NORTHERN VIRGINIA COMMUNITY HUB

- Schools List
- Email Script
- Community To Do

Schools List

List of FCPS high schools/community organizations

- ourmindsmatter, a student-led movement to change the school culture around mental health.
  - https://ourmindsmatter.org/about/
- Healthy Minds Fairfax, coordinates a full range of mental health and substance abuse services for children and youth across multiple county agencies, the school system and private treatment providers; helps youth and families in the Fairfax-Falls Church community access mental health and substance abuse services, and improve the quality of those services
  - https://www.fairfaxcounty.gov/healthymindsfairfax/
- active minds, centreville high school
  - sponsor contact: Jake Uden; jguden@fcps.edu
- psychology club, westfield high school
  - sponsor contact: Kieran Hahne; (no email visible)
- young hearts club, woodson high school
  - sponsor contact: Margie Shapiro; MSShapiro@fcps.edu
- fairfax minds matter, fairfax high school
  - sponsor contact: Ashley Curl; amcurl@fcps.edu
- tj minds matter (active minds), thomas jefferson high school
  - sponsor contact: (no one available)
- psychology clubl thomas jefferson high school
  - sponsor contact: (no one available)

Person of Contact

- Dr. Tracey Scott, Resource Counselor Fairfax County Public Schools
- Lauren Anderson, Executive Director of Our Minds Matter
- Janet Bessmer, CSA Program Manager
- Peter Steinberg, Healthy Minds Fairfax Program Manager
  - DFSHealthyMinds@fairfaxcounty.gov; DFSCSA@fairfaxcounty.gov

Email Script

Hi _____,

My name is Sammy Hong. I graduated from Virginia Tech in 2022 with a degree in psychology and statistics. Currently, I am working as a post-bac research assistant and project coordinator at a psychology lab under Virginia Tech. My friends and I are working on building foryoupage.org, a youth-led nonprofit dedicated to tackle mental health crises by bridging the gap between youth and stakeholders, supporting youth taking on advocacy projects, and building communities for youth flourishing. I am very passionate about advocating for mental health awareness, improving youth advocacy in the mental health field, and expanding reliable mental health resources to the public.

We, foryoupage.org, don't build new things; we are looking to work with existing student organizations dedicated to improving youth mental health such as Active Minds to supply more volunteers and resources. Our aim is to assemble these clubs and organizations and create a community hub to provide resources and help for those in need.

I wonder if you guys are interested to collaborate or have a chat so I can learn more about your work?

Community To Do

Goal: to build a community hub among high school students and school officials/teachers and have weekly meetings

- [ ] Contact ourmindsmatter to host community hub meetings and I can help them facilitate the meetings
- [ ] Contact Dr. Tracey Scott who I can contact in terms of recruiting different high schools' clubs and organizations for mental health
- [ ]