



City of Bellevue

April 29th, 2022

Dear UW Resilience & Compassion Seed Grants Review Committee,

I am pleased to support this proposed project, "College-high school Resilience, Outreach, and Wellbeing (CROW) Connecting Bothell and Bellevue".

My name is Janice Zahn, and I am a Councilmember for the City of Bellevue. We have a very diverse community, and I want to ensure that our city becomes more inclusive while celebrating the richness of our many cultures. To achieve this, having good mental health and well-being is essential, particularly for the young adults who will be key community members to create a bright future for all.

The pandemic has exacerbated the need for resilience projects like this program, and the City of Bellevue, along with the whole nation, has a desperate need for young adults to be supported in their mental health and wellbeing. This is at a time where mental health and wellbeing resources are less directly accessible to young adults, who urgently need mental health support for prevention and intervention.

I fully support this project to increase resilience by promoting mental health and wellbeing in the Bellevue community. I met Ms. Christina Lai, who is a graduate of the Newport High School in Bellevue and is a current student at the University of Washington (UW) Bothell, to discuss this idea in-person. I am excited to learn that Dr. Kosuke Niitsu, who is a Professor in the School of Nursing & Health Studies at UW Bothell and is also a board-certified Psychiatric Mental Health Nurse Practitioner, is willing to lead the project with Ms. Lai.

Thank you for supporting projects that foster connectedness, belonging, and community, to cultivate kindness, compassion, and gratitude toward each other and ourselves. I truly appreciate your inspirational approach to making a positive impact in the community, and I strongly believe that this project is in alignment with your mission. If you have any questions about this letter, please contact me at jzahn@bellevuewa.gov.

Best regards,

Janice Zahn
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