



LOS ANGELES COUNTY
YOUTH COMMISSION

YOUTH ARTWORK | Helping Center Youth Voices in Mental Health report to the Los Angeles County Board of Supervisors

Developed by the LA County Youth Commission
in partnership with the LA County Department of Arts and Culture

JULY 14, 2022

In spring 2022, LA County Youth Commissioners approached staff from the Department of Arts and Culture with an interest in incorporating artwork produced by youth into the Centering Youth Voices in Mental Health report to the Board of Supervisors to make the report more accessible to youth and other members of the general public. Arts and Culture provided honorariums to thirteen systems-impacted young artists, who either independently or with support from community-based arts organizations, created art work that conveys some of the themes implicit in the report and that shares their own personal journeys with mental health. These pieces are powerful representations that offer a window, beyond the data, into the experiences of LA County youth.

Artist's name: Rocket García

Title: I'm Struggling



Bio: Rocket Garcia (they/he/she) is a multiracial indígena artista, who has had a lifelong struggle with mental health. Rocket is currently pursuing their BA in Communication Studies at CSU, Northridge. Prior to this, they received an Associates Degrees in Theatre Arts and Communication Studies from Los Angeles Mission College. Recently, Rocket received Congressional Recognition for their work in the community. At the moment, Rocket is working for Tía Chucha's Centro Cultural and Bookstore— a non-profit organization located in the San Fernando Valley. At Tía Chucha's, Rocket spends time fighting for a justice system that is equitable for all, bringing awareness to the intersections between mental health and over-policing, and hanging out in the bookstore!

Age: 23

Instagram: @rocketgarciaart

Supporting organization website: www.tiachucha.org

Artist's Name: Alexis Obinna

Title: Have you ever?



Description: have you ever felt like your thoughts and emotions would consume you? I outlined what looked like a melting person around the different colors and patterns. I did this to remind myself and others to take time for their self before life becomes overwhelming and sometimes feels like it's taking over your mind, body, and spirit. Can you see the face in this painting?

