

Palm Beach County Birth to 22:

**United for Brighter Futures
Youth Master Plan 2.0
2024**



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Birth to 22: United for Brighter Futures presents this Youth Master Plan (YMP 2.0), an update to the original “Strengthening the Steps to Success” Youth Master Plan for Palm Beach County, published in 2016. In 2024, now as then, the Palm Beach County Youth Master Plan is designed to UNITE the community to strengthen the key supports children need to make steady progress towards adult success.

This report acknowledges tremendous gains and accomplishments since the origin of Birth to 22 in 2013, when the Palm Beach County Board of County Commissioners, Children’s Services Council of Palm Beach County, Palm Beach County School Board and a group of other community leaders convened the Infant, Child, Youth and Young Adult Symposium to discuss ways to align efforts and move forward together to help all children, youth and families in Palm Beach County have the best possible futures.

Adhering to the principles of collective impact, Birth to 22 has formalized and deepened youth and community engagement. The Youth Master Plan, which was adopted by the Board of County Commissioners, reflected cross-system, cross-sector goals. The subsequent coordination of community leadership and alignment of priorities have improved outcomes for children and youth throughout Palm Beach County.

The Palm Beach County Youth Services Department and Children’s Services Council of Palm Beach County continue to serve as the backbone agencies for Birth to 22 as the alliance has grown to more than 300 organizations, stakeholders and community leaders.

The YMP 2.0 demonstrates alignment among youth-serving system partners, such as the School District of Palm Beach County, which serves more than 189,000 students who speak 150 languages and dialects, and the Early Learning Coalition of Palm Beach County, which brings innovations in providing early learning opportunities for preschool-age children along with supports for their families. The YMP 2.0 incorporates current activities still underway, born in response to emerging local needs, such as the Youth Mental Health RALLY led by BeWell PBC and the Resilience in the Community Initiative led by the school district.

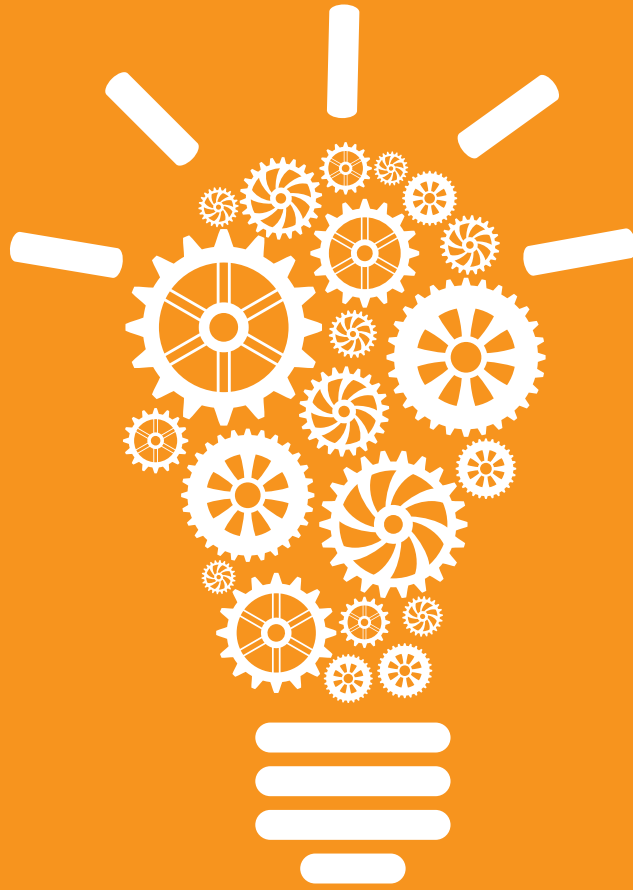
In addition to noting some of Birth to 22’s achievements and positive impacts, the YMP 2.0 deliberately reflects the voices of youth and young adults, parents, caregivers, service providers, system stakeholders and more, collectively urging continued and expanded commitment to the child, youth and young adult outcomes identified in the original Steps to Success.

The YMP 2.0 charges Birth to 22 and the community with ensuring youth and young adults feel physically and emotionally safe, and with meeting their needs in the following three priority action areas: ***Mental Health, Educational Achievement and Economic Stability***. The YMP 2.0 reflects the voices of youth urging the community to do more to support adolescents, teens and transition-aged youth to better prepare them for healthy adulthood.

In the original Youth Master Plan, Birth to 22 united to:

- commit to support the development of the whole child;
- connect to leverage the assets of the whole community; and
- coordinate to align disparate actions to achieve collective impact.

To achieve the goals of the YMP 2.0, Birth to 22 remains united in commitment, connections and coordination to achieve brighter futures for all children and families in Palm Beach County.



Greeting from Future Leaders

Hello. Hola. Bonjour. Olá. Ciao.

We are the Future Leaders, the voice of concern. We are concerned about life, education, how money works, and emotions. We are concerned about our spirits, resources, mental health, and having a better future.

To the people who are willing to help, we want to express our gratitude for what's already been done, current resources, and what you are committing to do.

We want to address affordable housing, unsheltered, and increasing pay rates.

We want bridges to connect us to trades and career opportunities. We want more translators and services available in different languages. We want programming to help us step into adulthood. We want more programs for those of us who are 18 to 22 years old. And we want to continue to have ongoing relationships and stay looped in on the planning.

How can you help us find out more about the resources out there? We know they exist but we have trouble accessing them.

We will commit to helping and providing our own resources. We will participate, get engaged, and do our part. Help us, help you.

Thank you in advance for what you will do after this letter.

Signed,

The Future Leaders United for Change



Future Leaders United for Change is a countywide youth council created in response to Palm Beach County's call to have the voice of our young people distinctively heard as we assess their needs and the implementation of programs and services that will influence them.

Mission Statement

To be the voice for the youth of Palm Beach County creating leaders through self-motivation, determination, and education.

Appreciation from Steering Committee

The Birth to 22 Steering Committee members appreciate the community's commitment to children, adolescents, teens and young adults in Palm Beach County.

The Steering Committee applauds the collaboration of Action Team Leads and participants, the Coordination Team, business and nonprofit partners, philanthropists and funders, parents and youth involved in Community Conversations, legislators, local elected officials, educators, frontline professionals, community leaders and all who have helped to achieve the goals and priorities of Birth to 22.

The Steering Committee also invites additional participation from throughout Palm Beach County. Visit Birth to 22 <https://pbcbirthto22.com> for updates and information or email PBC-Birthto22@pbc.gov.

Be a champion! Have your organization commit to the action areas and endorse the Palm Beach County Youth Master Plan 2.0. Inform your team and boards, engage directly with a Birth to 22 workgroup, educator, other stakeholders and more.

Be a contributor! Is your organization already working towards the priority outcomes highlighted in the Youth Master Plan 2.0? Let Birth to 22 know by emailing PBC-Birthto22@pbc.gov so your work can be included in the community's collective efforts. In addition, complete the digital connection card accessible at <https://pbcbirthto22.com> (Birth to 22 Connection Card) via the following QR code on this page.



Be a friend! Like Birth to 22 on Facebook and follow on social media platforms.

As a champion of Birth to 22, your contribution and engagement help drive high-impact, long-term, positive systems change. Thank you for uniting in the common purpose of creating a community where all youth – from birth to 22 – reach their full potential.



THANK YOU from Birth to 22: United for Brighter Futures

MISSION

To support the healthy growth, development and education of children and youth prenatally through young adulthood so that they graduate from high school and succeed in life.



Birth to 22 United for Brighter Futures: 2022 Retreat. September 7, 2022. Photo taken by Tevin Ali.

WE BELIEVE...

We Believe All Parents

- Are experts on their own child
- Have something important to share in our community

We Believe All Children

- Can achieve their highest potential
- Should have the support they need to realize their dreams
- Want to have their own voice in shaping their futures and solving their challenges

We Believe Our Community

- Wants all our children to thrive
- Is stronger when we work together
- Expects networks, coalitions and partners to support each other and maximize their resources

We Believe In

- Equity
- Collaboration and engagement
- Continuous improvement
- Bright Futures for all our children, Birth to 22!



Flashback — Our Story

What is Birth to 22?

With the creation of Children's Services Council of Palm Beach County in 1986, Palm Beach County residents have been committed to investing in the primary preventions and early interventions needed to enhance the well-being of children and their families. However, the devastating shooting that occurred at Sandy Hook Elementary School in 2012 sparked nation-wide discussions about how to best create and maintain safer environments for children and youth. The Palm Beach County Board of County Commissioners (BCC) initiated a discussion about youth violence, disengagement and the need to focus on the disparities across all child outcomes.

In the year that followed the tragedy, a group of 50 individuals from over 25 organizations met for nine months reviewing the needs of Palm Beach County's communities, analyzing data, and researching best practices to devise recommendations for consideration by leadership. One of the first areas of focus was creating the Steps to Success: What child and youth outcomes do we want to see for our community?

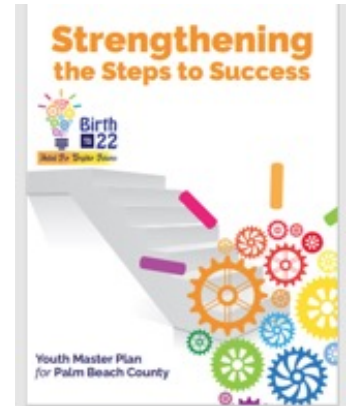
The original Steps for Success remain relevant and applicable today. Pictured below, the language in green represents metrics that would demonstrate positive achievement of the "Major Developmental Outcomes" noted in purple. The red measures are what the community collectively strives to reduce and eliminate.



In 2015, with the creation of the Youth Services Department within the County, this alliance decided to delve deeper into a collective impact model and wanted to increase community and youth voice. This led to the creation of the first Youth Master Plan (YMP) for Palm Beach County that would serve as a framework for the collective work of the Birth to 22 alliance. The YMP was developed by more than 60 members of Birth to 22 as a blueprint for setting priorities and taking action to improve the lives of children and youth in Palm Beach County. It reflects an ongoing effort to engage community members at all levels in building on strengths, aligning ongoing efforts and addressing gaps in order to create a community where all youth – from birth to 22 – reach their full potential.

As part of the development of the YMP, the alliance was intentional in hearing from Palm Beach County’s residents. Eleven (11) community conversations were conducted throughout the county – ensuring inclusion of a diversity of residents (age, gender, race, ethnicities, economic status, disability and sexual orientation), and under-served and overlooked communities at various venues and locations. Over 700 people participated in these conversations, and over half were youth. Several youth and young adults were trained to co-facilitate these discussions.

Residents were eager to share their hopes and aspirations for their children, families and communities, in addition to the need for heightened access to supportive programs and services to fill the gaps. There were seven themes that emerged:



 Economic Access	<ul style="list-style-type: none"> • Mitigate the impacts of poverty on youth options • Increase affordability of basic services • Build education to employment pathways for disconnected youth
 Parenting & Role Models	<ul style="list-style-type: none"> • Increase effective parent support programming • Increase outreach to parents through communications, natural support networks & mentors
 Social & Emotional Supports	<ul style="list-style-type: none"> • Strengthen quality out-of-school time opportunities • Promote social and emotional learning across all environments where young people spend their time
 Educational Supports	<ul style="list-style-type: none"> • Promote educational equity for all students – from pre-K through post-secondary education • Support access to and success in higher education for middle school through post-secondary students • Increase parent, community & business involvement in education
 Health & Wellness Supports	<ul style="list-style-type: none"> • Ensure access to healthy foods and exercise options • Improve physical and behavioral health care access • Address teen health risks
 Removal Of Community Stressors & Systemic Barriers	<ul style="list-style-type: none"> • Become a trauma-sensitive community • Ensure safety & justice

Equity Agenda

Ensure needs of all are addressed, including: Those with special needs, LGBTQ, Black/African American & Hispanic/Latino, caregiving youth, court-involved youth, unsheltered & foster care youth, and youth presenting with behavioral health concerns

Green = Underway Purple = Emerging

Using these themes to drive youth- and family-focused priorities over the past 10 years, the members of the Birth to 22 alliance have worked collectively to find solutions working closely with the community. Some examples include:

- Countywide Youth Symposium
- Creation of the Palm Beach County Youth Services Department
- Development of the Youth Master Plan
- Formalization of the Birth to 22 Collaborative
- Yearly broad-based Community Conversations
- Race to Equity Summits
- Countywide Health and Wellness Festival
- Member in Governmental Alliance for Racial Equity (GARE)
- Multi-million dollar investments into local youth-serving nonprofits and public entities
- Creation of Future Leaders (Youth Advisory Team) and the Girls Coordinating Council
- Get Your Green On (mental health) Mentoring, Social Emotional Learning, Summer Learning, etc.
- Mental health supports in all schools
- Launch of BeWellPBC (a community behavioral health initiative)
- Additional funding for Summer Camp Scholarships
- Launch of Behavioral Health Certification Program



**A more inclusive list of Birth to 22 accomplishments since its inception, can be found in this report.*



Get Your Green On Campaign 2023: collage represents "Get Your Green on Day" photos taken and provided by various community organizations in Palm Beach County.



