

Bridge to Wellness

**Funded by San Diego Foundation's
Lotus Fund**



Welcome & Our Vision

This initiative is designed to **bridge gaps in mental health awareness, access, and support for youth** in San Diego. Too many young people face depression, anxiety, and overwhelming pressures without knowing where to turn.

At its heart, our initiative ensures that **no youth in our community feels alone in their struggles**—and that every young person has a bridge to wellness, hope, and opportunity.



Educate Youth & Families

Mental health resources and coping strategies

Empower Young Leaders

Share voices and build resilience

Connect Community Partners

Accessible, culturally relevant care

Reduce Stigma

Open dialogue and support

Mental Health Crisis in Our Community

**"1 in 3 youth experience mental illness
in 2020" - NAMI**

1st

Suicide Rates

as leading cause of death
among AANHPI youth
ages 15-24

69.5%

Untreated MDE

did not receive the care
they needed

9%

Asian

youth-focused healthcare
providers in San Diego
County

Source: State of San Diego Asian Americans, Native Hawaiians & Pacific Islanders Report Dec 2024

This collaborative initiative brings together VAYA, IVMHA, SDSU, and community partners to create lasting impact on San Diego's Vietnamese community. Together, we're building bridges to wellness, hope, and opportunity.





Leadership Workshop Scholarships

1:35-1:50 PM |

\$12K

Total Leadership Awards

Three \$4,000
scholarships for youth
workshop leaders

\$4K

Participation Support

Ten \$400 scholarships
for student workshop
assistants

8

Free Workshops

Professional mental
health education
sessions

Youth will develop and lead culturally relevant mental health workshops under IVMHA professional supervision, creating peer-to-peer learning opportunities.

Leadership Scholarship Eligibility

1

Age Requirements

Youth ages 15-24 residing in San Diego County

2

Leadership Experience

Demonstrated leadership or mental health advocacy background

3

Academic Status

Currently enrolled in high school, college, or vocational program

Ready to make a difference in your community?



Selection Criteria & Process



Creativity & Innovation

Unique workshop ideas that engage peers through creative approaches and culturally sensitive methods



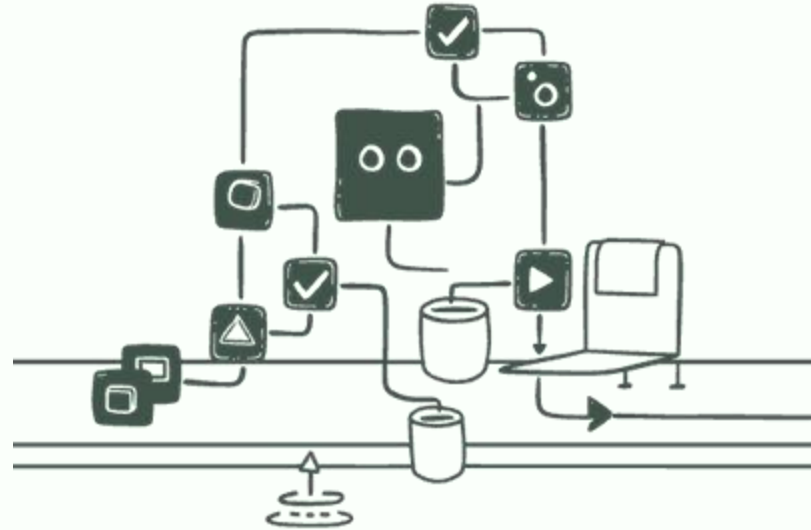
Feasibility & Clarity

Well-organized workshop logistics, clear learning objectives, and realistic implementation plans



Personal Connection

Authentic personal story demonstrating understanding of mental health challenges and commitment to helping others



Our selection committee includes mental health professionals, community leaders, and youth advocates who understand the unique challenges facing Vietnamese American youth. Every application will receive thoughtful consideration.

