



# Pasadena Youth Master Plan

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**YOUTH IDENTIFIED  
NEEDS AND SUPPORTS DURING  
THE STAY AT HOME ORDER**

**YR 2020**

# Overview

The Youth Master Plan provides a blueprint for Pasadena as it seeks to create a community where youth are seen as assets and thus are able to thrive and reach their full potential.

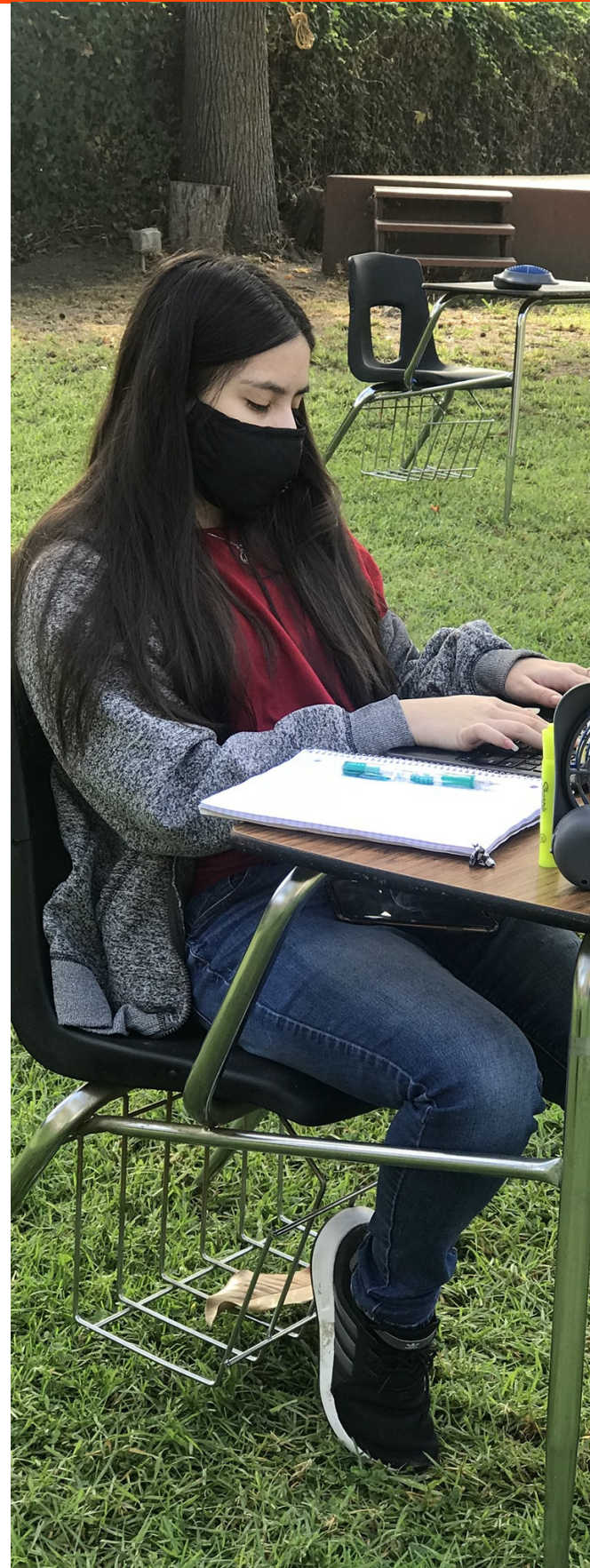
The Plan aspires to maximize taxpayer and private investment and to improve outcomes for all youth regardless of where they live and what schools they attend. The Plan envisions a Pasadena with youth-serving culture that is more than the sum of its parts—a city where each program and initiative collaborates to boost outcomes for individual children and families, while creating a culture of safety, of social and civic engagement, and academic and vocational aspirations. Based on tremendous youth input and participation, a set of Guiding Principles were crafted by the Planning Team to create a vision for what our community will look like once the plan is implemented.

These principles focus on all young people from birth through 18 who reside in the city of Pasadena.

The words that were evoked throughout the process of designing the Youth Master Plan were: **Relationships, Relevance and Rigor.** Community partners have worked diligently to ensure that the priorities identified by our youth move forward.

The Design Team was comprised of more than 100 youth, parents, administrative and community leaders, including representatives from the following organizations:

Hillsides, Youth Moving On, Pasadena Public Library, Day One, Boys and Girls Clubs of Pasadena, Pasadena Youth Council, Pasadena Public Health Department, Flintridge Center, Lake Avenue Church, Youth Ambassadors, La Pintoresca Teen Education Center, Pasadena Unified School District, Learning Works Charter School, Teen Futures, All Saints Church, Pasadena Polytechnic School, Pasadena Human PACTL, Pasadena Public Health Department, Pasadena City College, STARS, Black Student Union, Human Services Commission, Fuller Theological Seminary, Recreation and Parks Commission, City of Pasadena.



