




PART 2
BEST PRACTICES FOR YOUTH ENGAGEMENT

FEBRUARY 7TH, 2022
3:30-5:00PM 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.

While you're waiting, subscribe and follow us!



bit.ly/NWSMH



bit.ly/NWSMHsignup



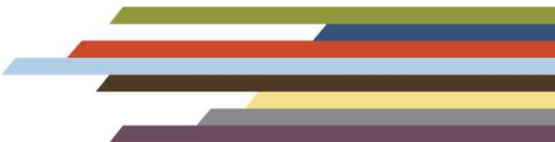
nwsmh@uw.edu



[@NorthwestMHTTC](https://www.instagram.com/NorthwestMHTTC)

The image shows a Zoom webinar interface with several annotated components:

- Header:** "Click here to maximize your session view" and "Enter Full Screen" button.
- Logo:** TTC Technology Transfer Centers, Funded by Substance Abuse and Mental Health Services Administration.
- Main Content:** "Thank you for joining us today!" and "You will not be on video during today's session".
- Audio Settings:** "Select a Speaker" menu with options: Speakers (Realtek(R) Audio), Same as System, Test Speaker & Microphone..., Leave Computer Audio, Audio Settings... A callout says "Click Here to adjust your audio settings".
- Bottom Bar:** "Audio Settings", "Chat", "Raise Hand", "Q&A", "Click here to leave the session", and "Leave" button.
- Q&A Window:** A "Question and Answer" window with tabs for "All questions (1)" and "My questions (1)". It shows a test question: "This is a test question!". A callout explains: "You can switch between questions you've asked and those asked by others using these buttons." Below is a text input field: "Type your question here...". Another callout states: "You can use the Q&A feature to ask questions of the host and presenters. These questions can receive text or live responses. To begin asking a question use the field below. You can see a test question above."
- Zoom Webinar Chat:** A chat window with a "To:" field set to "All panelists". A callout explains: "The chat feature will allow you to talk with other people in today's webinar." Another callout notes: "The To field will tell you who will receive your message. Be mindful of who you are chatting to." A footer note says: "Your text can only be seen by panelists".





Northwest (HHS Region 10)

MHTTC

Mental Health Technology Transfer Center Network

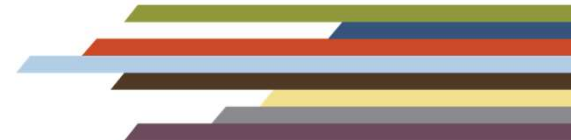
Funded by Substance Abuse and Mental Health Services Administration