Recognition & Professional Support

Winners Celebrated at Tet Festival 2026

Scholarship recipients will be honored at the annual Tet Festival, celebrating their leadership and commitment to community mental health. This recognition highlights their important work and inspires other young people to get involved.

Professional Supervision

All workshops will be conducted under the professional supervision of IVMHA (International Vietnamese Mental Health Association), ensuring:

- Evidence-based mental health practices
- Cultural competency and sensitivity
- Safe, supportive learning environments
- Ongoing mentorship and guidance





Workshop Participation Scholarships



\$4,000 Total

Ten \$400 scholarships available for dedicated student assistants



Support Roles

Workshop development, logistics, outreach, and peer facilitation



Real Impact

Direct involvement in community mental health education

Students will gain valuable experience while supporting their peers and building stronger community connections.

Participation Scholarship Eligibility

1

Age Requirements

Youth ages 15-24 residing in San Diego County

2

Interest

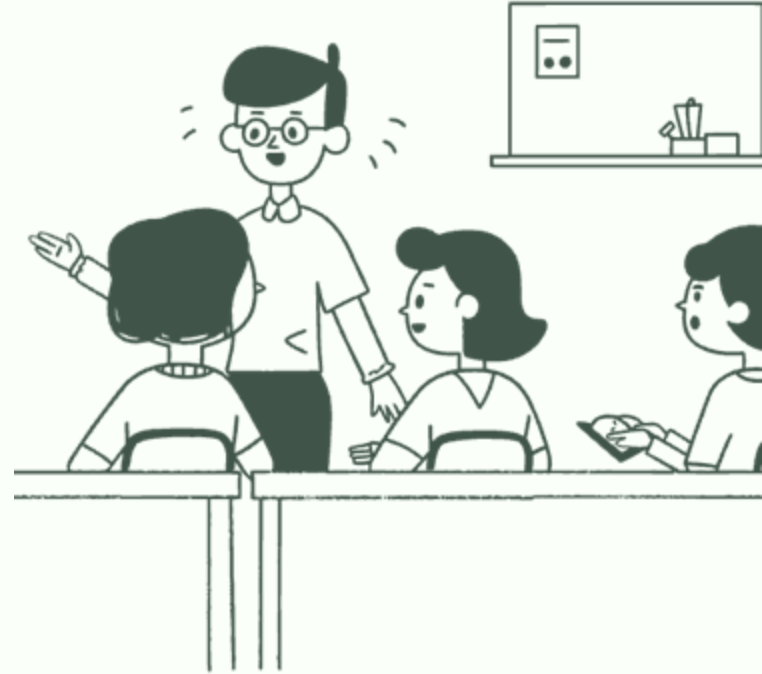
Demonstrated interest in mental health advocacy and willingness to support

3

Academic Status

Currently enrolled in high school, college, or vocational program

Ready to make a difference in your community?



Participation Requirements



Workshop Attendance

Minimum of four workshops
(one excused absence allowed)

Active Support

Assist with setup, facilitation,
and participant engagement

Application Materials

Submit resume and personal mental health story

Your story and commitment can inspire others on their wellness
journey

What we're looking for:

Youth Centers

Who can bring students to a workshop,

Organizations with Community Centers

Who can host a workshop

Partners

Who want to collaborate to add to the workshops.

Mental Health Professionals

Who would like to present at a workshop



Contact Information:

Phone: (619) 746-2776

Email: community-health@vayasd.org

Website: <https://mypacifichealth.com/>



PHG combines resources and healthcare services to make **well-being accessible for everyone**, especially Medi-Cal eligible members and underserved communities.



Enhanced Care Management

Comprehensive healthcare coordination

Community Supports

Housing navigation and caregiver services

Behavioral Health

Mental health and wellness programs

Street Outreach

Outreach to vulnerable populations

Contact Information:

Phone: **(888) 341-4449**

Email: **info@mypacifichealth.com**

Website: **<https://mypacifichealth.com/>**



Thank you to our partners & sponsors



Linda Vista

