


PART 1
YOUTH VOICE FOUNDATIONS

JANUARY 24TH, 2022
3:30-5:00 PM PST | 2:30-4:00 PM AKST | 4:30-6:00 PM MST

LEADING WITH YOUTH VOICE
A WEBINAR SERIES FOR HONORING
AND AMPLIFYING ALL YOUTH



Northwest (HHS Region 10)
MHTTC Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

Presented by
Kristin Thorp & Matt Leavitt,
Youth Move National

We will begin soon!



This **webinar will be recorded.** The recording and presentation slides will be made available via our website soon.
Note: You will not be on camera during today's session.



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Funded by Substance Abuse and Mental Health Services Administration

Thank you for joining us today!

You will not be on video during today's session

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Q&A

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Question and Answer

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You 07:35 AM

This is a test question!

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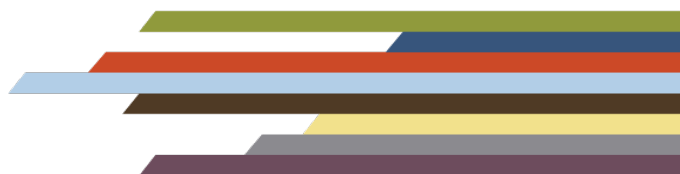
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Northwest (HHS Region 10)

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Leading With Youth Voice: Co-creating Equitable, Inclusive Systems & Practices

Part 1: Foundations



Presented by:
Kristin Thorp and Matt Leavitt, *Youth Move National*

Disclaimer: The views, opinions, and content expressed in this presentation do not necessarily reflect the views, opinions, or policies of the Center for Mental Health Services (CMHS), the Substance Abuse and Mental Health Services Administration (SAMHSA), or the U.S. Department of Health and Human Services (HHS).



LAND ACKNOWLEDGMENT

The University of Washington SMART Center and Northwest MHTTC acknowledge that we learn, live, and work on the ancestral lands of the Coast Salish people who walked here before us, and those who still walk here. We are grateful to respectfully live and work on these lands with the Coast Salish and Native people who call this home.

To identify the stewards of your land, visit <https://native-land.ca/>

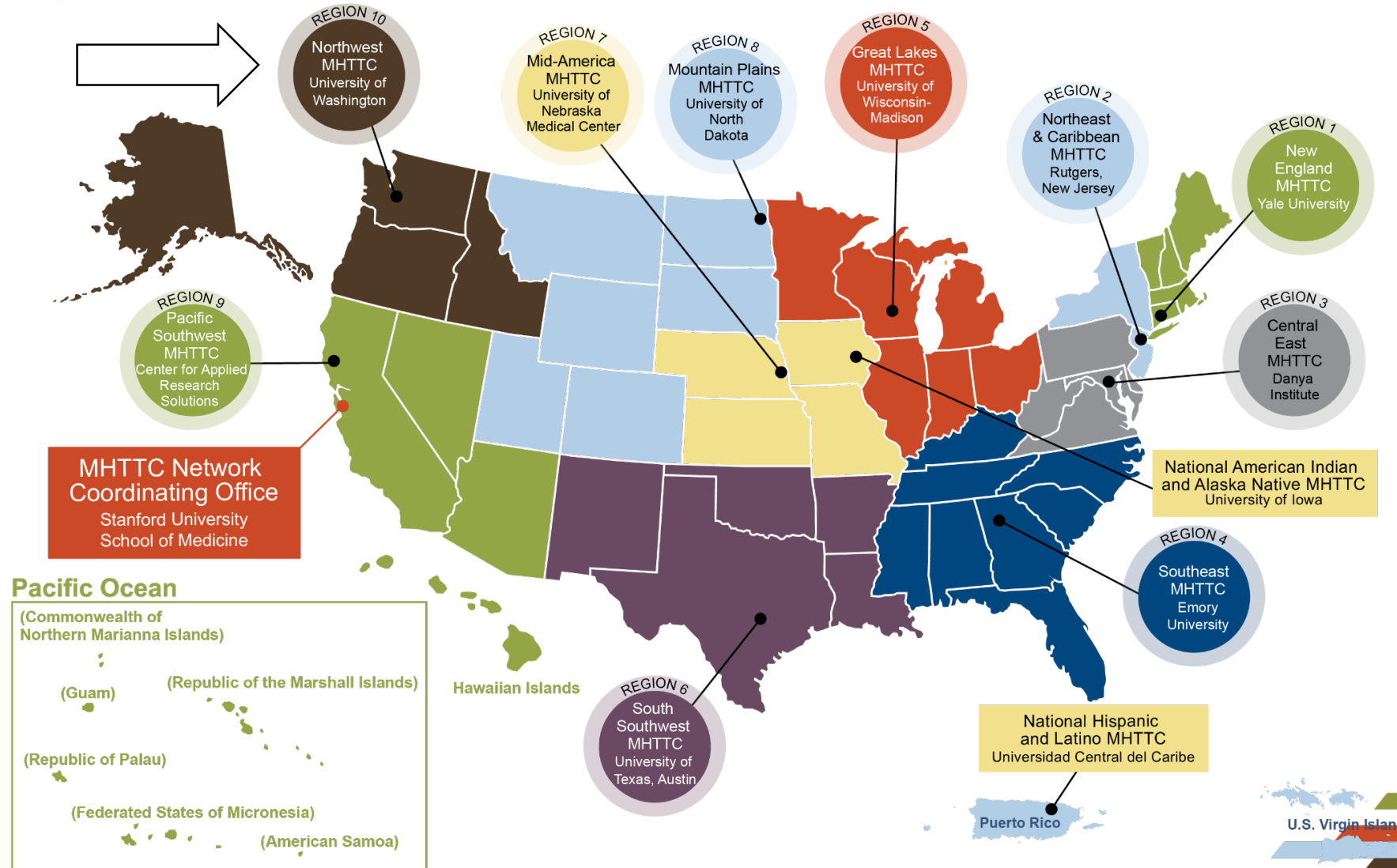
Mental Health Technology Transfer Center (MHTTC) Network



MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

MHTTC Network



Visit the MHTTC website at <https://mhttcnetwork.org/>

Northwest MHTTC School Mental Health Center (NWSMH)

**PROUDLY SERVING THE SCHOOL MENTAL HEALTH WORKFORCE IN
ALASKA, IDAHO, OREGON & WASHINGTON**



←..... **OUR GOALS**→

School Mental Health Training & Technical Assistance in schools & school systems	Build infrastructure and create learning communities	Support educational leaders to promote mental health for ALL	Foster regional alliances and collaboration efforts
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Northwest (HHS Region 10)

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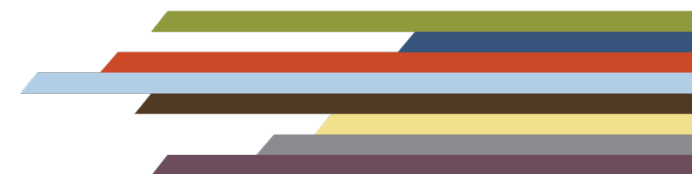
RECORDING



SLIDES



CERTIFICATE



YOUR FEEDBACK IS IMPORTANT

Post-event surveys are **critical** to our work!

Your feedback helps us to improve and develop future programming.



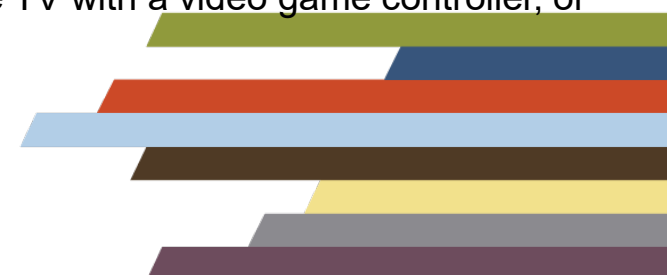
Presenters



Kristin Thorp (She/her), Youth Program Director A bit of a jack-of-all trades at Youth MOVE National, Kristin is the Youth Program Director. She supports the implementation of national evaluation of Children's Mental Health Initiatives, provides technical assistance to the behavioral health field, facilitates engaging youth in research and evaluation projects, and works with the National Leadership Team to develop technical assistance products. In her previous role as the Continuous Quality Improvement Coordinator at THRIVE, Maine's Trauma-informed System of Care, Kristin offered technical assistance, training, and consultation to government agencies, providers, and communities on incorporating and embedding trauma-informed principles and practices. Capitalizing on prior experience working for Youth MOVE Maine, she advocated for and incorporated youth voice into all elements of system change, understanding that the well-being of young people hinges on their participation across all levels of program development and enhancement. She is a strong believer in working with youth as equal partners and pushing for policies and services that will improve the lives of young people. Self-appointed Queen of Slack, Kristin makes sure the #watercooler channel always stays lively and interesting.



