



OFFICE OF CHILD AND YOUTH SUCCESS NEWSLETTER



"A City Where Children and Youth Can Thrive"



THE OFFICE OF CHILD AND YOUTH SUCCESS

ABOUT US

The Office of Child and Youth Success will serve as a navigation and connection point for residents seeking supportive services and programming for youth ages 24 and below.

MISSION

The Office of Child and Youth Success is dedicated to prioritizing San Diego's youngest community by providing access to resources, services, and high-quality programs to improve social, health, and educational outcomes.



VIRTUAL TOWN HALL MEETINGS 2023

District 9

Saturday
May 20th,
from 10 am
to 12 pm.

District 6

Thursday,
May 25th,
from 5 pm to
7 pm.

District 8

Wednesday,
May 31st,
from 5 pm to
7 pm.

District 7

Thursday,
June 1st,
from 5 pm to
7 pm.

District 4

Saturday,
June 3rd,
from 10 am
to 12 pm.

District 2

Monday,
June 5th,
from 5 pm to
7 pm.

District 1

Wednesday,
June 7th,
from 5 pm
to 7 pm.

District 3

Wednesday,
June 14th,
from 5 pm to
7 pm.

District 5

Tuesday,
May 30th
from 5 pm-
7pm.



YOUTH COMMISSION

What is the San Diego Youth Commission?



JESUS MARTIN G.M (YOUTH COMMISSION)

"Like many, as a child I was never told the importance of giving power to my voice, nor the effect that such a voice could have in my community. If anything, we are told that we are too young to even use our voice to express our concerns, even less to use it to express our opinions or possible solutions to the many problems that affect us daily. As we grow, we realize that issues of poverty and homelessness, lack of resources and access to these, and issues pertaining to education and work affect us from a very young age. But there are very few spaces where we are empowered to be leaders in solving the problems that will continue to affect us as youth. And within the few spaces we have, fewer lack the resources to empower us.

The Youth Commission serves as an advisory body to the Mayor and City Council on issues of interest to youth and pertaining to youth in the City of San Diego. Youth and young adults are impacted by the decisions of City officials, but seldom can directly participate in the process

If you want to make a difference in your community. If you do not want to wait until you are "of age" to be allowed to make a difference, then join the Youth Commission. This space was created for us, and while right now it might not be the ideal space that it was meant to be, it is up to us to formalize it. I am hopeful that our collective voices, will make the Youth Commission an asset to our city and that City Council and Mayoral Office recognize the power and equity that comes with having youth voices at the forefront of leadership."

LEARN MORE >



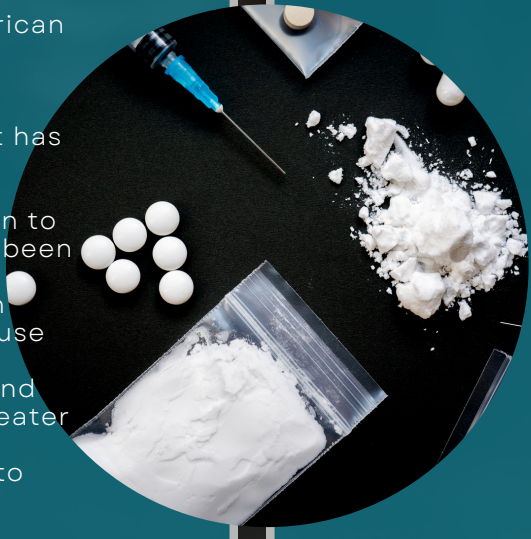
Contact Us



RAISING AWARENESS

TRANQ: WHAT PARENTS AND CAREGIVERS NEED TO KNOW

The U.S. Drug Enforcement Administration is warning the American public of a sharp increase in the trafficking of fentanyl mixed with Xylazine. Xylazine, also known as “Tranq,” is a powerful sedative that has infiltrated the drug market. It is typically used as a veterinary large animal tranquilizer, but it has begun to be mixed into other drugs and has been detected in a growing number of overdose deaths. This drug is often referred to as a zombie-drug because of its damaging effects to human tissue that can lead to infections and even amputations. It presents a greater danger than fentanyl because it is resistant to Narcan, which is used to reverse the effects of an opioid overdose.