Girls Coordinating Council of Palm Beach County 2-Year Anniversary Symposium held on October 14, 2022.

Looking Ahead: The Next Five Years

The initial Youth Master Plan focused on the full spectrum of child development, from prenatally to age 22. Birth to 22 partners have been actively working to address many of the concerns facing children ages 0-12, through prenatal and parenting support, mentoring programs, greater access to early care and education, out-of-school time activities, summer camps and academic enrichment. This iteration, with updated priorities, represents a strategic, community-informed reorientation and places a spotlight on what older youth (ages 13-22) want and need to successfully navigate home, school and community as they prepare for the transition to adulthood. The Birth to 22 alliance is fully committed to continuing to address the pressing issues facing children, youth, young adults and their families, including but not limited to mental wellness and behavioral health.

Working collectively with youth, parents, local nonprofits and for-profit organizations, funders and other youth-serving institutions and systems, Birth to 22 participants have taken the lessons from the past, coupled with present-day experiences and future aspirations, to create a roadmap to help successfully navigate the next five years. Aimed toward ensuring every child in Palm Beach County has the necessary knowledge, tools and skills to lead a healthy and productive life, this cross-sector method has led to the adoption of a comprehensive approach to youth well-being – the Youth Master Plan 2.0.

Today's Generation Z (ages 12-27) is the largest the world has ever known, according to the Partnership for Maternal, Newborn and Child Health. Of the 1.3 billion adolescents and youth (ages 10-24) worldwide, many struggle to have their voices heard about the issues that impact their daily lives. In contrast, Birth to 22 spent all of 2023 engaging directly with youth (ages 13-17) and young adults (ages 18-22) living in Palm Beach County. The engagement goal was to learn as much as possible about the unprecedented number of challenges to health and well-being facing the young people in Palm Beach County, and seek out solutions that will produce the greatest return on investment.

What Birth to 22's community leaders and providers learned is that youth of all ages want change on the ground in the form of equitable access to stigma-free information, services and peer-led support throughout the county. Over the next five years and with the help of the collective, Birth to 22 will work hand-in-hand with young people to address the issues that concern them: **Mental Health, Educational Achievement and Economic Stability**. Young people emphasized that physical and emotional safety were of paramount concern in all of these areas. Together, we will turn problems into opportunities and solutions, and create safe platforms for youth and young adults to be the driving force for change in our society.



Aligning for Data-Informed Change

The Youth Master Plan 2.0 stands as a model for how the integration of quantitative and qualitative data can inform decision-making. It is not just a product of numbers and trends; it is a collaborative effort that integrates the lived experiences, needs and aspirations of the community with empirical evidence collected from agencies across multiple systems, to ensure a well-rounded approach to youth empowerment. Upholding the principle of 'nothing about us, without us,' this update to the YMP is Birth to 22's ongoing commitment to ensuring a future where every child has the support to thrive, and a voice in their future.



Graduating Behavioral Health Technician students were awarded “Well On Your Way” scholarships from BeWellIPBC.

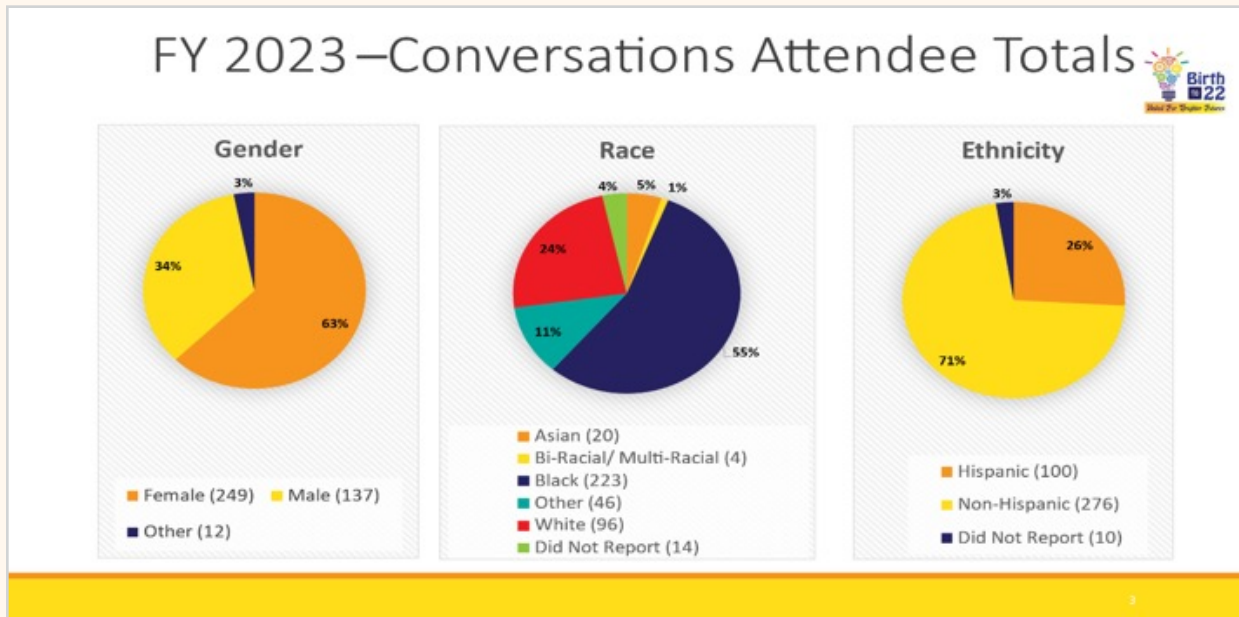
Top: Inlet Grove Community High School. Middle: Lake Worth Community High School. Bottom: West Boca Raton Community High School.

Community Engagement through Community Conversations

Understanding the importance of resident voice and choice, Birth to 22 created spaces for conversations with youth, parents and system partners. The goal was to enable openness for more listening and provide opportunities, especially for youth and young adults, to safely share their experiences and aspirations on topics that matter to them. Each conversation was an opportunity to learn, and the insights shared will help inform policy making and framework development across Palm Beach County.

This type of work takes time and is necessary for helping to bring lesser heard voices into a mainstream narrative. Through 13 community conversations, middle and high school students, unhoused young people and those transitioning to adulthood and independence, parents, youth-serving nonprofits, and partner agencies became Birth to 22’s guides, sharing what matters to them, showing the alliance what is challenging and pointing the alliance to what is working. Gaining a snapshot of young peoples’ lived experiences, coupled with survey and research data, elicited rich insights to further understanding among system leaders, policymakers and communities, and to identify ways to collectively make things better.

While this Youth Master Plan 2.0 highlights some of the emerging themes, for more complete information about the Community Conversations, go to <https://pbcbirthto22.com/>.



Palm Beach County Key Indicators

Birth to 22: United for Brighter Futures is committed to using a range of data and information to inform the ongoing agenda setting and action. Throughout the Youth Master Planning process, the Child, Youth and Community Data Team worked to identify indicators and data that would provide a more balanced and nuanced picture of young people and their communities in Palm Beach County. Within the identified focus areas that have emerged from the community conversations, the Data Team used the combination of community stakeholder input and disaggregated data, where available, to help further target Birth to 22's efforts and identify strategies that may vary from neighborhood to neighborhood or population to population. The Data Team also will use data to measure success and inform adjustments as needed.

For more information, including indicator data on the range of issues impacting youth across the Birth to 22 spectrum, go to https://pbcbirthto22.com/pdf/2023_Birth_to_22_Indicators.pdf, or go to "Data" at <https://pbcbirthto22.com>.



Community Planning Efforts - RALLY for Youth Mental Health

One of the major themes identified throughout the community conversations was: Youth mental health is in crisis. Even before COVID-19, the American Psychological Association stated that in the 10 years leading up to the pandemic, feelings of persistent sadness and hopelessness — as well as suicidal thoughts and behaviors — increased by about 40% among young people [Centers for Disease Control and Prevention’s (CDC) Youth Risk Behavior Surveillance System]. The CDC also found that girls, LGBTQ+ youth, and Black/Indigenous People of Color (BIPOC) youth who have experienced racism were more likely to have poor mental health during the pandemic. A government survey released in February 2023 shows the pandemic took a harsh toll on U.S. teen girls’ mental health, with almost 60% reporting feelings of persistent sadness or hopelessness. In addition, youth dying by suicide have been getting younger, especially Black youth. As stated by Kathleen Ethier, Director of the CDC Adolescent and School Health Division, in 30 years of collecting similar data: “We’ve never seen this kind of devastating, consistent findings. There’s no question young people are telling us they are in crisis. The data really calls on us to act.”

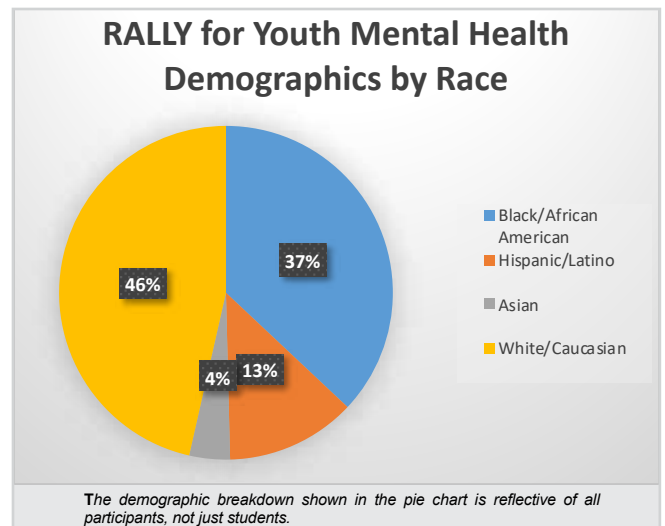
In August 2023, RALLY — Rapid Action Learning Leaders for Youth — as the name implies, brought together youth, parents, grassroots initiatives, community leaders, behavioral health providers, funders, and system leads to quickly mobilize solutions for youth mental health through a collective and continuous effort to act, test, learn, and adapt.

With an intentional focus on communities considered most underserved, 127 RALLY participants from across Palm Beach County were involved in the pre-work and initial brainstorming session:

- 23 youth/young adults (between ages 12-21)
- 9 additional residents (caregivers/parents, neighborhood champions)
- 20 grassroots initiatives and organizations
- 14 providers (behavioral health)
- 11 funders
- 8 other systems (faith, school district, criminal justice, police department, university/college, hospital, healthcare, government)
- 7 small businesses
- 6 support staff

(Multiple individuals from the same initiative/organization/system may have participated.)

The demographic breakdown shown is reflective of all participants, not just students.