# Priority Areas

## **1. Access to Healthy Food Environments:**

youth should have access to a variety of choices and have high-quality foods available to them at all times.

**2. Life Ready:** a Pasadena community that is committed to supporting opportunities for enrichment, higher education, and careers for all youth.

**3. Feeling Free To Be Me/Mental Health & Inclusivity:** ensure all Pasadena youth are living/thriving in a safe, supportive, and bully-free environment, especially at home, school and other places where they interact in our community.

**4. United Youth Support:** create a comprehensive support system that connects all aspects of youth development.

**5. Buses & Bikes:** access for all youth to an effective and more affordable public transportation system and viable methods to get around Pasadena.

**6. Drugs, Alcohol & Tobacco:** Pasadena is committed to advancing positive health by providing youth friendly alcohol and drug prevention, intervention, and support services to youth.



# STUDENT NEEDS DURING COVID

## ACCESS TO HEALTHY FOOD

### Barrier:

- Hot meals needed
- Families struggle to access food sites due to transportation or availability
- With parents losing jobs we need more access to food and supplies

### Solutions:


- Lunch deliveries to students houses
  - Provide meals for the week not just the day
  - Provide hot food
  - Provide foods that will help boost your immune system
  - More free food distributions
  - Truck with healthy foods (prices need to low)
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## LIFE READY

### Barrier:

- Not being prepared with basic life skills (cooking, washing, etc) parents are not available
- Not feeling ready to navigate college/life after high school graduation
- Hard to find internships and volunteer activities, more support from school
- Hard to get ahold of counselors
- Applying to college has been difficult. We haven't had any college fairs
- How do we apply to financial aid?
- How do we pick our college? We need more help

### Solution:

- Home education, how to cook, how to wash, basic life skills-We need this
  - Providing financial literacy to students
  - School should be the site where students get the support needed. We are already there, we don't have the time or transportation to go somewhere else for resources.
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## FEELING FREE TO BE ME / MENTAL HEALTH AND INCLUSIVITY

### Barrier:

- Fears and concerns about returning to school after being home for a year
- Students don't feel safe at school transphobia and inadequate sexual education
- Students do not have support to return back to school
- Some students feel safer at home due to lack of inclusion or bullying
- Lack of accountability from teachers. Down played youths trauma and struggles

### Solutions:

- Providing classes on campus to address homophobic slurs
- Providing sexual education and inclusivity education
- Hybrid would be a good way to transition back to school
- We don't want people to feel uncomfortable at school
- Increase anxiety Have teacher take homophobic slurs more seriously


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## UNITED YOUTH SUPPORT

### Barrier:

- Students don't know resources exist
- Poor internet connection Difficult to access counselors
- Lack of support in education - We are majorly struggling with online classes and feel disconnected with teachings. We're not grasping the lessons.
- Math - Interpreting and grasping math concepts in an hour is very hard
- Schools need more student support services to help students deal with serious situations that overwhelm our minds and don't allow us to focus on learning. Since we attend the same school for several years, it feels like staff stop seeing the importance of our problems and resort to suspending us. We need support not suspension

### Solution:

- Provide hot spots and increase bandwidth
  - Announcement of resources or emailing parents with a list of resources.
  - Establish one singular place where everyone can find and access resources.
  - Add a resource module to the canvas page so that students can easily access it.
  - Expand Marshall's online counselor option through canvas
  - Promoting youth resources on instagram
  - Provide in-person tutoring in places like parks, opened air spaces, Day One Study Zone
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## BUSES & BIKES

### Barrier:

- Students don't feel safe taking public transportation
- Students don't know how to take the bus/read maps
- Don't feel safe to ride a bike
- Can't Access to grab-and-go lunches

### Solutions:

- Free bus passes
- Add security on buses during after school pick-up times
- Supporting students with drivers ed/bring it back
- Having buses come more often.
- Long wait time after extra curricular activities
- Increase bike lanes
- Let us skate at more places throughout the city

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## DRUGS, ALCOHOL & TOBACCO

### Barrier:

- Easy for youth to access alcohol & drugs
- Alcohol and drugs sold by everyday people on social media
- More parents drinking at home due to stress

### Solution:

- Educating parents about the dangers of alcohol and drugs
- Educating youth about drugs and alcohol at school
- Provide education on better coping methods
- Less promotion of "sale prices" on alcohol at stores


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## OTHER AREAS OF SUPPORT NEEDED

### Barrier:

- Volunteer hour requirement but no where to volunteer
- Families need help to apply to food programs/unemployment - they don't know how

