Impact Starts With You

Julia Nguyen

if-me.org • @ifmeorg • @fleurchild
Content Warning

Obsessive-compulsive disorder, anxiety, depression, post-traumatic stress disorder, hospitalizations, burnout, harassment, toxic communities, open source

*I speak on behalf of my personal experiences only. I’m not a mental health professional.*
You
What’s the first thing you ask someone when you meet them?
“What do you do?”
“What impact does your sweater have?”

Source: Some bougie clothing store
I’ve done mental health activism for the past five years.
Growing Self-Advocacy

- Accommodations include policies, resources, and spaces to get support and feel included.
- Workplaces and classrooms should give you time off to recharge without using your work as bounty.
I’m not well and insecurities I’ve felt side hustling

By: Julia Nguyen

Side hustling is really just hustling, and it’s a lonely battle with self-esteem on social media

Content warning: obsessive-compulsive disorder, medication and alcohol abuse, self-harm, and depression

When it comes to mental illness, the term “high-functioning” centers privilege and productivity.
People of Color + Mental Illness Photo Project by Dior Vargas

Source: http://diorvargas.com/poc-mental-illness
Low-income, single parent Viet refugee family
Diagnosis

At 15, I was diagnosed with OCD, anxiety, and depression when I was involuntarily admitted to a psychiatric facility. A decade later, I was finally diagnosed with PTSD.
Social impact.
Tech for good.
Making the world a better place.
if-me.org started out as a personal tool to communicate my experiences with loved ones.
Document and share moments that affect your mental health.
Strategies

Strategize self-care to achieve desired thoughts and attitudes towards your moments.

Search by name

Strategies

You are focusing the most on

- Social media break
- Take time off
- Do chores

- Alone time
  CREATED SEPTEMBER 11, 2019 (EDITED)
  JULIA NGUYEN

- Watch something
  CREATED OCTOBER 07, 2018 (EDITED FEBRUARY 04, 2019)
  JULIA NGUYEN
Medications

Keep track of your medications, including dosage and refill information.

You haven't saved any medications yet.

Here's an example of a saved medication! You can also write about your experience.

**Prozac**
- **Strength:** 10 mg
- **Total:** 40 tablets
- **Daily Dosage:** 2 tablets
- **Refill:** 05/31/2016
Groups

Create and join groups that offer support, mentorship, and discussions.

You aren't a part of any groups yet.

What is a Group?

A Group offers support, mentorship, and discussions on mental health. You can create Groups and your allies have the option of joining. You can only join groups that are created by your allies.

As a Group leader, you can create Meetings. Meetings have a location and time. The location can be a physical place or a Google Hangout URL. Meetings also allow for comments. If you are a Group leader, you cannot leave a group unless there is another leader. Groups can only be deleted when you are the only member.
Community
“We are open source because mental health should be open.”

260+ Contributors
66 Blog Articles
11 Languages
Contributing to the Wiki

The documentation in our Wiki is arguably the most important work in our project. Without it, contributors of different skill sets and backgrounds wouldn't be able to help out.

Everyone is encouraged and empowered to contribute to this Wiki! Any new pages that are not completed should go under the "Work in Progress" heading in the sidebar.

Join #documentation on our Slack!

Welcome

- Home
- Code of Conduct
- Join Our Slack
- Contributing
  - Contributor Appreciation
  - Contributor Blurb
  - Contributor Wellbeing
- Learning Resources
- Thought Leadership
- Stickers
- Donate
Contributing

We use the wonderful Contributor Covenant for our Code of Conduct. Please read it before joining our project.

Please check out our Wiki for full documentation.

Contributor Roles

We’ve formalized processes for contributing as a designer, developer, writer, and user tester. We’re an open and evolving project, so if you don’t see your interested role, please let us know and we will work with you to create it!

You must join our Slack workspace first before contributing.