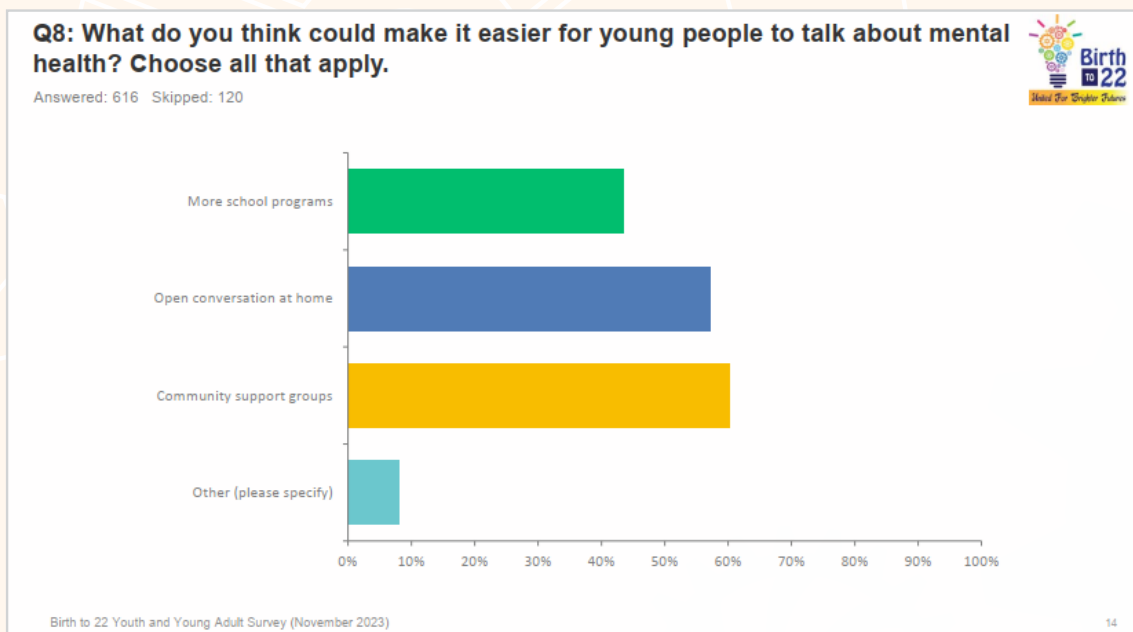
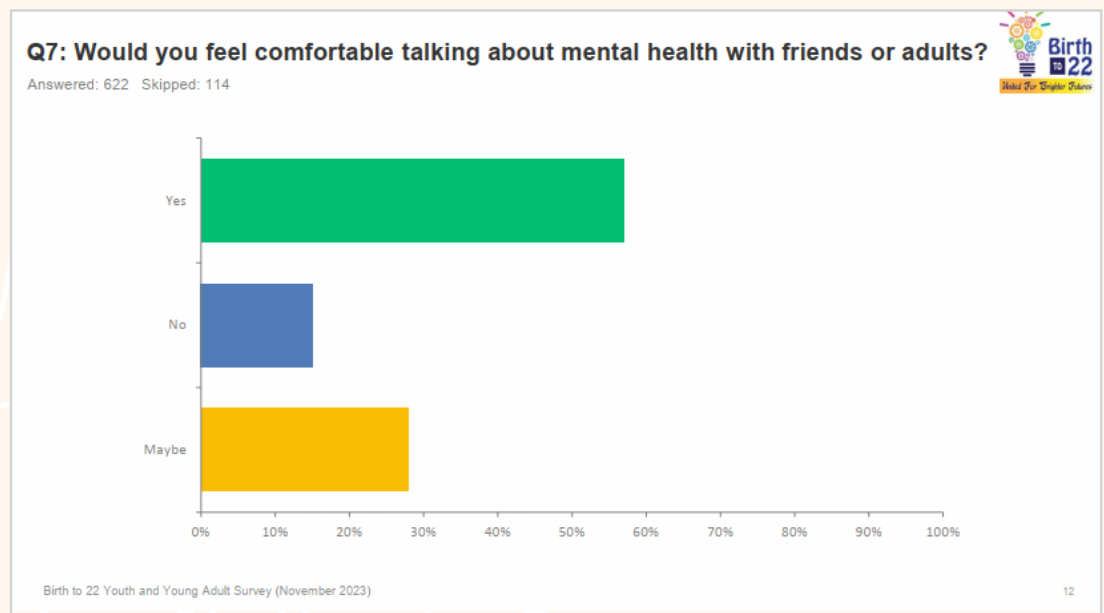
Youth Mental Health RALLY held by BeWellPBC. August 24, 2023. Photo taken by Ike Powell.

Youth and Young Adult Survey

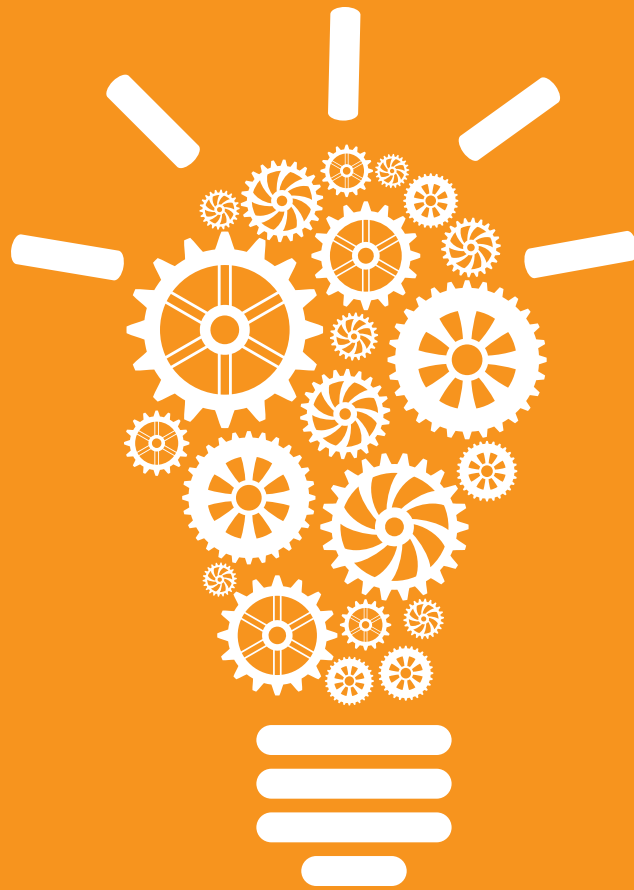
Engaging young people is a critical component in designing successful solutions to improve their outcomes. To this end, the Engagement Team, with the input of youth leaders, developed and deployed a Youth and Young Adult Survey to youth-serving nonprofits, funders, educators and community partners who distributed an electronic version of the survey to middle and high school students throughout the county.

The 16-question survey inquired about mental health, educational success, economic stability and safety concerns and aspirations of Palm Beach County youth and received 786 responses from participants ranging from 10 to 22 years of age. Because the survey methodology relied on volunteered responses, its results cannot be generalized to the population.

For detailed information on the Youth and Young Adult Survey Results, https://pbcbirthto22.com/pdf/Updated_B22_Youth_Survey_2023.pdf or scan the QR code.



What the data tells us about...



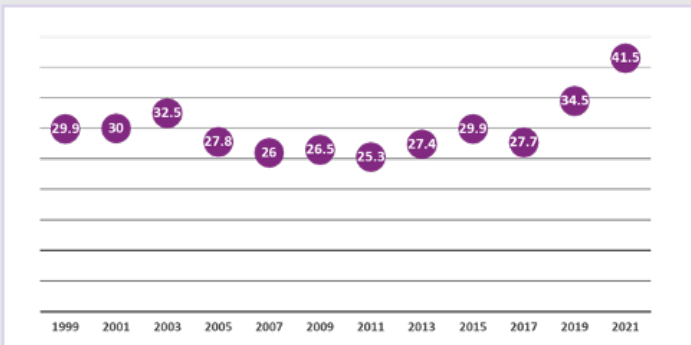
Mental Health

Guided by administrative data showing increases in youth mental health issues, Birth to 22 leadership sought to deepen understanding of the perspectives of local youth and young adults. This was done through a variety of means, including a youth survey, a series of community conversations targeting youth, parents and system partners, and the Youth Mental Health RALLY hosted by BeWellPBC, a community behavioral wellness initiative. The following represents some of the key data elements and emerging themes that guide proposed action areas for this plan.

In addition to the medical care provided by the Palm Beach County Health Department, the Health Care District of Palm Beach County and local treatment providers, additional data, community resources and services to help address youth and family mental health issues can be found at <https://pbcbirthto22.com/> and:

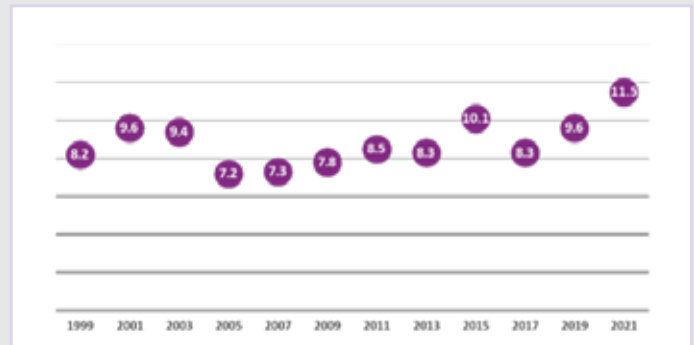
- Southeast Florida Behavioral Health Network <https://sefbhn.org/>
- BeWellPBC – Palm Beach County Behavioral Health and Wellness Collective Impact Initiative <https://www.bewellpbc.org/>
- 211 Palm Beach and the Treasure Coast <https://211palmbeach.org/>
- Palm Beach County Office of Behavioral Health and Substance Use Disorders, which in 2024 presented the Behavioral Health and Substance Use Disorders Plan <https://discover.pbc.gov/communityservices/Pages/default.aspx>
- Palm Beach County Youth Services Department – Residential Treatment and Family Counseling Division <https://discover.pbcgov.org/youthservices/Pages/default.aspx>
- Children’s Services Council of Palm Beach County <https://www.cscpbc.org/available-services>

Percentage of High School Students Who Felt Sad or Hopeless, *1999-2021



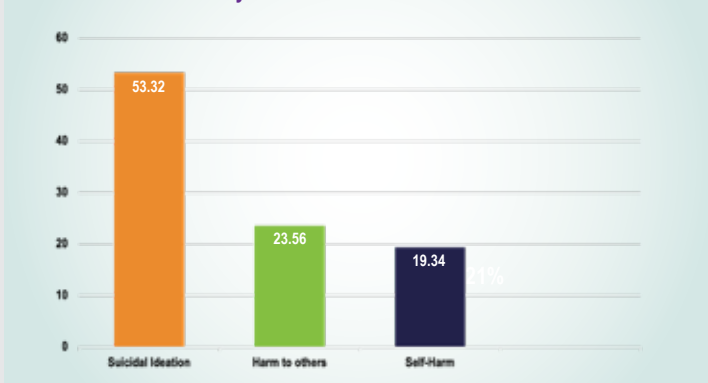
Source: Palm Beach - YRBS, 2021 – QN25 accessed from presentation to Birth to 22; November 2022

Percentage of High School Students Who Attempted Suicide, *1999-2021



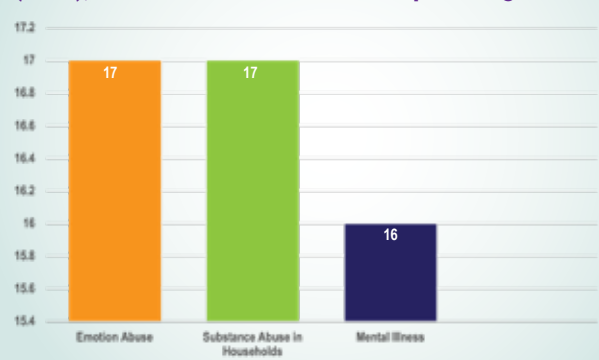
Source: CDC Youth Risk Behavior (YRBS) Palm Beach - YRBS, 2021 – QN28 accessed from presentation to Birth to 22; November 2022. For additional YRBS data and updates, 2013-2023, go to <https://www.cdc.gov/yrebs/dstr/index.html>

The most common reasons for involuntary examination in Palm Beach County



These Percentages were similar to the state percentage of 53.17%, 24.88%, and 19.05%, respectively

Palm Beach County had 15.5% of high school students who experienced four or more adverse childhood experiences (ACEs), which was lower than the state percentage of 21%



The most common ACEs were: Emotional abuse (17%), substance abuse in household (17%), and mental illness (16%)

Mental Health

Survey results indicated that for some youth there is a stigma around discussing mental health concerns and that it is critical for youth to be comfortable in discussing mental health issues with friends and adults. Additionally, while most youth indicated they know where to go to find help for mental health, about 20% of youth respondents were not aware of available resources, highlighting a need for increased information dissemination to support youth struggling with mental health concerns.

Community and Youth Conversations

Youth-focused Community Conversations revealed significant concerns about mental health, including issues of anxiety, depression, bullying, self-harm, and the need for more mental health awareness. Students' concerns about mental health emphasize the need for emotional stability and comfort. Students reported stress due to demands of schoolwork and feeling a lack of understanding from some adults in their lives. They identified a need for adults to understand and listen to them, pointing to a demand for emotional support and validation in their daily lives.

Youth also desired more open spACEs for discussion and support, such as walk-in group therapy, as well as informal supports such as going to the gym, playing basketball, or getting massages as ways to relieve stress. They also desired more interactive learning approaches.

Youth use activities such as listening to music, playing on their phones, and talking about their feelings as ways to cope with stress – suggesting a need for mental health support that acknowledges the modern, digital lifestyles of today's youth.

As noted in the survey, youth also expressed fears about the stigma of mental illness and the need for holistic, safe and supportive language and approaches to mental health supports and services. The stigma associated with mental health issues is elevated in certain communities and populations, including certain ethnicities and cultures.

In order to establish an environment in which they will take advantage of supports, youth expressed that they need to feel a sense of belonging and connection. Related to this is an emphasis on the importance of adults building relationships with youth by being vulnerable, empathetic and meeting youth where they are. Youth expressed the desire for adults to be open and available, without the intent to diagnose or prescribe, focusing more on understanding and supporting their perspectives and experiences. Alongside the youth perspective, there is recognition that there is a need to equip volunteers, parents and other adults in how to identify and best support youth with mental health needs.

Some suggestions from community conversation participants for addressing these issues included:

- Reframe mental health as 'self-care' by reminding youth that addressing mental health is a form of self-care, which could help in reducing stigma and encouraging more open discussions.
- Rebrand certain mental health services (e.g., 'caregiving coaching' rather than 'counseling').
- Include families in mental health discussions through parent training and open dialogue.

- Strengthen community spACEs or programs where youth can openly discuss their mental health challenges in a safe environment. This could involve creating new spACEs or enhancing existing ones to be more youth-friendly and supportive.
- Offer more extracurricular activities, such as low- or no-cost sports, as a means of stress relief.

