
Pelham Together Advisory Board

October 16, 2019



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— Agenda

- Welcome and Introductions
- Youth Update
 - Meet Our Summer Intern: *Matthew McInierney*
 - Youth Leadership Council & Clubs
- The Data is In: *Pelham Youth Survey Report*
- Addressing Youth Mental Health: *How to Find Help*
- Parents & Community
- How You Can Help



— Who's Here

Introductions

Name

Group you represent



Youth Update

- Meet Matthew McInierney, our Summer Intern
- Youth Leadership Council & PMHS Club
- PMS Club



Youth Leadership Council & Club

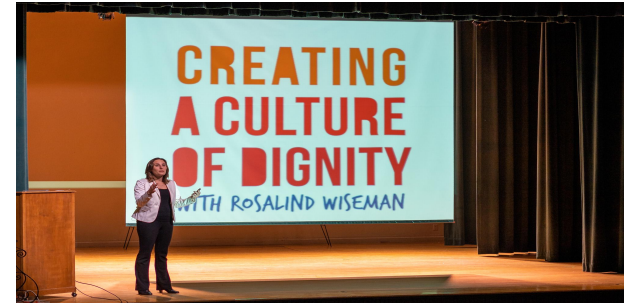
- Disconnect to Drive
- Say Hi Day, 10/18
- Scavenger Hunt, 10/25



- Launch PMS Club mentored by PMHS

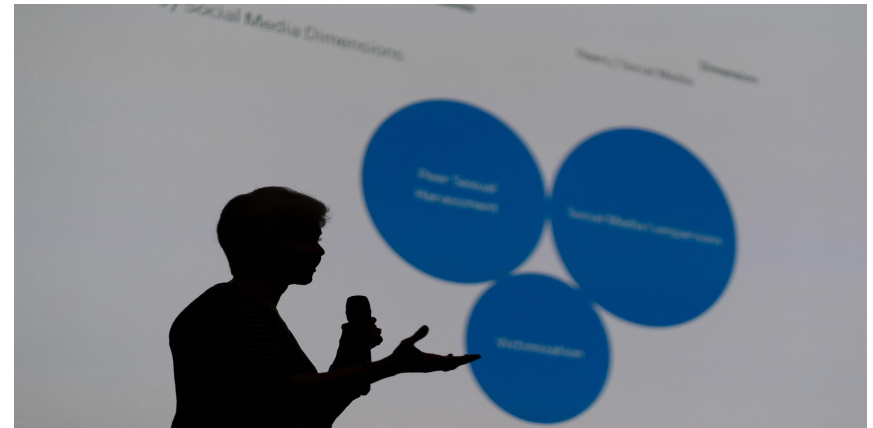


- Service Opportunities & Character Education
- Disconnect to Walk
- Leadership Summit

