

Youth Committee Agenda

September



**Cameras
on, please**

Chairman- Anya Bansal
Vice Chairman- Kaitlyn Holmes
Secretary- Sarvesh Sitaraman
Team Engagement Leaders - Prudence Cutwa & Stanley LaFave
YC Liaison to the Youth Advisory Board- Elif Cetinkaya
NYS Youth Council Chair- TBA
Youth as Solutions Team Leaders- Prudence, Stanley, Sarvesh



Sunday, September 14th, 2025

4:00 pm via Zoom

INVITED:

Shared Google Drive

- Please update before meeting starts
- In the 2025-2026 School Year Folder-
 - Monthly agendas, meeting minutes, and flyers

[CLICK HERE](#)



Welcome

Introduce yourself, your school, grade and one “win” you’ve experienced so far this school year! We love good news!

Welcome everyone! We are glad you are here!

Attendance and Call to Order

- *In the chat box, state your name, school, AND Birthday!*

Updates

- Forms
 - **Code of Conduct/Photo Release/Bio Data**
 - Ken has reached out to several Ambassadors for required paperwork- please return ASAP. (as soon as possible)
 - **Apparel Sizes**
 - Please complete Google Form if you haven’t done so
 - 15/21 completed to date
- **Youth Committee Podcasts**
 - Discussion
 - Counts toward participation
 - Topic ideas-must be on a community health, youth voice, current event, or civic engagement topic AND approved by Alexa ahead of time
 - Speakers-At least ONE ADULT *and/or* TWO other Teens
 - Podcast must be 15 minutes or longer for credit
 - Mini microphones and phone stand available at the Youth Bureau
 - Frequency recommendation-**Quarterly**
 - QTR (July, Aug, Sept) QTR (Oct, Nov, Dec) QTR (Jan, Feb, Mar) QTR (Apr, May, June)
 - **Podcast Suggestion for September**
 - **Potsdam Police Department for Suicide Prevention**
 - Lieutenant Corbin Gates-Shult, Sergeant Charles Daniels, and Officer Kyle Fink were presented with Life-Saving Awards following a July 8, 2025 incident in the Village of Potsdam. The officers responded to a report of a suicidal subject on the Sandstone Drive Bridge. Acting at great personal risk, they intervened to prevent the individual from falling into the river and, together, pulled her back to safety. The award was given in recognition of their extraordinary courage, decisive action, and unwavering commitment to the preservation of human life.

[Click Here](#)



Community Health Service Project- safeTALK and Teen Mental Health Ambassadors

SafeTALK Training

- Must be at least 15 years of age
- **8 Ambassadors** completed safeTALK on Wednesday August 27th
 - This counted toward an activity and service hours
 - Feedback from participants. Did you feel it was helpful? Worth the time? How did it compare to QPR (Question, Persuade, Refer)

Anya Bansal-Potsdam
Elif Centinkaya-Clarkson University
Prudence Cutwa- Lisbon
Stanley LaFave-Heuvelton
Kaitlyn Holmes-Canton
Sarvesh Sitaraman-Potsdam
Ben Weaver- Madrid Waddington
Cayne Trimm-Ogdensburg
Kaitlyn Redfern-Canton
Tyree Hawkins-Madrid Waddington
Annabel Curtis-Ogdensburg
Ziya Lu-Potsdam
Olivia Rice-Morristown
Easton Willard-Morristown
Mairin King-Heuvelton
Jeffery Palma-Edwards Knox
Leah Pike-Ogdensburg
Rose Cox- Gouverneur
Phebe Grandy-Madrid Waddington
Maddy Young-Madrid Waddington
Ryder Liscum-Heuvelton
Sage Smith-Heuvelton

- **safeTALK Folder for Ambassadors**

- **Includes:**

- Letter you can give to your school leaders such as Administrators, teachers, and Counselors explaining the class and **Mental Health Ambassadors**
 - safeTALK Flyer
 - Sample Announcements to use after a class has been scheduled

- Alexa needs to schedule two more classes before end of October

- **Winning LOGO Design!**

- **Thank you for voting** (15 Ambassadors Voted)
 - Will be used on T-Shirts which will be provided to all teen safeTALK participants for FREE
 - 10 out of 15 Ambassadors voted for this design
- Other Activities to plan focused on Teen Mental Health
 - To Count toward this year's Service Project
 - Feedback



Chalk the Walk

- September 13th through 20th
- Chalk messages of hope and resilience
- Chalk is available
 - Email stlcSAC@stlawco.gov
- Share photos on Facebook and tag @ St. Lawrence County Suicide Awareness Coalition-automatically entered to contest
 - or email photos to stlcSAC@stlawco.gov if you don't have Facebook
- Use hashtag
 - #stlcyouarenotalone
- Who is participating? What school and what are you doing?
- Suicide Awareness Coalition Members are chalking outside of the County Courthouse (48 Court Street, Canton) on **Thursday, September 18th from 3 to 4 pm**
 - Please let Alexa or Ken know you are attending so we can look for you!
- Chalking at School or at the Courthouse counts as event participation

Civic Engagement Service Project

- **When: January, February, March meetings**
 - Day and time?
- **Youth Engagement Day in April**
- **Who: Sophomores, Juniors, and Seniors?**
 - Feedback
- **Speakers**
 - **Isaiah Santiago-Jan and April**
 - Motivational Speaker
 - Instagram LINK -
- Recruitment Now
 - Flyers and letters to come soon



**Our Youth Committee's
Shared Google Drive:**

CLICK HERE



SCHEDULE

OCTOBER

Sunday, October 19th
2:30-4:00 pm
IN PERSON

November

Sunday, November 16th
4:00 pm
Virtual on Zoom