# CITY OF MOUNT VERNON, N.Y.

MOUNT VERNON YOUTH BUREAU

**SHAWYN PATTERSON-HOWARD**
*Mayor*

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**DEBBIE BURRELL-BUTLER, MBA**
*Executive Director*

**DENA T. WILLIAMS, MPA**
*Deputy Director*


April 21st, 2025

Honorable Members of the City Council
Through the Office of the Mayor
City Hall- One Roosevelt Square
Mount Vernon, NY, 10550

Dear Honorable Members:

This letter comes to respectfully request that the Honorable City Council enact legislation that will grant the Executive Director of the Mount Vernon Youth Bureau (MVYB) permission to use City Hall Plaza on **Wednesday, May 14th, 2025,** from 3:30 PM – 6:00 PM, to host a Youth Mental Wellness Fest, entitled *Vibe Check*, via the Ready4Life Program.

As May is *Mental Health Awareness Month*, the MVYB feels it necessary to host an event designed to provide a safe and engaging environment where youth and parents can be empowered to understand the importance of prioritizing their mental wellness. The event aims to: (1) promote mental health awareness, (2) encourage participation from youth and parents (3) connect youth and parents to resources available in the community through inviting community partners to be present and (4) foster a supportive community where youth feel safe, heard and understood.

Ready4Life will host various interactive activities including: (1) **kickboxing** (aimed to empower youth to release stress and boost confidence), (2) **paint therapy** (to encourage creative expression and emotional release), (3) a **journaling station** (to guide self-reflection and emotional well-being) (4) **game tables** (to engage youth in collaboration, team building, and relaxation), (5) **yoga** (to improve flexibility, focus and relaxation) (6) **reiki** (to promote relaxation and reduce stress), and (7) **sound bath** (to encourage mindfulness and emotional balance).

We have additionally partnered with several organizations to bring their resources including but not limited to MVPD Wellness Division, Planned Parenthood, Children Village Sanctuary, Health First, Westchester Jewish Community Services (WCJS), Montefiore, and Westchester Heath Center. The event will also have at least one licensed therapist booth, where youth and parents can have brief mental heath consultations.

Funds are to be accounted for in the following budget code: **READY4LIFE:** A7335.458

Should you require any further information, please feel free to contact me at (914)665-2347 or via email at Dburrell@mountvernonny.gov.

Warm regards,

Debbie Burrell-Butler
Executive Director, MBA

**Encl:** Flyer for the *Vibe Check* Event

Cc: Shawyn Patterson-Howard, Mayor
Darren Morton, Comptroller
Brian Johnson, Corporation Counsel