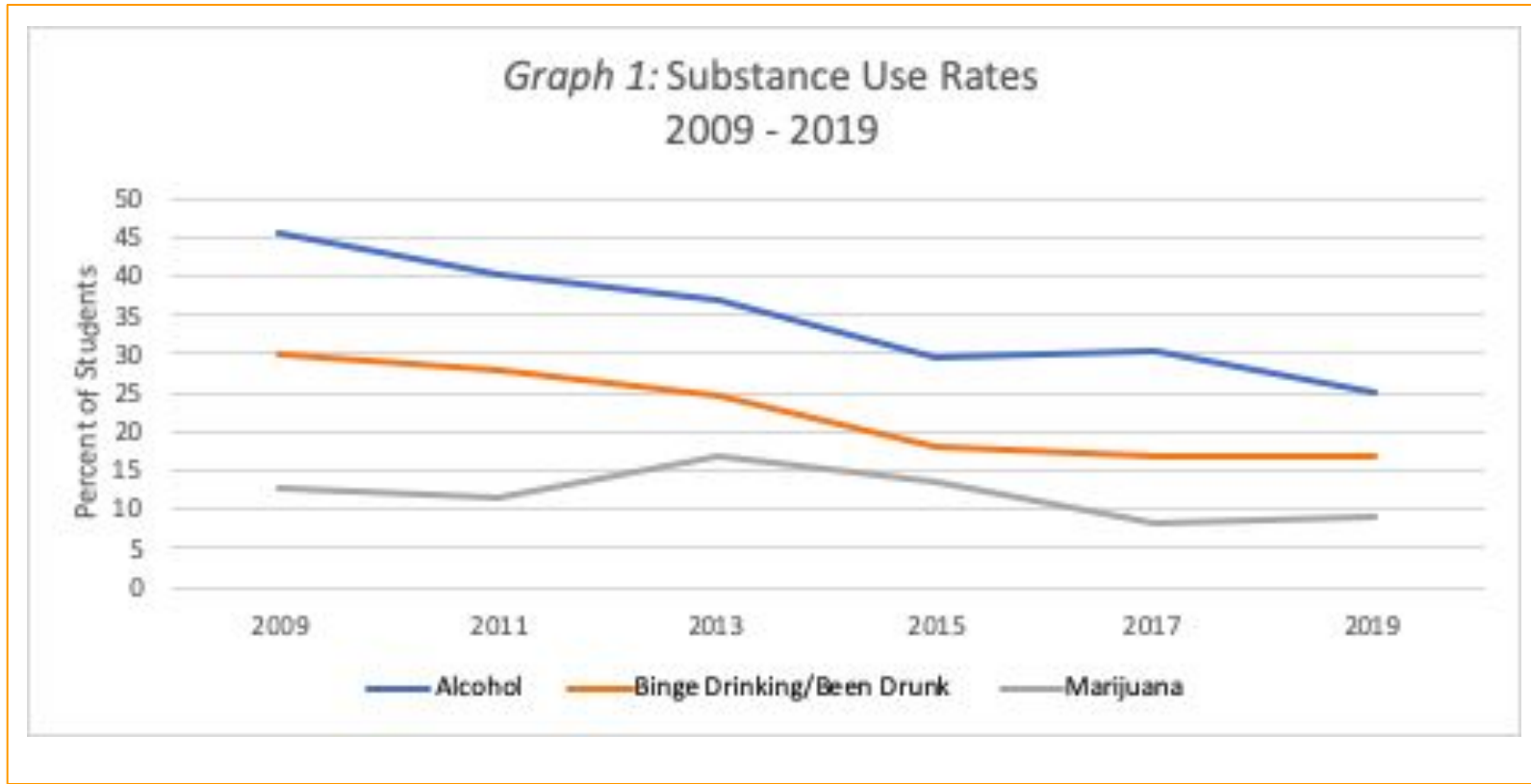


Survey Results

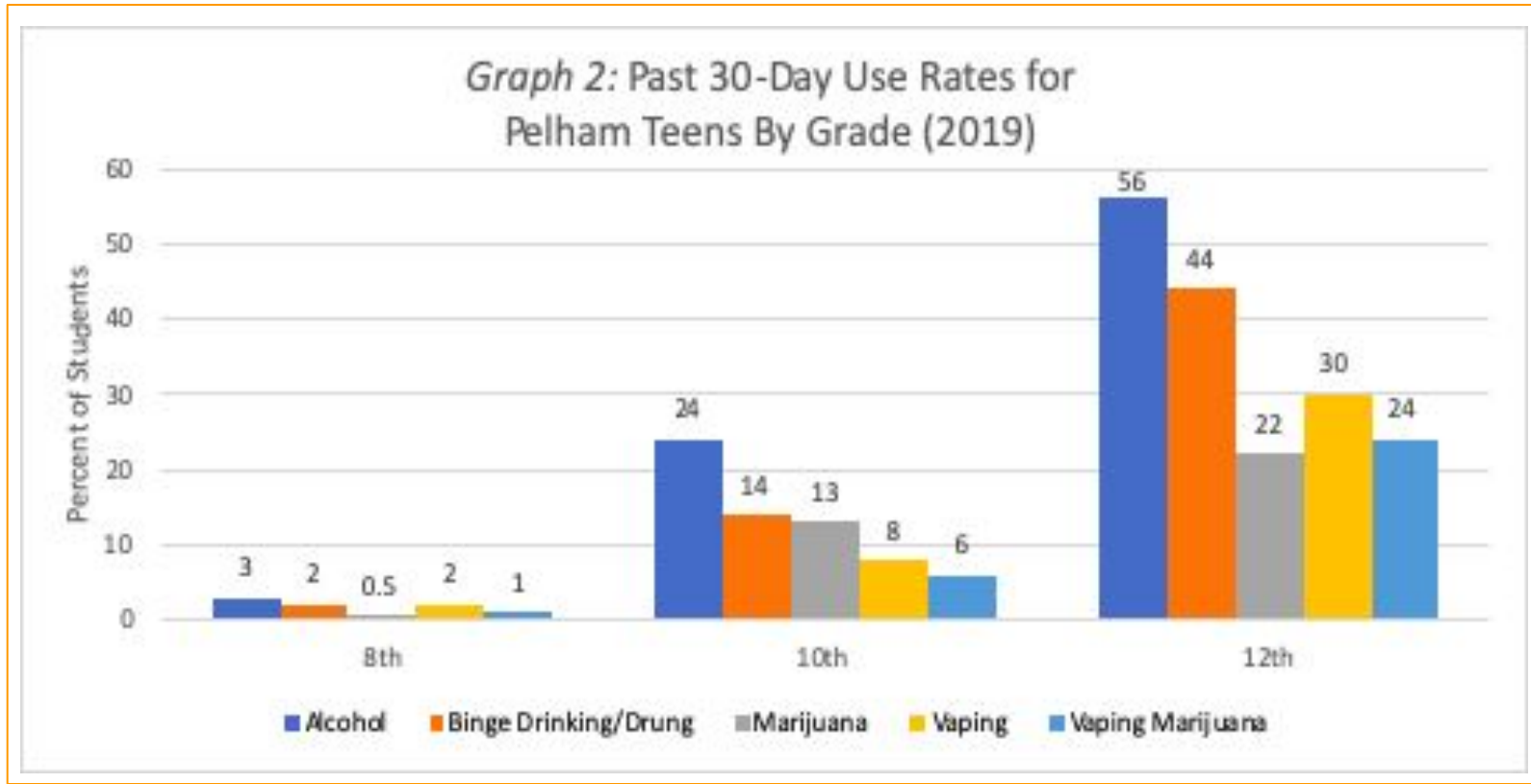
- Youth Health & Wellness
 - Substance Use
 - Mental Health & Wellness
- High Achieving Schools (HAS) Survey
 - Dr. Suniya Luthar
- Survey Findings Report
 - Available online



