



NEWS RELEASE

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FOR IMMEDIATE RELEASE

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LA County Board of Supervisors and Youth Commission Invite Community to Virtual Event “Centering Voices in Mental Health”

LOS ANGELES - Symptoms of depression and anxiety have doubled during the pandemic for youth across the country, according to the United States Surgeon General.

During the past two years, 25 percent of youth experienced depressive symptoms and 20 percent experienced increased anxiety. To help center youth voices in mental health reform and programming in Los Angeles County, The Youth Commission is hosting a “Centering Youth Voice in Mental Health” panel event, in partnership with the Board of Supervisors and the Los Angeles County Department of Mental Health. The panel will consist of Youth Commissioners, mental health experts from the DMH + UCLA Public Partnership for Wellbeing, and community mental health advocates.

“Young people in LA County are resilient and strong. By seeking their feedback for improving mental health and wellbeing services across the County, we can help youth-serving organizations meet their needs and prevent future mental health crises,” said Commissioner and panelist La'Toya Cooper who represents the Second District.

Youth, community members, agency partners, community-based organizations, philanthropy, and media partners are invited to join and learn more about how to center lived experience and youth voices while responding to the mental health crisis impacting youth in LA County.

Co-Sponsored by Fourth District Supervisor Janice Hahn's office, this event is in response to a 2004 [Board Motion](#) and is designed to center the voices of young people with lived experience, who are all too often left out of the design of programs meant to support them.

“It is imperative that when we consider a path forward in helping LA County's youth recover from the pandemic, we include them in building solutions. By convening mental health leaders and advocates, the Youth Commission is helping return authority to LA County's youth in healing their communities.” said Hahn.

“The Department of Mental Health is deeply committed to the wellbeing of youth in LA County” said DMH Director Dr. Jonathan Sherin, M.D., Ph.D. “We are thrilled to partner with the Youth Commission, which is positioned to help amplify the voices of young people who have never had a proper platform for providing input to County systems. It is our belief that the Youth Commission will inspire new and more effective models of mental health care for young people in LA County.”

“The issues facing youth are more complex than ever before. School closures, our ongoing reckoning with racial injustice present in our systems, and the negative impacts of social media, all represent challenges to youth wellbeing. We must collaborate on solutions that work for the youth we serve,” said Dr. Tyrone Howard, an education expert and panelist from the DMH + UCLA Public Partnership for Wellbeing.



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The Youth Commission welcomes suggestions for panelist questions from community members. If you would like to submit a question to the panel, please submit it to the Youth Commission Instagram page @lacounty_youthcommission by February 4.

When: Thursday, February 10th from 6 p.m. to 7:30 p.m. PST

View the event flyer and [toolkit](#)

How To Register and Join the Session:

Registration Link: <https://www.surveymonkey.com/r/Y3LL3G3>

Meeting Link: <https://us02web.zoom.us/j/89214673705?pwd=WGlud3pZNTlkY2lXalkyb1VibFF4UT09>

You can also RSVP by emailing YouthCommission@bos.lacounty.gov or calling 213-633-5599

To keep up with future Youth Commission updates, visit YouthCommission.lacounty.gov.
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About the LA County Youth Commission

Established in 2020 by the Los Angeles County Board of Supervisors, the Youth Commission is the official youth advisory body to the County. It is a youth-led organization that promotes youth participation in County affairs and policy development. Youth Commissioners have experience in foster care, juvenile justice, and unhoused services. The Commission also provides a forum for youth perspectives, empowering commissioners to impact the systems intended to serve and support them, their families, and their communities.

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