The frequency of youth unknowingly consuming drugs laced with fentanyl and Tranq among other life-threatening narcotics is increasing in the City of San Diego. Of the 807 fentanyl-related overdose deaths occurring in San Diego County in 2021, 383, or approximately 47%, of those deaths were due to an overdose event that occurred within the City of San Diego. Of those deaths, 82% were male, 27% were youth in their mid to late twenties, ages 25-34 years old



“It is important to bring self-awareness to this topic. People are self-medicating with alcohol, marijuana, illicit substances. What can be done? Spend time with your kids, ask them questions and allow the conversation to be open and honest”, said Officer Anderson, Community Relations Officer for the San Diego Police Department.

Save a Life!

PARTNERSHIPS 4 SUCCESS

FREE NARCAN TRAINING

LEARN ABOUT:

- The opioid crisis in the San Diego Region
- How to use naloxone
- Free naloxone at the end of the training

EMAIL US FOR A TRAINING: P4S@PUBLICSTRATEGIES.ORG

PARTNERSHIPS 4 SUCCESS

ENTRENAMIENTO GRATIS DE NARCAN

APRENDE SOBRE:

- La crisis de los opioides en la región de San Diego
- Cómo usar naloxona
- Naloxona gratis al final del entrenamiento

ENVÍENOS UN CORREO ELECTRÓNICO PARA UN ENTRENAMIENTO: P4S@PUBLICSTRATEGIES.ORG



MENTAL HEALTH AWARENESS MONTH

MANAGING ANXIETY AND STRESS

HEALTHY WAYS TO MANAGE YOUR STRESS

GETTING ENOUGH SLEEP



WELL BALANCED MEALS



MAKE TIME TO UNWIND.



AVOID EXCESS CAFFEINE



TALKING WITH YOUR FRIENDS AND FAMILY



YOGA



Call **211**

MENTAL HEALTH RESOURCES



MOTHER'S DAY

CRAFTS AND HISTORY

History of Mother's Day in the United States

The first Mother's Day in the United States was observed in the 1900s, thanks to the efforts of Philadelphia educator Anna Jarvis. After her mother died in 1905, she established Mother's Day to honor mothers' devotion to their children. Jarvis organized the first formal Mother's Day celebration in a church in West Virginia in May 1908, with financial assistance from a Philadelphia department store owner. Moreover, thousands of people attended a Mother's Day event in one of his Philadelphia retail stores on the same day. Jarvis intended to place her first-ever Mother's Day on the national calendar once it was a success. She sparked a massive backlash by stating that American holidays were tailored around masculine achievements. In a mailing campaign to newspapers and prominent politicians, she advocated for establishing a special day to honor mothers. Mother's Day has become a yearly celebration in several states and religions by 1912. To further her cause, Jarvis established the Mother's Day International Association. Her perseverance was rewarded in 1914 when US President Woodrow Wilson formally declared Mother's Day a national holiday celebrated on the second Sunday in May.



CITY LIBRARIES ARE OPEN ON SUNDAYS/ CRAFT OPPORTUNITIES AT LIBRARIES/ FREE FUN MOM DAY EVENTS



CREATE A BOOK FOR MOM



[click here!](#)

Mother's Day scavenger hunt

BETWEEN THE SOLE AND THE TONGUE AND HIDDEN FROM <i>new</i> IS THE NEXT CLUE YOU SEEK, WAITING FOR YOU!	WHEN YOU'RE FEELING TIRED AND YOUR MUSCLES <i>ache</i> A LONG SOAK HERE WILL BE THE PERFECT BREAK.
SOFT AND COZY, IT'S A PLACE TO <i>unwind</i> AND IF YOU LOOK CLOSELY, THE NEXT CLUE YOU WILL FIND.	FIND THE NEXT CLUE WITH SOMETHING SALTY OR <i>sweet</i> IT'S NOT A WHOLE MEAL, RATHER A TINY TREAT.

Paper Heart Family

SCHOLARSHIPS

SCHOLARSHIPS CAN HELP WITH THE COSTS OF COLLEGE TUITION AND HOUSING. THE MONETARY AID THEY PROVIDE CAN HELP YOU FOCUS ON YOUR STUDIES AND ON THRIVING ON YOUR COLLEGE CAMPUS. THE TIME IS NOW! APPLICATION SEASON IS UPON US. HERE ARE SOME TO BEGIN WITH:



BOMBEROS DE SAN DIEGO

Bomberos Scholarship

THE BOMBEROS DE SAN DIEGO SCHOLARSHIP WAS CREATED TO PROVIDE UNDERPRIVILEGED HIGH SCHOOL SENIORS WITH FINANCIAL ASSISTANCE TO HIGHER EDUCATION.

AWARD: \$1000

APPLICATION DEADLINE IS MAY 30, 2023.