- Designer
- Developer
- Tester
- Translations
- Writer
Contributor Appreciation

As a volunteer-based open source community, we recognize the importance of acknowledging each other’s successes and showing appreciation for one another. We strive to build a culture of empathy, appreciation, transparency, and accountability. It’s hard when you can’t pay everyone who contributes but it shouldn’t stop us from building a great culture.

Contributing to our project is work, feel absolutely empowered to show off what you’ve done with us in your résumé or LinkedIn. If you need a reference letter, please email us at join.ifme@gmail.com.

In our #general channel in Slack, we give weekly or bi-weekly updates on project accomplishments and shoutouts to the individuals who yielded them. We also encourage everyone to give shoutouts to folks who have helped them whether it’s in our public channels or one-on-one!

Our site’s Contribute page we list the contributors who consented to be featured. We also want to do more in-depth interviews and profiles with our community on our blog.

We will mail you stickers which you can keep for yourself and share with folks in your local community.

We’re always open to more ideas to give back to contributors, so let us know in #community.
Hey @everyone, it's been a while since I've posted updates and shoutouts! 🌳 I've been going through a lot of life changes this year and getting better at taking care of myself. How's everyone doing?

Thanks to everyone who's contributed to the site in the past few months: @adam, @Manish Yadav, @Gideon, @Valeria Kolisnyk, @damon, @janessa (she/her), @Stephen Wright, @Ben, @Ifunanya Ikemma, @gerssonmg, @mattbischoff, @Abe Dolinger, and @Tsara. Thanks the everyone, the test coverage is up to 95% 🎉, the site is more accessible 🕹️, and there's less technical debt overall 🍋.

Check out our handy release notes if you're interested in what's new:
https://github.com/ifmeorg/ifme/releases

This year we had folks contributing through the #ruby-me-2019 program! Thank you @Jan Hovancik and @Bracken Mosbacker for mentoring 🎈.

We translated our site to Hindi thanks to @Toshita 🇮🇳 https://medium.com/ifme/announcing-if-me-org-in-hindi-709baeabb9ad

Today, we published a new article on our blog by @Enrico Trentin about the taking the first steps to going to therapy! 🌿 https://medium.com/ifme/do-i-need-therapy-fe573653a6e8

Sending everyone the positive vibes they need to get through things ❤️💫 (edited)
Contributor Wellbeing

As a mental health project, we must acknowledge the utmost importance of putting yourself first. Whether it's emotional, mental, or physical health, we all need to be making time and space to care for ourselves. We recognize that contributing to open source is volunteer work that is unpaid and exerts different kinds of labour (including emotional labour).

If you're unable to contribute to our project or complete an assigned task, it's completely okay and understandable. Let us know on Slack in the appropriate channel. You can also send a private message to @julia. Share as much or as little as you want about what's been going on.

You can always re-join our contributor community at any time and pick up new tasks. You can also use our contributor community on Slack for support if you need it. We have a #community channel for folks to talk about things outside the project. It's a safe and private space where folks are expected to not share personal stories/information outside of the channel. You can also use our app, that's what it's for after all. Reach out to the people, places, and things that can offer you empathy and guidance. Our curated Resources page on our site may be helpful too.

Be kind to yourself and take care 💜
if me is built and maintained by volunteers of many different backgrounds and skill sets.

We're always looking for ideas from everyone, including mental health advocates, health professionals, software developers, translators, and user experience designers!

Please write to us and we'll connect with you! You will be invited to participate in our Slack page, our primary communication tool. Be sure to fork our repository hosted on GitHub!

Contributor Blurb
Learning Resources

These are helpful resources to help further along skills!

Designers

- Figma Keyboard Shortcuts

Developers

Frontend

- The A11y Project
- Getting Started - React
- Introduction - Storybook
- Flow Documentation
- TypeScript vs. Flow
- 30 seconds of code (JavaScript)
Thought Leadership

Nishiki Liu
Personal blog of a software engineer.

