

*Last year I couldn't imagine that I'd be sitting here, eating a slice of pizza between classes! You always had my back. Can you tell the team I made it here?*

- Jasmine, 18 years old, in a text to her WestCoast case manager

Jasmine came to **WestCoast Children's Clinic** as a senior in high school. She had always been an engaged student. Her heart set on majoring in biology. Then things changed. Despite working two jobs, Jasmine's mom couldn't afford the latest rent increase. Next came sleepless nights in a series of motels — sometimes their car.

Though Jasmine kept going to school, anxiety set in. She often left class to hide in the bathroom when she felt overwhelmed. Her grades dropped. She worried non-stop about what was going to happen.

### **Jasmine is far from alone.**

Covid accelerated the children's mental health crisis exponentially. The American Academy of Pediatrics has declared a national state of emergency. So have our kids: Almost half of all teens in the U.S. report persistent hopelessness. 20% have considered suicide. Nearly one in ten have attempted it. For the thousands of kids we see each year, WestCoast provides hope as an antidote to despair. And help weathering adversities.

Jasmine's therapist helped her manage her anxiety. Writing down her worries on sticky notes and crumpling them up helped. So did texting in between sessions. Her case manager worked with her mom to find housing, which meant getting on waitlists.

Jasmine's WestCoast team also supported her at school. She saw her case manager during lunch. Got extra hall passes so she could sit in a beanbag chair outside the counselor's office when staying in class was unbearable. With everyone on her team reflecting her resilience and strength back to her, Jasmine started to believe in herself again.

### **WestCoast teams offer connection when young people are feeling alone. And stability when everything else is shifting.**

It took a year to find Jasmine's family housing. In the meantime, she learned how to cope with uncertainty. Her grades improved. Going to college felt within reach again.

Last week Jasmine sent her case manager a selfie. Sitting in her dorm room, biology papers scattered across a table, eating pizza. A smile on her face. "Can you tell the team I made it here?" she texted.

Youth at WestCoast have big dreams. We support them in building the lives they envision, removing barriers along the way.

**It takes a team to get there.  
Join ours.**



**WESTCOAST CHILDREN'S CLINIC**





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3301 E. 12TH STREET SUITE 259 • OAKLAND, CA 94601  
PHONE: (510) 269-9030 • [WWW.WESTCOASTCC.ORG/GIVE](http://WWW.WESTCOASTCC.ORG/GIVE)