Artist website: <https://www.linkedin.com/mwlite/in/alexis-obinna-714329146>

Artist Name: @LuzKairam

Title: Mental Health is Visible



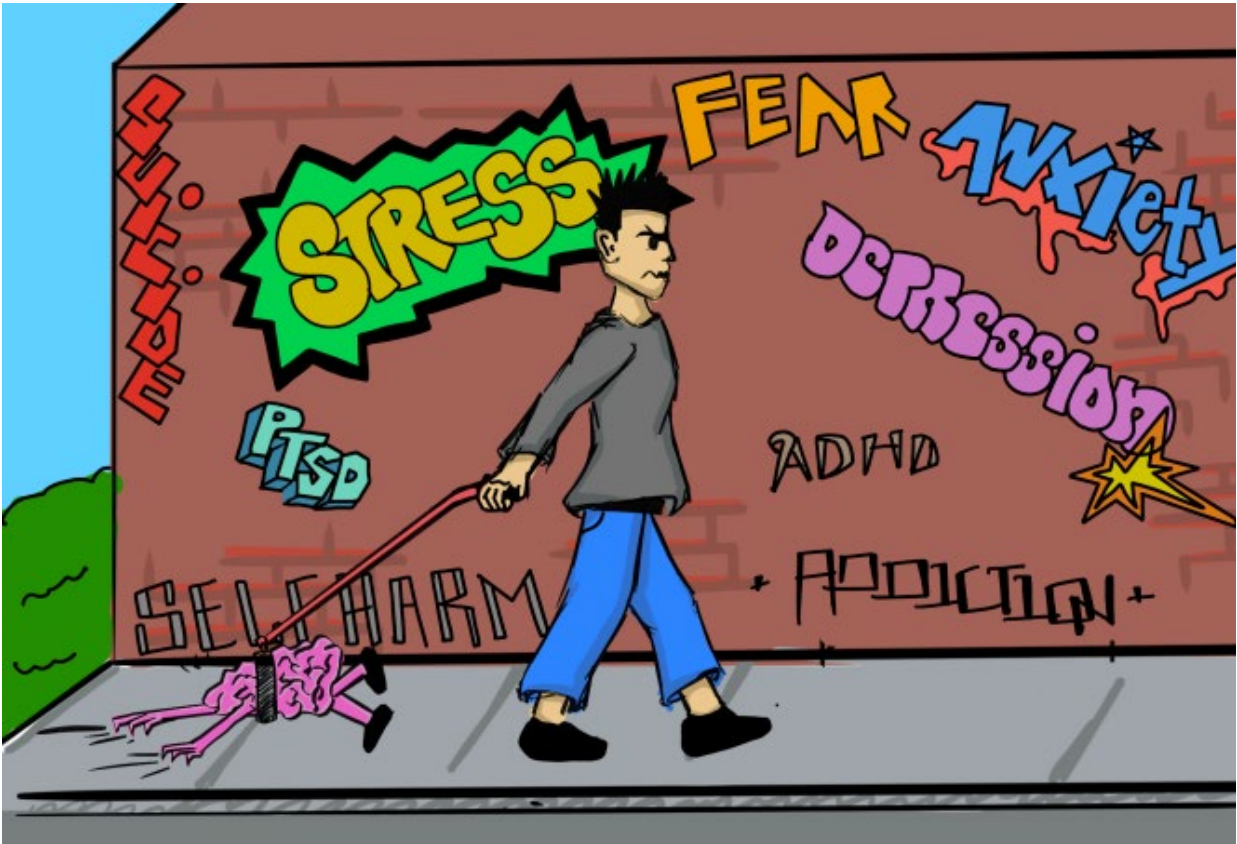
Description: I chose to draw my future, where I see myself in the next few months, in an orb to represent a sort of psychic reading into the future. I drew myself with longer hair and tattoos to represent myself presenting more feminine and punk which is what I've always wanted. I'm in New York in Central Park representing nature in my life and how important it is to me. I have a Molotov cocktail in one hand to represent my activism which fuels my soul. The sun above represents the light my ancestors give me and the importance of connecting with them for my mental health. The five emoticons represent various things I need to incorporate for my mental strength. The first represents quitting nicotine which is proven to increase mental health. The second is following a skin care routine which boosts my confidence. The third represents a healthy relationship with weed to manage my PTSD and anxiety symptoms. The fourth represents healthy eating, because a healthy gut fuels a healthy mind.

Age: 18

Artist website: www.instagram.com/LuzKairam

Supporting organization website: <https://www.lahsa.org/hyfla>

Artist: Jacqueline Robles
Title: Mental Health Matters



Artist Name: Montana Madison

Title: Satellitex



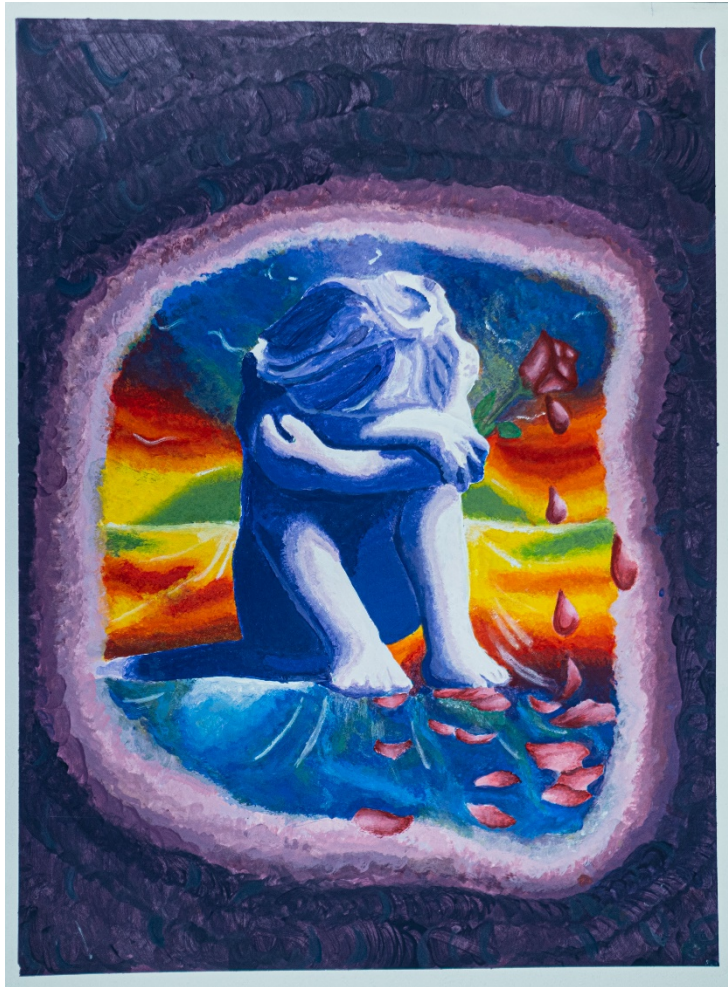
Description: This piece is called Satellitex, and I painted it while on a plane returning to LA from a visit to see my grandfather. He passed away two days later. The whole experience was traumatizing and I use my art to process my trauma. I have suffered from Complex PTSD my whole life and music/painting is my favorite medication.

