



# City of San Antonio

## Agenda Memorandum

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

**Agenda Date:** January 8, 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:**

Review of SA Speak Up Teen Mental Health Survey Questions

**SUMMARY:**

The San Antonio Youth Commission and Project Worth Teen Ambassadors have agreed to collaborate on the development and outreach for an SA Speak Up Teen Mental Health Survey. During the January meeting, the Youth Commission members, Teen Ambassadors, and City Staff, will review the question banks and finalize the survey questions that they would like to include in the SA Speak Up Teen Mental Health Survey.

**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 begin with a citywide survey to better understand 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. 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. The question banks will be reviewed by the San Antonio Youth Commission, Project Worth Teen Ambassadors, and City Staff present in the January meeting.

#### **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.