Youth Mental Health RALLY

In August 2023, BeWellPBC hosted the Youth Mental Health RALLY to engage more youth and identify their priorities related to mental health. Many of the solutions prioritized align with community conversations and include:

- Create inclusive, safe and equitable access to supports.
- Build the behavioral health workforce to support youth.
- Build parental capacity to support children with their emotional well-being.
- Prioritize youth with complex needs.
- Build a support community with culturally responsive and trauma-informed approaches to care.
- Stand with marginalized youth and elevate student voice in decision-making.
- Support emotional wellness and prevention of mental health issues by building youth resilience.
- Support mental health through creative outlets, such as writing, spoken word, dance and visual arts.

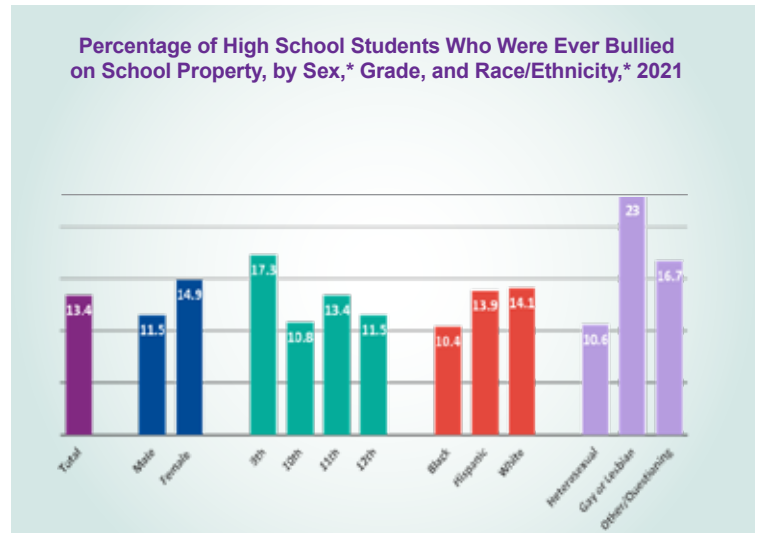
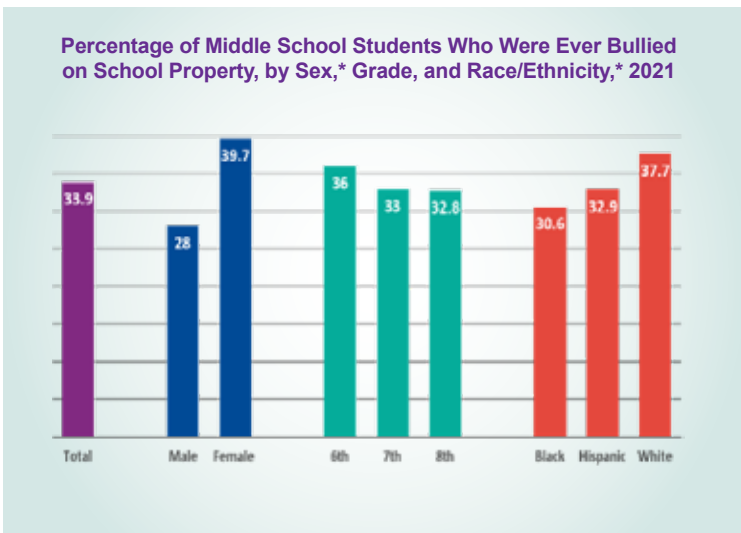
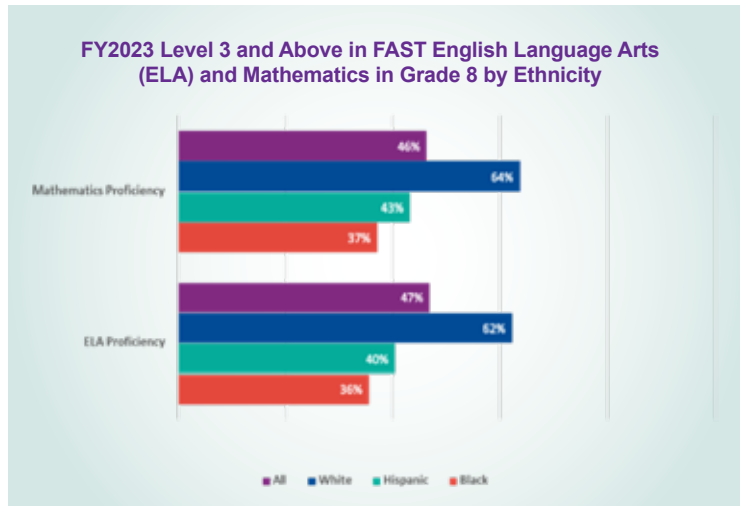


Youth Mental Health RALLY on August 24, 2023 hosted by BeWell PBC. <https://www.bewellpbc.org/blog/the-well/the-well-of-pbc-october-2023/>

Educational Achievement

Recent data shows many students continue to experience academic and social pressure. The youth survey and series of community conversations with youth, caregivers and system partners provided information that deepens understanding about the educational experiences of local youth, along with some of their ideas for possible solutions to address challenges. The following represents some of the key data elements and emerging themes that guide proposed action areas for this plan. Additional data and details on campus-based initiatives, in-school and out-of-school supports, policy changes and implementation efforts of strategic goals for pre-school and school-aged youth can be found in:

- The Early Learning Coalition of Palm Beach County’s Annual Report
https://irp.cdn-website.com/5213f047/files/uploaded/2023-2024_ELCPBC_Annual_Report.pdf
- The School District of Palm Beach County’s Strategic Plan: Educate, Affirm, Inspire.
<https://www.palmbeachschools.org>
- The School District of Palm Beach County’s FY23 Wellness Promotion Policy Annual Report
<https://www.palmbeachschools.org>
- Prime Time Palm Beach County’s Annual Report and Impact Report
<https://primetimepb.org/publications-news/annual-reports/>



Educational Achievement

When asked about educational challenges they are facing, 418 of 736 respondents to the Birth to 22 Youth and Young Adult Survey in 2023 (57%) identified one or more areas of concern. The most frequently mentioned areas include: a lot of missed school (i.e., absenteeism), failed classes or retention in grade, a lack of guidance with résumé writing and job readiness, difficulty paying for college or vocational training, and school discipline issues, inclusive of suspension and expulsion.

Youth were specifically asked about the extent to which they feel safe in school, and over three-quarters of youth indicated they feel safe. For the percentage of youth (24%) who responded on the survey that they either do not feel safe or feel safe only sometimes, some of the more common reasons given included school campus lockdowns, youth on campus with weapons, bullying (either of them directly or someone they know), perceptions of insufficient security on premises or when they feel discriminated against due to race, ethnicity or gender identity.

Mental Health and Wellness is one of the four themes of the School District of Palm Beach County's Strategic Plan 2022-2027 "Educate. Affirm. Inspire." An objective of this strategic priority is "Enhance a sense of belonging, safety, and acceptance for all students." One of the initiatives underway to fulfill this strategic priority and support student emotional, behavioral, mental, and physical wellness is: Implement a District-wide system to ensure every student has a positive relationship with at least one adult at school and is recognized for their achievements.

School and District staff are also trained in Youth Mental Health First Aid (YMHFA) to recognize the early signs of mental illness and distress in order to conduct a compassionate conversation with a young person in need of assistance. New policies regarding bullying (2021) and threat assessment (2024) have been adopted by the school district to help ensure student safety and help students in need access mental health services.

Community Conversations

Community conversations primarily targeted youth participating in school clubs and after-school programs. Conversations were designed, in part, to increase understanding about the quality of education and youth access to educational supports and resources, as well as opportunities for educational institutions to better support the overall well-being of students to encourage optimal growth and learning.

Youth voiced concerns about teacher shortages and a desire for more in-depth student-teacher interactions to offer support and encouragement to youth. Some youth felt overloaded by homework and a sense that unless a student is "failing," they are not able to access academic support (e.g., tutoring, testing assistance). Youth participants also wanted access to vocational programs and community service opportunities, especially for youth who have been identified with a disability or whose native language is not English.

Youth also expressed a desire for additional subjects in course offerings. They seek access to learning opportunities that will help them develop practical life skills (e.g., taxes, managing money, time management), social skills (e.g., problem-solving, resiliency) and vocational skills. Some youth expressed distress about the inability to access books and other learning resources that have been "banned" from school libraries and classrooms, with specific mention of content related to race and gender identity.

Periods of increased stress and vulnerability include transitions across school levels – from elementary to middle school and middle to high school and high school to either continued education or employment. Many youth described the transition to middle school as "tough." Some specific aspects of the transition that youth noted as being stressful include having to switch teachers for every class and lacking knowledge about where things were located on campus. Transition to high school is also difficult for some youth who expressed that it was at this point they were exposed to peers using drugs or started down a path of getting into trouble.

Some solutions by community conversation participants identified to address concerns included:

- Make an informational orientation video for transitioning students (elementary to middle, middle to high, and high school to higher education or workforce).
- Offer more mentorship and peer support resources to transitioning students.
- Create a centralized resource guide to provide information about programs and services available to youth.
- Offer more formal and informal academic and extracurricular or vocational supports and resources:
 - More clubs and after-school options that allow students to try new activities.
 - After-school programs that include counseling, mentoring and tutoring (more resources).
 - More PSAT/SAT help.
 - Offer testing in native language for students whose first language is not English.
 - Greater opportunities for community service activities, with a focus on practical experiences and skill development.
 - More tutoring.
 - Access to apprenticeship programs and trade schools as alternatives to college.
- Adopt more inclusive criteria for vocational programs.
- Allow for more flexibility in school rules.
- Create space for more in-depth interaction with teachers.
- Improve school security (greater police presence vs. metal detectors).
- Improved food quality and quantity.



Ride the Wave Youth Summit held by Palm Beach County Behavioral Health Coalition and the Teen Coalition in Action on Saturday, October 14, 2023.

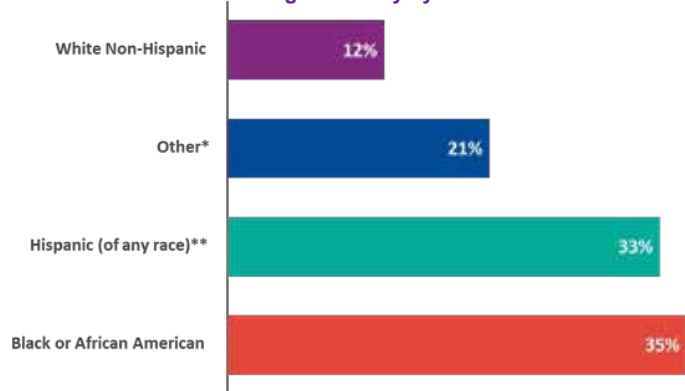
Economic Stability

Recent data shows many Palm Beach County children live in poverty, coupled with many young people who are not employed. Black and Hispanic youth and/or youth living in certain geographic areas are more likely to be burdened by poverty or lack employment. The youth survey and series of community conversations with youth and caregivers offer information that deepens the understanding about the challenges faced by local youth in successfully transitioning to adulthood, along with some of their ideas for possible solutions to address challenges. The following represents some of the key data elements and emerging themes that guide proposed action areas for this plan.

For additional data, resources and community-based strategies, go to:

- CareerSource Palm Beach County <https://www.careersourcepbc.com/>
- Securing Our Future Initiative <https://discover.pbcgov.org/communityservices/Pages/default.aspx>
- United Way of Palm Beach County <https://unitedwaypbc.org/>

CY 2021 Percent of Palm Beach County Children * Living in Poverty by Race



***CY 2021 Unemployment for Palm Beach County and select Municipalities by Age Group Relative to Overall Unemployment**

Location	Total Population 16 Years of Age or Older	Unemployment Rate 16 Years of Age or Older	Total Population 16-19 Years of Age	Unemployment Rate 16-19 Years of Age	Total Population 20-24 Years of Age	Unemployment Rate 20-24 Years of Age
US	264,087,642	5.5%	17,360,900	15.9%	21,574,425	8.6%
Florida	17,577,024	5.3%	963,255	16.6%	1,244,479	9.1%
PBC	1,225,967	6.1%	65,139	20.1%	77,801	11.9%
Belle Glade-Peewee	26,749	15.0%	1,841	53.6%	2,101	28.3%
Boca Raton	118,679	6.0%	6,638	23.9%	7,789	19.1%
Boynton Beach and Delray Beach	294,141	6.7%	11,292	20.1%	16,069	9.3%
Jupiter	77,950	4.1%	3,909	5.6%	4,168	11.8%
Lake Worth	189,729	6.4%	12,611	18.3%	15,058	10.8%
Plymouth Beach	92,257	5.6%	4,774	13.0%	5,120	14.7%
Royal Palm Beach	94,475	4.5%	5,021	17.0%	4,971	7.8%
Sunshine Parkway	171,621	4.8%	10,306	18.6%	9,421	10.7%
Western Community	25,996	4.1%	1,602	16.5%	1,837	16.9%
West Palm Beach	137,920	7.7%	7,345	29.2%	11,261	10.9%

ALICE, an acronym that stands for Asset Limited, Income Constrained, Employed, represents the growing number of individuals and families who are working but are unable to afford the basic necessities of housing, child care, food, transportation, health care, and technology. The ALICE Report for Florida quantifies the size of the workforce in Palm Beach County that face financial hardship and the reasons why.

