

SPRING 2020



**MY COMMUNITY,
MENTAL HEALTH & ME**

¡QUE MADRE! MEDIA
CREATING & CULTIVATING
STORIES FROM OUR COMMUNITY



YOUTH LEADERSHIP INSTITUTE

yli.org

Young people – particularly youth of color and their allies – are deeply motivated to address inequities in their communities. At Youth Leadership Institute, young people realize their power by learning to use their voices to create meaningful change.

Change happens when conversations take place. At Youth Leadership Institute, we believe that conversations of real significance only occur when all voices are heard. And we're here to ensure that youth voice is heard. Loud and clear.



¡Que Madre! Media

@quemadremedia

¡Que Madre! Media is a youth media program based in the Eastern Coachella Valley (ECV). We support young people, ages 15-25, who live in the Eastern Coachella Valley to strengthen their storytelling and leadership skills. Young people engaged in ¡Que Madre! Media examine the root causes of social justice issues in the ECV, with a special focus on mental health challenges and resources in our region.

Learn more about opportunities to join ¡Que Madre! Media by emailing Amber Amaya, YLI Program Manager, at aamaya@yli.org. Stipends, community service hours and publication opportunities available for ECV youth, ages 15-25.

¡Que Madre! Media is a program of Youth Leadership Institute.

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¡Que Madre! Cover Art

Adilene Quintanilla-Rodriguez

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Thank you to our funders for supporting
¡Que Madre! Media and youth voice in the
Eastern Coachella Valley.



¡QUE MADRE! MEDIA SPRING 2020 COHORT:

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- Karla Vargas
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Gratitudes:

Thank you to **Jodie Capper** at Coachella Valley High School for opening up your classroom for our group to meet each week. Thank you to **Paulina Ospina-Mallarino** LCSW for supporting the ¡Que Madre! Media virtual camp with a mental health journaling workshop. Thank you to **Patricia Carrillo** from Alianza Coachella Valley for facilitating a Community Justice workshop with our Spring 2020 cohort.



NOTE FROM THE EDITORS

This spring, our community faced new challenges. ¡Que Madre! youth were feeling anxious about the future and feeling more isolated than ever before. Everything had changed quickly. School looked different and at home, families were worried about becoming ill and where they would access healthcare.

During this time, QM youth made it their goal to create opportunities for positive mental health. With support from mental health professionals and local artists, the youth hosted a virtual ¡Que Madre! Camp where they invited all community members to connect, share personal stories and learn more about mental health resources in the Eastern Coachella Valley.

The youth also set an intention for this Spring 2020 publication. They wanted this publication to be a hopeful and helpful tool for their friends, families and communities to remember that even if we are distant, we are not alone.

In this issue, you'll find illustrations and a coloring sheet by ECV youth and you'll read personal narratives by young people sharing the ways they practice self-care and resiliency. You'll also find a list of local and national mental health resources.

If you are willing and able, honor their intention and make an effort to connect with someone in your community this week. Share one of the youth narratives in this publication or share information from our mental health resource guide.

Let someone know they are not alone.



Amber Amaya
Program Manager



Olivia Rodriguez
Program Consultant

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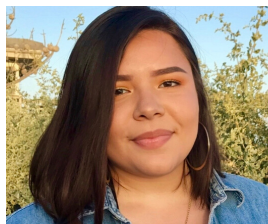
A list of local organizations providing bilingual English and Spanish mental health resources.

MEET THE ARTIST

Adilene Quintanilla-Rodriguez is a multimedia artist from the Eastern Coachella Valley.

Adi designed the cover of ¡Que Madre! Media's Spring 2020 issue to reflect the power of young womxn in the ECV.

Use the coloring sheet below to create your own version of the ¡Que Madre! cover. Tag us on Instagram ([@quemadremedia](https://www.instagram.com/quemadremedia)) to share your creation with us!





