

JUNE ISSUE '24



# OFFICE OF CHILD AND YOUTH SUCCESS



“A City Where  
Children and Youth  
Can Thrive”





# TABLE OF CONTENTS



About Us



Navigating Life: Post- Graduation



Youth in San Diego



Early Care & Education Job Fairs



Hello Summer



Live Healthy



PTSD Awareness Month



World Refugee Day



Pride Month



Summer Camp



World's Ocean Day



Summer Reading Program



Father's Day



Gun Violence Awareness Month



Juneteenth



Events



Office of Child  
and Youth Success

**CLASS OF**  
**2024**



THE OFFICE OF CHILD & YOUTH SUCCESS WILL SERVE AS A NAVIGATION AND CONNECTION POINT FOR RESIDENTS SEEKING SUPPORTIVE SERVICES AND PROGRAMMING FOR YOUTH AGES 24 AND BELOW.

# OUR 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.



# OUR VISION

THROUGH TRUST, TRANSPARENCY, EQUITY, AND INCLUSION, THE CITY OF SAN DIEGO, OFFICE OF CHILD AND YOUTH SUCCESS WILL COORDINATE A NETWORK OF COMMUNITY STAKEHOLDERS THAT WILL PROVIDE A SHARED FRAMEWORK TO DELIVER HIGH-IMPACT SOLUTIONS TO CHALLENGING CIRCUMSTANCES FOR YOUNG PEOPLE EMPOWERING THEM TO THRIVE IN THE COMMUNITY THEY SERVE.

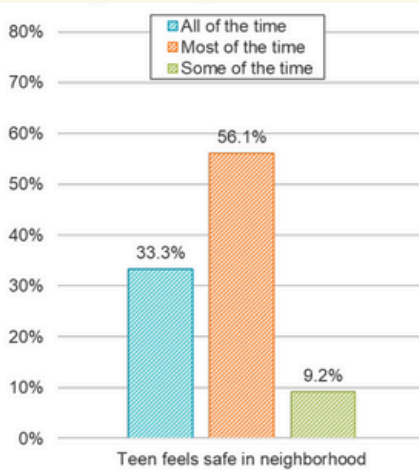
# YOUTH IN SAN DIEGO

## SAN DIEGO COUNTY REGIONAL AND COMMUNITY DATA SUMMARY

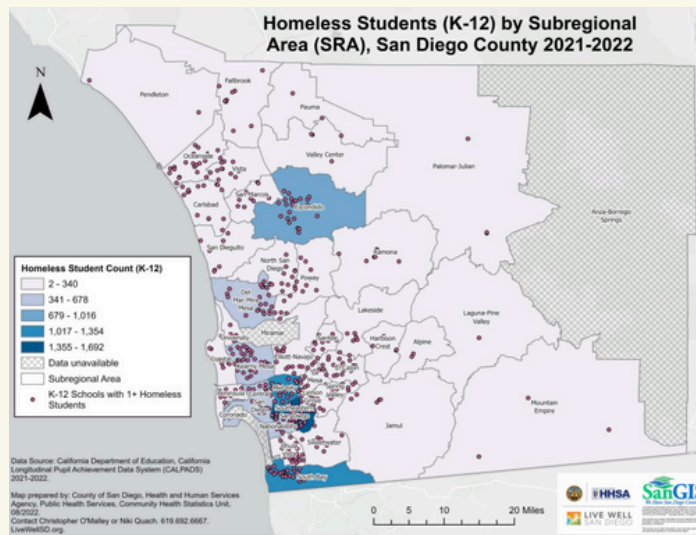
The Demographic Profiles provide detailed demographic information about specific populations in San Diego County, including age, sex, race/ethnicity, education, income, housing, and other social/economic data. This information helps Health and Human Services Agency staff, local organizations, and policymakers understand community needs and prioritize resources to improve health and well-being in the county.

[LEARN MORE](#)

### Teens Feeling Safe in SD Neighborhoods

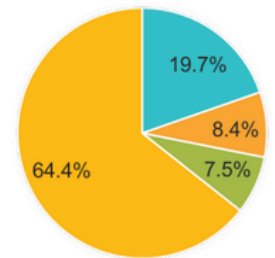


### Homeless Students (K-12) Population in SD County



### Reasons Teens Avoid Seeking Mental Health Support Online

Main reasons for not getting help online, Teens\* ages 12-17, San Diego County, 2020-2021



\*Asked of adolescents who felt they might need to see professional for mental health in past year and did not seek help from online tool.