ALICE IN PALM BEACH COUNTY



2022 Point-in-Time Data

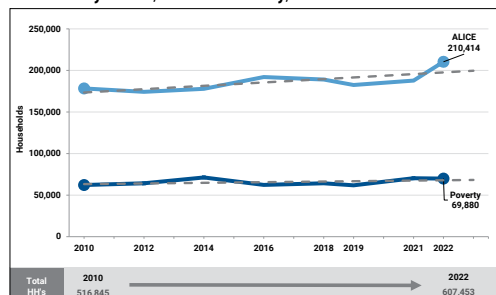
Population: 1,518,477 • **Number of Households:** 607,453
Median Household Income: \$76,592 (state average: \$69,303)
Labor Force Participation Rate: 59.7% (state average: 59.6%)
ALICE Households: 35% (state average: 33%) • **Households in Poverty:** 12% (state average: 13%)

Financial Hardship Over Time

ALICE is an acronym for Asset Limited, Income Constrained, Employed – households that earn more than the Federal Poverty Level, but less than the basic cost of living for the county (the ALICE Threshold). Households below the ALICE Threshold – ALICE households plus those in poverty – can't afford the essentials.

Households move below or above the ALICE Threshold as economic factors and circumstances change. This was especially true amid the economic crosscurrents of the COVID-19 pandemic, with higher wages, inflation, and additional pandemic assistance. By 2022, 280,294 households (46%) were below the ALICE Threshold in Palm Beach County.

Households by Income, Palm Beach County, 2010–2022



Note: See an interactive version of this data at unitedforalice.org/Florida
 Sources: ALICE Threshold, 2010–2022; American Community Survey, 2010–2022

For the detailed ALICE Report, supported by the United Way of Palm Beach County, [click here](#) or go to unitedwaypbc.org

According to the 2024 report, 46% of Palm Beach County households struggled to make ends meet. Twelve percent of the households live below the Federal Poverty Level (FPL), and another 35% – nearly three times as many – are ALICE households. ALICE households earned above the FPL but not enough to afford the most basic budget. The 2024 Report presents the latest ALICE data available – a point-in-time snapshot of economic conditions across the state in 2022.

SPOTLIGHT ON ALICE DEMOGRAPHICS

Families With Children

While recent attention has focused on the rising Supplemental Poverty Rate for children following the expansion and reversal of Child Tax Credits during and after the pandemic, longer-term trends – specifically, the rise in all households with children and in ALICE households with children – tell a more nuanced story.

In 2010 to 193,322 in 2022 (up 36%). At the same time, the number of single-female-headed households decreased slightly, from 509,997 in 2010 to 500,990 in 2022 (down 2%).

The number of households with children in Florida has been increasing (up 11% from 2010 to 2022), in contrast to a national decline in the number of households with children. In Florida, the growth in families with children has been driven by married-parent households, which increased from 1,151,169 in 2010 to 1,305,783 in 2022 (up 13%), and single-male-headed households, which grew from 142,199

While overall in Florida, the number of households with children in poverty has been declining over the past decade, the number of ALICE households with children has increased for both married-parent and single-parent families. By 2022, 42% of families with children in Florida were below the ALICE Threshold. And longstanding disparities in financial hardship by household type remained: 78% of single-female-headed families and 61% of single-male-headed families were below the ALICE Threshold in 2022, compared to 26% of married-parent families.

Households With Children, Florida

	Married-Parent	Single-Female-Headed	Single-Male-Headed
Percent Change 2010 to 2022			
Total Households	▲ Increased 13%	▼ Decreased 2%	▲ Increased 36%
Households in Poverty	▼ Decreased 25%	▼ Decreased 18%	▼ Decreased 2%
ALICE Households	▲ Increased 22%	▲ Increased 18%	▲ Increased 53%
Percent Below ALICE Threshold, 2022	26%	78%	61%

Note: Poverty rates for families with children differ from rates for individual children, in part due to different surveys and in part because there are often multiple children in a single household, which can accentuate swings.

Sources: ALICE Threshold, 2010–2022; U.S. Census Bureau, American Community Survey, 2010–2022

THE COST OF CHILD CARE

Child care remains one of the highest Survival Budget costs for households with children, and the [child care system](#) is still feeling the impact of the COVID-19 pandemic. Provider shortages and lack of affordable care present fewer options for parents. According to the October 2023 Household Pulse Survey, when families in Florida were asked what they did when child care was closed, unavailable, or unaffordable, the most common responses for respondents below the ALICE Threshold were to cut work hours (39%), supervise one or more children while working (25%), or take unpaid leave (22%).

Economic Stability

When asked about employment issues either they or someone they are close to have experienced, 448 of 736 (61%) of youth surveyed identified at least one issue (Birth to 22 Youth and Young Adult Survey) in 2023. The most frequently mentioned areas directly impacting youth included: a lack of opportunities for youth employment and job skills training, difficulty completing job applications and résumés, lack of transportation and/or living with a parent or caregiver who is unemployed.

The majority of youth survey respondents indicated they know how to get a job, but about a quarter of youth survey respondents were not sure or felt they lack the knowledge of how to get a job. Just over half (51%) of youth respondents indicated they are not sure or do not know how to create a budget and effectively manage money.

As in the areas of mental health and education, safety was a key issue tied to economic stability. While the majority of respondents identified being in stable living conditions, just under 5 percent reported living in unstable or unsafe conditions due to limited financial resources.

Community Conversations

Community conversations primarily targeted youth participating in school clubs and after-school programs. Conversations were designed, in part, to increase understanding about economic challenges youth face in transitioning to adulthood, as well as identify opportunities to improve job readiness and financial literacy among young people and increase employment opportunities and support for young entrepreneurs. Safety and support systems for young people facing unsafe living environments impact successful transition to adulthood and, as such, also were a focus of conversations.

Youth who participated in community conversations expressed their dreams and diverse aspirations – to become veterinarians, lawyers, bakers, psychologists, nurses, firefighters or marketers, to name a few. The youth seek job opportunities offering “real-life” experience and independence, and parents want youth to understand the responsibilities of being an adult.

Youth voiced a prominent concern about a lack of jobs that offer fair wages and treatment in the workplace. They cited fair pay expectations ranging from \$15 to \$20 per hour for part-time jobs, and noted the cost of living in Palm Beach County as a barrier to financial independence.

Many high school youth participants lacked knowledge about different career paths that may be open to them or the skills needed to gain the employment they seek. They desire work experiences in safe and supportive environments, with the ability to learn from mistakes.

Others cited transportation or unaffordable child care or immigration issues as barriers to employment.

Holistic approaches that address both economic stability and community safety are among some of the solutions identified by the community conversation participants to address concerns and challenges:

- Establish a higher minimum wage (\$15-\$20/hour).
- Provide information about potential career paths prior to entering high school.
- Provide mentors to show youth different career paths and how to present themselves professionally.
- Offer summer counselor options.
- Create access to career academies providing experiences in varied fields and vocations.
- Make financial assistance to access post-secondary education more widely available.
- Create internships for high school students to get exposure to varied opportunities and work environments.
- Provide skill development to navigate online gig economies and digital platforms safely and effectively.
- Provide information to youth about healthy workplace dynamics, how to recognize and avoid exploitation, and how to build emotional intelligence needed to succeed in the workplace.
- Create more programs like Florida Ready to Work Program, which offers assessments, coursework and incentives for skill development.
- Prepare youth for interviews.
- Build financial literacy skills (e.g., budgeting and money management).
- Create more options for affordable and accessible child care, enabling parents to work.



Birth to 22 Community Conversation (2023)

Top Areas of Focus

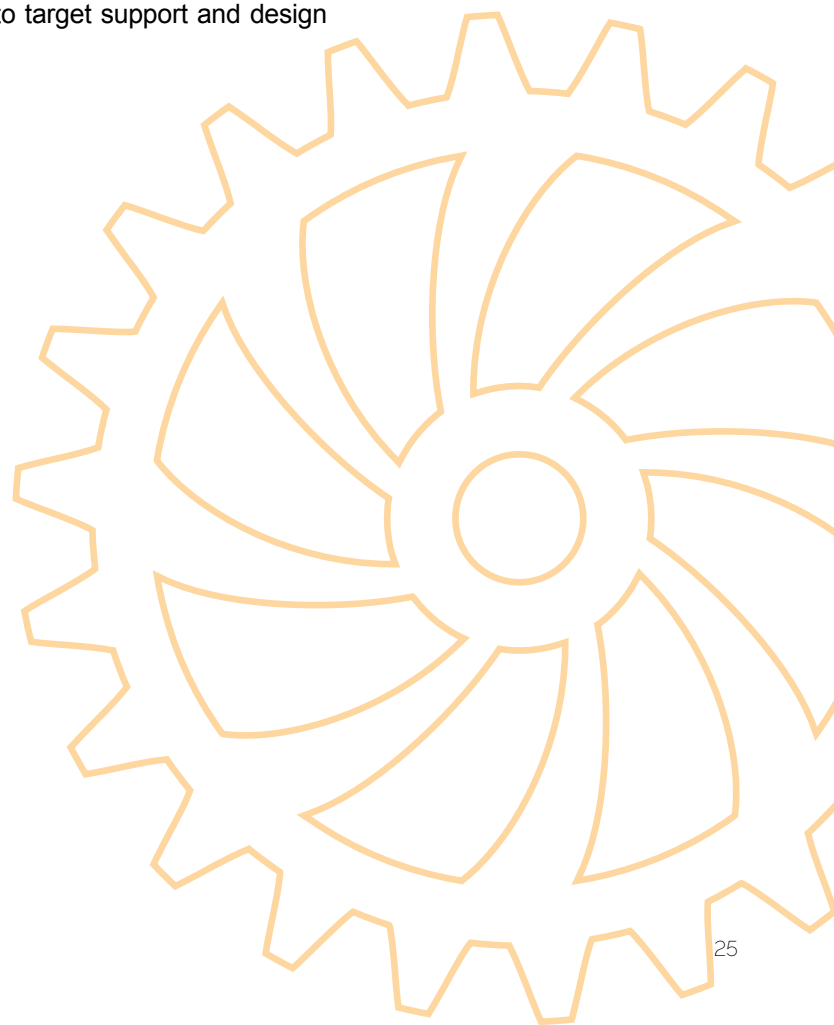
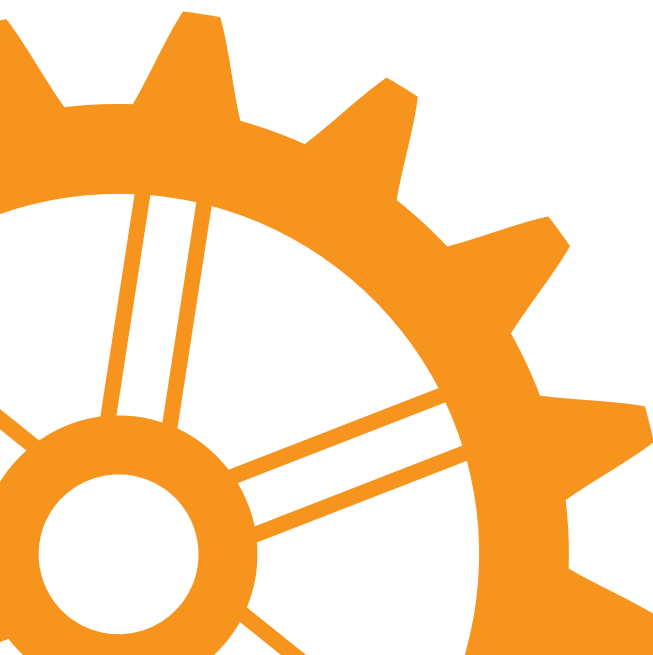
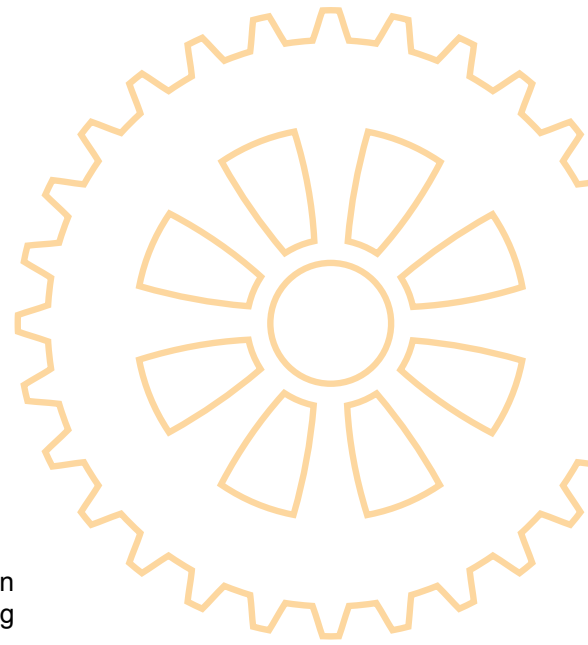
Youth Priorities: Mental Health, Educational Achievement, and Economic Stability

In the area of **mental health**, concerns about safety, bullying, desire for connection and support from adults, and approaches that take into account destigmatizing language and attitudes were prominent.