SIGN UP TODAY



Health Care Communicators Scholarship

AS THE ONLY LOCAL ORGANIZATION REPRESENTING THE HEALTHCARE, BIOTECH AND MEDICAL DEVICE INDUSTRIES THROUGH ADVERTISING, MARKETING, GRAPHIC DESIGN AND PUBLIC RELATIONS, HCC IS PROUD TO RECOGNIZE SUCCESS IN THE FIELD OF COMMUNICATIONS BY PRESENTING ONE OR MORE STUDENTS WITH A SCHOLARSHIP FOR THEIR PASSION FOR HEALTH CARE.

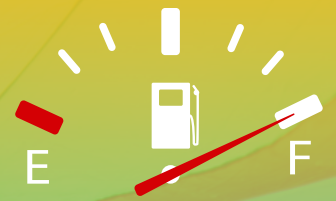
AWARD: \$3,000

APPLICATION DEADLINE: JUNE 30TH, 2023





FUEL UP!



Summer Lunch Program

During the school year, many children rely on the free or reduced-price school meal program to get the nutrition that they need. With summer around the corner and school's closing the Free Lunch Program can help fulfill the need for nutritious and delicious meals.



The San Diego Public Library would like to announce the return of our Free Summer Lunch program, free in-person hot lunches for youth aged 0-18 at 4 of our participating locations, listed below.

Dates and Times:

Free Summer Lunch will run from June 20 – August 11 (excluding holidays), and lunch will be served from 12 pm – 1 pm daily (Monday-Friday).

Free Summer Lunch Participating Locations

- Central Library: 330 Park Blvd, San Diego, 92101
- College- Rolando Library: 6600 Montezuma Rd, San Diego, 92115
- Skyline Hills Library: 7900 Paradise Valley Rd, San Diego, 92139
- Valencia Park/ Malcolm X Library: 5148 Market St, San Diego, CA 92114



Contact Us 



SUMMER PROGRAMS/CAMPS!

DIG IN!

Discover the world beneath our feet and learn about plants and animals that lived millions of years ago during our 7th annual Spring into STEAM Event.

All programs run from March through May and are geared towards students ages 9-12.

Please visit our website for event registration and library service locations. Registration required!
sandiego.gov/steam

Bonus!
 Participate in any of the Spring into STEAM 2023: Dig In programs and receive your very own Prehistoric Amber activity kit!

- DIG IN with The Nat** Under your feet lie clues to the distant past. Discover the power and mystery of fossils and uncover how they are formed and found. We'll look at real fossils, participate in hands-on activities, and learn what it's like to work in the field of paleontology. Get ready to dig in with the Nat!
- Fossil Fun!** Participants will create their very own fossil by embedding a dinosaur, insect, or plant in faux amber. Using layered translucent soap and a specialized mold for shape, this workshop will give participants a hands-on opportunity to mimic the process of fossilization. Presented by ToshiWorks.
- Geology Rocks!** Explore what our planet is made of as we test rock hardness and simulate the rock cycle to see why Earth Rocks! Discover geology through inquiry and hands-on activities with the Fleet Science Center.
- San Diego Jones: A Virtual Reality Adventure** Explore ancient ruins from around the world using VR/AR technology in this dynamic & exciting new adventure. Each site will prompt a cryptography-themed problem to solve using artifact clues, while learning a variety of core STEAM concepts. Presented by Hands-on Technology Education (HOTE).



Explore Next Door

BIPOC Support Foundation's SUMMER CAMP PROGRAM



Summertime can be a headache for most families; not having access to affordable child care for their children can strain families' wallets. When children feel safe and secure, they can explore their interests, laugh and play. So here are some free summer camps to help your child learn, explore, build character, and grow.



OPPORTUNITY • DISCOVERY • INSPIRATION

We thank the following partners for supporting Spring into STEAM and for bringing their expertise and enthusiasm to our communities:



Kick-off Event
 San Diego Festival of Science & Engineering
 Saturday, March 4, 2023 • 10 a.m. - 5 p.m. | Petco Park
lovestemsd.org/2023-festival
 Presented by Illuminar's Corporate Foundation and Biosim Institute

To register for programs or for more information, scan the QR code or visit: sandiego.gov/steam

March - May 2023 • Ages 9 - 12



SUMMER CAMP!

WEEKLY, JUNE 20TH - JULY 14TH
 Keep your student Leveling UP during Summer!

Students can explore a number of exciting programs, where they can try everything from STEM, chess, strategic board games, basketball, tennis, art, origami, and much more!