## RESOURCES FOR YOUTH

### FREE TRANSPORTATION



Free Transit for Youth 18 and Under with PRONTO

### FREE HOUSING



Transitional Housing YMCA

### FREE FOOD



Feeding San Diego provides breakfast, lunch, and snack as meal options to youth ages 18 and under.

- There's a free food map on their website

San Diego Food Bank



**SD** Office of Child and Youth Success





# Hello SUMMER



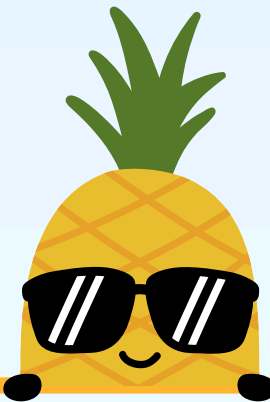
Check out this San Diego mother-based content provider on youth activities by scanning the QR code.

Summer! The time to enjoy yourself with your family and friends under the sun! Check out these cool festivals and fun activities happening in San Diego this month.



JUNE 12 - JULY 7, 2024

The 2024 Fair will feature rides, animals, exhibitions, entertainment, concerts, and all the fried food you can eat on a stick. Theme of the year: 1950s.



Saturday, June 8th, 2024 11:00 AM - 4:00 PM

Activities include

- Fishing Derby • Reptile show
- Nature crafts • and plenty more.

Come join for a fun day for the whole family to enjoy.

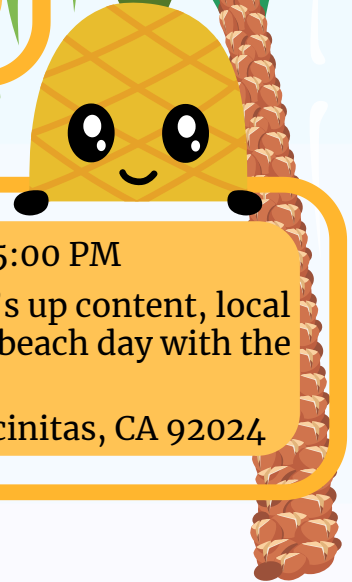


## BRO AM

Saturday, June 15, 2024 7:00 AM - 5:00 PM

Free event, all ages SWITCHFOOT headline, Surf's up content, local vendors, and food. Join many Sans Diegans for a beach day with the family.

Moonlight Beach in Encinitas, CA 400 B St, Encinitas, CA 92024





# PTSD AWARENESS MONTH

SD Office of Child and Youth Success

## WHO CAN DEVELOP PTSD?

Anyone can develop PTSD at any age. This includes combat veterans, adults and children who have experienced or witnessed a physical or sexual assault, abuse, an accident, a disaster, or other serious events.



## WHAT IS PTSD?

Post traumatic stress disorder is a psychiatric disorder that develops in people who have experienced or witnessed a traumatic event, or series of events.

## PTSD AWARENESS HISTORY?

The United States Senate established PTSD Awareness Day in 2010 as a tribute to Army Staff Sgt. Joe Biel of the North Dakota National Guard. Biel suffered from PTSD and took his life in April 2007 after his second tour of duty in the Iraq War. Biel's birthday, June 27th, was chosen to mark PTSD Awareness Day and honor his memory.

## THE 4 DIMENSIONS OF PTSD

1. **Intrusive Memories:** repeated, involuntary memories, dreams or flashbacks of the traumatic events. (Gootzeit et al., 2014)
2. **Avoidance:** Avoiding people, places, activities, objects and situations that may trigger distressing memories (Gootzeit et al., 2014)
3. **Alterations In Cognition & Mood:** Inability to remember important aspects of the traumatic event, negative thoughts and feelings leading to ongoing and distorted beliefs about oneself or others.(Gootzeit et al., 2014)
4. **Alterations In Arousal & Reactivity:** Being irritable and having angry outbursts; behaving recklessly or in a self-destructive way; overly watchful of one's surroundings in a suspecting way; easily startled; or problems concentrating or sleeping. (Gootzeit et al., 2014)



[Click Here To Learn More About The Dimensions of PTSD](#)

## HOW TO OBSERVE PTSD AWARENESS

Reach out to someone you know who struggles with PTSD. Let them know you care. Use #NationalPTSDAwarenessDay to share on social media.