HOPE

Poem by
Vanessa Becerra

Illustration by
Alexia Ceja

Have you ever felt an immense pain on your shoulders
A moment where the world stopped
And you can't accomplish anything
You feel like you are a failure
Always remember not to give up
You are stronger than what you believe
You may feel lost
But there is more light than darkness inside of you
Never lose hope because when you find the light
You will make the world go round again



MY COMMUNITY AND MENTAL HEALTH

By Adamari Cota

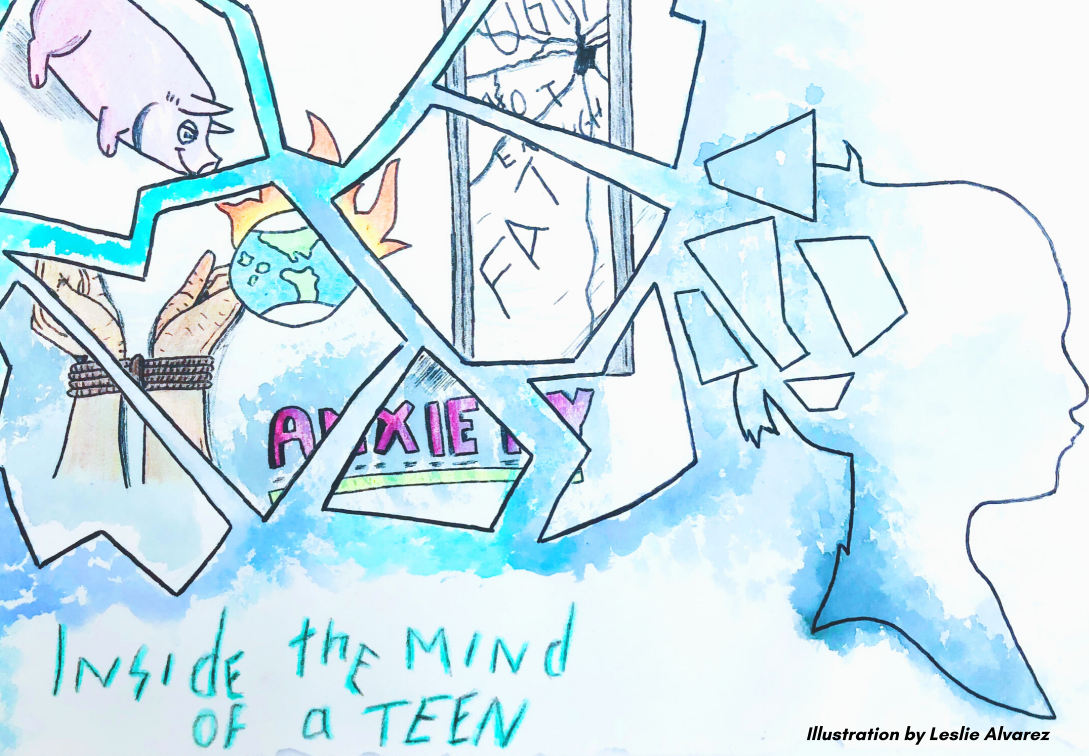
Two images that stand out to me when I think about my community are the images of hard-working people and the agricultural fields.

While I was creating this painting, I went through a rollercoaster of emotions because I thought about all the people who work in the fields and who want a better life for their families. People in our community don't just dream of success. They wake up every day and work hard at it. This also means that people in our community carry around a lot of stress due to working long hours and the fear

of not being able to take care of their family if someone is sick. Now with the added challenge of COVID-19, people in our community are experiencing even more stress and anxiety.

Access to healthcare, including mental healthcare, is a right. Our community deserves affordable care. As the daughter of someone who used to work in the fields, this matters most to me.

We deserve a healthy community where everyone has a chance to see their dream become a reality.



FROM ME TO YOU: YOU MATTER

By Leslie Alvarez

Some people assume teenagers don't have a care in the world. We're expected to be fun, outgoing and free-spirited but I know I'm not like that. My experiences are like other young people. We go through difficulties and challenges at home and at school.

We go through heartbreaks and sometimes we don't like the way we look in the mirror. It's OK to cry it out. A scale doesn't validate your beauty. I've realized that nothing and no one will ever bring down my worth.

I am enough and I want you to know you are too.

Activity:

Try talking to yourself like you would talk to your close friend. Here are some positive affirmations to try out:

1. I matter. I am enough. Nothing can bring down my worth.
2. I am doing my best and I am proud of myself.
3. Challenges can help me grow. I know what I need.
4. Create your own affirmation here:

Try starting off each day with these!

TIPS FOR MANAGING STRESS

Our friends at Clinicas de Salud del Pueblo recommend these four exercises for when you start to feel anxious.