In the area of **educational success**, the most frequently reported concerns were grades, teacher shortages, creating an atmosphere of acceptance and belonging for students of other abilities, cyberbullying, the need for additional academic support related to transitioning from one school level to another, and access to mentorship and extracurricular activities.

In the area of **economic stability**, the concerns that rose to the top were lack of living-wage jobs, fair workforce treatment, access to job preparation training, transportation to and from jobs, availability of internships, career-path mentors, and skill building in financial literacy for older youth.

In discussions throughout Palm Beach County, youth consistently identified mental health, economic security, and academic achievement concerns as their top priorities. These areas are viewed as critical to their well-being and future success. Crosscutting concerns for safety impacted all focus areas – mental health, educational success and economic stability – both in the immediate environments of the youth and young adults, and in the broader community context. This consensus highlighted the urgent need for Birth to 22 to target support and design effective strategies in these key areas.



INSIGHTS TO ACTION: MENTAL HEALTH

The following actionable steps were identified by youth, parents and caregivers, system stakeholders and service providers, and community members. Some recommendations already are occurring in some areas of the county.

ESTABLISHING ACCESSIBLE MENTAL HEALTH RESOURCES

- **Community Mental Health Centers:** Develop easily accessible mental health centers in community areas frequented by youth. These centers should offer free or low-cost counseling and therapy services.
- **School-Based Mental Health Services:** Enhance mental health support within schools by increasing the number of counselors and psychologists, and integrating mental health education into the curriculum.

TRAINING AND EDUCATION

- **Mental Health First Aid Training:** Offer training for teachers, parents, community leaders, and peers in mental health first aid, equipping them with the skills to identify and respond to mental health issues among youth.
- **Educational Workshops:** Conduct workshops for parents and caregivers on understanding adolescent mental health, effective communication strategies, and how to provide support to their children.

PROMOTING MENTAL WELLNESS ACTIVITIES

- **Recreational and Creative Outlets:** Encourage activities such as sports, arts, and music, which are not only enjoyable but also beneficial for mental well-being. These activities can serve as outlets for stress and emotional expression.
- **Mindfulness and Stress Reduction Programs:** Introduce mindfulness practices and stress reduction programs in schools and community centers, teaching youth techniques to manage stress and anxiety.

NORMALIZING CONVERSATIONS ABOUT MENTAL HEALTH

- **Awareness Campaigns:** Support campaigns like the Get Your Green On campaign to destigmatize mental health issues, using platforms popular among youth, such as social media, to spread awareness and encourage open discussions.
- **Peer Support Programs:** Initiate peer-led support groups in schools and community centers, where young people can share their experiences and coping strategies in a safe and supportive environment.

ADDRESSING ROOT CAUSES

- **Family Support and Intervention:** Offer family counseling and intervention programs to address domestic issues and challenges that may affect the mental health of young people.
- **Effective Parenting:** Support parents in recognizing their own Adverse Childhood Experiences (ACEs), mental health issues and need for self-care in order to effectively parent.

COLLABORATION AND INCLUSIVITY

- **Community Collaboration:** Foster partnerships among schools, mental health organizations, healthcare providers, and community groups to create a network of support for youth mental health.
- **Inclusive Programs:** Ensure that mental health programs are inclusive and cater to the diverse needs of the community, including addressing cultural, linguistic, and socioeconomic factors.

EVERYONE'S PART: MAKING IT HAPPEN TOGETHER

Parents and Guardians

Primary nurturers of children's mental health

Actionable Steps: Attend workshops, create open communication, seek help.

Youth Service Providers

Community support anchors offering resources

Actionable Steps: Organize workshops, provide crisis intervention, collaborate for support.

Youth

Active agents in their mental health journey

Actionable Steps: Participate in programs, practice self-care, advocate for resources.

Policymakers

Policy architects for youth mental health

Actionable Steps: Develop policies, ensure resources, advocate for accessible environments.

Law Enforcement

Responders to mental health crises

Actionable Steps: Receive crisis intervention training, collaborate, approach with empathy.

Mental Health Practitioners

Frontline advocates for youth mental well-being

Actionable Steps: Provide therapy, develop programs, offer training.

Educators

Early detectors and supporters in educational settings

Actionable Steps: Integrate mental health in curriculum, identify needs, collaborate with professionals and families.

Funders

Supporters of mental health programs and initiatives

Actionable Steps: Fund mental health initiatives, support research, fund scholarships to increase the workforce in mental health.

Community Members

Allies and advocates for mental wellness

Actionable Steps: Volunteer in campaigns, support initiatives, promote awareness.

Healthcare Professionals

Healthcare providers attending to mental health needs

Actionable Steps: Screen for issues, refer to services, collaborate on health plans.

INSIGHTS TO ACTION: EDUCATIONAL ACHIEVEMENT

The following actionable steps were identified by youth, parents and caregivers, system stakeholders and service providers, and community members. Some recommendations already are occurring in some areas of the county.

ENHANCING EDUCATIONAL SUPPORT AND RESOURCES

- Tutoring and Academic Support Programs: Establish after-school tutoring programs and homework clubs, especially in subjects where students commonly struggle. Utilize both volunteer and professional educators.
- Resource Centers: Set up resource centers in schools and community spaces, providing access to learning materials, technology, and study spaces.

FOSTERING SAFE AND INCLUSIVE LEARNING ENVIRONMENTS

- Anti-Bullying Initiatives: Implement comprehensive anti-bullying programs in schools, including cyberbullying. Provide training for teachers and staff to recognize and address bullying effectively.
- Creating Inclusive Spaces: Ensure that educational settings are inclusive and accommodating to all students, regardless of their background, learning style, or language proficiency.

CAREER AND LIFE SKILLS EDUCATION

- Career Readiness Programs: Offer programs that focus on career exploration, job readiness skills, and real-world applications of academic learning.
- Life Skills Workshops: Conduct workshops on essential life skills, such as financial literacy, time management, and effective communication.

ADDRESSING MENTAL HEALTH IN SCHOOLS

- Mental Health Awareness and Support: Integrate mental health education into the curriculum and provide on-site mental health professionals to support students dealing with stress, anxiety, or other mental health issues.
- Peer Support Groups: Encourage the formation of peer support groups that provide a safe space for students to discuss their challenges and share coping strategies.

ENHANCING PARENTAL INVOLVEMENT

- Parental Engagement Workshops: Host workshops and forums for parents and guardians to engage them in their children's education, offering them tools and strategies to support learning at home.
- Parent-Teacher Collaboration: Strengthen the collaboration between parents and teachers, encouraging regular communication and joint participation in educational planning.

LEVERAGING TECHNOLOGY FOR EDUCATION

- Digital Literacy Programs: Provide digital literacy and internet safety education, ensuring students are equipped to navigate and utilize technology effectively for learning.
- Online Learning Resources: Develop and promote access to quality online educational resources and platforms for supplemental learning.

COMMUNITY AND SCHOOL PARTNERSHIPS

- Community Involvement in Schools: Encourage local businesses, organizations, and community members to get involved in schools, offering their expertise, resources, and support.
- Partnership Programs: Create partnership programs between schools and local businesses or higher education institutions to provide students with exposure to real-world experiences and potential career paths.

EVERYONE'S PART: MAKING IT HAPPEN TOGETHER

Parents and Guardians

Co-educators and primary support for children's learning

Actionable Steps: Engage actively in their children's education, assist with homework, attend parent-teacher meetings, and advocate for their children's educational needs.

Local Businesses and Industry Professionals

Providers of real-world insights and career exposure

Actionable Steps: Offer internships and job shadowing opportunities, participate in career days at schools, and provide insights into industry trends and skill requirements.

Educators (Teachers, School Administrators)

Direct facilitators of learning and academic development

Actionable Steps: Adapt teaching methods to diverse learning styles, integrate real-life skills into the curriculum, and provide personalized support to students facing academic challenges.

Students

Active participants in their own educational journey

Actionable Steps: Take responsibility for their learning, seek help when needed, participate in extracurricular activities, and provide feedback to educators and parents about their educational experience.

School Counselors and Advisors

Guide in academic planning and personal development

Actionable Steps: Assist students in course selection, provide college and career guidance, and support students in addressing personal and academic challenges.

Community Organizations and Nonprofits

Supplemental providers of educational resources and opportunities

Actionable Steps: Organize tutoring programs, educational workshops, scholarship programs, and extracurricular activities that complement school-based education and development.

Government Agencies and Policymakers

Shapers of educational policy and funding

Actionable Steps: Develop policies that ensure equitable access to quality education, allocate resources for education initiatives, and support innovation in education.

Higher Education Institutions

Bridges to advanced education and research

Actionable Steps: Offer outreach programs for high school students, provide access to university resources, and create pathways for smooth transitions to higher education.

Educational Technology Developers

Innovators of educational tools and platforms

Actionable Steps: Develop and provide access to educational technologies that enhance learning experiences, both in and out of the classroom.

Libraries and Learning Centers

Access points for learning resources and information

Actionable Steps: Provide diverse learning materials, host educational events, and offer welcoming spACES for study and research.

INSIGHTS TO ACTION: ECONOMIC STABILITY

The following actionable steps were identified by youth, parents and caregivers, system stakeholders and service providers, and community members. Some recommendations already are occurring in some areas of the county.

CAREER EDUCATION AND GUIDANCE

- Career Exploration Programs: Develop programs in schools and community centers that introduce students to various career paths, including talks by professionals and visits to local businesses.
- Mentorship Opportunities: Pair students with mentors in their fields of interest, offering guidance, experience-sharing, and networking opportunities
- Career Exploration Programs.

FINANCIAL LITERACY PROGRAMS

- Create and integrate financial literacy lessons into existing community-based programs and online platforms to build empowerment and independence.
- Online Financial Literacy Resources: Develop online resources and tools to make financial education accessible to all youth.

SKILL DEVELOPMENT AND VOCATIONAL TRAINING

- Vocational Training Programs: Offer vocational training in high-demand skills, such as digital literacy, trade skills, and entrepreneurship.
- Partnerships with Local Businesses: Collaborate with local businesses to provide internships and apprenticeships, giving students hands-on experience and insight into different industries.

EMPLOYMENT OPPORTUNITIES AND JOB PLACEMENT

- Job Fairs and Employment Services: Organize job fairs targeted for young people, featuring local employers and employment services that can assist in job placement.
- Support for Entrepreneurial Ventures: Provide support for young entrepreneurs through grants, business planning assistance, and access to microloans.

ADDRESSING BARRIERS TO EMPLOYMENT

- Transportation Solutions: Implement programs or partnerships to provide transportation solutions for youth, enabling them to access job opportunities that may be out of reach due to transportation issues.
- Flexible Job Opportunities: Encourage local businesses to offer flexible part-time job opportunities that are compatible with school schedules.

COMMUNITY ENGAGEMENT AND ECONOMIC DEVELOPMENT

- Community Economic Development Initiatives: Engage youth in community economic development plans, ensuring their perspectives and needs are considered in local economic policies.
- Youth Advisory Boards: Establish youth advisory boards to give young people a voice in community economic development strategies.

ADDRESSING SYSTEMIC ECONOMIC CHALLENGES

- Advocacy for Economic Policies: Advocate for policies that address broader economic challenges impacting youth, such as affordable housing, minimum wage adjustments, and improved social services.

EVERYONE'S PART: MAKING IT HAPPEN TOGETHER

Educators and Schools

Facilitators of economic education and career readiness

Actionable Steps: Integrate financial literacy (budgeting, paying bills, taxes, savings, investments and credit scores) and job readiness skills into the curriculum. Host career fairs and provide career counseling.

Parents and Guardians

Primary influencers of financial habits and attitudes

Actionable Steps: Encourage and support children in part-time jobs or entrepreneurial endeavors. Teach basic financial management at home.

Local Businesses and Employers

Key providers of employment opportunities and career development

Actionable Steps: Offer internships, apprenticeships, and part-time jobs tailored to young people. Engage in school-to-work transition programs.

Financial Institutions and Experts

Educators in financial management and planning

Actionable Steps: Conduct financial literacy workshops for youth. Provide resources on budgeting, saving, investing, and understanding credit.

