

Beyond the Books would not have been possible without our youth planning committee:

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- Emma Gee
- Hannah Kim
- Julia Lee
- Kareem Gabareen Moktar
- Maddie Park
- Natalie Chan
- Vin Bhat



BEYOND THE BOOKS

Event Guide

Saturday, October 5

10 AM – 3 PM

Mitchell Park Community Center



CITY OF **PALO ALTO** **alcove**



COUNTY OF SANTA CLARA
Behavioral Health Services



Welcome!

Beyond the Books, a Teen Mental Health Youth Summit, is a unique opportunity to engage in intergenerational conversations that support youth to thrive academically, socially, and mentally. This event is designed to foster understanding across generations, provide valuable mental health and substance use resources, and reduce the stigma associated with seeking help for mental health issues. We aim to create a supportive space where youth can connect and realize they are not alone. Today, you'll learn valuable skills and engage in meaningful discussions about personal growth and self-care. Think of it as a day to reboot – thoughtful conversations, delicious food and snacks, and activities and workshops designed to de-stress, refresh, and build confidence. This year's event includes three workshop sessions, giveaways, a keynote speaker, and a resource fair.

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Event Schedule

9:45am - 10:00am	Registration
10:00am - 10:45am	Keynote Address - Dr. Joshi
10:45am-11:00am	Break
11:00am-11:45am	Workshops
11:45am-12:15pm	Lunch and Resource Tabling
12:15-1:00pm	Workshops
1:00-1:15pm	Break
1:15-2:00pm	Workshops
2:00-2:30pm	Closing Remarks - Mayor Stone

Workshop Overview

11 - 11:45 AM What is Mental Health?

Self Care	El Palo Alto	Peggy Cho
Music for Mental Health	Matadero	Rhea Josyula
Call to Action	North Adobe	Karen Castillo
Self Affirmation Mural	South Adobe	allcove YAG

12:15 - 1 PM Navigating Life Transitions

Healthy Relationships and You	North Adobe	Justin Ortiz
Building Resilience	South Adobe	Vin Bhat
Listening to Learn (Oral History)	El Palo Alto	Aubrey Parke
* Strategies for Tough Conversations	Matadero	Lara Walklet

1:15 - 2 PM Technology & Wellbeing

Implementing Healthy Tech & Social Media Use	North Adobe	Jaime Chavarria
* #GoodForMEdia	Matadero	Marilyn Mota
Mindful Creations	El Palo Alto	Teen Advisory Board
Body Empowerment Project	South Adobe	Christina Miranda

* youth only

Workshop Sessions

11:00-11:45 am

THEME: What is Mental Health?

Self Care

Workshop provided by Peggy Cho (Santa Clara County Behavioral Health Services, Cultural Communities Wellness Program)

This workshop aims to help participants learn techniques and skills of how to take care of ourselves to maintain emotional, mental, and physical wellness.

Call to Action

Workshop provided by Karen Castillo (YCS)

“Support Youth: A Call to Action” is a workshop for adults, and will give participants an opportunity to interact with supportive actions identified by youth and to engage in conversations about youth mental health and wellness. This is a collaborative experience with the goal of strengthening relationships.

Music for Mental Health

Workshop provided by Rhea Josyula (Tune Therapy) - Palo Alto teen

This workshop aims to bring together teens and adults to participate in a music therapy session. Led by a professional music therapist, participants will first learn about what music therapy is, why it is important for mental health and wellbeing, and lastly, participate in an interactive session.

Self Affirmation Mural

Workshop provided by allcove Youth Advisory Group

Workshop Sessions

12:15-1:00 pm

THEME: Navigating Life Transitions

Healthy Relationships and You: Navigating Your College Connections

Workshop provided by Justin Ortiz (Caminar: HEART)

This workshop aims to help participants learn techniques and skills of how to take care of ourselves to maintain emotional, mental, and physical wellness..

Building Resilience

Provided by Vin Bhat (unaffiliated) - Palo Alto teen

This interactive session will delve into the principles of resilience, such as maintaining a positive outlook, setting and achieving realistic goals, and cultivating a strong support network.

Listening to Learn

Workshop provided by Aubrey Parke (Youth Community Service)

Oral history is a practice of long-form listening that can help us honor each other’s stories, build connections, and gain valuable life lessons. Participants will learn techniques for interviews and speak to another attendee about their experience “navigating life transitions.”

Strategies for How to Have Tough Conversations

Provided by Lara Walklet (OFJCC)

In this workshop, you will learn and get to practice a few strategies for having respectful conversations, including engaging but not threatening disagreements with others.

Workshop Sessions

1:15-2:00 pm

THEME: Technology & Wellbeing

Body Empowerment Project

Workshop provided by Christina Miranda (Stanford University) and Maddie Park - Palo Alto teen

In this workshop, we will reflect on our relationships with our bodies through a creative exercise, examining the messages we received about health and wellness from past and present. We'll also explore ideas regarding intuition and food. If time permits, we will design our personal recipes for self-love and self-care.

Call to Action

Workshop provided by Jaime Chavarria (C.A.S.S.Y)

This workshop is designed for parents and children to attend together, to increase awareness about the social and developmental impacts of technology and social media use. An interactive segment will guide participants in creating balanced technology and social media habits through the development of technology plans.

Mindful Creations

Workshop provided by Palo Alto Teen Advisory Board

Our workshop aims to provide wellness related activities to attendees with the intent to provide coping methods and activities that people can do when they're stressed. We hope that attendees can not only have fun but also take away important lessons to help them when they need it.

#GoodForMEdia

Workshop provided by Marilyn Lopez Mota (#GoodForMEdia)

#GFM is a peer-mentoring campaign dedicated to uplifting youth wisdom and experience around social media engagement and the impacts it can have on mental health. In this workshop, we'll explore the effect of social media on our mindset and daily lives. Attendees will walk away with tips, strategies, and resources for a more balanced use.

Speakers



Dr. Shashank Joshi is Professor and Senior Associate Vice Provost for Academic Wellbeing at Stanford University. He serves as Director of School Mental Health for Stanford Children's Health. He is a member of the Student Mental Health Policy Workgroup for the State of California, and the lead author of the K12 Toolkit for Mental Health Promotion and Suicide Prevention used by the California Department of Education. His current book, *Thinking About Prescribing: The Psychology of Psychopharmacology with Diverse Youth & Families*, examines the relational and psychotherapeutic aspects of medication treatment.



Mayor Greer Stone has served on Palo Alto City Council since 2020. He has championed youth mental health by forming the Youth Well-being & Mental Health Blue Ribbon Taskforce and as a public school teacher at Carlmont High School where he teaches history. He has formerly worked at JLS, Gunn and Paly as well in addition to being a graduate of PAUSD.



Maddie Park is a sophomore at Castilleja School. She has worked with Mayor Stone on his Youth Wellbeing & Mental Health Task Force, done research in Psychology on remembering and forgetting online information, and is currently the secretary of the Palo Alto Youth Council. Maddie is passionate about youth mental health advocacy, and hopes to continue collaborating with teens, as well as youth mental health experts and organizations in creating accessible resources for all Palo Alto youth.



Abd El Kareem Gabareen Mokhtar (Kareem), Peer Leader for Youth Connect, Junior at Henry M. Gunn High School with diverse passions in mechanics, political science, and psychology. Kareem is a community volunteer who's helped create voter pamphlets to educate young voters across the nation.