



NEW YORK STATE SENATOR

Samra G. Brouk

## Senator Brouk Convenes 4th Annual Youth Mental Health Roundtable

SAMRA G. BROUK March 19, 2024

| ISSUE: **ACCESS TO MENTAL HEALTH SERVICES, YOUTH MENTAL HEALTH, CHILDREN'S MENTAL HEALTH, PEER ENGAGEMENT**

**SHARE, LISTEN, AND LEARN**

Hear from expert panelists and engage in small group discussions with local youth, caregivers, community leaders, and mental health professionals.

**MARCH 18, 2024**  
**6:00 PM - 8:00 PM**



**ROCHESTER, NY** - More than 80 young people, mental health professionals, educators, caregivers, and parents joined Senator Samra Brouk's 4th Annual Youth Mental Health Virtual Roundtable Monday, March 18th, 2024, with several professionals from the community serving as conversation facilitators and panelists.

The event offered numerous breakout rooms where groups convened to talk about the stressors that can cause problems for young people, stigma surrounding mental health, the effects of social media, the benefits of telehealth mental health visits, and the importance of peer training programs.

Other takeaways from Monday's event include the need to address the trauma caused by community violence and ensuring that those who work in this space have a certain amount of cultural competency.

Those who missed the event but would like to share their experiences regarding mental health and its effects on young people are encouraged to email Senator Brouk at [brouk@nysenate.gov](mailto:brouk@nysenate.gov).