

ANCHOR POINT

CREATING COMMUNITY CONNECTIONS

"Our major finding is that your history of relational health-connectedness to family, community, and culture- is more predictive of your mental health than your history of adversity."

(Dr. Bruce Perry, *What Happened to You?* pg. 108)

WHAT IS ANCHOR POINT?

Anchor Point is a podcast created by five youth in Del Norte County. The youth were tasked with creating a podcast about mental health. Their research led them to discover that mental health issues stem from a lack of connectedness. They decided to design their podcast to build relationships and connectedness across Del Norte and Tribal Lands. They will build these connections using their voice to host interviews with residents of DNATL.

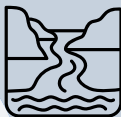


WHY IS IT NAMED ANCHOR POINT?

* Del Norte and Tribal Lands is geographically next to the ocean, Klamath River, and Smith River. Anchors are used in bodies of water to hold boats in place.

* The definition of an anchor point is "a strong, stable point of attachment from which a system is secured." The podcast will serve as the attachment point for our community.

* All five youth developed the name together. They agreed that "anchor" sounded too much like a heavy metal band.



HOW DOES IT WORK?

The introduction episode will feature all five youth. It will tell the story of how the podcast came to be, what they hope to do, and why they hope to do it.

The next five episodes will let us get to know each Anchor Point host in more depth. Who are these youth, and why are they doing this work?

Every episode after the youth interviews will feature someone from our community. The hosts will hear their stories, build connections, ask for resources and, mostly, have fun getting to know the people in the place that we live.

WHAT "ANCHORS" ANCHOR POINT?

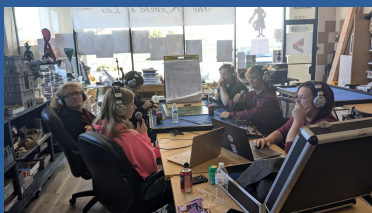
To help them understand the brain, Anchor Point Youth study the Neurosequential Model developed by Dr. Bruce Perry. You can learn more about this model by:

[Joining Brain Talk](#)

[Watching PBS Videos](#)

[Visiting this website](#)

[Reading a book](#)



Youth Podcast Hosts (from left to right): Mickole, Azel, Lee, Charlie and Marcus

Adult Supports: Amanda Dockter (far right) with KFUG and Terrin Musbach/Kelly Borges (both not pictured) with Resilient DNATL