

Mercer Island Healthy Youth Initiative Year in Review



1

High School Student Leaders: Mental Health Promotion and Substance Abuse Prevention

*Recognizing MIHS student leaders in the YFS Healthy Youth Initiative-supported
Minds Matter and Safe Awesome Fun Events (S.A.F.E.) Clubs.*



Nima Taherzadeh



Sabrina Hubbel



Hunter Evans



Joyce Zhang and Noah Hendelman

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Check In With Yourself Mercer Island

Young Adult Health and
Emotions

[uwstudy.com/
COVID_MI](http://uwstudy.com/COVID_MI)



3



#BeTheDifference

on Mercer Island

- ★ Partner with Jewish Family Service in Seattle
- ★ Completed two Youth, and two Adult trainings.
- ★ Certified 23 residents in Mental Health First Aid.



4

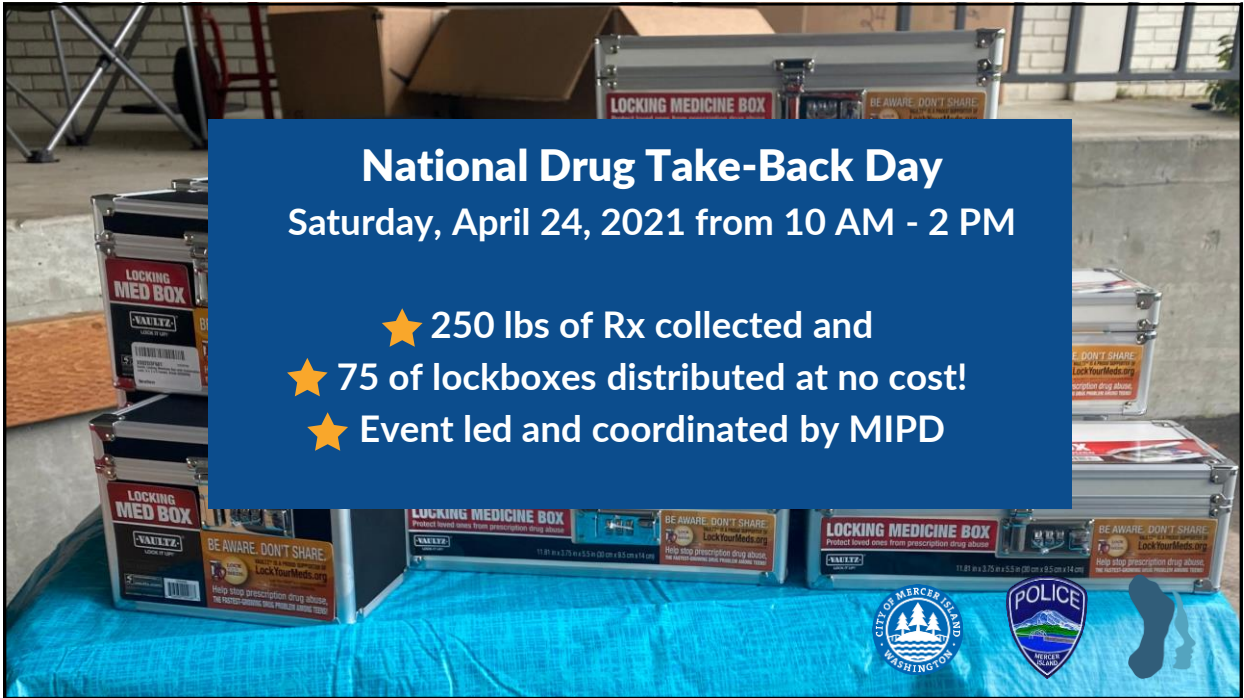


5

MOST STEER CLEAR campaign at KMIH 88.9 The Bridge

- ★ In partnership with MIHS students from KMIH The Bridge and Neighborhood House Seattle.
- ★ Youth created testimonials to reach a youth audience.