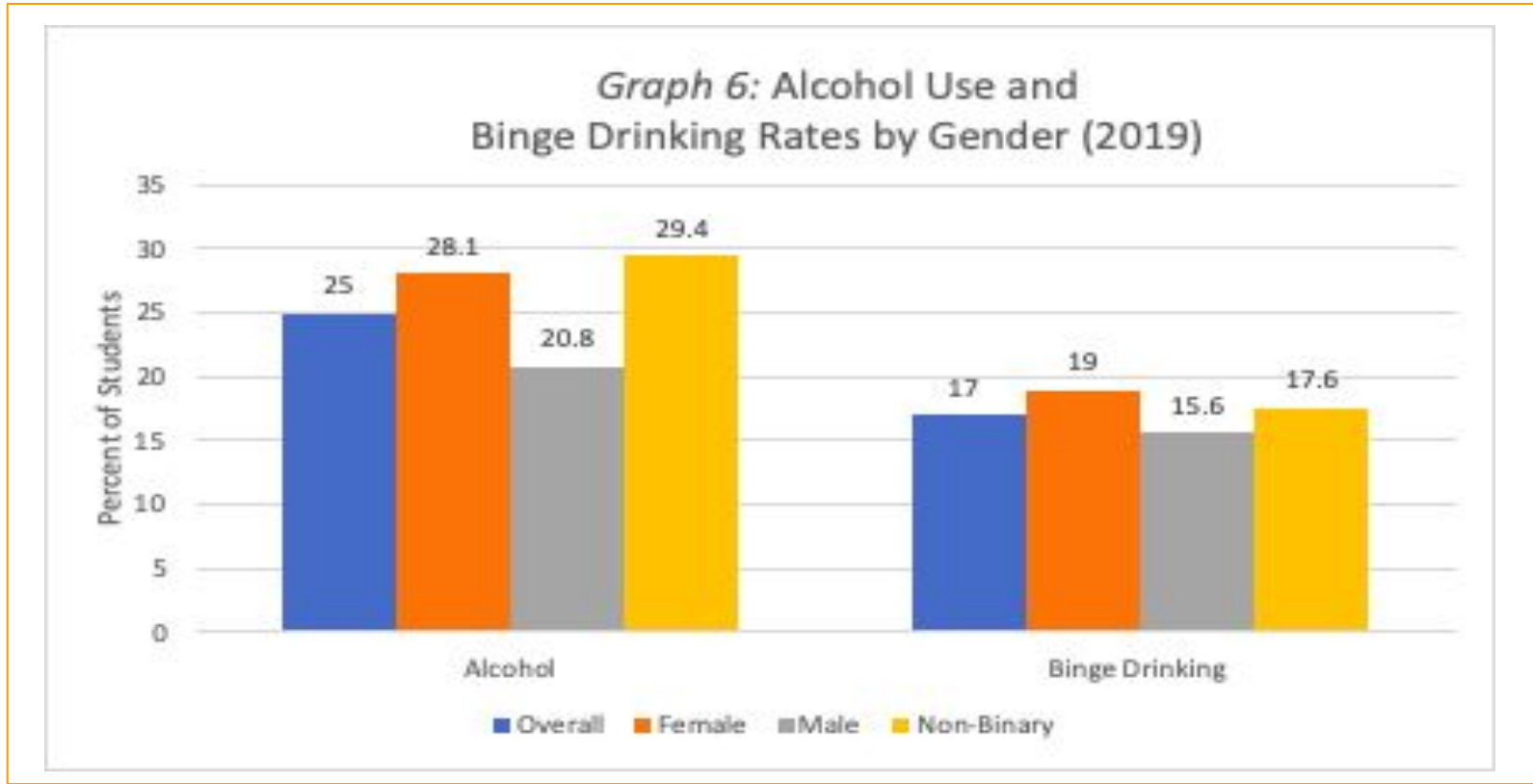
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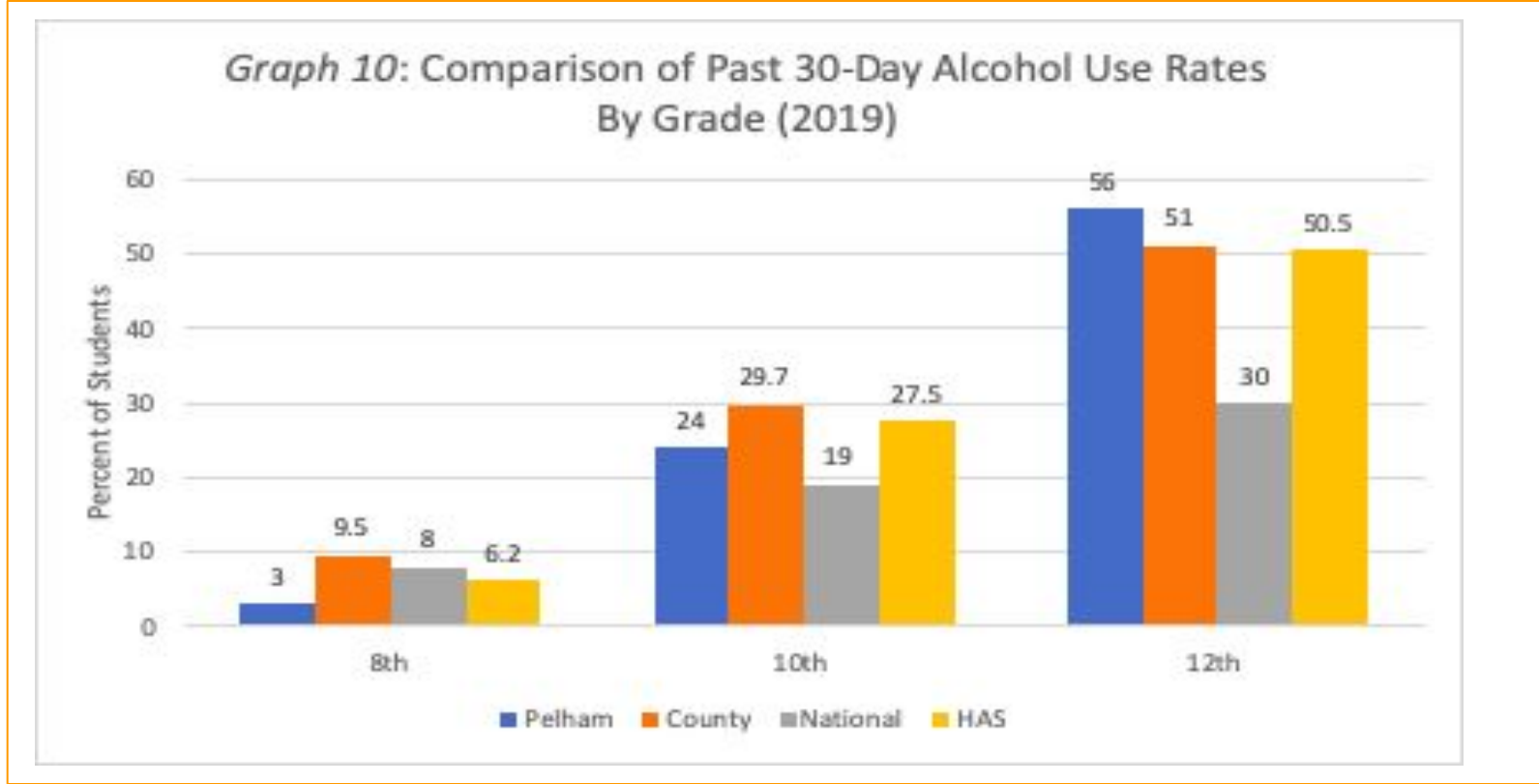