Age: 24

Artist website: <https://linktr.ee/m0ntanam4dison>

Supporting organization website: <https://www.lahsa.org/hyfla>, <https://www.ca-ilg.org/post/ca-youth-commissions-councils-and-advisory-boards>

Artist Name: Precious Fuentes



Bio:

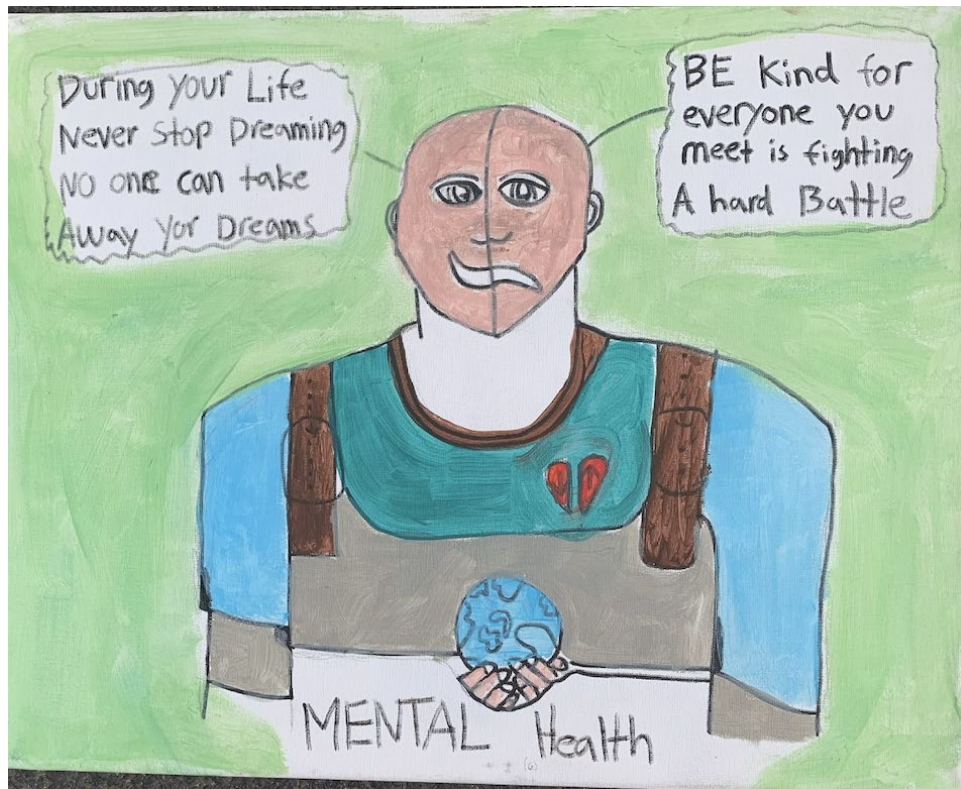
Precious Fuentes was born in Montebello, Ca. She is currently attending Learning Works-Homeboy Charter High School and will be graduating in the year of 2023. She has discovered her gift as a young girl, and she then began to practice her various talents in 2021. Precious loves to sing, play piano, draw and paint along with photography.