Getting Into Open Source
February 09, 2019 – 5 min read

These are my thoughts and experiences around getting involved in open source software through a project called **if me**. This is for anyone who has wanted to get into open source but hasn’t yet.

Hacktoberfest — Week Three

Mera Gangapersaud   Following
Oct 23, 2018 · 3 min read

Camille Villa
@effusivelynerdy

kicking off #hacktoberfest working with these three @devbootcamp alums on their first open source contributions w/ @ifmeorg!
Donate

We also welcome financial contributions in full transparency on our Open Collective. Anyone can file an expense. If the expense makes sense for the development of the community, it will be "merged" in the ledger of our Open Collective by the core contributors and the person who filed the expense will be reimbursed.

We also have a Patreon page where you can give monthly donations.

You see someone who does a similar side hustle get praise. You feel jealous and erased.

You see awesome people being featured in lists of successful people. You feel unacknowledged.

You don’t get as many retweets, likes, or shares when you talk about your side hustle. You feel demoralized.

You lose followers when you talk about your side hustle often. You also feel demoralized.

You refrain from raising money for your side hustle (even though you need it) because you aren’t popular enough.

You wonder if someone more visible was working on your side hustle whether it would be more successful.

You feel burnt out promoting and working on your side hustle. You fear saying no to opportunities will you set back.

You’re worried that talking about your side hustle insecurities will take away from the hustle.
Our Guidelines

- Original content e.g. personal essay, open letter, poetry, interview, advice, collection of resources which you can re-publish elsewhere, but you must mention that it was originally published here :)

- Content that speaks on behalf of your own personal experiences (the exception being an interview and a collection of resources) — we’re not looking for someone to speak on behalf of someone else or a group they are not a part of

- We do not tolerate content that promotes violence or hate speech

- You don’t need to have a diagnosed mental illness in order to contribute, everyone has a brain — everyone deals with mental health

- You can submit anonymously

- We welcome new or first-time writers!

medium.com/ifme
As an open source organization that strives to be welcoming and inclusive, we recognize that writing about mental health experiences takes up a lot of emotional labour. Thanks to the grants and donations we have received (though not many!), we are able to compensate our writers. You also have the option of donating your compensation to a mental health organization of your choice.

- Long-form pieces (over ≥500 words): $40 USD
- Short-form pieces (under <500 words): $25 USD

The editing process for blog posts is done through Google Docs with our editors. We also communicate over Slack. We’re always looking for volunteer editors!
The most important thing we can build is community.
Engineering
Developers

- Developer Tools
- Git Workflow
- Common Dev Environment Errors
- Installation

Best Practices

- Frontend Practices
- Backend Practices
- Automated Testing
  - Before You Commit
  - Frontend Automated Testing
  - Backend Automated Testing
- Creating Issues
  - Picking Up Issues
- Collaboration
- Pull Request Practices
- Code Review Practices
- Production Deployment

Installation

Julia Nguyen edited this page on Apr 5 · 30 revisions

The app uses Ruby 2.6.0 and Rails 5.2.3. Please stick to these versions.

- Developer Tools
- Git Workflow
- Common Dev Environment Errors

Dev Environment

- Docker [Faster] (click to expand)
- Vagrant [Faster] (click to expand)
- Locally [More steps, but more control] (click to expand)
GitHub Issues

Creating

- Use labels like “Ruby on Rails”, “React”, “Design”, “Testing”, and “Refactoring” to specify the type of work involved
- Use labels like “Beginner Friendly” and “First Timers Only” to reserve issues for new contributors or developers
- Use issue templates

Picking

- Assign yourself to **one** issue at a time
- Unassign yourself when you can’t work on it
- Check in with people before picking up assigned issue with no updates
Collaboration
Julia Nguyen edited this page on Oct 4, 2018 · 1 revision

Open source is all about collaboration, the same goes for software engineering! Please make use of our #dev channel in Slack to ask for help or open up a discussion about what you're working on. If you search our channels in Slack, you'll also find specific channels for technical domains.

