

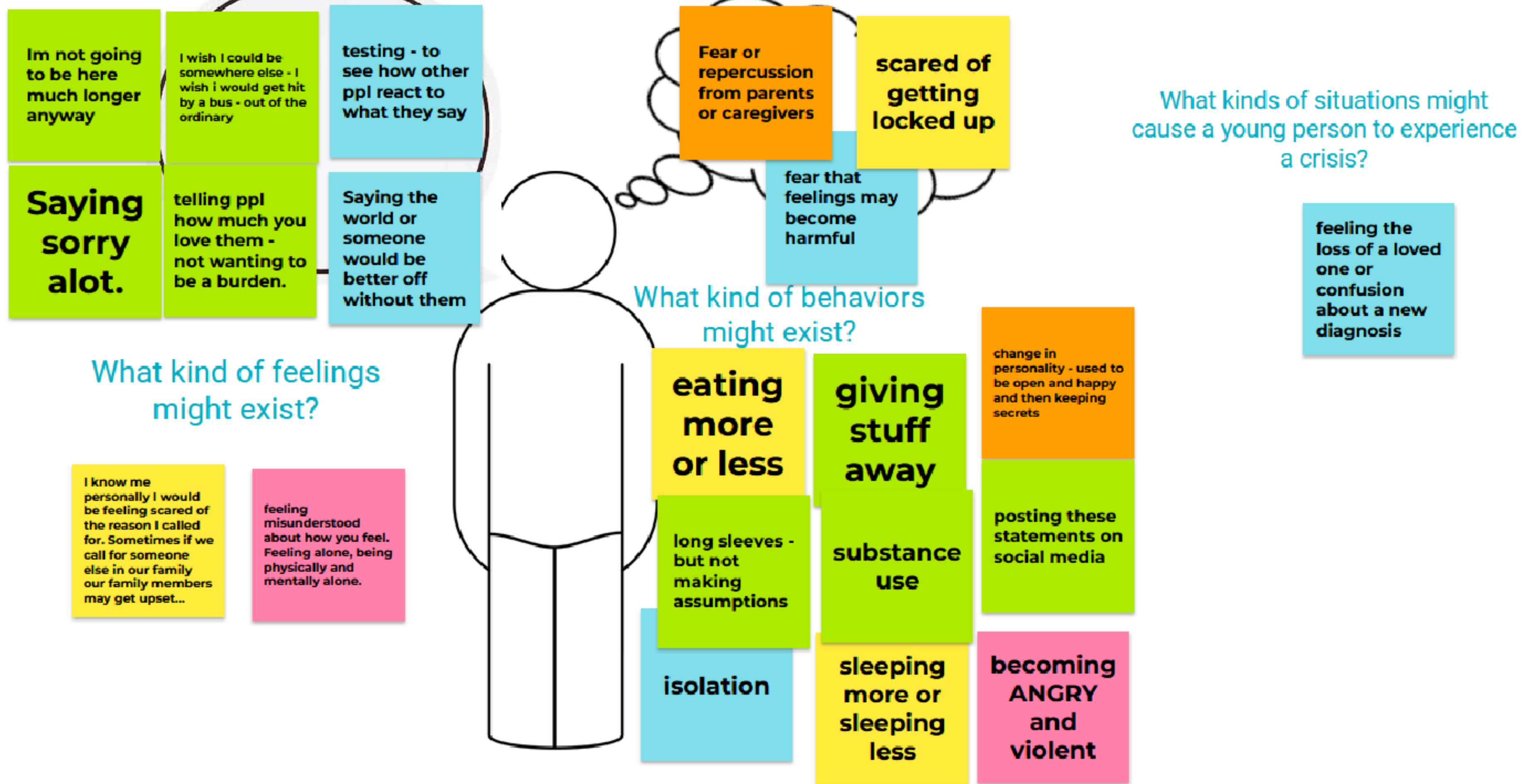
Youth MOVE NM STWCH

Mission: Using Lived Experience and Youth Voice to share guidance, mentorship, and knowledge to create safety, support, and reassurance for everyone willing to learn.

Vision: Youth and adult professionals collaborate, as equal partners, to advocate for better systems that support New Mexico youth to feel safe, happy, important, and empowered to achieve their goals.

2023 in Review!

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



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

be SUPER trauma informed - not jumping into problem solving

Effective pausing will go a long way

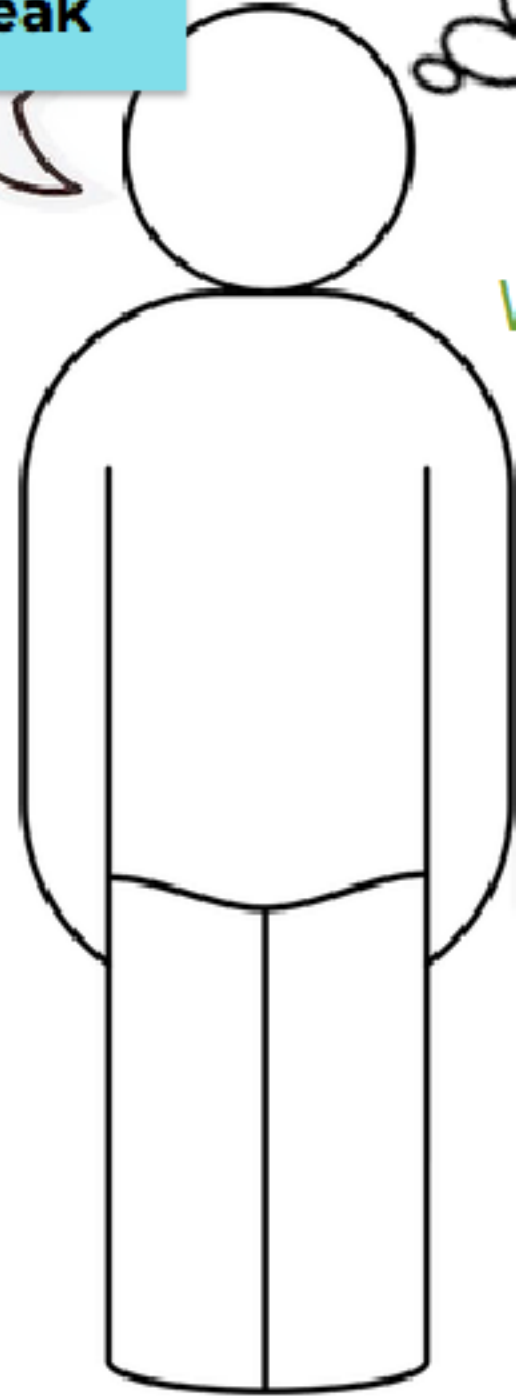
How would they act? What would they do when they arrived?

analyze the environment before analyzing the person

Being genuine

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).



What tools or techniques would they bring with them?

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.



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

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

What they are feeling is real

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

"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

Avoid talking about yourself.

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

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

Other Topics Discussed:

**Crisis
Scenario
Madlibs**

**8 Dimensions
of Wellness**

**Children's
Mobile
Crisis
Response**

**Membership
and By-Laws**

**Local
Chapter
Activities**