Leading With Youth Voice: Best Practices for Youth Engagement



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/>

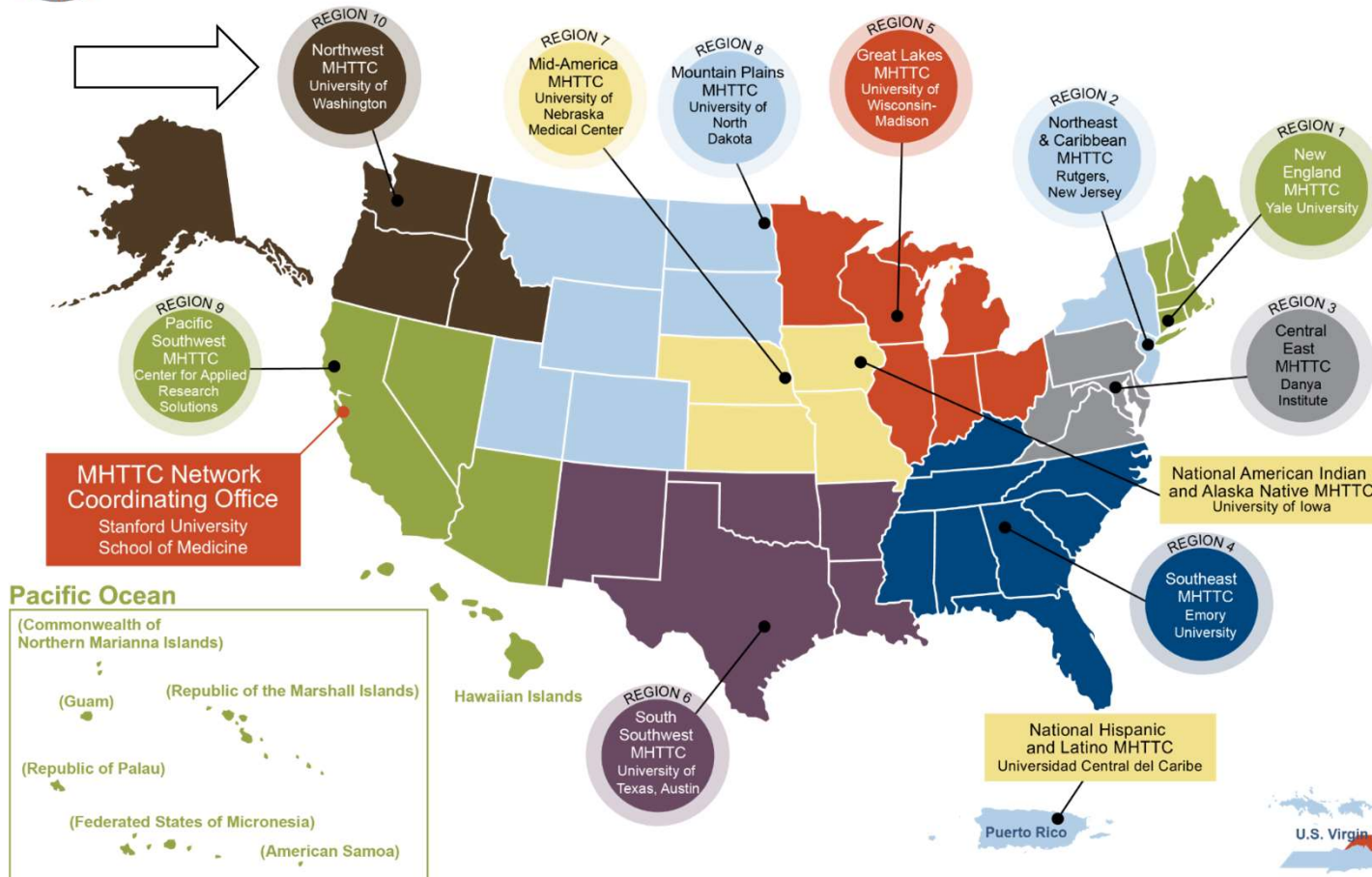
Mental Health Technology Transfer Center (MHTTC) Network



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



HOUSEKEEPING



MUTED



VIDEO
OFF



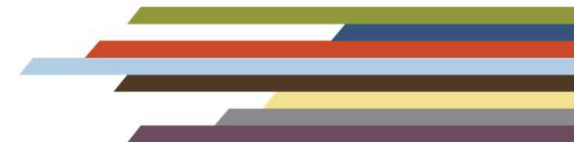
RECORDING



SLIDES



CERTIFICATE





YOUR FEEDBACK IS IMPORTANT

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

Your feedback helps us to improve and develop future programming.



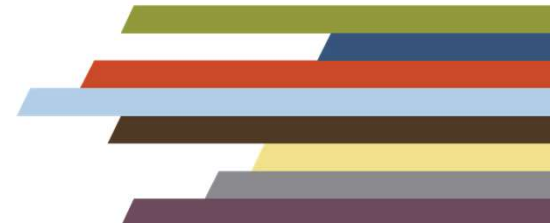
Presenters



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.



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

www.youthmovenational.org

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.

TODAY'S OBJECTIVES

- Review strategies for maximizing youth leadership
- Understand how to assess youth engagement efforts
- Identify challenges and discuss solutions for engaging youth
- Describe real world examples of operationalizing youth-guided practices

Strategies for Effective Youth Engagement

- Provide incentives
 - Stipends, school/community service/volunteer credit, food, etc.
- Provide education, training, and ongoing support
 - Applies to both youth and adult partners
- Partner with existing youth organizations
- Be flexible
- Provide logistical support
 - Child care, transportation, access to technology, etc.
- Offer meaningful leadership opportunities
- Use a Shared Decision-making framework
- Go where youth are!
 - Physically and virtually
- Use youth voice for change
 - Concrete and tangible results

