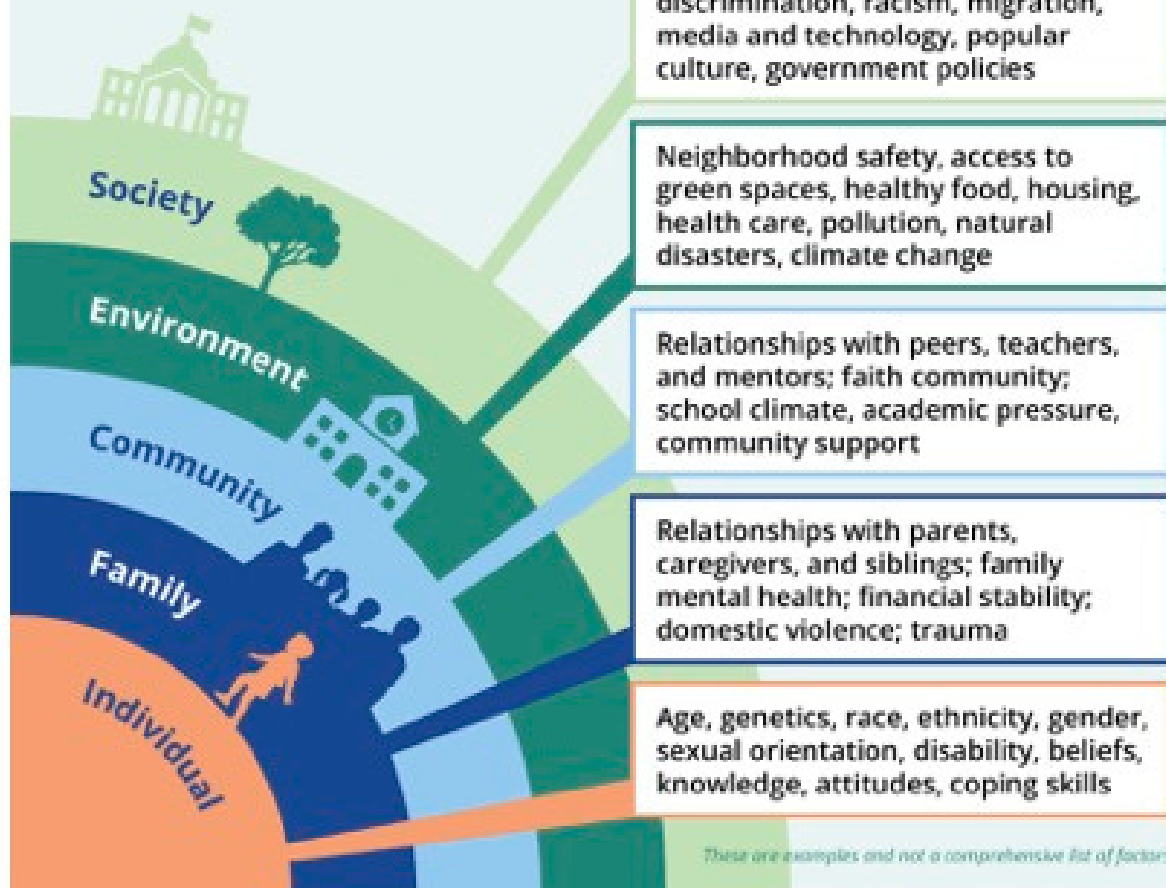
[AAKOMA Mental Health Resources](#) (The AAKOMA Project): Resources to support the mental health of youth of color and their caregivers

[Mental Health for Immigrants](#) (Informed Immigrant): Tips for managing the mental health of yourself and others

FACTORS THAT CAN SHAPE THE MENTAL HEALTH OF YOUNG PEOPLE



Source: Adapted from WHO's *Determinants of Adolescent Health Development: An Ecological Model*, 2014 and Bronfenbrenner & Ceci (1994)

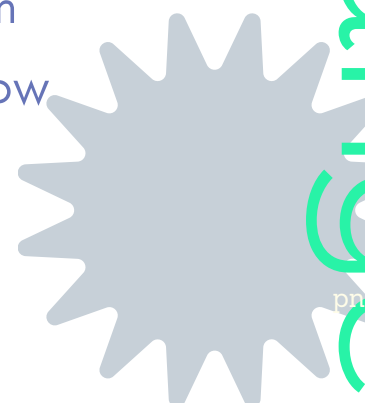


Be the change

Connect With Us!

@bastropyouthsummit@bastropyouthsummit

Be sure to tag us with your photos from today and use #bastropyouth #hearusnow





What you do makes a difference,
and you have to decide what kind of
difference you want to make."

-Jane Goodall



BASTROP COUNTY YOUTH SUMMIT

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The strategy group 
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