

JÓVENES SANOS



2023-2024

OUR MISSION

United Way of Santa Cruz County's Jóvenes Sanos (JS) is a Watsonville-based youth program that focuses on reducing mental health stigma by elevating youth voices to shift the stigma around mental wellness and increasing youth access to mental health resources. In the process, youth learn leadership skills including public speaking, collaboration, and teamwork.

JS seeks to promote peer-to-peer conversations regarding mental wellness and create a healthy and thriving culture in Watsonville.



Watch JS's Testimonials



OUR GOALS



Elevate youth voice and perspective to shift cultures of stigma around mental health



Help youth explore their mental wellness and learn various mindfulness and self-care strategies as preventative tools that can significantly improve their quality of life



Support authentic youth engagement and increase youth informing community-level decision-making



Promote hope, healing and resiliency through peer-to-peer connections



Co-create meaningful community partnerships rooted in trust and power-sharing to rebuild connections with community and youth

OUR PILLARS

01 Prevention to Support Well-Being

Building youth's capacity utilizing mental health frameworks to increase protective factors that buffer the impact of Adverse Childhood Experiences (ACEs) and connecting them to resources

02 Raising Awareness and Reducing Stigma

Supporting youth in exploring their mental wellness by using culturally and linguistically appropriate strategies to promote peer-to-peer conversations around mental health and creating youth-led campaigns

03 Peer-to-Peer Connectedness

Increasing opportunities for youth to connect in a positive and safe environment that supports their mental health and leadership development and honors their lived experiences and cultural identity



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