



RALLY 2024

RAPID ACTION LEARNING LEADERS FOR YOUTH



On August 29, 2024, **116** Palm Beach County youth, caregivers, grassroots champions, community leads, funders, system partners, and providers united through the RALLY. **BeWellPBC** and **Future Leaders United for Change** led the RALLY to share collective progress and continue to mobilize solutions for youth mental health. Since the first RALLY in 2023, funders have dedicated over **\$600,000** to support strategies for youth mental health. The priorities below were the focus of discussion to inspire and expand successful initiatives.



MEANINGFUL CONNECTIONS FOR YOUTH

Adults and youth engaged in conversations about RALLY progress to-date and listened to community stakeholders and funders like Children's Services Council and Palm Health Foundation share promising practices. Youth identified safe spaces to be their authentic selves without fear of judgement and adults encouraged them to be more expressive to create meaningful connections to support their mental health.

*"I commit to working with youth, side by side, because it gives us the ability to see and understand from their point of view." **

BEHAVIORAL HEALTH SUPPORT IN EXISTING COMMUNITY SPACES

Success stories from Rohi's Readery and the EJS Project brought youth mental health support in community spaces to life. Ideas at the RALLY included embedding private practitioners in community youth organizations, mindfulness and positive affirmation coaching, and training community (like library staff and volunteers) in behavioral health workshops such as Mental Health First Aid.

"I commit to loving words, deep listening, no fixing, and confidentiality" — from a youth in attendance at the RALLY.



SUPPORT FOR FAMILIES THROUGH PROVIDER POLICY CHANGE

The evening included a gallery walk where participants reviewed ideas and submitted their own for each strategy, followed by youth identifying ideas they thought would work best. Policy changes included funding non-traditional supports, critical intervention mapping, and championing DEI in every space, not just the workplace.

*"I commit to using my position to keep the attention on youth needs and elevating youth voice." **

YOUTH WELLNESS AND PREVENTION

New ideas for youth wellness and prevention included a gaming app, mental health service project learning, create wellness markets where teens and their families can go to take classes and learn resources, and highlight/help advertise to teens local places that foster youth self-expression and self-care.

"I commit to making sure that my friends and classmates are well." - quoted from a youth in attendance.



*Commitments made by attendees in reaction to a best practice identified by youth.



YOUTH LEADERSHIP AND SUPPORT

Actions discussed ranged from training residents to mentor, mediate, and support youth-led activities to integrating interns in youth-led passion projects (e.g., arts, fashion, cooking, photography) to offering mental health days at the Juvenile Detention Center to teach suicide prevention, meditation, and yoga.

*"I commit to collaborating with youth groups and helping in their development by being themselves." **

LIFE SKILLS

Participants suggested some ideas to develop more opportunities for youth to have apprenticeships and real world training; making videos that provide leadership, management, and life skill education - easily accessible for all youth; and guidance to adults working with youth to infuse/mainstream life skill conversations into classrooms and other places where youth are congregating.

*"I commit to continue to uplift youth and build their confidence through community service." **



MENTAL HEALTH AWARENESS



The evening concluded with adults asking youth for guidance and committing to collaboration. Mental health awareness ideas included working alongside the business community to offer mental health information and life skills activities where youth already are, NeuroArts training for behavioral health professionals, and youth voice at all local meetings about mental health and at conferences.

*"I commit to introducing mental health in spaces where it is looked down on." **

How will we continue to RALLY?

RALLY participants continue to self-organize and collaborate to take action on strategies.

Grassroots initiatives/ organizations are piloting clinicians on site for mental health support.

The School District of PBC is supporting staff/behavioral health professionals to utilize expressive arts.

Business owners are developing youth programming in their neighborhoods.

Behavioral health providers are implementing new ideas based on community feedback

Florida Atlantic University is partnering to evaluate progress and youth impact.

BeWellPBC continues quarterly RALLY communication to share partner projects, plans, and success.

Funders continue to invest in youth solutions through the Youth Mental Health Collaborative Fund.