Government Agencies and Policymakers

Architects of policies that impact access to and sustainability of economic growth and development at all levels

Actionable Steps: Create sustainable policies and programming that support closing the wealth gap, the development of navigable pathways for families to create economic stability, expanding opportunities for youth to pursue internships, entrepreneurship and education, and job training beyond high school.

Youth Employment Services

Connectors between young job seekers and employment opportunities

Actionable Steps: Offer career mentoring, job search assistance, résumé building, and interview preparation services. Organize job support programs.

Community Centers and Nonprofits

Access points for employment resources and supports

Actionable Steps: Host job skill workshops. Provide guidance and mentorship for career paths, support youth entrepreneur opportunities and create pathways to local internship options.

Youth

Active seekers of economic opportunities and skills

Actionable Steps: Participate in job training programs. Seek out and utilize financial education resources, formal and informal.

Career Counselors and Advisors

Guides in the process of career exploration, planning and decision-making

Actionable Steps: Provide individualized career counseling. Help youth understand their strengths, interests and aspirations in relation to the job market. Assist with completion of the Free Application for Federal Student Aid (FAFSA), identification of scholarship opportunities and completion of applications.

Vocational Training Centers

Providers of specialized skill training for high-demand industries

Actionable Steps: Offer accessible vocational training programs that lead to jobs paying livable wages. Partner with schools and businesses for student placement.

Funders

Financial supporters and sustainers of effective programs and innovations

Actionable Steps: Fund scholarships. Conduct workshops on how to apply for scholarships. Enable grassroots grant-making for young entrepreneurs.

Bridging the Gaps: Focusing on Community Growth

United in commitment to support the youth of Palm Beach County, the Birth to 22 alliance has identified key areas needing attention and improvement.

Addressing Stigma and Promoting Inclusive Language

- **Existing Assets:** Leverage schools and community centers as platforms for awareness campaigns and workshops that challenge stigma and promote inclusive language.
- **Gap Bridging:** Host regular community dialogues and training sessions for educators, healthcare workers, and community leaders on understanding and practicing inclusivity.

Internships and Work Experience

- **Existing Assets:** Partner with local businesses and organizations to create internship and work experience opportunities for youth.
- **Gap Bridging:** Develop a community-based internship program, utilizing local networks and resources for providing practical work experiences.

Identifying Trusted Adults and Building Relationships

- **Existing Assets:** Encourage mentorship programs within schools and community organizations.
- **Gap Bridging:** Train adults in the community to serve as mentors and trusted figures, focusing on communication skills and youth engagement.

Financial Literacy

- **Existing Assets:** Collaborate with financial institutions and local businesses to offer financial education workshops and resources.
- **Gap Bridging:** Integrate financial literacy programs into school curricula and community learning initiatives.

Mentorships:

- **Existing Assets:** Enhance existing mentorship programs by involving a wider range of community professionals.
- **Gap Bridging:** Create structured mentorship opportunities that focus on career guidance, personal development, and skill-building.

Bringing Services to Youth

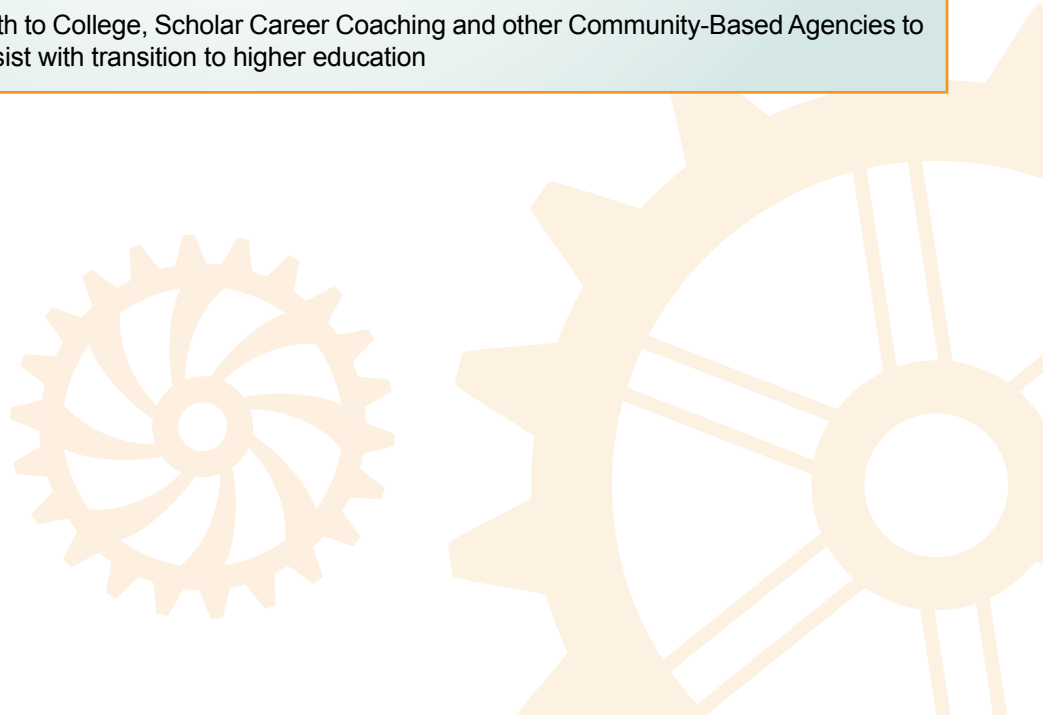
- **Existing Assets:** Use community centers as hubs for delivering diverse services to youth.
- **Gap Bridging:** Implement mobile units and online platforms to increase the reach and accessibility of various youth services.

Additional Considerations:

- **Safety and Well-being:** Prioritize creating safe spACES and initiatives that address both physical and emotional safety.
- **Community Engagement:** Foster an environment where youth feel valued and heard, encouraging their active participation in community programs.

The Infant, Child, Youth and Young Adult Symposium (The Youth Symposium) >>

Expand assessments for maternal depression	<ul style="list-style-type: none">• Action Team developed a curriculum recognizing trauma for physicians working with the University of Miami and Palm Beach County Medical Society. Video presentation is on Birth to 22 Website.• Increased Mental Health Services and Training across Palm Beach County (PBC)
Launch a community wide public awareness campaign focused on empowering parents and caregivers	<ul style="list-style-type: none">• Children’s Services Council of PBC (CSC) created the EveryParent website and apps, offering resources for parents and caregivers of children birth to 18• EveryParent: https://www.everyparentpbc.org/
Continue literacy-based initiatives that begin in early childhood through high school and beyond	<ul style="list-style-type: none">• School District implemented literacy programs• CSC’s “A Book for Every Child” campaign• Early Learning Coalition implemented “Age of Learning” in all pre-K centers in PBC, with positive findings• CSC and Palm Beach County Youth Services Department (YSD) support summer camps that prevent the academic “summer slide”• YSD hosts the Super Summer Spelling Bee
Universally offer transition programs in every school (entry into kindergarten, 6th, 9th, and postgraduate)	<ul style="list-style-type: none">• Riviera Beach pre-K collaborative focused on the transition from pre-K to Kindergarten• Power Standards were created, providing parents with details of what children should know before entering kindergarten• Path to College, Scholar Career Coaching and other Community-Based Agencies to assist with transition to higher education



Birth to 22: Accomplishments

The Youth Symposium >>

<p>Increase awareness of domestic violence services and shelters in the community that serve juveniles and families, including pets</p>	<ul style="list-style-type: none"> • The Family Violence Intervention Program (FVIP) was launched for juveniles who have committed an act of violence against a household member. Successful completion of the program requires counseling, anger management, school attendance and staying out of trouble. • Funding for prevention and breaking the cycle of violence • 2019 Financially Assisted Agencies funding process focused on enhanced funding for Domestic Violence (DV) services and certified DV shelters • DV Coordinated Community Response • PBC's Green Dot program focused heavily on prevention of violence against youth and adults (limited grant)
<p>Create and sustain a management infrastructure to act as convener, organizer, and facilitator for collaboration focused on youth and young adults</p>	<ul style="list-style-type: none"> • Creation of the YSD by the BCC. This department consolidates a variety of youth serving programs in the county into one Department. • Birth to 22: United for Brighter Futures Alliance is an outgrowth of the infant, Child, Youth and Young Adult Symposium and provides the infrastructure for continued collaboration with governments, agencies and other collective impact initiatives.
<p>Support and enhance a database and resource assessment to ensure the right people get to the most appropriate programs</p>	<ul style="list-style-type: none"> • Online Resource Directory created* • A map of summer camp locations created. Parents can plugin their address and find a camp for their child near their home or work. • Prime Time PBC, CSC and YSD increased exposure for children 3rd to 8th grade to Science, Technology, Engineering, Arts, and Math (STEAM) in afterschool sites and summer camps • Funding provided to many out-of-school time organizations throughout the County to increase access

*No longer existing



BIRTH TO 22:

ACCOMPLISHMENTS

2012

- Joint Board Planning for Youth Symposium
- County Commission, School Board, CSC, Sheriff's Office, United Way and many others give the green light to work collaboratively

2013

- Work Symposium
- Youth Symposium

2014

- Youth Symposium
- Recommendations to Board of County Commissioners
- Executive Function Summit
- Accepted President Obama's My Brother's Keeper (MBK) Challenge
- Approval to create the Palm Beach County Youth Services Department
- Exploring and planning to expand to a more inclusive collective impact model

2015

- Launched Program Landscape Survey
- Youth Services Department opens
- Approval to create the Palm Beach County Youth Services Department
- What Works! Summit
- Palm Beach County Hunger Relief Plan launched
- Community Needs Assessment for Individuals with Special Needs completed
- *Paper Tigers* presented to start momentum for trauma-sensitive community
- Southeast Florida Behavioral Health Network Needs Assessment- completed by the Community Coalition Alliance
- Get Your Green On Campaign Launch
- Contract with the Forum for the Youth Investment

2016

- Began creating the Youth Master Plan
- Wallace Foundation planning grant – Social Emotional Learning
- Youth Master Plan developed
- First Community Members PBC Conversation
- Including LGBTQ in the Youth Master Plan

2017

- Implementation of Sanctuary Model of Trauma-Informed Care at Highridge Family Center
- EveryParent Campaign
- First Race to Equity Summit
- Securing Our Future Initiative Retreat
- Creation of the Birth to 22 branding guide

2018

- Future Leaders
- Dedicated staff in schools (mental health)
- One Seed, One Planet, One County Community
- Garden by Future Leaders
- Policy Link Equity Summit
- Prime Time Community Champion Award
- UM student completed ACEs curriculum for physicians
- Charleston Child Trauma Conference Presentation on Trauma Informed Care
- Campaign for Black Male Achievement Fishbowl Discussion in Louisville
- Future Leaders 2018 Leadership Conference
- 2nd Career Fair (SNAC)
- Forum for Youth Investment Webinar
- PBC Youth Summit
- Mentoring Month Proclamation by Board of County Commissioners; Emergency Meeting after Parkland Shooting
- Rethinking Poverty Presentation at Restoring Hope Summit by DJJ
- Community Conversations at Urban Youth Impact and at Child Protection Summit
- Opening of Visitation Center
- Mental Health Community Education Exchange
- Trauma Informed Care Health Webinar
- Summer Learning Proclamation
- ACHIEVE Summer Institute
- Launch of Poverty Initiative
- Student Mental Health Conference
- National Association of Counties Achievement Award
- Get Your Green On Nominated for Nonprofit Award; Reboot of Community Conversations
- Community-wide Health and Wellness Festival (Belle Glade).