Matt Leavitt (he/him), Communications Coordinator Matt started doing youth advocacy and educational programming when he was 18-years-old through the Upward Bound Program at the University of Maine. As a former student, Matt utilized his experience to work with youth who were low-income and first-generation achieve their educational aspirations. After 10 years of working with Upward Bound, Matt graduated with his with a Master's in Intermedia with a focus on mental health and art as well as a Master's in Education with a focus on access to education. Using both professional and educational experience, he went on to work with Youth MOVE Maine as a program coordinator working with youth around the state in systems of care to provide peer support and community integration services. Eventually, he became the operating manager for the statewide program, overseeing staff, training, and contracts. Matt now serves as the Communications Coordinator at Youth MOVE National, working on branding the message of youth voice in everything that YMN and YM Chapters do. When Matt is not at the computer, he can be found in an escape room, a concert, in front of the TV with a video game controller, or on an adventure with his family.



MENTI POLL: WHO IS ON THE CALL TODAY?

GO TO [WWW.MENTI.COM](https://www.menti.com) AND ENTER CODE 3818 7260

TODAY'S OBJECTIVES

- Understand the principles of youth-guided practices
- Identify and define key concepts of youth engagement
- Explain the benefits of youth engagement at multiple levels
- Identify key considerations in supporting the growth of youth voice and youth engagement

Youth MOVE National: What We Do

- Unite the causes and the voices of youth
- Raise awareness around youth issues
- Advocate for youth rights and youth voice in the systems that serve them
- Uplift youth to be equal partners in the process of change

Youth Guided: A Core System of Care Value

Young people have the right to be empowered, educated, and given a decision-making role in the care of their own lives as well as the policies and procedures for all youth in the community, state and nation.

What is Youth Engagement?

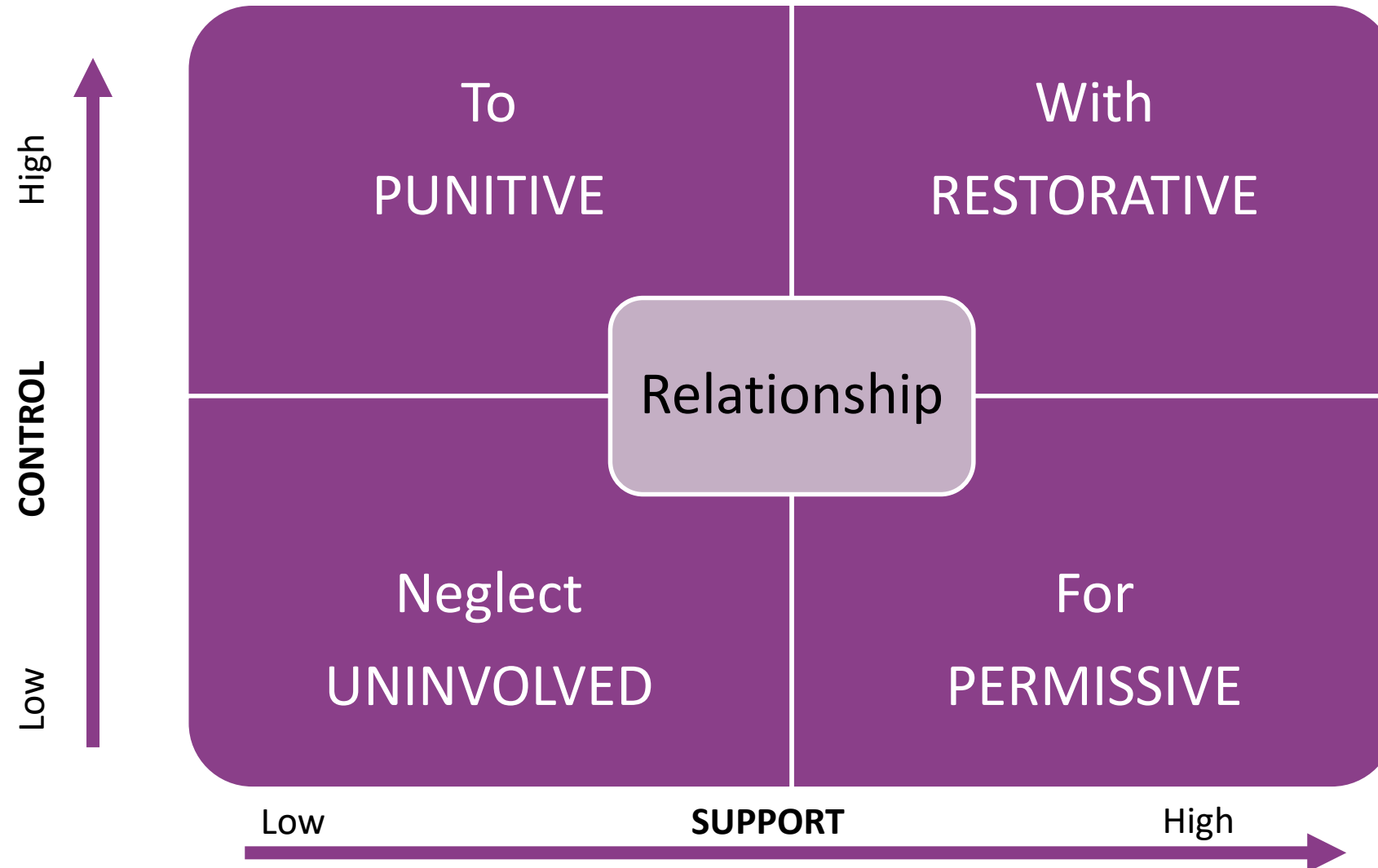
- A strategy in which youth are given meaningful input and have roles where they are authentically involved in working towards changing the systems that directly affect their lives.
- Youth engagement falls along a spectrum
 - Youth guided
 - Youth directed
 - Youth driven
- Process is not linear
 - You can have all levels of youth engagement simultaneously