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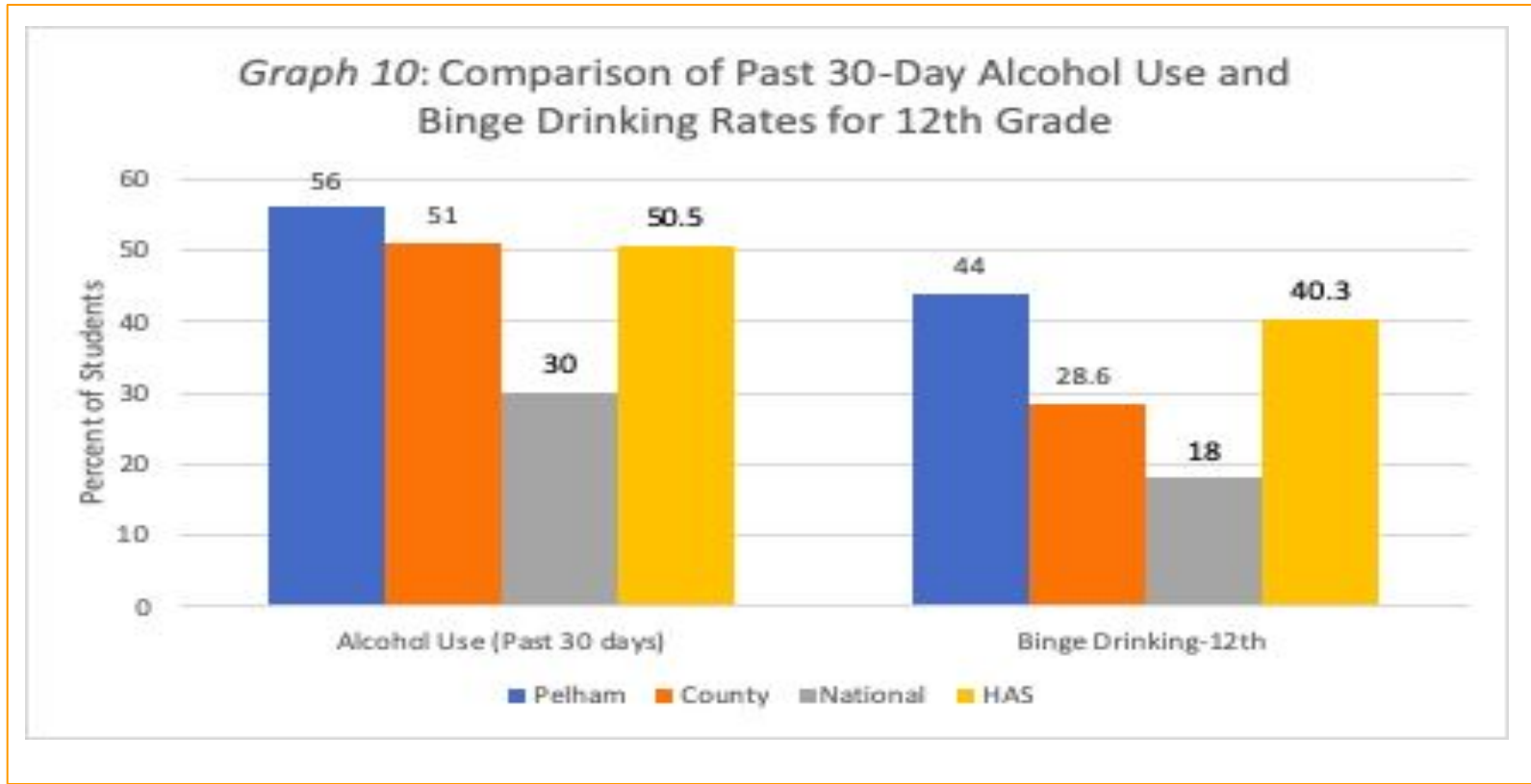
