CITY OF MOUNT VERNON, N.Y.
YOUTH BUREAU

SHAWYN PATTERSON-HOWARD
Mayor

City Hall, One Roosevelt Square
Mount Vernon, NY, 10550
(914) 665-2344 – Fax: (914) 665-1373
IG: mountvernonyb | FB: mvyouthbureau
YOUTHBUREAU.CMVNY.COM

DEBBIE BURRELL-BUTLER, MBA
Executive Director

DENA T. WILLIAMS, MPA
Deputy Director

March 31, 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 City Council enact legislation that will enable the Mayor to enter into an agreement with Krishna Shah, CEO of Wellness With Krishna, to provide 15 mental wellness sessions for the Ready4LIFE program. The service period is from **April 18th, 2025,** to **July 11, 2025,** in the amount of **$10,000.00.**

Sessions will center around a particular theme and learning goal, utilizing diverse modalities. They may also incorporate activities like journaling and reflective writing tools for emotional regulation, nature-based practice (when feasible), creative expressions through art and movement, as well as group discussion and sharing circles. These goals will be accomplished through Yoga, Reiki, Sound Therapy, Breathwork, and Mediation. Of the 15 sessions, there will be three special events on 4/23, 5/14 (City Hall Plaza), and 6/25. **For more detailed information. please see the attached schedules.**

Funds are to be accounted for in the revenue code A4820.4 associated with budget code A7335.405 in the amount of $10,000 (no cost to the city, funds are readily available, and <u>no matching</u> is required). Should you require further information, please feel free to contact me at (914) 665-2344 or by email at Dburrell@cmvny.com.

Thanks for considering this initiative for the Ready4LIFE program.

Sincerely,
Debbie Burrell-Butler
Debbie Burrell-Butler
Executive Director, MBA

Enclosed: Schedules A & B,

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