



# *Serendipity*

**an unplanned, fortunate discovery**

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# Background

## Past Documents Released to the Public:

- Human Services Commission Meeting 3/9/2020
- Resources for families & individuals impacted with COVID
- List of resources for support
- Old Fire House Teen Center Events

**Just words. No active support platforms.**



# Importance of Mental Health

We want to see, not only ourselves thrive, but the entire teenage population of Redmond thrive as well.

“Because of COVID, many more teens have been needing mental health support and a lot of the counseling departments, psychologists, and mental health resources are quite full, making it difficult for teens to get the mental health help they need.

- Youth Mental Health Counselor, Riley Schaefer





# Need Statement

**Redmond lacks the proper mental health resources  
and accessible support systems for teens.**



# Consequences

Isolation in toxic households

No accessibility to mental health resources or support systems

Lack of peer support

Higher rates of depression, anxiety, and suicide

According to a survey done by Newport Academy (WA):

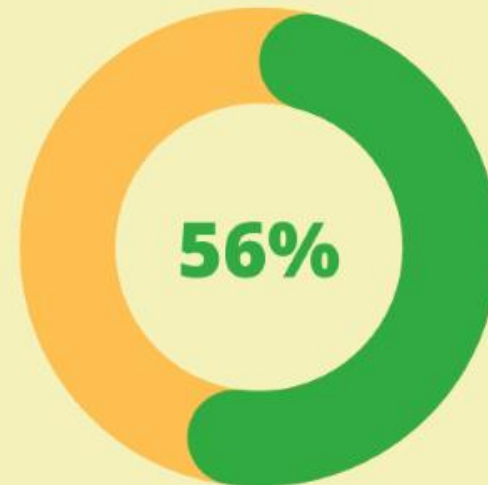


**62%**

Percentage of youth suffering with severe depression that doesn't get help

**38%**

Percentage of youth suffering from severe depression that do get help



**56%**

According to PBS, between 2000 and 2017 there was a 56% increase in suicides of people ages 10-24.





# Solution

To create an app that facilitates peer-to-peer support for mental health.







# Explanation of *Serendipity*

Anonymous Chats

Self Reflection

Motivational Reminders

Celebrations

Passions/Interests

More Information

Feedback



# Impacted People

- Our team
- Redmond community
- Chat moderators
- Schools and teachers/staff
- Parents of teens using app
- Students and teens using app
- Redmond 2050 committee
- Youth Eastside Services/others







# How it Solves the Issue

1

Gives people an outlet

Not everyone has a way to express their feelings everyday. This app is an easy way to communicate with others.

2

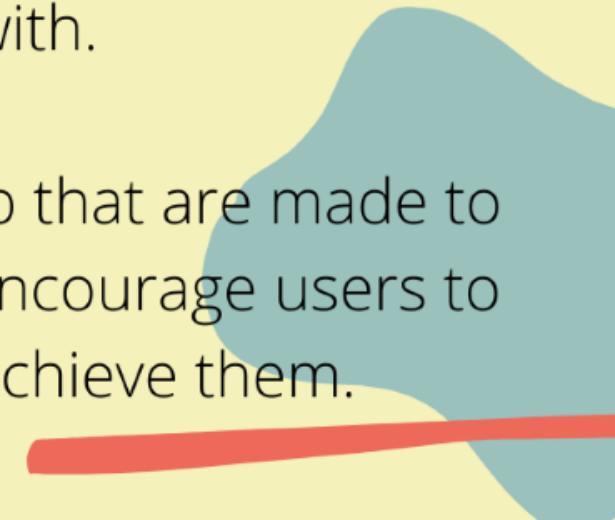

Creates a sense of community

Not only do you get to talk to others, you also get to talk to people who have a better understanding of what you're dealing with.

3

Give motivation to users

The features on the app that are made to self reflect is made to encourage users to create goals and achieve them.



# Possible Concerns

- Is it safe to put a bunch of people feeling the same way in an open chat space?
- 

- Aren't school counselors supposed to help with teens mental health issues?
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- How will parents react to this app?

# Rebuttals

- The precautions we take are putting mentors into these chats to help guide healthy conversation
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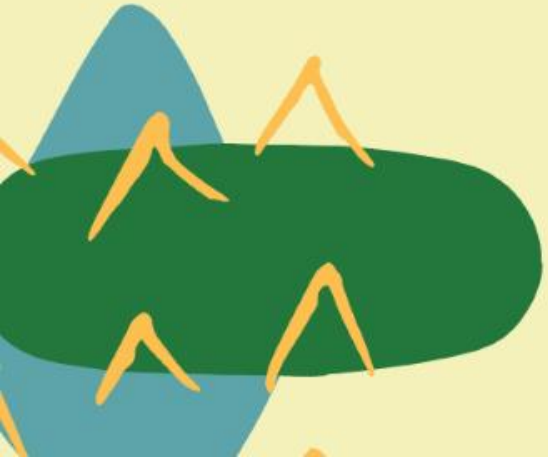
- Yes they are, but not everyone is comfortable with directly speaking to an adult, also there are lots of scheduling and sizing issues
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- Many students/teens can come from toxic household, but this app is a free open space to connect with others, credibility

# Conclusion

Our community needs to  
bring more mental health  
resources for Redmond  
teens...

Serendipity is the  
perfect solution!







**Questions?**