

CITY OF RICHMOND

Youth Council Meeting

Tuesday, April 23, 2019

5:30 PM to 6:30 PM

City Hall, 450 Civic Center Plaza, Richmond Room

This meeting is held in a building that is accessible to people with disabilities.



Members:

Alondra Alvarez
Eduardo Castrellon
Mario Gonzalez
Kashaf Iqbal
Fatima Lopez
Ashley Moore
Alishba Sardar
Satine Walz

City Council Liaison:

Demnlus Johnson III,
Councilmember

Staff Liaison:

Trina Jackson
(510) 620-6581
Vincent Aguilar
(510) 620-6515

MINUTES

A. Call to Order

B. Roll Call

Present: Fatima Lopez and Satine Walz

C. Welcome and Meeting Procedures

Individuals who want to comment on an item listed on the Agenda, may do so by during Open Forum. The standard amount of time for each speaker, in either instance, is three minutes.

D. Open Forum (3 minutes per speaker)

Cordell Hinder announced the Contra Costa County Mayors' Conference, occurring on May 2, 2019, at the City of Lafayette. Cordell Hinder also mentioned that May 13th is the Richmond Neighborhood Coordinating Council meeting, at the City Council Chambers. Last of all, Cordell Hinder reminded the Youth Council about the Library Commission meeting on May 14th.

E. Welcome our new Youth Council Member, Kashaf Iqbal

Item 'E' is continued to the May 2019 Youth Council Meeting.

F. Review minutes of previous meeting

The minutes were reviewed by the Youth Council and no corrections are needed. The minutes were not approved due to a lack of a quorum.

G. Review the West County Children's Mental Health Services list

Liaison Aguilar briefly reviewed parts of the minutes for March and then passed out the list of mental health services for youth in the community. Liaison Aguilar stated that these resources are valuable for networking and obtaining resources for students. Youth Councilmember Walz pointed out that wellness walks help de-stress students, as well as providing more green spaces and trees.

I. Discuss how the RYC will reach out to the non-profit organizations and divide work between Youth Council Members

Liaison Jackson noted that if each youth council member would be willing to contact one organization from the list, the outreach and implementation can occur sooner. Youth Councilmember Lopez noted that a flyer with symptoms of depression, as well as information on resources can be beneficial for students.

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Liaison Jackson stated that the RYC should find data, and then move into a project. Youth Councilmember Lopez stated that the demand for counselors is too high and that students have either been turned down or undertreated. Youth Councilmember Walz suggested advocating for signs with resources for mental health in school bathroom walls or stalls to provide a discreet and convenient way to provide resources.

H. Brainstorm ideas on how the RYC can help promote youth mental health resources in schools and the surrounding community

The RYC conveyed interest in educating youth on mental wellness, mental wellbeing, destigmatizing mental health, and the need for more resources. Youth Councilmember Lopez mentioned that the pressure on students and the stigmatization of mental health resources can impede the wellbeing of students. The RYC expressed interest in providing more student privacy for school counseling sessions, an alternative to pulling students out of class for therapy sessions, and making sure that student requests for therapy, counseling, crisis counseling, and other mental health services are promptly answered and provided. After further discussion, the RYC decided to continue with the project of placing youth-focused mental health signs in the restrooms of local high schools.

J. Youth Council Member reports and announcements

Mario Gonzalez, a guest of the RYC, introduced himself and agreed about the posting of mental health signs. In Mario's school, student leaders and teachers guide students on 5-minute long mindfulness sessions. Liaison Jackson asked how the sessions were put together. Mario answered that the students created the videos and sent them out to the teachers, which got the attention of the principals.

K. Recommended topics to discuss at an upcoming meeting and confirmation of the next meeting date – May 28, 2019

One recommended topic that the RYC brought up was the need for exploring mindfulness activities for students. Further topics that the RYC may discuss are the possible designs for the mental health resource signs, and the mindfulness video example mentioned by Mario Gonzales. The division of work between RYC members should be discussed in the following meetings.

L. Adjourn

The meeting adjourned at 6:32 pm