Precious is a Youth Leader in an internship here at The Homeboy Art Academy, she has Participated in various projects in designing a tennis shoe to submit a work of art for Converse Co. Which was exhibited at CASA 101 in Boyle Heights. She also was instrumental in building wood panels for a mural which will be located in the California Endowment in a memorial for Leader Beatriz Solis. She continues to develop her skills with hopes to pursue a career in the Arts. She will also be looking into higher education with UCLA.

Age: 16

Supporting Organization Website: <http://www.homeboyindustries.org>

Oswaldo Lira

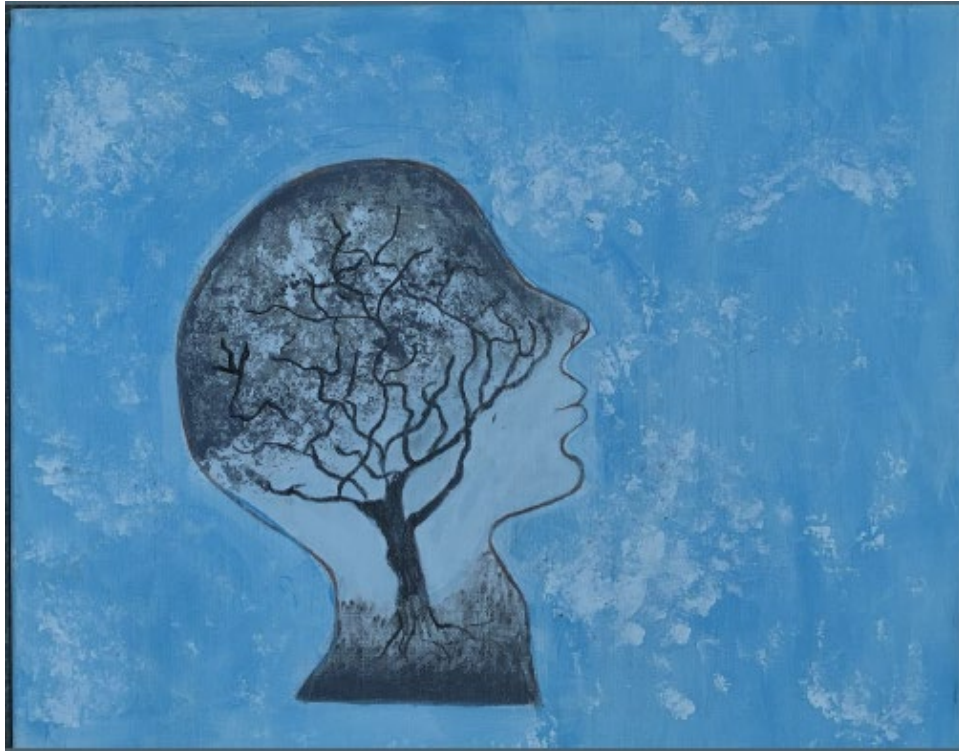


Age: 20

Supporting Organization Website: www.ahjnetwork.org

Artist Name: Jackie Juarez

Title: Lonesome



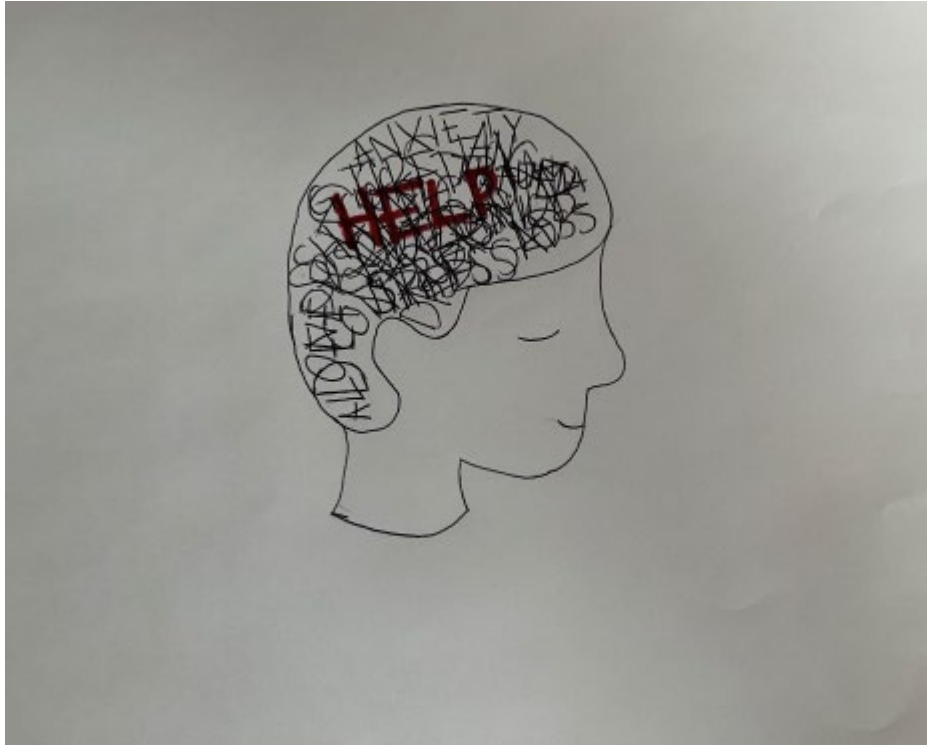
Description: My name is Jackie Juarez, from AHJN I'm 21 years old. I named my drawing lonesome because when I'm struggling with my mental health there are times when the day is nice outside and I can't enjoy it. For me it feels like I have a storm inside my head and I just isolate myself from the world...

Age: 21

Supporting Organization website: www.ahjnetwork.org

Artist Name: Dania Calva

Title: Unaided