These exercises help recognize your body's physical responses to anxiety and stress. These quick tips will help you to relax and reduce stress.

If anxiety regularly disrupts your days and overall mood, reach out to a mental health expert for support. See our resource guide to connect with local experts.

1 BREATHE SLOWLY

When you're feeling anxious, your breathing and heart rate might get faster.

Try taking a slow breath through your nose then breath out slowly through your mouth.

Repeat this exercise until you begin to feel the anxiety lessen.

2 RELAX YOUR MUSCLES

Relaxing your muscles can help reduce anxiety levels. When you become anxious or stressed, your muscles can start to tighten or become tense.

Start by focusing on your breathing. Try squeezing your hand in a fist for a couple of seconds then release. Slowly open your fist.

Try also relaxing your neck and shoulders, another area that tends to carry stress.

3 BE PRESENT

Being mindful and present can help reduce stress by calming your mind and any anxious thoughts about the past or future.

Start by focusing on your breathing. Try focusing all your attention on the present moment.

It's ok to become distracted but try gently bringing your attention back to the moment in front of you.

4 VISUALIZE

Find your "happy place" by creating a mental picture that helps calm your brain and body.

Try thinking about how that place would feel, sound or smell. Focus on your breathing and enjoy your calm and peaceful space.

United States®
Census
2020

Self-responding to the Census now is the easiest way to make sure you are counted amid the COVID-19 situation. Self-response is quick, easy, and can be done online, by phone, or by mail.

As we face this public health crisis, participating in the Census now helps secure future funding for our communities.

Census participation will help ensure our communities get their fair share of funding for schools, hospitals, and other education and health programs we need for strong families.

Community members can self-respond to the Census:



BY PHONE:

844-330-2020 (ENGLISH)

844-468-2020 (SPANISH)



ONLINE

MY2020CENSUS.GOV

RESOURCE GUIDE

Connect with the service providers and community organizations below for more information on mental health resources and mental health support services on the Eastern Coachella Valley.



CLINICAS DE SALUD DEL PUEBLO

CSDSP's goal is to improve the health and well-being of the communities they serve through providing access to excellent care, available to all. CSDSP offers behavioral health services including counseling, referrals to psychiatric services and youth services.

Phone: (760) 396-1249

Website: cdsdsp.org

Address: Mecca Clinic
91275 66th
Avenue, Suite 500
Mecca, CA 92254

Coachella Clinic
50249 Cesar
Chavez Street, Unit K
Coachella, CA 92236



THE LGBT COMMUNITY CENTER OF THE DESERT

The Center creates a vibrant community by helping LGBTQ people along their way. The Center offers programming like youth suicide prevention & anti-bullying program and peer support groups.

Phone: (760) 416-7790

Website: thecenterps.org

Address: 1301 North Palm Canyon
Dr, 3rd Floor
Palm Springs, CA 92262



RIVERSIDE LATINO COMMISSION

The mission of the Riverside Latino Commission is to provide programs and services for those in our community who are facing challenges with mental health issues and/or drug use.

Phone: (760) 398-9000

Website: latinocommission.com

Address: 1612 First Street
Coachella, CA 92236



RIVERSIDE COUNTY DEPARTMENT OF MENTAL HEALTH & BEHAVIORAL HEALTH

The Child/Adolescent Clinic provides individual family and group services as well as an intensive after school program. Services can include assessments, urgent mental health care and referrals to mental health and/or substance abuse treatment services.

Phone: (760) 863-8455

Website: rcdmh.org

Address: 47825 Oasis St,
Indio, CA 92201



PLANNED PARENTHOOD

Planned Parenthood is one of the nation's leading providers of high-quality, affordable health care, and the nation's largest provider of sex education. With or without insurance, most birth control, annual exams, HIV testing, and STD testing will be covered for free, with no copay.

Phone: (888) 743-7526

Website: plannedparenthood.org

Address: 49-111 California 111 #6A
Coachella, CA 92236



NATIONAL SUICIDE PREVENTION LIFELINE

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. Support available in Español and for those who are deaf or hard of hearing.

Phone: 1-800-273-8255 (English) or 1-888-628-9454 (Español)

Website: suicidepreventionlifeline.org