2019

- GARE membership
- 2nd Race to Equity Summit
- Turn On the Lights Conference
- Community Conversation in Belle Glade, WPB, Delray Beach, Lake Worth
- PBC Partnerships for Social Emotional Learning Initiative (PSELI) host city for Wallace Foundation National convening
- Over the Edge: Fiscal Benefits Cliff and The Case for Reform
- Presented Securing Our Future at FL Association of Community Action Conference
- PSELI family focus groups explore barriers to OST enrollment to out-of-school time (OST) enrollment
- Launch of Securing Our Future Economic Mobility
- BeWell was launched
- Broken Places Documentary viewing in Boynton Beach, Belle Glade, Jupiter
- Fighting ACEs White Paper released by Center for Child Counseling
- Future Leaders VoiceBox premiers on Channel 20
- Birth to 22 Business Event
- 2019 GARE Annual Meeting
- Start of SOFI
- YSD awarded \$4.2M in contracts
- Created and rolled-out a youth survey
- Achieve completed Strategic Plan Refresh and launched Achieve 2.0
- Prime Time Afterschool Symposium
- Get Your Green On
- Highridge Family Center achieves certification from Sanctuary Institute in Trauma Informed Care
- Partnership with FL Chamber Foundation and Prosperity Summit
- Ready by 21 National Meeting
- Co-hosted Mental Health - Education Integration Consortium (MHEDIC)
- SEL PB Summer Inst
- Advancing the Mission Racial Equity Workshop
- PBCSD hired a behavioral health professional at each school (172)

2019

- PSELI School Diamond View Elementary presents its SEL work at CASEL SEL Exchange National Conference
- Certificate program designed that focuses on providing high quality care for children and youth with special needs in OST programs to be piloted (2020)
- 32 SURF funds awarded for the year totaling \$12,258.51
- Released the Economic Mobility Report Addressing the root causes of violence
- RFP released for Securing Our Future
- Race to Equity Summit
- Super Summer Spelling Bee



BIRTH TO 22:

ACCOMPLISHMENTS

2020

- Girls Coordinating Council, Alyssa Sangeeta Jacobson Scholarships, SEL work across IST/OST with Partnerships for Social Emotional Learning Initiatives PSELI/Wallace Foundation grant
- Economic Access trained agencies on data management system
- EA published an agency & family handbook, EA recruited for cohort #2 Securing Our Future
- Logic Model Training & Action Teams created
- Logic Model Workshops: SEL, Ensuring Safety & Justice, & Strengthening Quality OST Teams
- Advancing the Mission Part IV & V
- Legislative Committee worked on priorities
- Stop Light Report 2019
- Appreciation letter sent to childcare providers
- OST Team launched inclusion certificate program to build practitioner workforce with specialized skills in working with children with special needs in afterschool
- COVID 19 Birth to 22 Gaps Ad hoc Committee created
- COVID 19 Funding Coalition established \$7.1M provided
- First virtual meeting of Birth to 22 Steering Committee
- Community Conversation in Belle Glade, Loxahatchee, PB Gardens, WPB
- ACEs and Trauma Informed Care Training through Center for Child Counseling
- EA created video script for orientation, published website and recruited partners for workgroups

2020

- Healthy Mothers Healthy Babies created The Circle of Moms Program
- Released Birth to 22 Data Deck
- Virtual school committee created
- Began a systematic approach to SEL by rolling out an SEL Guide district-wide
- Contract with ELC for scholarships for school-aged children
- Race-based Implicit Bias and Microaggressions training by YSD
- BeWell's Behavioral Health Systems Leader Table
- Poverty Awareness Week
- Virtual Youth Summit: Quaranteen Summer Bash
- Virtual Student Mental Health Conference
- Published PBC Indicators of Child, Family & Community Risk, Well-Being and Access to Supports to Birth to 22 Website
- Contract with United Way to assist nonprofits with \$4M CARES
- Creation of distance learning SEL resources and Professional Development to support students, school day staff and OST staff
- Logic Model Workshops Health & Wellness
- 4 Voicebox Podcasts by Future Leaders
- 1st national report on PSELI released
- Birth to 22 Alliance recognized as a "pacesetter" by the National Grade Level Reading Campaign
- 6th Annual Super Spelling Bee
- Work Symposium

2021

- Expanded Mentoring
- SEL Community Resources Page
- Advancing the Mission Workshop
- OST & Prime Time virtual symposium
- SEL Summer Institute: Leveraging SEL for Equity & Inclusion
- Engaged voices of Future Leaders in Community Conversations
- Worked to increase the social media presence of Birth to 22
- Collaboration and involvement of multiple sectors
- Provided safe space and support for Future Leaders, Teen Advisory Council, and youth to virtually witness and process the verdict of State of Minnesota vs. Chauvin
- COVID 19 Funders Coalition raised \$433,000 for Help the Helpers
- GARE meeting
- Broadened Get Your Green On Campaign
- 28 organizations committed to participate in Advancing The Mission Inaugural Learning Cohort
- Summer Learning Week
- Creation of legislative priorities
- 52 organizations signed Birth to 22 pledge
- Student considered for ESE scored level 5 on FSA math assessment
- Diamond View Elementary featured nationally for school-day/afterschool collaboration on SEL
- Establishment of Girls Voice Virtual Space Meetings
- Back to School Safety on Channel 20
- Virtual Community Conversations
- Robert Wood Johnson Foundation Culture of Health Prize
- School Justice partnership added to Birth to 22

2021

- Began enhanced mentoring program for system involved youth
- United Way Heart of the Matter (MH)
- Partnered with School District on Student Mental Health Conference
- Certification application for Behavioral Health Curriculum
- 7th Annual Spelling Bee
- Restorative Justice Initiative Launched
- Palm Health Foundation Train the Brain
- Established Future Leaders United for Change co-leadership of Prime Time PBC and Youth Services Department staff
- Invested additional dollars for youth
- Engaged over 2,000 community members in Securing Our Future
- Safety & Justice Mentoring members participated in a panel to address importance of mentoring
- Girls Coordinating Council Network Analysis Survey
- Poster and journal article accepted, featuring increase in youth SEL connected to PSELI project (in OST)
- Compass Community Center partnership with CAN

2022

- Behavioral Health Specialist Certification
- Better understanding of the impact of child welfare (dependency) on families in PBC
- Activation of new progress reports for work/action groups
- Re-launching parenting supports & role models team
- 50% SOFI families increased household income
- Enhanced Mentoring Initiative

2023

- First high school graduates of the behavioral health technician curriculum
- Changemakers Fund
- Return to in-person Summer Spelling Bee
- National Association of Counties Award "Best in Category for Children and Youth" for Enhanced Mentoring Engagement (Level Up)
- In-person Future Leaders, along with reconstructing (e.g., toy collection, community conversations)
- Youth Mental Health Rally
- Largest number of summer camp scholarships funded
- Planning for YMP 2.0



Additional Data: 2023 Youth Mental Health RALLY



What is your top priority for making an impact on youth mental health in Palm Beach County?





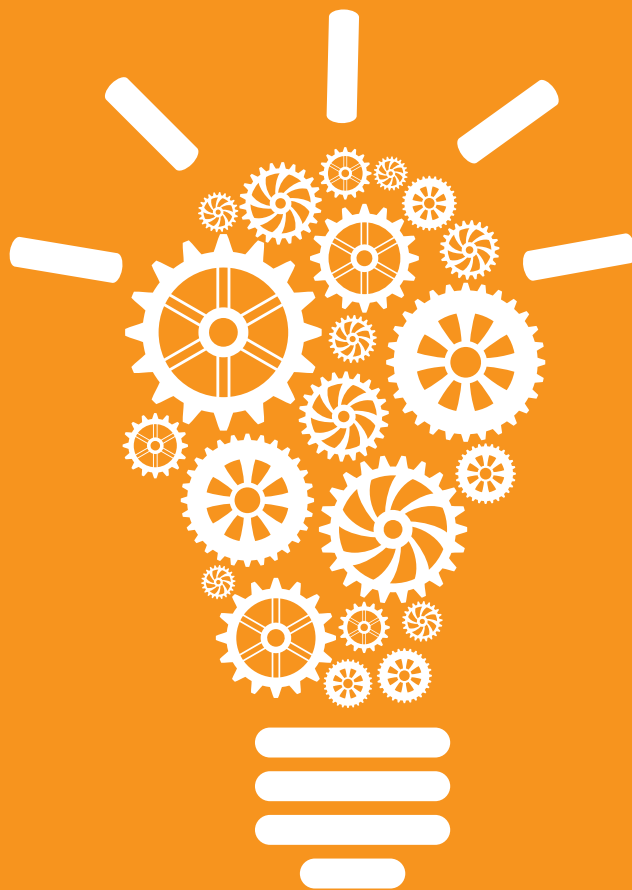
What new ideas hold promise?

<p>Focus group with teens to learn more about what they need directly from them.</p>	<p>Entrepreneurship Programs</p>	<p>School-based mentorship programs to foster trust, dialogue, healthy self-esteem and relationship-building experiences</p>	<p>FREE clubs (less formal) - teens interact w/each other, the PD, & MH pro & do fun activities (sports, art, etc.) & hear from other orgs (mental health and other human services)</p>	<p>Create comm spaces for peo share their sto about suicide, depression, st etc. Being mo proactive than reactive.</p>
<p>Partnering with churches/synagogues /mosques and other faith organizations to teach & promote Mental Health & Wellness.</p>	<p>Purposeful community service projects that can help build self esteem, a sense of community, and hope for the future. Young people can be empowered by making a difference.</p>	<p>Student/Youth Peer Mental Health Support efforts (buddy system)</p>	<p>building awareness of DEIA and SEL in adult professional spaces- holding space to be authentic selves</p>	<p>Youth active teach skills</p>
<p>After school expressive arts programs in song writing/music/group singing and movement/dance (accessible to most) to create a sense of being heard.</p>	<p>Intergenerational programming</p>	<p>Providing services for the family and organizations that work with youth to inform them on the intersection of mental health and the LGBTQ+ Community.</p>	<p>Training, professional development for those who support young people</p>	<p>Residents/ ults workin youth who as navigat person to he them to he services</p>
<p>Social media, entertainment</p>	<p>Enhancing the workforce that supports youth by employing non-traditional partners/supporting non-traditional partnerships</p>	<p>Support/funding/reso resources for congregations and community organizations to host mental health programs/services/sup ports</p>	<p>Youth recreational programming with behavioral health components built in/offers support</p>	<p>Building commun it spaces for come and out, be to with safe</p>
<p>Getting local government more involved by having conversations with community leaders that are working towards helping our kids. What can they do to help kids?</p>	<p>Student perspectives need to be known by policy/decision makers--a tag board like this could be a great tool for everyone</p>	<p>Let's Move 365. Every month we could dedicate an event towards mental health and well-being. Events would take place at the schools enabling us to reach more youth.</p>	<p>Supportive partnerships between performing arts organizations (theatre, art, dance, music), INSPIRED BY IDEAS FROM STUDENTS & TEACHERS</p>	<p>Make confide online counsel availabl cost.</p>

New Concepts That Hold Promise for Addressing Youth Mental Health



Ways to Get Involved and Stay Connected



Year 1: Laying the Foundation

Advocacy

- **Engagement Campaigns:** Launch awareness campaigns to highlight the importance and objectives of the Youth Master Plan. Target all community sectors including schools, businesses, and local government.
- **Policy Advocacy:** Collaborate with policymakers to advocate for supportive youth policies, funding, and resources aligned with the Master Plan.

Resourcing

- **Funding Mapping:** Identify and secure funding sources, including grants, local business contributions, and government funding.
- **Resource Mapping:** Conduct a comprehensive assessment of existing community resources and services that align with the Youth Master Plan's goals.

Delving into the Plan

- **Stakeholder Workshops:** Organize workshops with educators, parents, youth, and service providers to discuss the plan, gather input, and refine strategies.
- **Pilot Programs:** Launch pilot initiatives focused on key areas like mental health support, educational enhancement, and economic empowerment.

Year 2: Expanding Reach and Impact

Advocacy

- **Community Forums:** Host regular community forums to keep the conversation going, gather feedback, and maintain momentum.
- **Youth Advocacy Groups:** Support the formation of youth advocacy groups to ensure their voices are continually heard and considered.

Resourcing

- **Funding Mapping:** Identify and secure funding sources, including grants, local business contributions, and government funding.
- **Resource Mapping:** Conduct a comprehensive assessment of existing community resources and services that align with the Youth Master Plan's goals.

Delving into the Plan

- **Stakeholder Workshops:** Organize workshops with educators, parents, youth, and service providers to discuss the plan, gather input, and refine strategies.
- **Pilot Programs:** Launch pilot initiatives focused on key areas like mental health support, educational enhancement, and economic empowerment.

Year 3: Sustaining and Innovating

Advocacy

- **Success Stories:** Showcase success stories and case studies to highlight the positive impacts of the Youth Master Plan.
- **Policy Integration:** Work toward the integration of successful initiatives into regular policy and practice at local institutions.

Resourcing

- **Sustainable Funding Models:** Develop sustainable funding models to ensure the longevity of successful programs.
- **Resource Mapping:** Continuously assess and optimize the use of resources for maximum impact.

Delving into the Plan

- **Scaling Effective Programs:** Scale up effective programs to reach more youth across Palm Beach County.
- **Innovation and Adaptation:** Encourage innovation in addressing emerging challenges and adapting to changing community needs.

**Birth to 22 Backbone Agencies:
Children's Services Council of Palm Beach County
and
Palm Beach County Youth Services Department**





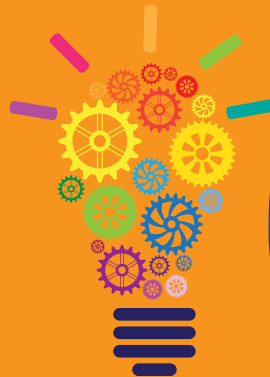
United For Brighter Futures

For more information: Go to <https://pbcbirthto22.com>,
or email PBC-Birthto22@pbc.gov, or
scan the QR code below.





Palm Beach County
Board of County Commissioners



Birth
TO 22

United For Brighter Futures