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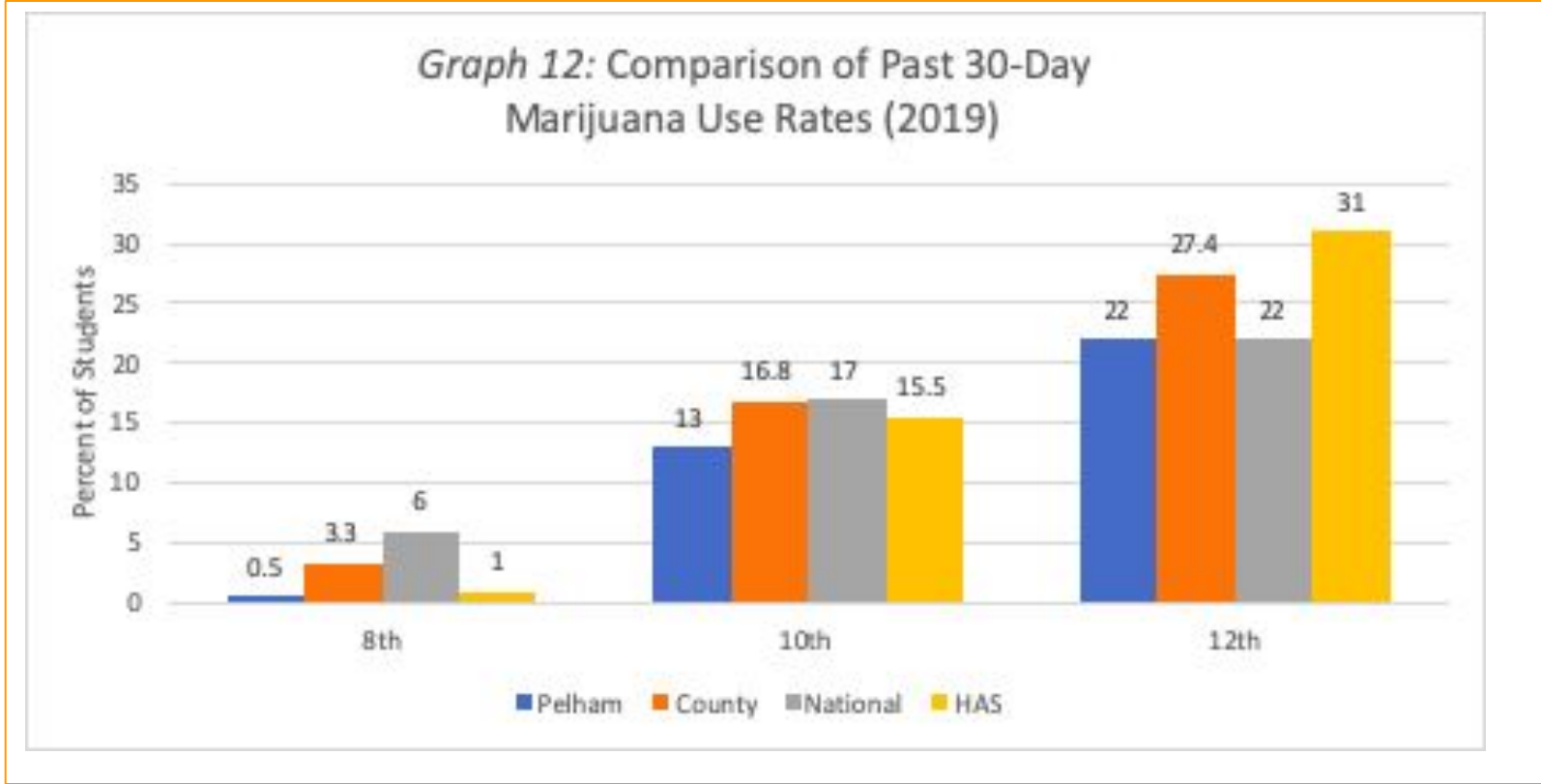
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