## WAYS TO TAKE CARE OF YOURSELF

- Be Realistic About How Much You Can Do
- Consider Seeing A Therapy
- Consider A Nutritionist For Healthy Lifestyles
- Do Things You Love To Do

## RESOURCES

[Treatment](#)

[Programs](#)

[Support Groups](#)

[Family Center](#)

## SCREENING

[PTSD Checklist](#)

[Self-report Tool](#)

[Dissociative Scale](#)

[Clinical Tools](#)





# PRIDE MONTH



## WHAT IS PRIDE MONTH

Pride Month is celebrated annually in June to honor the 1969 Stonewall riots and strives to achieve equal justice and equal opportunity for lesbian, gay, bisexual, transgender, and questioning (LGBTQ) individuals in America.



## WHY IS PRIDE MONTH IMPORTANT

Pride Month highlights LGBTQ voices and celebrates their culture, achievements, and activism through various organized activities such as film festivals, art exhibits, marches, concerts, and other programs held throughout the month.

## HISTORY OF PRIDE IN SAN DIEGO

The Gay Liberation Front (GLF) was started by Jess Jessop, who is known as one of the key figures in the fight for our modern LGBTQ+ movement. She was a student at San Diego State University at the time and started the San Diego GLF to explicitly serve gay students.

The GLF's focus expanded and, in 1973, it formed the Gay Information Center hotline, which would eventually become the San Diego LGBTQ Community Center.

- The San Diego Union-Tribune

## PRIDE IN SAN DIEGO

### Areas to Visit:

- Hillcrest
  - Hillcrest is the center of San Diego's LGBTQ+ community and it is known for its lively and friendly atmosphere. Hillcrest hosts various events throughout the year and is loved for being welcoming and relaxed.
- North Park
  - North Park is a trendy and diverse neighborhood popular with LGBTQ+ locals and visitors. It's known for its inviting bars, clubs, craft breweries, casual cafes, local restaurants, unique stores, and stylish boutiques.
- San Diego LGBTQ+ Community Center
- San Diego Pride Festival
  - July 20th- 21st 2024

San Diego Pride  
**COMMUNITY BUILDING WORKSHOP**  
The University Christian Church  
June 15, 2024

Training Topics:  
Active Shooter & Emergency Intervention  
What to do if \_\_\_ Happens at Pride

CHECK IT OUT  
↓

San Diego Pride





# WORLD OCEANS DAY



Saturday, June 8, 2024

*The ocean is vital to us. It gives us oxygen, food, and medicine, and it's also a place for fun, learning, and cultural connection. More than 3 billion people rely on ocean food for protein and nutrition.*

## What is World Oceans Day?

The concept of a 'World Oceans Day' was first proposed in 1992 at the Earth Summit in Rio de Janeiro as a way to celebrate our world's shared ocean and our personal connection to the sea, as well as to raise awareness about the crucial role the ocean plays in our lives and the important ways people can help protect it.

- United Nation



## HOW DO WE OBSERVE?

### Live Plastic Free

Try to go plastic-free today or at least avoid using single-use plastics. Doing this will contribute to reducing ocean plastic pollution. Avoid common items like disposable water bottles, straws, plastic bags, and utensils made of plastic.



### Join a World Oceans Day Activity or Clean Up your Neighborhood

Check out local World Oceans Day events in your community to join others in celebrating and supporting ocean conservation efforts or go to the closest beach/park to clean!

World Oceans Day Clean up - South Mission Beach



### Watch a Nature Film

Expand your knowledge and share with friends and family by studying the animals that inhabit our planet and understanding how human activities impact their habitats. Some examples are: Mission Blue, Our Planet: Coastal Seas, My Octopus Teacher, Sharkwater, A Plastic Ocean, and many more.



### Skip the Seafood or Eat Sustainably Caught Fish

Let's give the ocean a break today by opting out of seafood. While some fisheries are responsibly managed and support healthy oceans, many are poorly managed, and human activity puts significant pressure on marine ecosystems through resource extraction.



# FATHER'S DAY



## ADVENTUROUS GIFT IDEAS:

Basketball Match

Museums

Car Show

Fishing

Hiking Trip

Lowe's Trip



## COSTLY GIFT IDEAS:

I'm Not Sleeping Socks

The Dad Joke 3000

Grilling Accessories

The Grill Father Apron

Beard Bib Apron

Magnetic Wristband  
(Tool Accessory)



Father's Day is Sunday, June 16th! Don't forget to honor your father or that special father figure in your life. The man who is your hero and role model. The one with the corny dad jokes that you can't live without.