**MENTI POLL: IN WHAT WAYS ARE YOU SUCCESSFULLY
ENGAGING YOUNG PEOPLE? WHAT LEADERSHIP ROLES
ARE AVAILABLE TO YOUNG PEOPLE?**

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The Social Discipline Window



Youth, families, mental health professionals, and system partners working in active partnerships

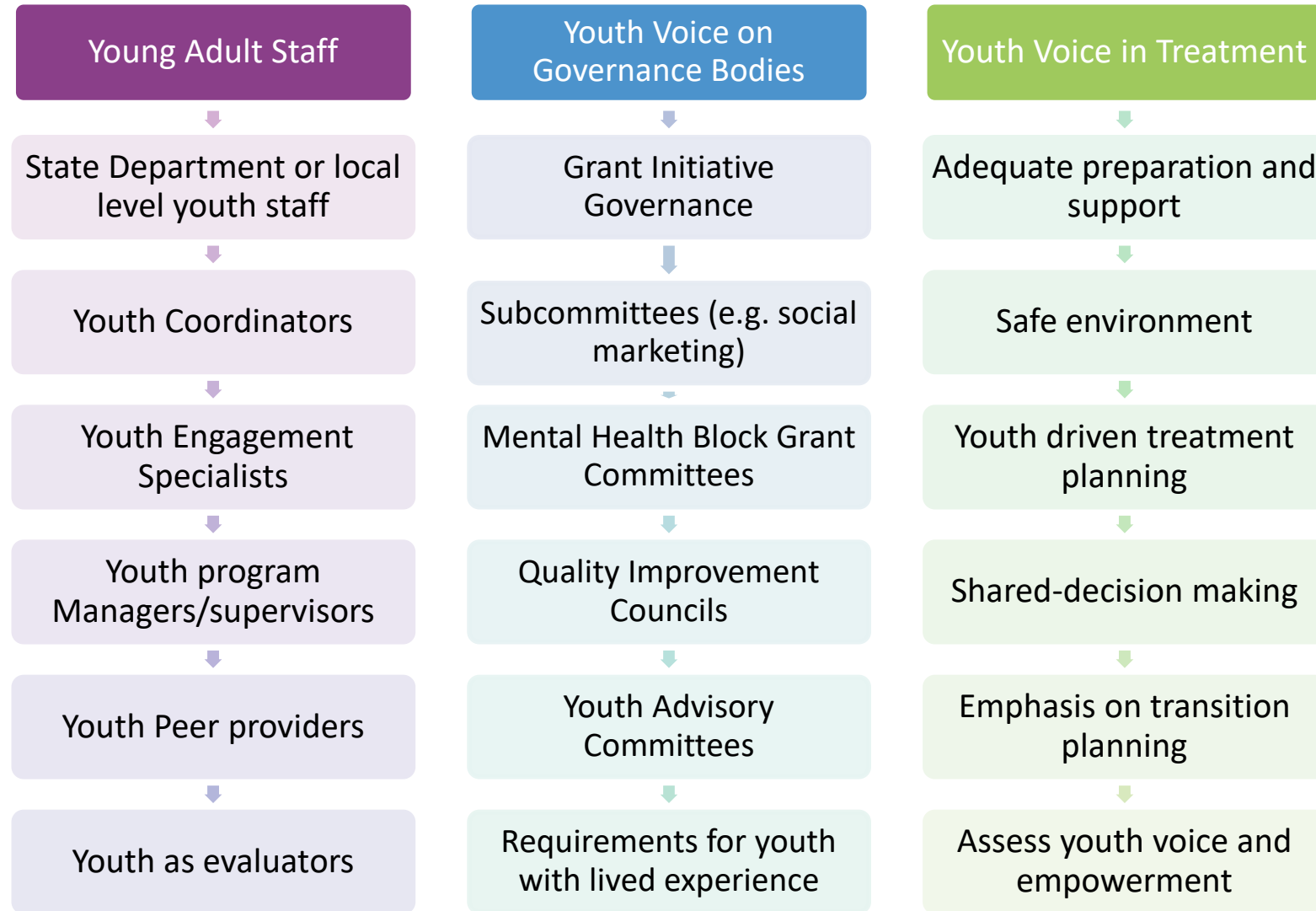


- Experience is valued, heard and acted upon
- Environment is safe, trusting and transparent
- Participation is active, meaningful and empowering
- Learning is mutual and decisions are shared
- Resources and supports are allocated
- Promoted at all levels of the organization

*Involving those
with lived
experience can:*



Youth Engagement Roles



The Principles of Engagement

We know why we are engaging



We know whom to engage



We know the history



We are genuine



We are relevant and engaging