Description: My name is Dania Calva, from AHJN I'm 16 years old. My perspective of mental health is someone who is always smiling doesn't mean they're happy they could always need help with something, they just won't come out and say it.

Age: 16

Supporting Organization website: www.ahjnetwork.org

Artist Name: Jordahn Clarke



Bio: My name is Jordahn Clarke I am 16 years old and I am doing great with my academics. I love my school and communicating with others. I am always willing to discuss any topics because I am optimistic. I think about my self care and priorities often.

My perspective on my mental health is sometimes toxic. To cope with my feelings, I turn my daily mental struggles into amusement. To change this, I developed a positive way of thinking to reflect on a better vision of myself through my portrait. Before, I used drugs to cope. With crisis in my life I used negativity with my decisions and life choices and anger I have discovered healthier ways to cope in these situations including prayers, my teachers and mentors' support and meditation.

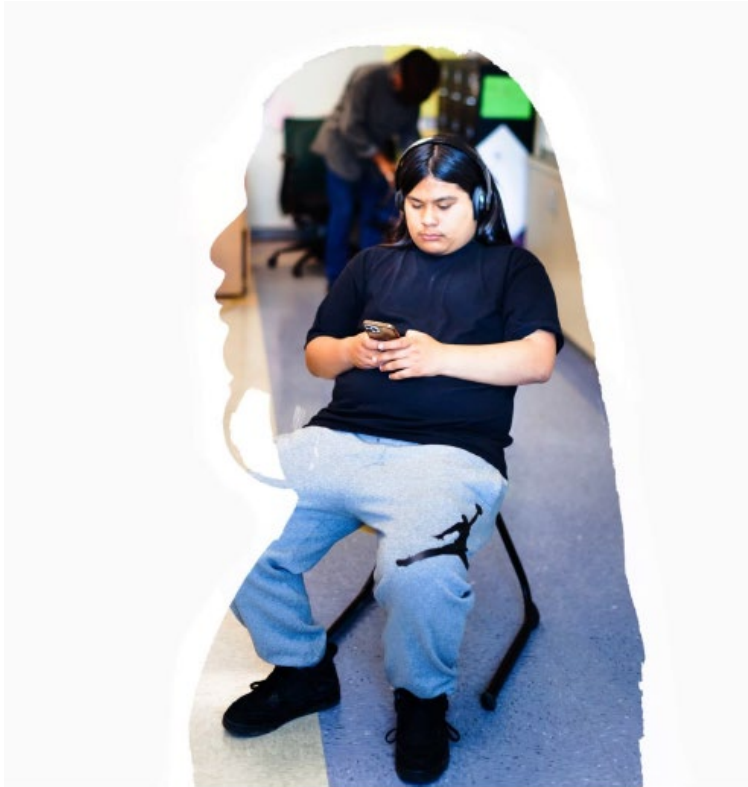
My experiences with struggles with my mental health have included negative thoughts, wishy washiness, toxicity, and lack of accepting a positive self image I discovered activities including listening to music, meditating, writing, and cleaning. I also enjoy getting a good workout in and I push myself to cook.

