



THE MIND HUB

YOUTH4WELLNESS AT YALE

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THE ADVISORY BOARD

VANESSA JARA
ANDREA PITA
TIFFANY WISLLOUGHBY
SEBASTIAN PEREZ
CASSIE PRINGLE

KAYLA CHEUNG
WHITNEY SOUFFRANT
LUIS GOMEZ
KEVIN PEREZ

CLAUDIA-SANTI F. FERNANDES. ED.D., LPC
FRANCESCA GIANNATTASIO

Note from the Editors:

Hi everyone! Welcome to the first volume of The Mind Hub, our way of keeping you in the loop with Youth4Wellness at Yale! This month is more of an introduction than anything. We hope that you enjoy learning about our happenings.

*Much love,
Vane and Andrea*

**Mental
Health
Awareness
Month**



Get Involved this Month!
<https://www.nami.org/Get-Involved/Awareness-Events/Mental-Health-Awareness-Month>

Follow us to stay connected!

 youth4wellness@yale.edu

 [@Youth4Wellness_](https://twitter.com/Youth4Wellness)

 <http://www.youth4wellness.com/>

NEWS

OUR LATEST HAPPENINGS!

- We are excited to announce our official name: Youth4Wellness at Yale!
- We designed our new t-shirts and ordered them, as well!
- Congratulations to our new tri-chairs!
 - Sebastian Perez, Tri-Chair of Outreach and Partnerships
 - Cassie Pringle, Tri-Chair of Youth Research and Programming
 - Andrea Pita, Tri-Chair of Member Development



OUR MISSION

We are Youth4Wellness at Yale. Our purpose is to engage youth from diverse backgrounds in project-based learning initiatives addressing mental health and substance misuse. We believe that youth voice has a powerful role to play in promoting mental health and preventing substance misuse among peers. Working alongside Dr. Fernandes's research project funded by NIH/National Center for Advancing Translational Sciences, we are informing the development and evaluation of culturally-tailored videogame intervention focused on suicide prevention in youth who misuse opioids. Our approach is driven by youth-led participatory action research with the goal of increasing awareness around mental health/substance misuse and normalizing seeking help in our schools and communities. Our board members are currently working on a plethora of youth-led initiatives. This past month, we submitted to NIMH's nationwide essay contest Speaking Up about Mental Health and completed the Born This Way Foundation and Jack.org's Be There Certificate. With our tri-chairs as co-authors, we submitted an abstract to the American Public Health Association's Annual Conference to highlight best practices in our efforts. We also designed Youth4Wellness t-shirts.

To stay up to date on our youth-led efforts, follow us on social media - see first page!

GAME DEVELOPMENT UPDATES

In our last monthly meeting, we split up into breakout rooms and created relatable characters representing diverse identities for our videogame intervention. Before we started this activity, we reviewed and discussed the importance of using **human-centered language to reduce the mental health and addiction stigma**. Each story highlighted resources in seeking help as the character practiced strategies in mindfulness, setting boundaries, calming down in the moment, and managing emotions. We are so excited to continue working on this project and we will keep you updated on our progress.



NEWS

OUR LATEST CERTIFICATION!

Youth4Wellness at Yale completed the *Be There Certificate*! We are so grateful to organizations like Born This Way Foundation and Jack.org for responding with essential tools. It is critical to support one another right now. Through their 5 Golden Rules, they provide concrete examples on how to safely support one another. We are proud to have earned our *Be There Certificate*. And, we are especially thrilled to share with our families, many of whom speak different languages!



GOOD NEWS!

Sebastian Perez

Accepted into:

The Hispanic Scholarship Fund Youth Leadership Institute
CHCI R2L Program in Washington, DC
Questbridge College Prep Scholars Program

Kayla Cheung

Accepted into Florida International University's
ASSIST Summer Program.

Whitney Souffrant

Recently submitted an AMAZING essay to NIMH's
nationwide essay contest
Speaking Up about Mental Health

Andrea Pita

Accepted into:

Inspiring Careers in Mental Health Internship
Questbridge College Prep Scholars Program

Elected Student Advisor to the Miami-Dade County
Public School District Student Government and Student
Government Association President at her school.

