

# Youth MOVE NM Statewide Chapter (STWiCH) Meeting

October 24th

## Agenda:

Intros and Icebreaker

Description of Youth MOVE, recap from last meeting

Introduction to Children's Mobil Response and Stabilization Service

Mental Health Support Scenario Mad-Libs

Close-out – what helps you maintain stability?

\_\_\_Peter\_\_\_ (name) is \_26\_(age) and lives in \_\_\_Taos, NM\_\_\_ (town in NM) with  
\_\_\_with his infant son\_\_\_\_\_(place/person). Over the last year they have been  
struggling with \_\_\_homelessness\_\_\_\_\_(ongoing Stressor/challenge). Today  
\_\_\_the raised his rent\_\_\_\_\_ (something major happened).

\_\_\_\_ Suzie \_\_\_\_ (name) is \_17\_(age) and lives in \_Estancia\_\_\_\_ (town in NM) with  
\_\_\_\_ her cat \_\_\_\_\_(place/person). Over the last year they have been  
struggling with \_\_\_\_depression\_\_\_\_(ongoing Stressor/challenge). Today  
\_\_\_\_ she got into an argument with her mother \_\_\_\_\_ (something major  
happened).

**release of  
angry energy -  
punching  
bags,  
breaking safe  
stuff**

**exercise and  
movement**

**eating  
well and  
often**

**Doing laundry,  
having a clean  
space**

**taking a break  
from a  
stressful  
environment**

**body doubling -  
sitting with and being  
present with someone  
while they accomplish  
a challenging task.  
Being with someone  
while they are  
cooking/cleaning/dail  
y tasks/hw**

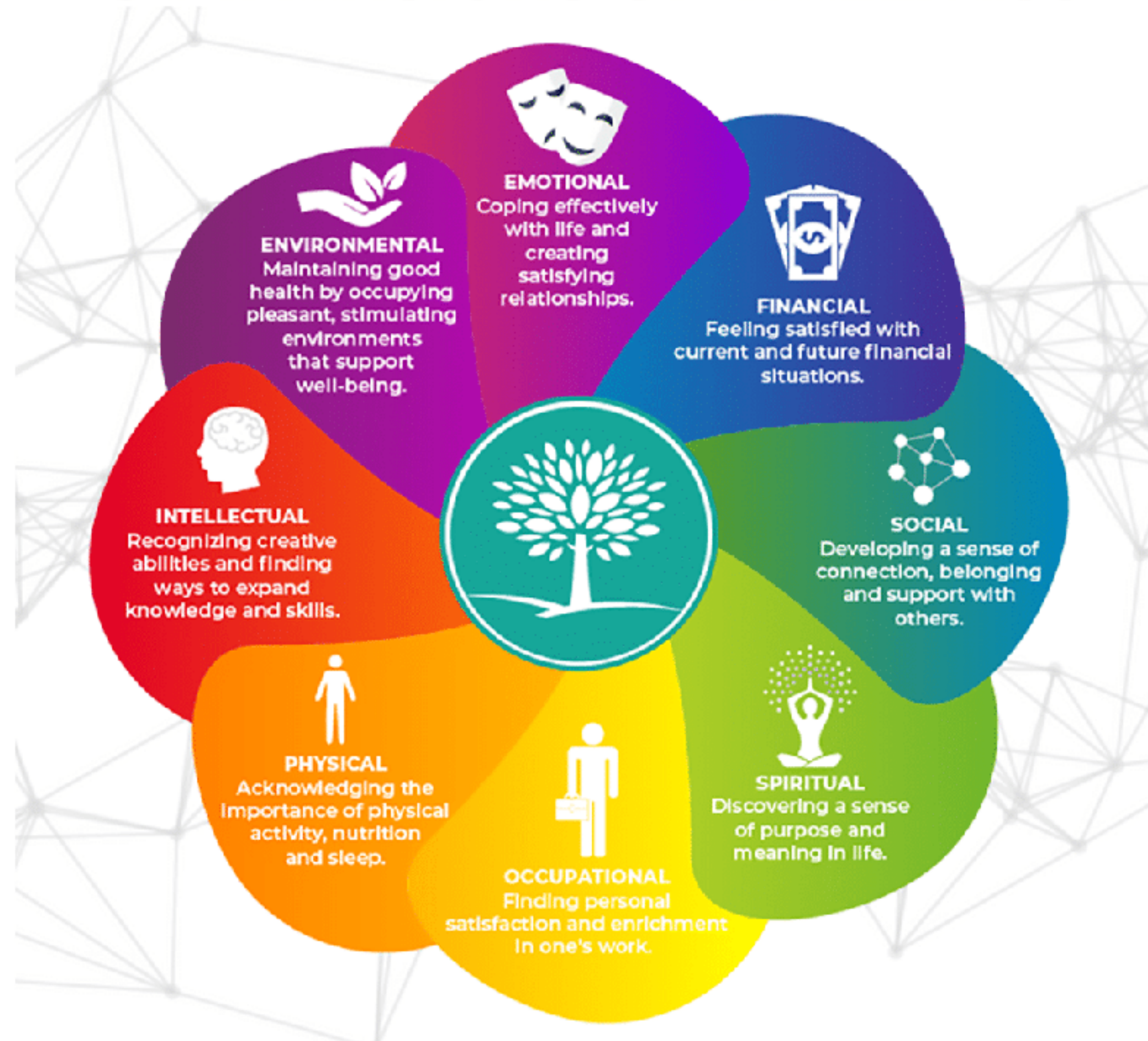
**emotional  
support  
animals**

**Using a rubber band  
to snap or  
marker/pen to trace  
on the body as a  
form of harm  
reduction for  
someone with the  
urge to self-harm.**

**Ice packs  
and sour  
candy**

# Helpful Coping Strategies

# 8 DIMENSIONS OF WELLNESS





# What Helps



# What Harms