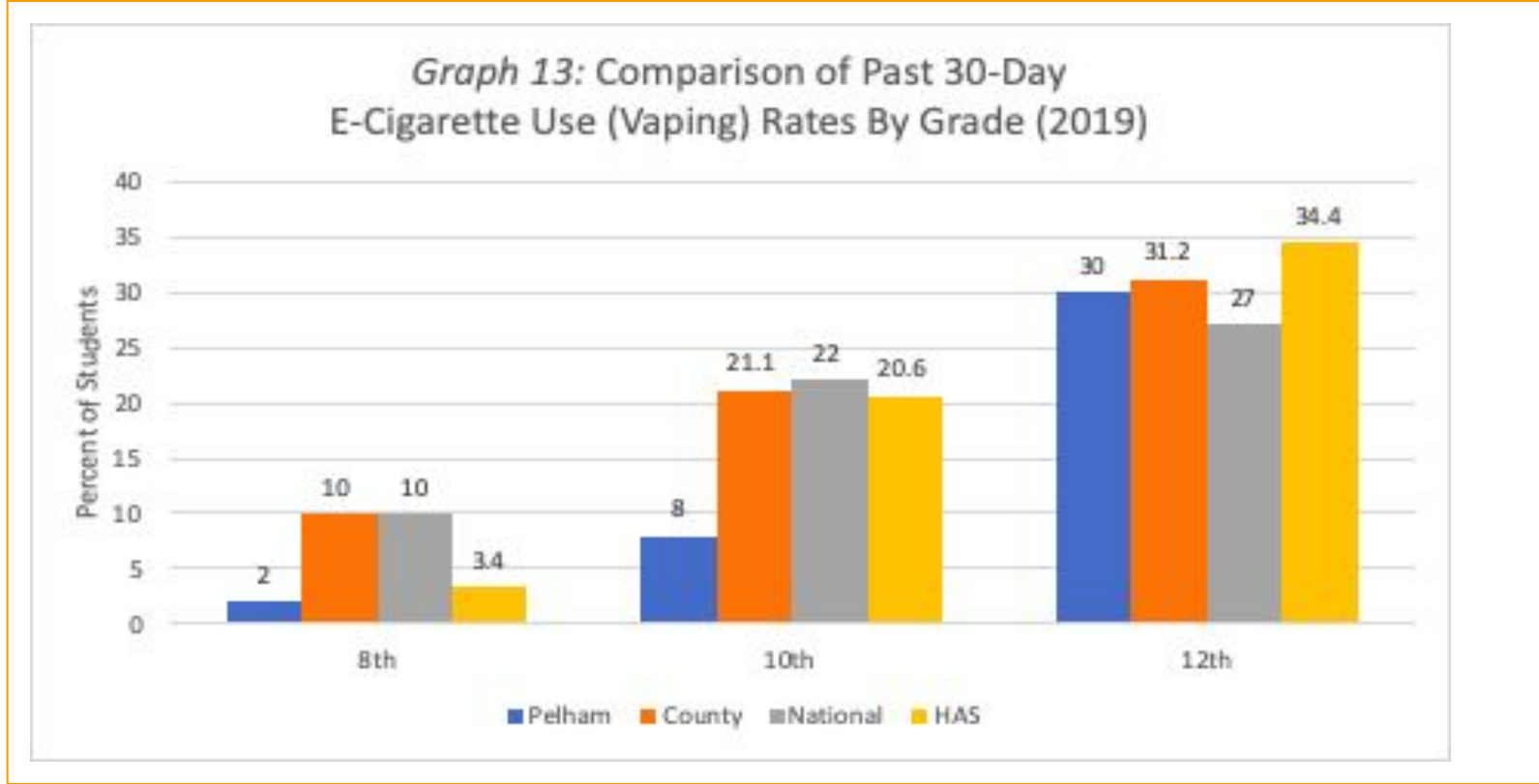
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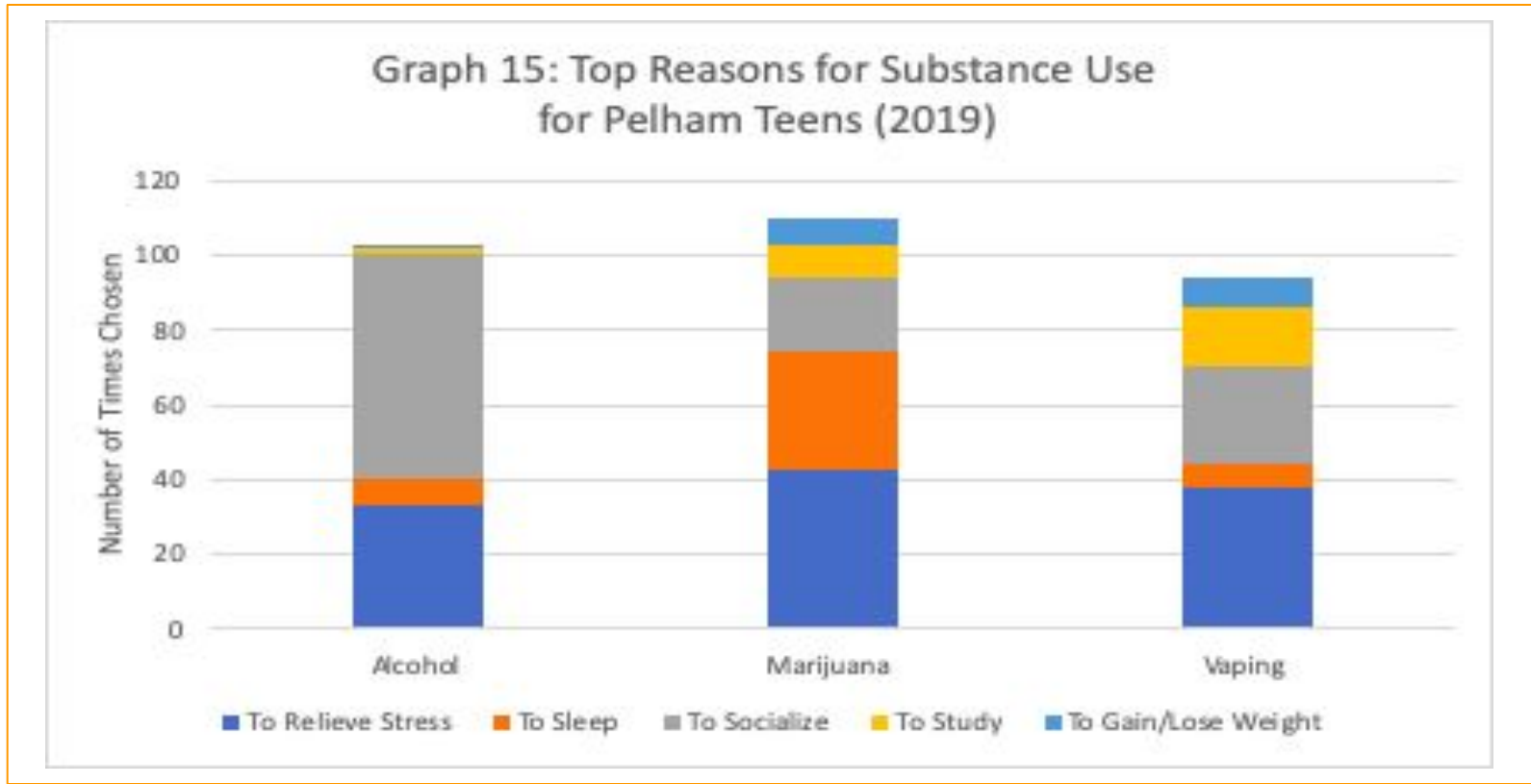