Kevin Perez

Elected Student Government Association Vice-
President at his school for the 2022-2023 year.

Vanessa Jara

Congratulations to our senior who is graduating in June
and will be attending Florida International University this
summer and majoring in Psychology.

Youth4Wellness at Yale sends Vanessa the best wishes on
her graduation and the start of a new chapter in her life.



ABOUT OUR BOARD



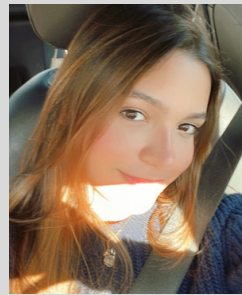
Sebastian Perez (he/him)
Tri-Chair

- Interested in philosophy
- Loves Nascar races
- Currently learning Portuguese



Cassie Pringle (she/her)
Tri-Chair

- Saxophone player
- Has 4 pet ducks
- Currently learning to play clarinet and guitar



Andrea Pita (she/her)
Tri-Chair

- Formula 1 and cars fanatic
- Fellow bibliophile at heart
- Tri-sport varsity athlete: Soccer, Track, Cross Country



Tiffany Willousby (she/her)

- Bibliophile at heart
- Considers retail therapy her favorite cure
- Favorite animal is a dog



Kayla Cheung (they/them)

- A part of the Technology Student Association
- Big fan of coding
- Loves sharing ideas with friends



Vanessa Jara (she/her)

- Currently learning French
- Loves classic rock
- Big fan of crochet



Kevin Perez (he/him)

- Heartstopper and WandaVision fanatic
- Avid sports fan
- Loves hanging out with family and friends



Luis Perez (he/him)

- Fan of Taylor Swift
- Passionate about civic activism and engagement
- Would like to pursue politics



Whitney Souffrant (she/her)

- Has Haitian descent
- Involved in 8-10 clubs at school, holding officer positions for 8
- Has been awarded a HOSA Cultural Diversities and Disparities Award



Dr. Claudia-Santi F. Fernandes (she/her)

- Founding Director
- Stays active with her 2-year-old Boston Terrier rescue "Minnie"
- Favorite dish: Bacalhau à Gomes de Sá
- Loves flamenco and has a hot pink / lime green polka dot flamenco dress



Francesca Giannattasio (she/her)

- Associate Director
- Plant and garden mom
- Favorite summer activity: paddle boarding
- Will always bring a charcuterie board to a party

SUMMER ACTIVITIES FOR MENTAL HEALTH

VANESSA JARA AND ANDREA PITA



As summer is quickly approaching, a much-needed break from the reality of long work days and tiresome school work accompanies it. And though leaving behind the Zoom era may be inconvenient for many, it has nurtured individuals to value the importance of daily activities in the outdoors. Whether you plan on hitting the beach or hiking your favorite trail, the options are endless with the world's eventual re-opening, embracing an era of self-care and time for ourselves. In light of that, we have compiled some suggestions for you all to pursue this summer!

Here are some ideas!
Click on them to find out more.

Take care of yourself by relaxing outside

Start journaling

Make a feel-good summer playlist

Go on a vacation

Hang out with your loved ones

Stay physically active

Commit a Random Act of Kindness

Read a book



ONLINE SERVICES

Offering Free Mental Health Resources

REAL

@joinreal

One month of digital therapy services free



@headspace

Free subscription for health-care professionals

talkspace

@talkspace

One free month of online therapy for frontline medical workers



@jointempest

Free virtual sobriety support meetings



@simplehabitapp

Access daily meditations free for one week



@namicomunicate

Call the National Alliance on Mental Health helpline at 1-800-950-6264



National Suicide Prevention Lifeline

Call 1-800-273-8255 for 24/7 support

Thank you to our funders who make our work possible!



Yale Center for
Clinical Investigation



Technology & Adolescent Mental Wellness



National Center
for Advancing
Translational Sciences

