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What is OMI? - As Told By Interns

Saanvi Maskara

Thomas Whiteman, Cody Cannon, Daniel Neely, and Jack Rosenberg recently joined us as Marketing Interns from the University of Southern Florida's Muma College of Business. When asked why they decided to volunteer with OMI, they responded by saying they felt as though it were worthy of attention and fit their criterias for a project. They further



Thomas Whiteman

explained that they would recommend OMI to others due to the cause it works toward, and according to Cody, “the open line of communication throughout the entire process allowing us to see the impact of our work [for the organization].” While they did admit that there definitely may be similar platforms to OMI, Thomas said, “I haven’t seen any others as easy to work with.” When asked about their thoughts regarding OMI, they responded by saying they believe it’s “great for the youth” and “it has a great outlook on helping



Cody Cannon

the youth explore and experience the ever changing world in front of them.” Of course, the target of OMI is to help youth, which the two believe is being accomplished by the platform. According to Cody, “I think OMI is helping the youth just by having information and programs readily available because it offers support to youth that might lack it. This support can offer youth the peace of mind knowing that they aren’t alone and what they are experiencing is a normal part of adulthood.” OMI’s purpose is to help youth feel like they aren’t alone. OMI is a platform created in efforts of giving people the support they need in regards to their mental health.

MISSION STATEMENT:

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The Need to Save our Youth

Shriya Raja

Suicide is the 2nd leading cause for death in the United States. In 2020 there was an estimated 1.2 million suicide attempts. These facts depict the state of our youth. Depression and anxiety, mental disorders commonly associated with suicide, have been disregarded for years. People think it's all in their heads or that it's just a manifestation of people's constant need for attention, but that couldn't be further from the truth. Suicidal thoughts don't choose their victims. No matter who someone is, what they look like, or where they're from, they are still exposed to the cruelties of the world. And sometimes, it can be too much to handle. Through organizations like OMI,



people are finally starting to realize the truth about our nation's youth. Because of tragic events like the COVID-19 pandemic, mental health has been on a sharp decline. If you know someone who is suffering from these mental disorders or if they just look like they need help, please reach out to someone. No voice deserves to be left unheard.

Helping Someone Through a Crisis

Nicole Clarin



A mental health crisis is defined as any situation in which someone's mental state puts them at risk of harming themselves, others, or being unable to function properly. These crises can be especially dangerous, but there are warning signs such as mood changes, trouble with tasks, or harmful behavior.

If someone you know seems to be entering a crisis, it is important to remember:

- **Tone:** keep a calm tone while speaking to them
- **Support:** be there for them and offer support
- **Choice:** always offer choice, don't try to control them or their actions
- **Patience:** be patient as some people have a hard time communicating in a crisis

PRESIDENT'S NOTE

This month is Suicide Awareness Month. Did you know that over 6,000 young people have taken their life in one year alone? There is a gap between understanding the future between parents and their children. When I ask parents if their children have a plan, they say "you mean future plans and goals?" When I ask young people the same question, typically over half the room will say they have a suicide plan. That means that over 1 million youth every year make a plan to take their life. 85% are young men. We need to bridge the gap. We need to ask our young people every day "are you ok? Do you need to talk?" You could be saving a life. Speaking of life, check out our social media to see why our organization is living their life. I am living to empower youth. Tag us @nywusa with your reason!



Activity Page: Suicide Prevention Word Search

Cody Cannon, Daniel Neely, Jack Rosenberg, and Thomas Whiteman

Created by our Media Interns, find all the words in the word search below and tag us on social media @nywusa!

Suicide Prevention

J	Y	L	I	A	L	B	L	W	W	U	G	Q	P
A	W	Q	E	V	S	P	C	I	J	R	O	T	X
X	L	I	X	A	D	F	Y	Y	Z	H	A	H	S
G	U	B	G	E	I	A	Y	T	F	R	L	E	E
S	N	Z	J	N	I	M	O	A	I	V	S	R	X
L	C	R	O	C	N	I	Z	L	L	A	A	A	C
M	U	H	Q	O	O	L	I	K	S	I	T	P	E
S	G	O	J	U	H	Y	K	I	V	H	F	Y	R
U	C	P	L	R	S	C	H	O	O	L	Z	E	C
S	A	D	W	A	L	I	S	T	E	N	O	Y	I
P	P	G	I	G	J	V	P	O	U	A	V	B	S
L	Y	I	W	E	C	S	H	A	P	P	Y	E	E
W	J	E	F	R	I	E	N	D	S	P	Z	P	C
X	R	O	S	K	H	Y	A	G	M	M	Z	K	G

HAPPY
SAD
FRIENDS
FAMILY
LIFE
GOALS
ENCOURAGE
TALK
THERAPY
LISTEN
SCHOOL
EXCERCISE