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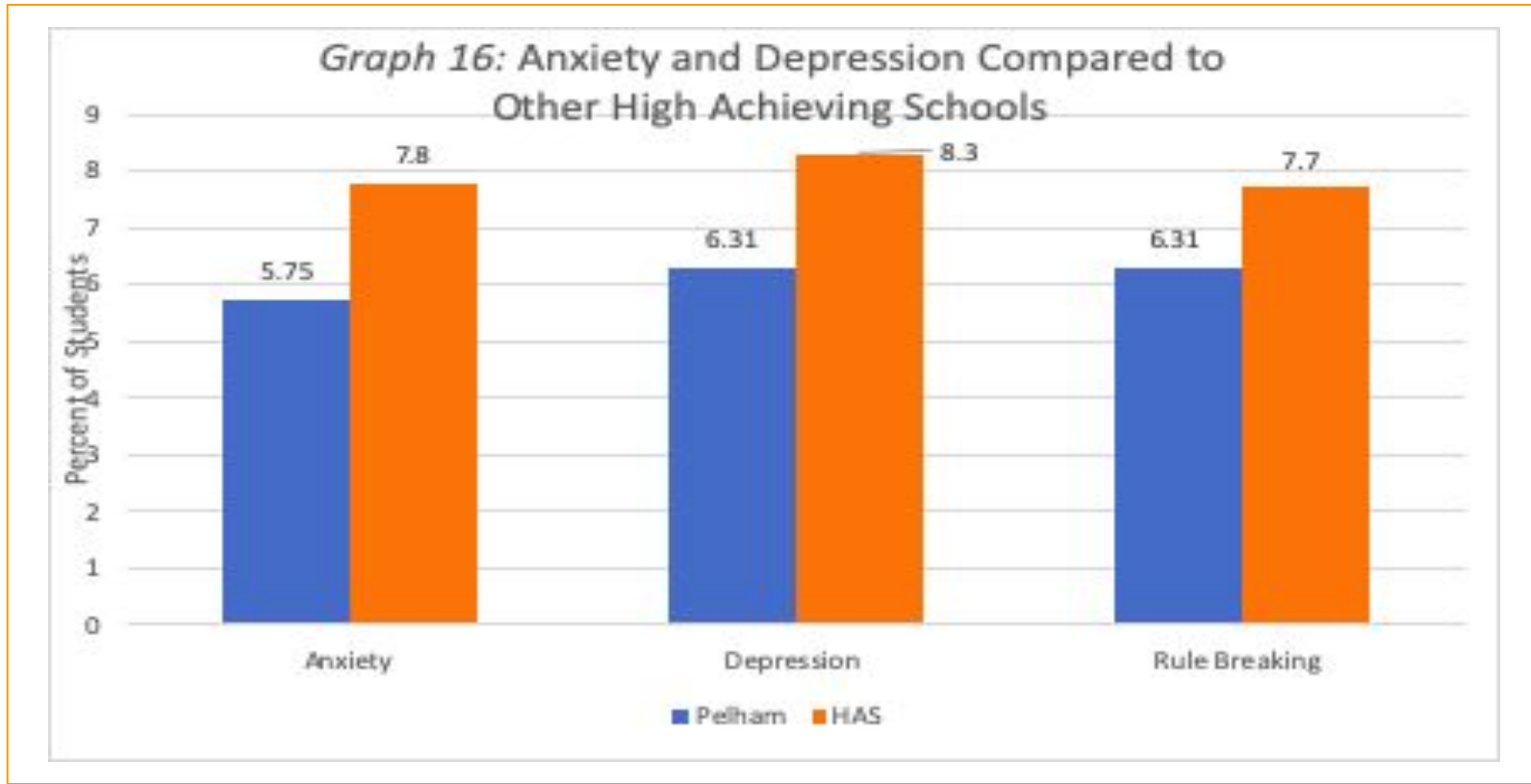
Survey Results