### Solution:

- Students volunteer at grab and go lunches
  - Appointments for EDD application assistance and other benefits, resources, hotlines, and people to help with food stamps and unemployment forms
  - Local community classes on how to find a job
  - Support and resources for people without documentation
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**COMMUNITY PARTNERS  
PROVIDING SUPPORT SERVICES  
DURING COVID**

Adelante Youth Alliance

Boys and Girls Club

PEF

PACTL

Day One

College Access Plan

Armory Center for the Arts

Young and Healthy

Flintridge Center

Planned Parenthood

Pasadena Public Library

Compassionate Arts

Pasadena Public Health

Stars

PEF

Collaborate Pasadena

Cal Tech Y



## SUPPORT PROVIDED BY COMMUNITY PARTNERS DURING COVID

### A sampling of the services & supports provided:

- Amplifying COVID safety education & information in multiple languages
- Serving as emergency response point of contact for residents
- Expanding communications via agency newsletters, social media/websites, and 1-1 calls
- Supporting families via case management
- Assistance with school lunch and food pantry deliveries
- Distribution of grocery, gas, and essential need gift cards
- Virtual mental health services for kids and families
- Outdoor study zones with free wifi, tutoring, lunch, and school supplies
- Organized recess walks to give youth a break from being at home all day
- Free bike repair
- Free bike match
- Financial assistance for undocumented families
- Utilize nonprofit offices as a distribution center for essential needs (food/formula/diapers/other needs)
- Free Covid testing sites
- Covid testing/vaccine appointment information and assistance
- Virtual youth classes, supplemented with supplies delivered to youth homes
- Implementing programming that helps prepare youth for going back to school
- Teaching youth how to create a class/ study space at home
- Wellness support - facilitated conversations with caring, qualified adults, skill-building around positive coping strategies, access to a counselor (if necessary)
- Opportunities to connect with other youth in activities that are of mutual interest
- Share resources on how to access free therapy for families, students, and younger kids
- Parent & youth mental health support
- Holiday activities and food distributions
- PPE distributions to our low-income communities
- Collaborating to develop ongoing programming to keep youth engaged and connected
- Providing free music classes with loaned instruments from the library
- Virtual SAT prep and FAFSA workshops
- Virtual financial literacy sessions
- Connecting with families to learn needs during food and supply deliveries
- Seniors to Seniors video chats
- Credit reclamation during summer
- Virtual tutoring
- Virtual hangouts to support mental health
- Home visits
- Art classes virtual and in-person (outdoors)
- Alcohol & Drug prevention and coping workshops
- Youth 1-1 check-ins
- Virtual opportunities to socialize



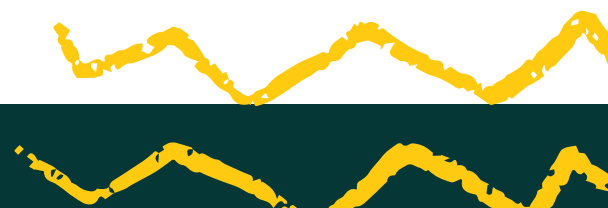
# INSIGHTS FROM COMMUNITY PARTNERS PROVIDING SUPPORT SERVICES DURING COVID

## **Barrier:**

- Digital Divide – support for youth and families in accessing technology.
- Food insecurity
- Need for mental health services for kids and families -- in-person
- Need for kids to connect in-person -- in large, outdoor spaces
- Tensions arising between multiple families living in housing designed for one family

## **Solutions:**

- Protection for those who rent rooms that are not currently protected by the eviction moratorium
- More need for supermarket gift cards, food, cleaning supplies, baby essentials
- Financial assistance for undocumented families
- Utilize Parks & Community Centers as a distribution center for essential needs (food/formula/diapers/other needs)
- Identify a City Point of contact to support our families in enforcing eviction ban
- In-person tutoring for youth
- More available testing sites
- Covid testing/vaccine appointment support
- CalFresh/ EDD application support in multiple languages
- More outdoor recreation opportunities to support mental health
- In-person tech support for students who can't get online
- Expand free wi-fi Wifi hotspots for students
- Provide delivery options, in addition to grab and gos for families without transportation
- Cooking demos
- Expand subsidized childcare for essential workers
- Emergency funds to help parents losing their jobs
- Help prepare youth for going back to school
- Time management for students at home
- Healthy study habits
- How to be create a class/ study space for students with big families and small homes
- Provide support for big kids who are having to watch little kids so parents can work
- Access to high quality enrichment opportunities connected to their interests
- Wellness support - facilitated conversations with caring, qualified adults, skill building around positive coping strategies, access to a counselor (if necessary)
- Opportunities to connect with other youth in activities that are of mutual interest
- Need for in-person job/internship opportunities
- Access to free therapy for families, students and younger kids
- Health Department explaining more on the resources available to families or households with one Covid person





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