

Mental Health America (MHA) Youth Policy Accelerator (YPA) Program

Ten young people (ages 18–25) will be selected to participate

Eight-week paid virtual program, which runs from Oct. 7 to Dec. 2.

Each participant will receive a \$1,000 stipend for their commitment and contributions.

Due Friday, Sept. 15, 2023

Apply Here:

<https://mhanational.org/youth-policy-accelerator>

1. In video or writing, please address the following bullets:

Written responses should be 250-500 words total, and videos should be no longer than 5 minutes.

Why youth peer support is important to you

Your experience in youth peer support programs (examples include youth-driven mental health education programs, peer support text lines or online communities, certified peer specialist roles, etc.)

Your experience in mental health policy advocacy

What you hope to gain from this program

How you will contribute to the experience of other YPA members



X3 Highschool Group Internship with Future Focused Education

This internship is ideal for young people (ages 15-18) interested in affecting positive community change, want to build skills around leadership, public speaking, advocacy & who may be interested in exploring a career in mental and behavioral health and peer support.

Location: Virtual via Zoom

Fall Internship Session Dates: September 25-December 8 2023
Days/times: Mondays and Wednesdays from 5-7pm

Educational Stipend: \$780 approximately 6hr/week for 10 weeks

For More Information Contact:
Ali Moore, Director of Social Emotional Learning & Wellbeing
ali@futurefocusededucation.org
505.259.8160

Apply by scanning the QR Code below and filling out the application:

Apply Here: https://futurefocused.formstack.com/forms/x3_internship_application_group



Youth Engagement Training!

Do you have thoughts on how supportive adults can improve the ways they show up for youth?

Train the Trainer for youth interested in facilitating Youth Engagement training provided to adult professionals via zoom.

Earn up to \$50 to become a trainer and up to \$90 for training facilitation.

Train the Trainer coming up on Friday, Sept 8th.

Next Youth Engagement Training, Friday October 6th.



The poster features logos for 'LEARN MORE', 'CENTER OF INNOVATION', 'NM STATE', and 'Children, Youth & Families Department STATE OF NEW MEXICO'. The main title is 'YOUTH ENGAGEMENT Train-the-Trainer'. Below the title is an illustration of three diverse youth (two girls and one boy) with a speech bubble that says 'YOUTH PARTNERS ARE COMPENSATED FOR THE TRAIN-THE-TRAINER AND YET TRAINING FACILITATION!'. The bottom section is divided into three columns: the first column contains the date and time 'Friday September 8, 2023 2:00-5:00PM MST'; the second column has a QR code and the word 'REGISTER'; the third column lists the trainer as 'Trainer: Liz Bennett'. A detailed description of the training is provided at the bottom of the poster.

Friday
September 8, 2023
2:00-5:00PM MST

REGISTER

Trainer:
Liz Bennett

This training will prepare youth to help co-facilitate the Youth Engagement Training that educates systems partners on how to build trust and authentically engage with young people. Participants will review best practices for training facilitation and will practice strategic sharing around training themes that are important to them.

Children's Mobile Response and Stabalization

Want to help shape the way CMRSS is built Add
your name here to sign up for the CMRSS Day
of Action

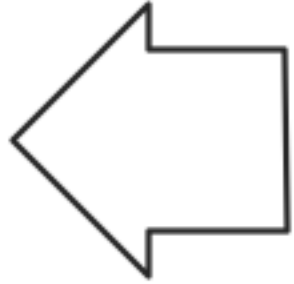


**Use a sticky
note or test
box to add
your name
and contact
info!**

Youth MOVE NM STWiCH Leadership Team

Meets the Friday before STWiCH meetings from
4-5 pm

Next Planning Meeting Oct 20th



**Use a sticky
note or test
box to add
your name
and contact
info!**

Group 1: What might it look and feel like to a young person when they are in crisis?

Im not going to be here much longer anyway

I wish I could be somewhere else - I wish i would get hit by a bus - out of the ordinary

testing - to see how other ppl react to what they say

Fear or repercussion from parents or caregivers

scared of getting locked up

What kinds of situations might cause a young person to experience a crisis?

Saying sorry alot.

telling ppl how much you love them - not wanting to be a burden.

Saying the world or someone would be better off without them

fear that feelings may become harmful

What kind of behaviors might exist?

feeling the loss of a loved one or confusion about a new diagnosis

What kind of feelings might exist?

I know me personally I would be feeling scared of the reason I called for. Sometimes if we call for someone else in our family our family members may get upset...

feeling misunderstood about how you feel. Feeling alone, being physically and mentally alone.

eating more or less

giving stuff away

change in personality - used to be open and happy and then keeping secrets

long sleeves - but not making assumptions

substance use

posting these statements on social media

isolation

sleeping more or sleeping less

becoming **ANGRY** and violent

Group 1: How would you design the ideal Crisis Responder?

sometimes asking people about their thoughts and feelings can make them feel worse. Stay with them but dont have them talk too much about the situation or themselves or the pas

Validate their feelings

Allow them space to speak

Understanding different ethnic cultures - refusing to acknowledge that mental health even exists - no awareness of mental health challenges

What they are feeling is real

need cultural understanding - respect differences around circumstances like hording and substance use as normal.

What kinds of situations might cause a young person to experience a crisis?

be SUPER trauma informed - not jumping into problem solving

Effective pausing will go a long way

What tools or techniques would they bring with them?

"Oh thats crazy" - you're judging me and I can feel it. Dont talk bad about my family - even if i dont like them.

Avoid judgement and respect their space

How would they act? What would they do when they arrived?

analyze the environment before analyzing the person

Being genuine

fidgets, grounding techniques

have some kind of distraction like a puzzle or hate watching a movie. Addressing thoughts and emotions after you have calmed down.

Avoid talking about yourself.

Dont minimize what they are feeling - thier priority is the responders priority.

treating the crisis as extreme as the person who is feeling it

Getting to their level (if they are sitting ask if you can sit with them).

dont ask someone to go against what is important in their culture -cultural competence! around touching and eye contact

Dont say you understand how they are feeling