MENTI POLL: WHAT BARRIERS PREVENT PARTNERSHIP WITH YOUNG PEOPLE AND COMMUNITY-BASED ORGANIZATIONS?

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Strategies for Successful Engagement

- Establish a focus and offer meaningful opportunities
- Provide training
- Consider what resources will be needed
- Ensure accessibility
 - Location, language, cultural, time
- Be accountable
- Be supportive
 - Provide honorariums
 - Logistical support
- Partner with existing youth programs/organizations
- Use multiple forms of communication
- Consider intersectional identities

Meaningful Partnerships

What youth want:

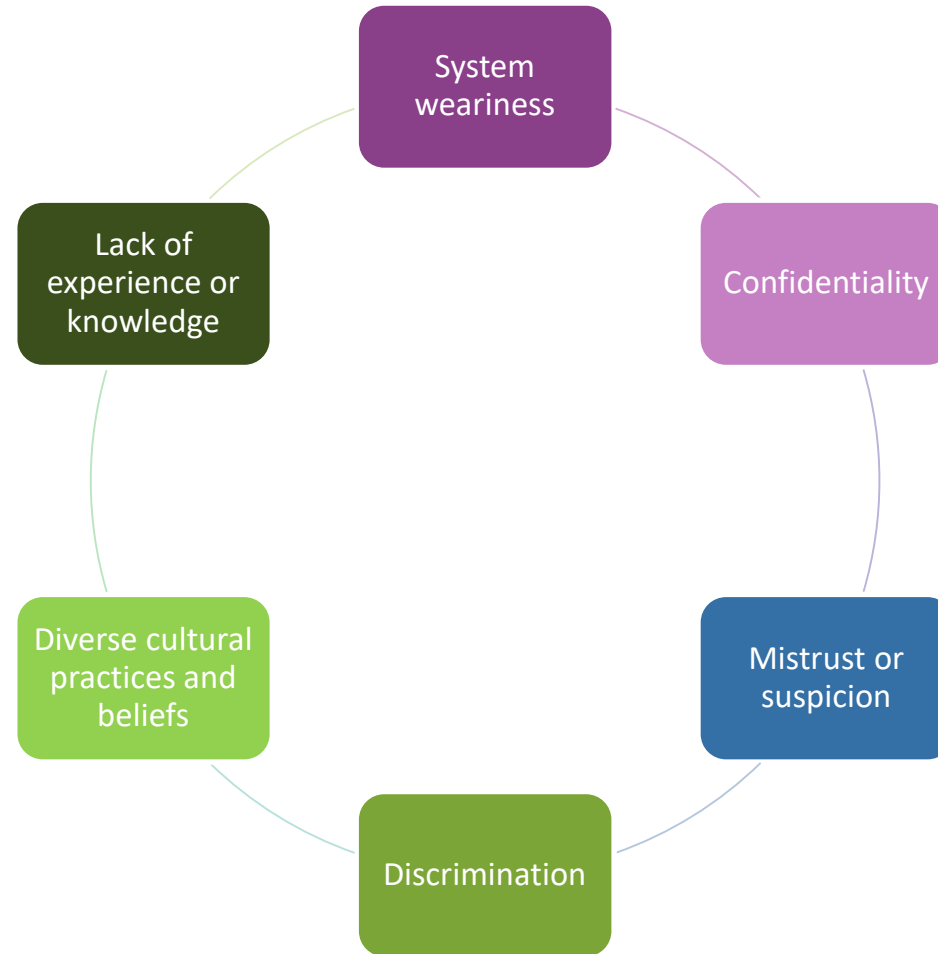
- Choice of how to participate
- Options that build on skills/interests
- Clear understanding of roles, tasks, and expectations
- Support and coaching
- Be a meaningful partner
- Grow with opportunities to participate in the work
- Connection with others who share a common experience