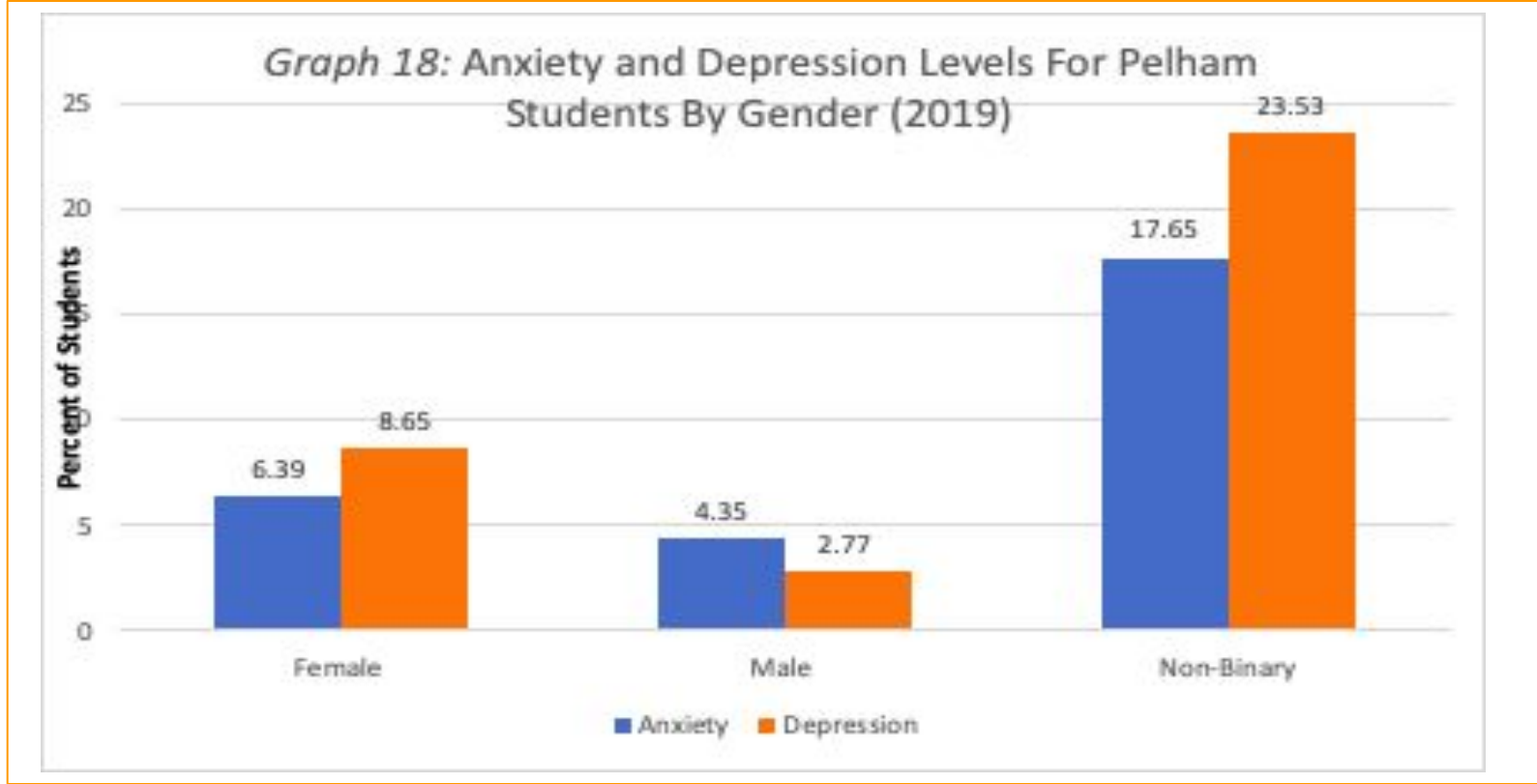
Survey Results



Survey Results



Survey Results



Risk and Protective Factors: What makes an impact?

- Parent Dimensions
 - Drug Containment
- Peer Relationships / Social Media
 - Social Media Comparisons
- Pressure
 - Relationship Stress
- School Climate
 - Perception of Bullying
 - Trusted Adult



Mental Health - GOALS

- Facilitate Pelham residents finding local, well-regarded, affordable mental health providers.
- Create a network of people, professionals and organizations that promote good mental health.
- Present these resources in a simple, straightforward, easy to navigate website.



Our Process

- Sought recommendations for therapists in lower Westchester from Pelham residents and Westchester mental health providers.
- Contacted the recommended mental health providers, verified their credentials, reviewed their websites, and requested additional information where needed.
- Organized each resource into a uniform template, making it easier to find relevant information and to compare therapists.
- Will continue to seek recommendations and resources, as well as feedback on our current resources.



The Affordability Component



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Identified providers and organizations that:

- accept **insurance**, including Medicaid, or apply a **sliding scale** for fees.
- accept **reduced fees** for a limited number of patients.
- provide **emergency mental health care** in a crisis situation.

Currently in NYC, coming to Westchester eventually -- **Zencare.co** allows users to search a database of hundreds of providers by insurance type, fee, specialties, neighborhood and additional criteria.

Additional Resources



The Columbia University Clinic
for Anxiety and Related Disorders



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Private practice groups that specialize in areas such as eating disorders, anxiety, LGBTQIA+ issues.

Local support groups for DBT skills, eating disorders, LGBT youth, substance abuse and families dealing with these issues.

Hotlines for 24/7 support for mental health issues.

National organizations and websites that provide education, guidance and support.

Parents & Community

- Parents Talk
 - Burning Questions & Hot Topics
 - November 6th, 13th, 14th
 - Grown & Flown
 - Book Clubs - First 2 weeks in January
 - Author Talk - January 27, 2020
- Film Screening & Panel Discussion: *The First Day*
- Ice Cream Truck



— How You Can Help...

- Spread the word
- Connect us
- Help us raise funds to keep up the work
- Mentor a summer intern
- Writing



—Thank You

- See you at our upcoming events:
 - The First Day, 10/17, 7:30 pm, The Picture House
 - Parents Talk: Burning Questions & Hot Topics, 11/6, 11/13, 11/14
 - Giving Tuesday, December 3, 2019
 - Advisory Board Meeting, April 3, 2020

*“The smallest act of kindness is worth more
than the grandest intention”*

- Oscar Wilde

