



# City of San Antonio

## Agenda Memorandum

**File Number:**  
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**Agenda Item Number:** {{item.number}}

**Agenda Date:** February 12, 2022

**In Control:** San Antonio Youth Commission Meeting

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**DEPARTMENT:** Department of Human Services

**DEPARTMENT HEAD:** Melody Woosley

**COUNCIL DISTRICTS IMPACTED:** Citywide

**SUBJECT:**

Final Review of the SA Speak Up Teen Mental Health Survey

**SUMMARY:**

This will be the San Antonio Youth Commission and Project Worth Teen Ambassadors' final review of the SA Speak Up Teen Mental Health Survey questions before the survey is submitted to the City of San Antonio's Government and Public Affairs. It will then be uploaded into the city's SA Speak Up platform. The San Antonio Youth Commission and Project Worth Teen Ambassadors have partnered with the Department of Human Services and Metro Health to develop this Teen Mental Health Survey to better understand the needs of 12-19-year-old citizens of San Antonio. The survey has been reviewed by the Department of Human Services, Metro Health, Government and Public Affairs, and two teen health specialists.

**BACKGROUND INFORMATION:**

Within the first two meetings of the 2021-2023 San Antonio Youth Commission term, commission members discussed the mental health challenges and trends they have noticed in their communities and school settings. In the November meeting, the Youth Commission members made a recommendation to City Staff to begin the development of a Teen Mental Health Initiative that would start with a citywide survey to learn more about the mental health needs of young people here in San Antonio. Commission members also expressed an interest in working with other youth-led organizations interested in projects focused on Mental Health. As a result, city Staff reached out to Metro Health's Project Worth Teen Ambassador Program and invited them to the December meeting to discuss some of their current projects and areas of focus, including Mental Health.

At the December meeting, Youth Commission members, Project Worth Teen Ambassadors, and City Staff discussed the scope of the SA Speak Up Teen Mental Health Survey. They also discussed what kind of campaign they would like to use to promote survey participation and what they would like to do with the data they collect. The age range that the Commission members et al. decided to focus on were young people between the ages of 12-19. Considering the audience for our Teen Mental Health Survey, three subcategories were selected to make the survey questions more age-appropriate. The three subcategories are Middle School, High School, and Out of School. Project Worth Teen Ambassadors and the San Antonio Youth Commission divided their efforts into three smaller groups over the winter break, one for each subcategory, to develop the question banks they would like to have in the survey.

At the January Meeting, Youth Commission members, Project Worth Teen Ambassadors, and City Staff reviewed the questions that had been selected for the three subcategories and made recommendations for revisions. City Staff then compiled the overlapping questions and incorporated the suggested edits from the January meeting. Next, Metro Health Project Worth Staff, the Government and Public Affairs Office, and two teen health specialists reviewed the survey. One of which is a Behavioral Health Specialist-Teen Counselor at the UHS Teen Health Clinic and Project YES lead with UT Teen Health. The other is a 3rd-year medical student at UT Health Science Center who has worked on a similar project with high school students last year through UT Teen Health.

#### **ISSUE:**

Youth Commission members have brought up some of the ongoing challenges that impact mental health for young people. Many of these challenges have been affected by the consequences of COVID-19. The City of San Antonio has not previously used an SA Speak Up Survey specifically for the needs of Teen Mental Health. Youth Commission members would like to gain a better understanding of the issues and gaps in resources young people in our community before they make recommendations to City Leaders on how to better support Teen Mental Health here in San Antonio.

#### **FISCAL IMPACT:**

None.

**ALTERNATIVES:**

Commission members could opt out of conducting a citywide survey on Teen Mental Health.

**RECOMMENDATION:**

Use an SA Speak Up Survey for Teen Mental Health to get an updated understanding of the challenges facing youth in San Antonio and what would be most helpful for them.