## HOMELY GIFT IDEAS:

Play Video Games

Game Night

Movies and Popcorn

Make Breakfast

Indoor Picnic

Watch The Game



## FATHER'S DAY EVENTS:

Obstacle Course Challenge

Father's Day Lunch

Movies and Popcorn

Comedy or Worse

Dads Improv Workshop

## CRAFTY GIFT IDEAS:

Movie Night In A Jar

Father's Day Tie

Coupon Book

Coffee-Lovers

Scrappy Self-Portrait

Pizza Night Kit





## What Is Juneteenth?

June 19th, 1865, Gordon Granger with 2,000 Union troops arrived in Galveston Bay, Texas. The army announced that the more than 250,000 enslaved African Americans people were told they were free by executive decree. A century and a half later, people across the United States continue to celebrate the day, which is now a federal holiday in the state

## When Did Juneteenth Become A Federal Holiday?

On June 17, 2021, President Joe Biden signed the “Juneteenth National Independence Day Act,” designating Juneteenth National Independence Day as a legal public holiday. Juneteenth became the eleventh American federal holiday and the first to obtain legal observance as a federal holiday since Martin Luther King Jr. Day was designated in 1983.


## How To Celebrate Juneteenth As an African American?

Attend local Juneteenth events, visit a Black Museum or cultural site. Share a commitment to dismantling white supremacy. Support Black organizations and individuals in your community. Most importantly celebrate! Juneteenth festivities are rooted in cookouts and barbecues. Put something on the grill and enjoy

## How To Celebrate Juneteenth As A Non-Black Allie?

Juneteenth is a great opportunity to show solidarity by volunteering your time and/or resources to support Black community members. Consider volunteering at a Juneteenth event, giving money directly to Black community members, or working with local, Black-led organizations.

## Juneteenth Events

Juneteenth Celebration Saturday, June 15th from 11:30am - 1:30pm 

R&B Block Party: Juneteenth Celebration Saturday, June 15th from 5pm - 10pm

Juneteenth Celebration Wednesday, June 19th from 6pm - 8pm

Juneteenth Civil Rights Fourm Thursday, June 20th from 5:30pm - 7:30pm



# JUNETEENTH





# NAVIGATING LIFE: POST-GRADUATION

## Congratulations!

Firstly, congratulate yourself on your achievement and the work that you have put in the past few years. Graduation stirs a whirlwind of emotions—excitement, happiness, fear, and anxiety. It's a natural part of the journey. Whatever you're feeling, it's all valid and expected. Embrace your emotions as you step into the next chapter, knowing you're not alone in your feelings.

### Financial Independence

After graduating you may find yourself managing income, expenses, and savings without parental guidance. You also might have to handle student loan repayments, managing credit, and filing taxes.



### Housing

Some grads may move back home, stay in their college town, or relocate to a new city. Utilize social media or the San Diego Housing Commission to find affordable options.



SAN DIEGO  
HOUSING  
COMMISSION

### Career Development

Utilize alumni resources

Create a LinkedIn

Attend networking events

Handshake



The City of  
SAN DIEGO

### Social Life

Stay social by meeting new people or connecting with old friends. You can join sports leagues or even volunteer!



### Mental Health

During this transition, you might feel overwhelmed or anxious. Care for your mental health: sleep well, eat healthily, stay active, and socialize. Seek a mental health professional if needed.

[Tips for better sleep](#)

[Manage stress](#)

[Find a Therapist](#)

### Health Insurance

After graduating there are multiple ways to obtain health insurance. You can stay under a parents or guardians' insurance, purchase a short term plan, extend your student health insurance, or gain insurance under an employer

[Staying insured after graduation](#)

[Health Insurance Guide](#)

[Understanding Your Policy](#)



City of San Diego Presents

# EARLY CARE AND EDUCATION JOB FAIRS

The City of San Diego is hosting free child care and early education job and resource fairs in various communities.

Local early care and education providers will be available with opportunities to learn about and apply for current openings.

Resources and information about job preparation, training, and career pathways will also be available.