Helpful Tips for Adult Allies

Adults looking to build partnerships and better engage young people:

- Be open-minded and flexible
- Respect the readiness of youth
- Create respectful and nurturing learning environments
- Don't overpromise and underdeliver
- Be supportive and communicate expectations clearly
 - Be willing to ask young people what support looks like

Considerations While Engaging



Youth Voice Agency Level Assessment (YVAL)

- Provides a framework of key indicators of successful Y/YA voice at the agency level
 - Eight critical themes
- Allows for a collective and reflective process
 - Promotes a shared vision for success
 - Identifies strengths and needs
 - Supports with sustainable engagement
- Helps young people advocate for shared power
 - Better understanding of necessary support and meaningful participation

YVAL Themes

Overall Vision and
Commitment

Collaborative Approach

Empowered
Representatives

Commitment to &
Facilitation of Support

Workforce Development

Participation in
Developing Programs &
Policies

Participation in
Evaluation

Leading Initiatives &
Projects

So What Can I Do?

- Create intentional space for youth to express themselves and to develop goals and plans that meet THEIR self-identified needs
- Identify a place in your school, organization, and community where youth leaders can join the discussion and share experiences and ideas for future improvements and success
- Find youth-run organizations in your community and make a connection!
- Promote and support youth engagement. Share the value of involving youth voice in your work

MENTI POLL:

- 3 TAKEAWAYS FROM TODAY'S CONVERSATION**
- WHAT IS SOMETHING THAT AGREED WITH YOUR THINKING**
- WHAT IS SOMETHING STILL CIRCLING IN YOUR HEAD**

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Additional Resources and Supports

- [Best Practices for Increasing Meaningful Youth Participation in Collaborative Team Planning](#)
- [Assessment of Youth/Young Adult Voice at the Agency Level \(Y-VAL\)](#)
- [Youth Involvement in Systems of Care: A Guide to Empowerment](#)
- [Better Together: A Practical Guide to Effective Engagement With Young People](#)
- [Youth Advisory Board Toolkit](#)
- [Effectively Employing Young Adult Peer Providers: A Toolkit](#)
- [Youth Engagement Guide – SAMHSA Store](#)
- [#Things2Consider: Youth Advisory Boards](#)
- [#Things2Consider: Stipending Youth and Young Adults](#)
- [#A Guide to Recruiting Youth](#)
- [Other Resources from Youth MOVE National](#)



Questions and Discussion



YOUR FEEDBACK IS IMPORTANT



<https://bit.ly/event-evaluation4>



←..... OUR GOALS→

School Mental Health Training & Technical Assistance in schools & school systems

Build infrastructure and create learning communities

Support educational leaders to promote mental health for ALL

Foster regional alliances and collaboration efforts

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Thank you!

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