Pair Programming

We highly encourage this, in-person and remotely. It's a great way of meeting other contributors, learning from each other, and finishing up an issue quicker. Here are tools we recommend for remote pairing.

There are plenty of resources online on how to facilitate good pair programming, if any resonate with you please share in our Learning Resources.
Free Tools We Recommend

Code Editors

- Visual Studio Code
  - awesome-vscod (Curated list of useful packages/resources)
- Atom

Terminals

- iTerm2 (For macOS)
- Oh My Zsh (Zsh configuration management)

Pair Programming

- Zoom (Screen sharing and remote desktop access)
- TeamViewer (Screen sharing and remote desktop access)
- atom-pair (Use in combination with a communication tool like Google Hangouts, Slack's built-in calls)
- Visual Studio Code Live Share (Use in combination with a communication tool like Google Hangouts, Slack's built-in calls)

Free Licenses to Tools

Please direct message @julia on our contributor Slack workspace for access!

- JetBrains (Various tools including IntelliJ)
- BrowserStack (Web and mobile testing platform)
Keep them small as possible for easy review, under 500 lines of code

- Review Front-end and Back-end Practices for Code Quality
- Run testing and linting scripts locally, don’t really on Continuous Integration
- Use pull request template
Code Review Practices

Julia Nguyen edited this page on Oct 3, 2018 · 20 revisions

As mentioned in our Pull Request Practices, everyone is encouraged to participate in code reviews regardless of experience level. Code reviews are not only helpful for the person's code being reviewed. It's a great learning experience for the reviewer themselves!

Check out our Learning Resources to read up on collaboration best practices and add your recommend resources.
Code Review Commandments

Inspired by “The 10 Commandments of Navigating Code Reviews” by Angie Jones
Collaboration

- The **Contributor Convenant** applies in every communication channel we have in our contributor community, code reviews are no exception.
- Code reviews are a learning experience for all parties involved so be cognizant of that. It's not an opportunity to shame others for knowing something or implementing something a certain way.
- A lot of back and forth conversations in GitHub can create tension, so we recommend taking the conversation to another place if it's difficult to get your point across or understand something. Examples: one-on-one conversations on Slack or a voice/video call on Google Hangouts.
- Ask lots of questions as both reviewers and reviewees! Making unconfirmed or false assumptions often leads to the negative repercussions of **unconscious bias and conscious bias**.
- Be supportive! Kind gestures like words of encouragement goes a long way.
- Please remember that you are not the code you write. No one has the answers to everything and writes code perfectly.
Code Quality

- Code must adhere to our Frontend Practices and Backend Practices.
- Test coverage is required and must follow our Automated Testing practices.
- We set up CircleCI, a continuous integration and delivery tool, to automatically run our tests and Codeclimate, a tool to run automated code quality checks, in pull requests. To save time, a reviewer does not have to point out syntax errors as the reviewee should update their code to meet Codeclimate's expectations. If a reviewee forgets to update their code based on Codeclimate's feedback before merging, a reviewer should kindly remind them to.
- Sometimes Codeclimate is too picky! A PR is only mergeable to master when the CircleCI tests go green and a reviewer has approved it. If you're unable to make the Codeclimate tests go green because what it's asking for is unrelated to your changes or not a good ask, make a note of it in a PR comment. We will update our Codeclimate settings accordingly.
- When describing a way to solve a coding problem, be concise and clear. You may link to articles that could help emphasize your point but don't overdo it. No one wants to be just told to read the manual.
Review Cycles