Register at www.levelUPenrichment.com/summer

Venue: E.B. Scripps Elementary School
 11778 Cypress Canyon Rd, San Diego, CA 92131

Camp is held for Grades K-5th
 Weekly Sessions - half day options
 • Mornings: 9:00 - 12:00 AM; M-F
 • Afternoons: 12:00 - 3:00 PM; M-F
 • Extended Care options available
 • 8:00 - 9:00 AM, 3:00 - 4:00 PM

Each 3 hour session includes:
 • 2.5 hours of NEW, FUN & Engaging Lessons
 • 30 minutes of snack & free play (*snack not included!)

All students should bring the following with them daily:
 • Water bottle & snacks. If your students are staying the full day they are required to bring a bagged lunch that does not require refrigeration.



SUMMER CAMP

Contact Us 



May Events 2023



[MORE INFO](#)



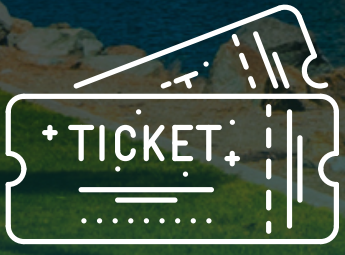
[MORE INFO](#)

BEST BUDDIES



MAY 13 @ 7:00 AM - 2:30 PM
Best Buddies Friendship Walk
BALBOA PARK

[MORE INFO](#)



2023 SUMMER READING PROGRAM: FIND YOUR VOICE!



Discover your voice during the Summer Reading Program! San Diego residents of all ages are encouraged to sign up for this event and use their voices to share their stories, express themselves, and spark change. Complete a combination of 10 books, hours of reading or activities to claim your prizes. Sign-up begins June 1st and the program will last through August 31st.

For more information, click the links below!!

KNOW BEFORE YOU OWE

pay for college

TERMS YOU SHOULD KNOW

- Loans:** Money that is borrowed and must be paid back with interest. There are two types: federal and private.
- Scholarships:** Aid that gets awarded on basis of academic merit, talent, or a particular area of study. Awarded by college or other organization. Does not have to be repaid.
- Interest:** Interest is the amount of money you are charged for allowing you to borrow money.
- Federal Work Study:** Money you earn from a job to help pay for school expenses. Does not have to be repaid.
- Grants:** Aid awarded on the basis of financial need. Does not have to be repaid.

TIPS FOR RESPONSIBLE BORROWING

- Exhaust grants and scholarships
- You don't have to accept all loans offered. You should borrow only what you need
- Federal loans should be your first choice
- Keep track of how much you're borrowing
- Understand terms of your loans and keep copies of your loan documents
- Before committing to a college, estimate total college costs
- Research starting salaries in your field.

NEED SOME HELP UNDERSTANDING STUDENT LOANS?

The DFPI can help you succeed!
We can help you understand your options.
We can help you understand your rights.

DFPI DEPARTMENT OF FINANCIAL PROTECTION & INNOVATION
dfpi.ca.gov/studentborrower

Know Before You Owe!

EDUCATION

Servicer vs. Lender
Your student loan lender is the company that loaned you the money. Your student loan servicer is the company that sends monthly statements and handles the day-to-day tasks for managing your student loan.

Federal Loan vs. Private loan
Federal loans are provided by the federal government, while private loans are provided by banks, credit unions, and other financial institutions.

Loan Forgiveness
If you work full-time for a U.S. federal, state, local, tribal government, or nonprofit, you may qualify for Public Service Loan Forgiveness (PSLF) - which can reduce or even eliminate what you have to pay.

Don't Pay Unnecessary Fees
Be cautious of companies requiring payment for services like filling out the FAFSA, providing student loan assistance, debt relief, or consolidation. These services are available for free from the U.S. Department of Education.

Interest
Interest is the amount of money a lender or financial institution charges for allowing customers to borrow money.

Learn More & Get Help:
<https://dfpi.ca.gov/studentborrower-resources>

Learn More About Your State Financial Regulator
The DFPI is the state's financial regulator. We are here to protect consumers like you by licensing and examining financial service providers, reviewing consumer complaints, producing consumer education and resources, and taking enforcement action against companies and individuals who fail to follow the law. If you have a problem with a California bank, student loan servicer, debt collector, or financial technology company, you can file a complaint online: <https://dfpi.ca.gov/file-a-complaint/>.

DFPI DEPARTMENT OF FINANCIAL PROTECTION & INNOVATION

LEARN MORE

LEARN MORE