



April 25, 2022

Dear Resilience & Compassion Seed Grants Committee,

Unfortunately, we all had dealt with the crisis when COVID came to be part of our lives. The horror that is left behind is devastating. Its repercussions, severe and far-reaching, are being felt across the world. To slow the virus from spreading, the school, work, businesses, and offices closed for a long while.

During this isolation, we started feeling isolated, sad, and hopeless. As the pandemic has gone on, teenagers and youth show more consistent elevations in anxiety, depression, and stress. This crisis presents the potential for a spiraling effect, with a backlog of youth mental health patients waiting four to five months before they are to get help from a mental health professional. There will be many devastating outcomes during this long wait to see a mental health professional, such as suicide, violence, drugs, etc.

To help teenagers the tool to deal with this lingering negative consequence, we have met to discuss how to find the resources and, how to find the most appropriate way to bring the help to our teenagers in school, how to provide one-to-one meet with teenagers during this challenging time. We also discussed the possibility of working with premed students, nursing students, and mental health coaches to provide training to middle school and high school champions. So, we can collaborate with trained champions to identify mental health teenagers and provide support under the coaching of the mental health professional.

Christina is very determined, bright, passionate individual with the mind and heart to confront this mental health crisis in her city, Bellevue, and in our country, the United States. Christina is very gentle, but she is a very determined person.

As a nurse whose mission is always caring for the health and well being of all patients. This mental health crisis has affected most family in the United States including mine. I am pleased to write this letter to support this project. I will work alongside with Christina Lai, her professor Dr. Kosuke Niitsu, and the Bellevue Council members to help this project become successful.

Sincerely,

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