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

Youth MOVE Change Initiative

- Grant program from The Upswing Foundation to support workforce development in peer support specifically for LBGTQ+ & BIPOC youth.
- Consisted of several initiatives to meet goals
 - Fellowship program
 - Peer Connect Training
 - Youth Summit
 - Workshops & Coaching Opportunities

Overall Vision and
Commitment

Workforce
Development

Leading Initiatives &
Projects

Empowered
Representatives

What Helps, What Harms

- Facilitated discussion framework for gathering feedback from youth with systems experience
 - Youth-led
- Purpose is to identify needs and gaps in local communities
- Feedback informs program and policy change

Leading Initiatives & Projects

Workforce Development

Participation in Evaluation

Youth eCPR

- Adaptation of eCPR, a model of peer-led crisis intervention
- Youth co-led curriculum development of adaptation
- Youth trained as facilitators
- Training is entirely facilitated by youth for youth and young adults aged 16 to 25

Participation in
Developing Programs &
Policies

Empowered
Representatives

Leading Initiatives &
Projects

Maine Youth Court (MYC)

- Youth-led restorative justice program
 - Diversion for youth facing criminal charge or school disciplinary action
- Youth volunteers serve as advocates and facilitators throughout the restorative process
 - Trained by young adult staff in restorative justice practices including restorative and support circles
- Youth serve on the MYC Advisory Council
- Respondents encouraged to become facilitators and advocates
- Partnerships with schools, Department of Corrections, Juvenile Services, and court system

Collaborative Approach

Empowered
Representatives

Commitment to &
Facilitation of Support

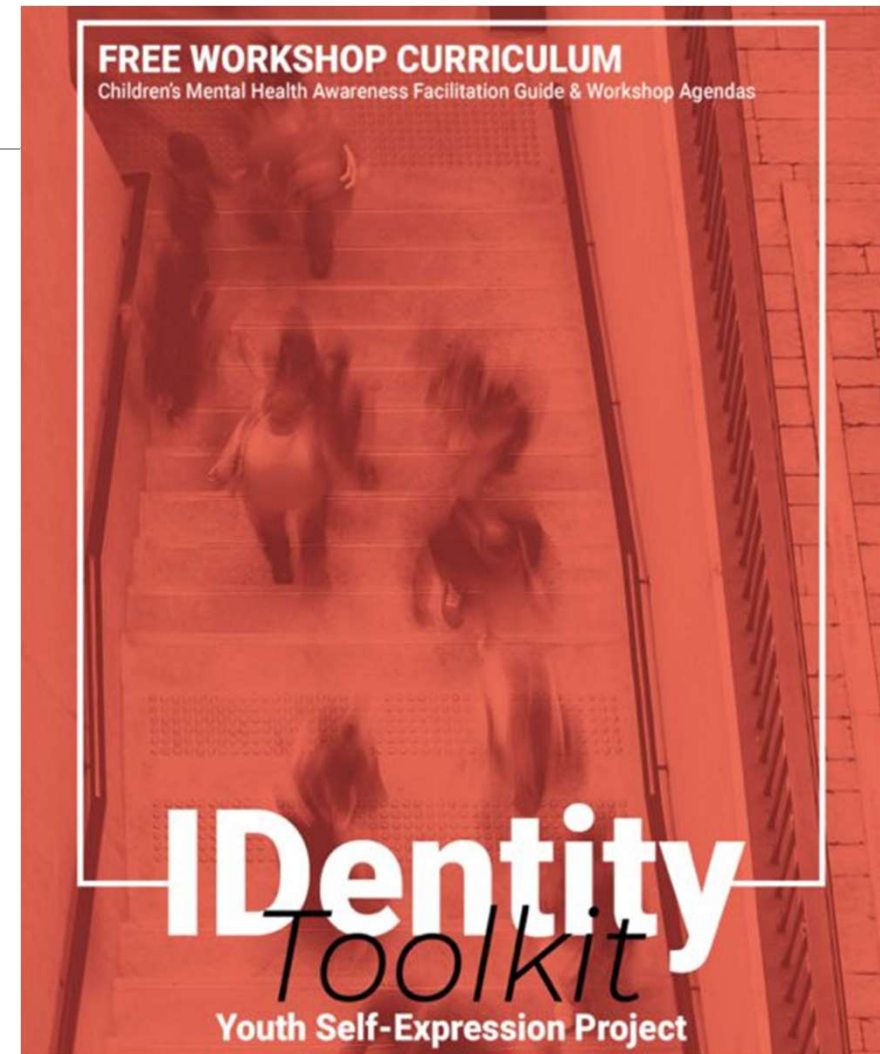
MENTI POLL:

GIVE AN EXAMPLE OF A PROGRAM OR PROJECT YOU'VE BEEN INVOLVED WITH THAT SUCCESSFULLY ENGAGED YOUTH. WHAT MADE IT SUCCESSFUL?

GO TO WWW.MENTI.COM AND ENTER CODE 24 34 980

Identity

- Community youth project led by youth coordinators
- Working with local programs (shelters, schools, workforce programs, drop-in centers)
- Toolkit for workshops available



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**

GO TO WWW.MENTI.COM AND ENTER CODE 24 34 980

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



The University of Washington

School Mental Health Assessment, Research, & Training (SMART) Center Presents

The SMART Center 2022 Speaker Series

Kimberly Arnold



Brian Boyd



Patricia (Tish) Jennings



Walter Gilliam



Tunette Powell



SMART Center 2022 Virtual Speaker Series
Dr. Kimberly Arnold
"Strategies for Advancing Mental Health Equity in Schools"



Dr. Kimberly Arnold presents: Strategies for Advancing Mental Health Equity in Schools

8:30am - February 23, 2022 thru 9:45am - February 23, 2022 |
Timezone: US/Pacific

Hosted By: Northwest MHTTC

Registration Deadline: February 23, 2022

[REGISTER](#)

Need more information?
Contact us at nwsmh@uw.edu

Coming February 8: Healing School Communities: Shifting the Dominant Paradigm to Center Student Wellness



About the Community of Practice:

The MHTTC Network's Healing Racial Violence Teamlet is proud to announce our upcoming Community of Practice, *Healing School Communities: Shifting the Dominant Paradigm to Center Student Wellness*, which will take place on **Tuesdays** beginning February 8, 2022! The purpose of this Community of Practice will be to explore the roles and responsibilities of school staff and systems in supporting a school's healing ecosystem within the context of racial violence. Case studies from members of the school mental health workforce will also be utilized to create solutions to dilemmas around racial violence.

The overall objective of these Community of Practice sessions is to support the MHTTC Healing Racial Violence Teamlet's internal focus, which is to help students, families, educators, and school mental health professionals navigate the ongoing impact of racial violence in all forms on student mental health. The Community of Practice Sessions will offer opportunities for participants to:

1. Name and examine the organizational structures that lead to Racial Violence within School Communities.
2. Explore the various mental health implications of racial violence on school ecosystems.
3. Identify and elevate community strengths, wisdom and voice as effective strategies for healing and place them at the center in supporting mental health.
4. Become familiar with resources and tools to address the detrimental effects of racial violence in schools, that further build protective factors, power and agency.

Live sessions are 90 minutes and take place on Tuesdays @ 12:30pm PT / 2:30pm CT / 3:30pm ET from February 8 through March 22. Certificates of completion will be made available to viewers of 50% (45 minutes) or more of the live sessions. CEUs are not available for these sessions. If you have not received a certificate of completion by May 15, 2022, please email Ricardo Canelo at rcanelo@stanford.edu.

<https://mhttcnetwork.org/centers/global-mhttc/coming-february-8-healing-school-communities-shifting-dominant-paradigm-center>



YOUR FEEDBACK IS IMPORTANT



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



Thank you!



bit.ly/NWSMH



bit.ly/NWSMHsignup



nwsmh@uw.edu



[@NorthwestMHTTC](https://www.instagram.com/NorthwestMHTTC)

NW MHTTC Team



Eric Bruns, PhD
Associate Director



Jenifer Cohen, MNPL
Program Coordinator



Nathaly Florez, BA
Program Assistant



Kelcey Schmitz, MEd,
Director



Rayann Silva, M.Ed.
Training & Technical
Assistance