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National Drug Take-Back Day
 Saturday, April 24, 2021 from 10 AM - 2 PM

- ★ 250 lbs of Rx collected and
- ★ 75 of lockboxes distributed at no cost!
- ★ Event led and coordinated by MIPD

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**VIRTUAL
 INCREDIBLE YEARS
 ATTENTIVE PARENTING**

- ★ Completed three series and served over 30 families.
- ★ First virtual pilot in 2020
- ★ Referrals from MI Pediatrics, MIPA, and local childcare facilities.

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for Young Adults from Mercer Island



- ★ Partner with the University of Washington Center for Child and Family Well-Being.
- ★ First pilot in a community.
- ★ Already launched with 24 young adults registered.
- ★ Young adult's priority population.





<https://www.mihealthyyouth.com>

GUIDING GOOD CHOICES

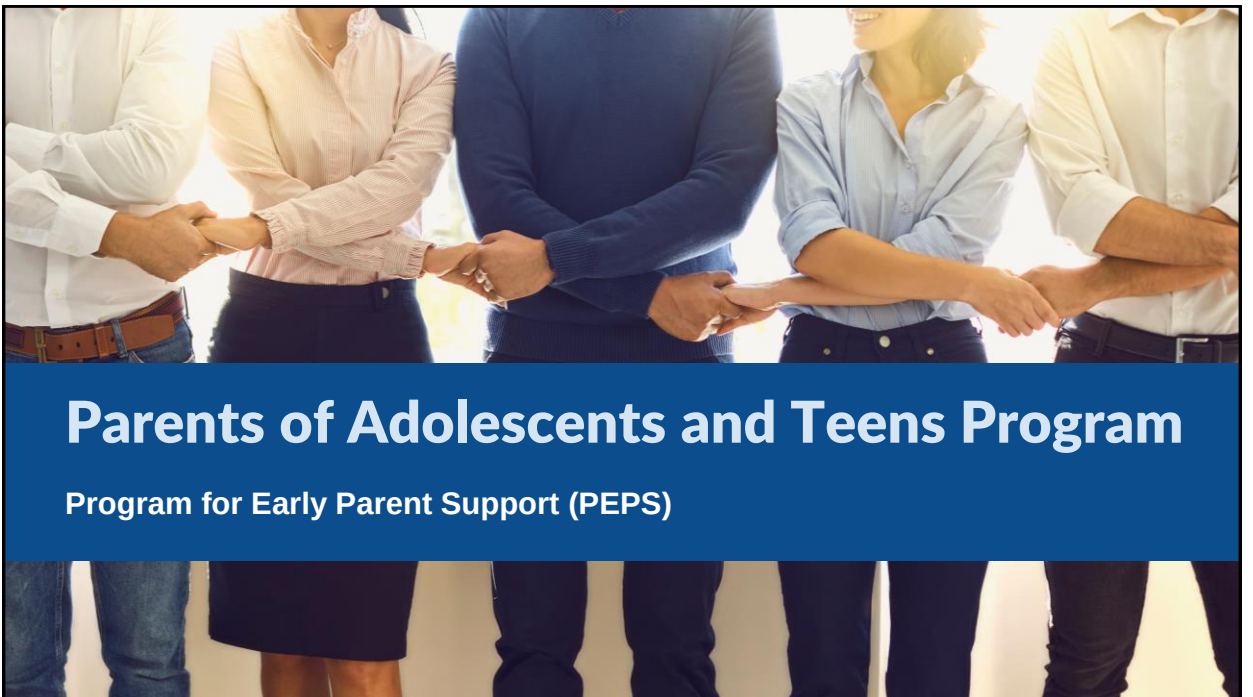
★ Offer support to parents with children transitioning into adolescence.

★ Partner with local expert, Melissa Benaroya

FALL 2021



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Parents of Adolescents and Teens Program

Program for Early Parent Support (PEPS)

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We need to stop
just pulling people
out of the river.

We need to go
upstream and *find*
out *why they're*
falling in.

-Desmond Tutu