## REGISTER

Scan the QR Code or use the link below:

[rb.gy/svsupb](https://rb.gy/svsupb)



3051 Cañon St  
**KEARNY MESA REC CENTER**



**JUNE 26**  
10am-1pm



3170 Armstrong St  
**CITY HEIGHTS REC CENTER**



**JUNE 27**  
10am-1pm



4380 Landis St  
**MOUNTAIN VIEW REC CENTER**  
641 So. Boundary St



**JUNE 29**  
9am-12pm

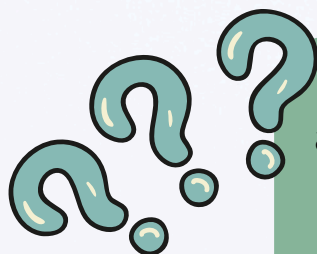


For more information or to request to be a vendor, contact: [OCYS@san Diego.gov](mailto:OCYS@san Diego.gov)

# Live HEALTHY



Your body and your health are impacted by more decisions you make as you age. Your physical and emotional well-being are mostly dependent on making appropriate food and drink choices, exercising, and getting enough sleep. These options can assist you.



According to the CDC, Children and adolescents ages 6 through 17 years should do 60 minutes (1 hour) or more of moderate-to-vigorous physical activity daily.



## SAN DIEGO'S FARMERS MARKETS

There are multiple locations that are available In San Diego County to visit;

### **DOWNTOWN / GASLAMP QUARTER**

City Heights Certified Farmers Market

Saturday: 9:00 AM to 1:00 PM

On Wightman St from Fairmount Ave to 43rd St  
San Diego, CA 92105



### **HILLCREST / UPTOWN**

North Park Thursday Certified Farmers Market

Thursday: 3:00 PM to 6:00 PM

2900 North Park Way from 30th St to Granada Ave  
San Diego, CA 92104

Hillcrest Certified Farmers Market

Sunday: 8:00 AM to 2:00 PM

3960 Normal St from Lincoln Ave to University Ave  
San Diego, CA 92103



### **SOUTH BAY**

Chula Vista - Otay Ranch Certified Farmers Market

Tuesday: 4:00 PM to 7:00 PM

2015 Birch Rd. and Eastlake Blvd.  
Chula Vista, CA 91915







# World Refugee Day

Hope away from home – a world where refugees are always included

World Refugee Day is a celebration to honor the people who have been forced to flee from their homes. Together, we can champion their right to seek safety, build support for their economic and social inclusion, and advocate for solutions to their plight.

World Refugee Day was first celebrated on June 20, 2001 to commemorate the 50th anniversary of the 1951 Convention Relating to the Status of Refugees.

## DID YOU KNOW?

In FY 21-22, the County of San Diego welcomed 5,055 refugees

26.5% of the City of San Diego population is foreign-born, more than double the U.S. percentage (13.2%)

## Celebrating cultural diversity

SAVE THE DATE

### World Refugee Day

Saturday, June 22, 2024 11am - 2pm

**Free Multicultural Community Event**

Free Giveaways | Games/Activities | Music & Dance Performances | Community Resource Information | Local Food Truck | And more!

Hosted By:

San Diego Refugee Forum

Cuyamaca Community College  
900 Rancho San Diego Pkwy., El Cajon 92020

Save the Date! FREE ADMISSION

### 23rd Annual Filipino Cultural Celebration

Theme: "Si 42", where 23-nity and 12-nativity come alive together.

Saturday, June 08, 2024  
12 noon to 4 pm

Oceanside Civic Center Plaza  
300 North Coast Highway, Oceanside, California 92054

- Children Crafts
- Variety of Vendor Products and Services
- Opportunity Drawings
- Great Entertainment and more...

Lao Food Festival

SAN DIEGO'S 2ND ANNUAL

### LAO FOOD FESTIVAL

ເທສະກາພອນທາບລາວ

SAVE THE DATE  
JUNE 22 - 23, 2024

FOOD VENDOR APPLICATIONS OPEN  
OCTOBER 18TH, 2023

san diego's original

### Greek Festival

## Get involved



- Women's Economic Empowerment Specialist Volunteer
- Refugee Resettlement Volunteer
- Immigration administrative volunteer
- Food Security Volunteer



- Migrant Shelter Volunteer
- Refugee Resettlement Volunteer
- Immigration Legal Services Volunteer

## Additional resources



Office of Immigrant and Refugee Affairs



san diego county office of **EDUCATION**  
FUTURE WITHOUT BOUNDARIES™

# CAMP



Get involved for the summer with camp. Learn new skills and make new friends in a different environment.



Check out more camps here!



## Art & Crafts Class

Children will create and make fun art projects in a relaxed atmosphere. Follow link for more camps offered by Parks and Recreation.