Jordahn's piece was created through his affirmation: "I am not defined by my past instead I am driven by my future and One positive thought can change my day."

Age: 16

Supporting Organization website: <https://www.empoweredfamily.org/>

Artist Name: *Jonatan Cruz*
Title: *Inside My Own Head*



Description: My name is Jonatan Cruz. I am 17 years old and I attend school in Panorama City, at the Panorama High School TRI-C/JDRC location. For my age I should be in 12th grade, but I am up to 10th grade in credits so far. Regarding my mental health, I have always tried to keep my calm no matter how big the bad situation is. I know that if I always let my anger get the best of me, things will not be so great. To manage my anger, I always try to slap on my headphones and listen to music to calm me down. A place I call safe is my bedroom, because I can be alone and do what I want. I always try to keep myself motivated no matter what, so I won't feel down or sad. One specific struggle I've had with my mental health journey, was feeling bad that I couldn't afford clothes, shoes, or stuff I just wanted or needed in life. I take care of my brother a lot, and I live with my dad who is a single father. When I was younger, I remember I would always want to have new stuff, and have at least a couple of pairs of shoes to wear. I always only had one pair, and always wore the same clothes and it was stressful. I remember I would try to ask my dad if he could get me new clothes when I was small, but he didn't. He would want me to get the clothes that I didn't like. My dad didn't really like spending money on me when I was a kid because he said I wasn't responsible yet. When I got older, he would see I got more responsible, so he would give me allowance. From there I saved up and til this day I am working on getting a job and making more money to take care of myself and my family. I also ride my bike to keep me calm and less stressful.

Jonatan's piece was created through his affirmation: "I am brave enough to overcome any obstacle" and "I can be who I want to be in life."

Age: 17

Supporting Organization website: <https://www.empoweredfamily.org/>

Artist Name: Enrique Corral

Title: Starblood



Bio: Enrique Corral was born and raised in the Chicagoland Area and moved to Los Angeles in 2021. Corral is a multifaceted artist, the core of his art being expressions of interpersonal experiences, emotional intimacy and personal truth. Corral attends the Homeboy Art Academy in Boyle Heights training in visual arts, music and photography and will soon be featured at an event for the Homeboy Art Academy and at the Hive Gallery & Studio in Downtown Los Angeles.

Age: 25

Supporting Organization website: <https://www.bharts.org/>

Artist Name: Chole Tsang

Title: *Withdrawing*



Bio: Chloe Hiu See Tsang is a Chinese-American illustrator based in Los Angeles. They received their Bachelor of Arts (with an Emphasis in Book Arts) from University of California, Santa Barbara; College of Creative Studies. Chloe has worked with the community to develop creative skills with courses on drawing, comics, flipbooks and photography to systems-impacted and incarcerated youth through the Boyle Heights Arts Conservatory. They have also established a presence with the local underground music and radio scene, often creating show flyers and album art for events and prominent artists. Chloe specializes in manga-style artwork in both traditional and digital mediums, focusing heavily on bold linework and whimsical expressions. Their multi-cultural upbringing in Los Angeles, international travels, as well as influences such as Little Thunder, Shinichi Sakamoto, Junji Ito and James Jean inspire Chloe to create thought-provoking and visually impactful artwork.

Supporting Organization website: <https://www.bharts.org/>

Artist Name: *Daniel Bisuano*
Title: *Winding Roads*

Video: <https://www.youtube.com/watch?v=wBnNEif8h1I>

Supporting Organization website: <http://justiceformysister.com/>