- Please use GitHub's nifty tools on requesting reviewers. It's there for a reason!
- Reviewers should be explicit about whether they approve a review or require changes to be made.
- Do not amend commits if your change is unrelated to that commit, create a new commit.
- After the reviewee has made changes after the first round of reviews, the reviewee can re-add someone as the reviewer and that will trigger a notification for them to review again.
- The Pull Requests page on GitHub is a nifty tool of keeping track of what issues are assigned to you and what PRs you were requested to review.
- If a reviewer hasn't reviewed your code after a certain period of time you need it to be reviewed, kindly @ them in a comment in the PR with a reminder.
- Oh no! You haven't heard back from your reviewer in a while. Unfortunately and fortunately, that's the nature of open source software. We're all working on this project voluntarily and it's important to create boundaries. As a mental health project, we gotta practice what we preach! Don't harass the reviewer to review your code. Post in #dev on Slack that you need a new pair of eyes to review.
Merging to Master

- Once the PR is approved, the reviewer can merge it or whoever else.
- Monitor for a successful merge to master by checking the CircleCI build. You can find it for each commit in master [here](#).
- If the build goes green, you're done! Your changes are deployed to master!
- If it goes red, don't panic! There are two scenarios:
  - *Flakey failing tests*: we've noticed that acceptance tests involving translations will sometimes fail because of a race condition. If that's the case, rebuild the test in CircleCI.
  - *Valid failing tests*: the first thing to do is to revert the commit on master. Open a new PR when you've fixed the failing tests. Experiencing valid failing tests after merging to master should be unlikely because your PR must have passed tests before being merged to master.

What happens after? Well, **production deployment**!
When to deploy?

- Major feature releases
- Major package updates
- Major copy changes
- Major code refactors (functionality is changed)
- Performance improvements
- UI improvements (includes accessibility enhancements)
- Bug fixes
- Database changes and migrations

When to hold off deploying?

- Minor package updates
- Minor copy changes
- Minor code refactors (functionality is not changed)
- Adding/removing code comments
- React components/widgets that are not used in Rails
- Updates to documentation e.g. README.md

Monitoring on Production

We have Sentry to monitor errors for both Ruby on Rails and React. You can view notifications in the #sentry channel on Slack.
Internationalization (i18n)
Una comunidad para compartir experiencias de salud mental
Doing translations require collaboration between translators and developers! Sometimes the translator is also a developer which is cool, but not required. If you're interested in proposing a new language for our app to be in, please file an issue (example) and tag it under the label "translations". You don't have to be the person working on the translations either, but it would be helpful to suggest translators and developers who could help.

ifme-languagertools

Small set of tools for working on translations within ifme

Ruby  yam  translation  languagetool  ifme

Ruby  ★ 4  1  MIT  Updated on Oct 24, 2017

Martijn de Boer
sexybiggetje
More communities need mental health support. Our site is now available in Tiếng Việt! This post is available in Vietnamese.

Translating the site to Vietnamese will encourage us to share our stories with our family and friends and get the help we need. Overseas Vietnamese struggle a lot with mental health issues because of the trauma of being displaced from our homeland. Getting help will improve our lives and help us focus on pursuing our dreams.
App Redesign
Single Page App Design

Overview

The goal of this document is to outline the transition of the *if me* application to become a modern web experience. This document assumes you have basic familiarity with Rails and its accompanying folder structure.

Thanks to:
- Nick Ma
- Arthur Brophy
- Bảo Thiên Ngô
EDIT (Oct 26, 2017)

Designs have been ported to Figma and the latest can be viewed [at this link](https://example.com).

Overview

The need for a full app redesign was discussed and we are currently working on rethinking it from the ground up. This thread originally started in the Slack community, but we are going to start documenting it in GitHub.
[Component] Pagination Bullets
#848 by nshki was closed on Sep 20 updated on Sep 20
beginner friendly design react

[Component] Input
#778 by nshki was closed on Feb 13, 2018 updated on May 27
design

[Component] Textarea
#781 by nshki was closed on Feb 26, 2018 updated on May 27
design

Deploy storybook site to production
#1390 by julianguyen was closed on Apr 10 updated on Apr 10
design documentation infrastructure

[Component] Switch (Checkbox)
#780 by nshki was closed on Oct 7, 2018 updated on Oct 7, 2018
beginner friendly design react
Form

SOME TEXT LABEL

Some Text Placeholder

SOME TEXTAREA LABEL

SOME SELECT LABEL

Some Option Two

SOME CHECKBOX GROUP LABEL

- Some Checkbox One Label
- Some Checkbox Two Label

SOME TAG LABEL

---

design.if-me.org
Navigating Front-end Architecture Like a Neopian

Julia Nguyen - @fleurchild
Remember this!