LOCATION: [Park De La Cruz Gymnasium - Art Room](#)

DATE: Jun 5, 2024 - Aug 28, 2024



## Camp Fire

Offers multiple camps for all age levels. Wholesome and fun camp experiences are what make Camp Fire San Diego – Camp CaHiTo one of the most popular camps around.

DATE: Jun 5, 2024 - Aug 28, 2024



SAN DIEGO PARKS FOUNDATION

## Summer Camp

Come outside and play. Now available at majority of all the recreational centers. Check out the link to see the closet location to you!

DATE: Varies in June



## San Diego Unified Extended Learning

Offers all SDUSD students an opportunity to continue their academic journey through the summer.


DATE: June 12, 2024, - Friday, July 12, 2024





# SUMMER READING PROGRAMS



Literacy rates in San Diego are at its lowest that its been in decades and the need to increase this rate in extremely crucial. According to the San Diego Council of literacy, 46% of 3rd graders in the San Diego Unified School District, do not meet the standard for language arts. For more information regarding the literacy rates in San Diego, [Click here](#) 

Bored indoors? Register for a summer reading program! This conservation-focused event is open to people of all ages and aims to preserve and restore the city's various ecosystems, habitats, wildlife, and natural resources. To be eligible for awards, you must finish ten books, hours of reading, or activities.



## What do I get once I complete everything?

Prizes are based off of age group:

### Children ages 0-11:

- 1 book
- Free Yogurt @ Yogurtland



...and more

### Teens ages 12-17

- Pass for 2 for the San Diego Natural History Museum
- Pass for 2 for the San Diego Automotive Museum

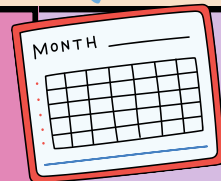


...and more

### Adults ages 18+

- 1 Reusable utensil kit
- Free book at participating Friends of the Library Book Sales and Used Bookstores

...and more



**REGISTER**

**NOW**

Click here to register!

Registration for the summer reading program begins on June 1st and the program will run until August 31st!



To learn more, click on this link!





Wear an orange shirt on June 7th to show your support

# AWARENESS MONTH



On January 21, 2013, Hadiya Pendleton marched in President Obama's second inaugural parade. One week later, Hadiya was shot and killed on a playground in Chicago. Soon after this tragedy, Hadiya's friends commemorated her life by wearing orange, the color hunters wear in the woods to protect themselves and others. Wear Orange is now observed every June. Thousands of people wear the color orange to honor Hadiya and the more than 43,000 Americans are killed with guns and approximately 76,000 more are shot and wounded every year.

If you want to learn more, visit this link **WEAR ORANGE**  



## IMPORTANT DATES

- National Gun Violence Awareness day will take place on June 7th, wear an orange shirt to show your support.
- Wear Orange will be taking place June 7th-9th



San Diego Domestic Violence January - December 2023			
Crime Cases	2022	2023	% Change
Firearms	62	60	-3.20%
Knife/Cutting Instrument	113	131	15.90%
Other Weapon	140	144	2.80%
Personal Weapon (hands, etc.)	3639	3634	-0.01%
No Weapon Used	881	716	-18.70%
<b>Total</b>	<b>4,835</b>	<b>4,685</b>	<b>-3.10%</b>

According to the City of San Diego crime report, there has been an overall 3.2% decrease in gun violence in the city of San Diego. This decrease is from 2022 to 2023. Lets keep these numbers going down by doing our part in promoting gun violence awareness

[If you want to learn more, click here](#)





# UPCOMING EVENTS



## San Diego Job Fair

June 3rd @  
6pm - 8pm

Embassy Suites by  
Hilton San Diego

Whether you are a seasoned executive-level professional, just beginning your career, or anywhere in between, our events can connect you with as many valuable employer contacts

## Resource Panel

June 8th @  
11:30am - 1:30pm

Scripps Ranch Rec  
Center

Come and reconnect with your peers and attend the upcoming in-person meeting of The San Diego Resource Panel

## NHA Block Party

June 8th @  
10am - 1pm

Thrive Park at  
Snapdragon Stadium

Don't miss out on this unforgettable day of family fun and community connection hosted by Neighborhood House Association.

## Breakfast & Learn

June 13th @  
9am - 10am

Venture X San  
Diego

You're invited to our breakfast seminar, where we will be discussing important topics related to accounting for real estate agents and brokers

## Small Business Expo

June 20th @ 8:30am - 12:30pm

Handlery Hotel San Diego

Join us for an enriching experience filled with light refreshments and a wealth of information, insights, and networking opportunities.