- Community is the most important thing we can build
- Find ways to acknowledge and appreciate impact
- Impact in open source isn’t just coding
- Documentation is the foundation of community in open source
- Extend values of empathy, inclusion, and accountability to engineering practices
- Explore compensation models for volunteer work
- Practice what you preach - it’s healthy for contributors to come and go
Resources

This is our curated list of mental health resources, which includes communities, educational tools, hotlines, and services.

Search by keywords

110 resources

#selfcare app
- English
- Meditation
- Game
- Self-care
- Android
- iOS
- Free

7 Cups
- English
- Español
- Therapy
- Counseling
- Paid
- Free
- Texting
- Android
- iOS

A Canvas of the Minds
- English
- Free
- Blog

About Face - National Center for PTSD (US)
- English
- Android
- iOS

Addiction Helper (UK)
- English
- Addiction

Addiction Center (US)
- English
- Addiction

Source: https://www.if-me.org/resources
Get to Know Davia Roberts, Counselor and Founder of Redefine Enough
An Interview with Davia Roberts

Get to Know Paul Hoang, Clinical Social Worker and Founder of Viet-C.A.R.E.
An Interview with Paul Hoang
Be critical mission-driven organizations.

Are they practicing what they preach? Can they accept feedback without using the mission against you?
Feedback Guidelines

Julia Nguyen edited this page on Oct 8, 2018 - 21 revisions

Our project is open source because we believe that improving mental health education and culture requires open dialogue. However, please keep in mind that our project is not solving all of the problems that exist in mental health treatment.

Our mission is to improve conversations about mental health experiences with loved ones, we are not looking to provide a medical or clinical service, which includes connecting our users to specific therapists or counselors.

There is a growing number of companies and projects that are doing this, some of which we showcase on our Resources page. That being said, we are very open to feedback (and have received it in the past) from mental health professionals. We want to mindful of language, attitudes, and behaviours that promote empathetic, compassionate, and supportive dialogues about mental health.

Designers

We recently went through a major redesign thanks to Nishiki Liu. We are open to minor updates to our logo and colours if they improve accessibility. Overall design changes must improve usability.

Creating Issues
Most well-funded mission-driven organizations are run by white people.

How are queer and Trans people of colour, especially Black and Brown folks, being included? Are they being compensated for their labour? How can we support marginalized leaders?
Self-care is NOT a replacement for mental health treatment.

Be aware of the cultural appropriation and commodification of non-Western beliefs and practices like mindfulness and yoga. Support initiatives from people who represent these cultures.
You don’t have to be a martyr for the cause to care.
I'm working on not letting this job, career, and industry diminish my self-worth, tell me my impact isn't enough, undervalue me, and become a vicious cycle of seeking validation. This isn't what I want my life to be. I don't need to belong here to feel like I matter.

12:50 PM · Jul 31, 2019
Share what makes you comfortable.

Boundaries also extend to your personal privacy. You shouldn’t have to disclose your mental health issues in order to set boundaries.
Hold the people who matter close.

“I tell these people about the things I’m proud of. I tell these people about the things I’m insecure about. I don’t need validation from anyone else. I don’t need to be seen as a hero to the masses to matter.”
“Therapists need therapists.”

We all have a limit when it comes to being supportive to others. Emotional labour is real, so practice self-preservation and set boundaries.
You are worth so much more than the things you do to make an impact.
You are loved and appreciated no matter what happens.

♥

if-me.org • @ifmeorg • @fleurchild