

Youth Empowerment as a Framework to Engage Young People in Creating School & Community Change

21st Annual Conference on Advancing School Mental Health

Why Youth-Led Programs?

- YLP represents a sound investment through meaningful youth involvement in community prevention efforts.
- YLP has been viewed as a substance abuse prevention program.
- YLP is a comprehensive approach to addressing the emotional and behavioral health of youth and young adults.

Youth-Led Programming

- Is an effective way of sharing knowledge.
- Is credible because it is based on real experiences.
- Is a good way of communicating ideas.
- Encourages a stable peer network.
- Can protect students from being victimized or bullied.
- Encourages strong interpersonal skills
- Enables students to maintain healthy relationships

What is Youth-Led Programming

YLP IS...

- Youth hearing directly from their peers about how to handle issues.
- Youth given a voice in planning, decision-making, implementation, evaluation, and recognition processes.
- Youth involvement in the entire prevention process.

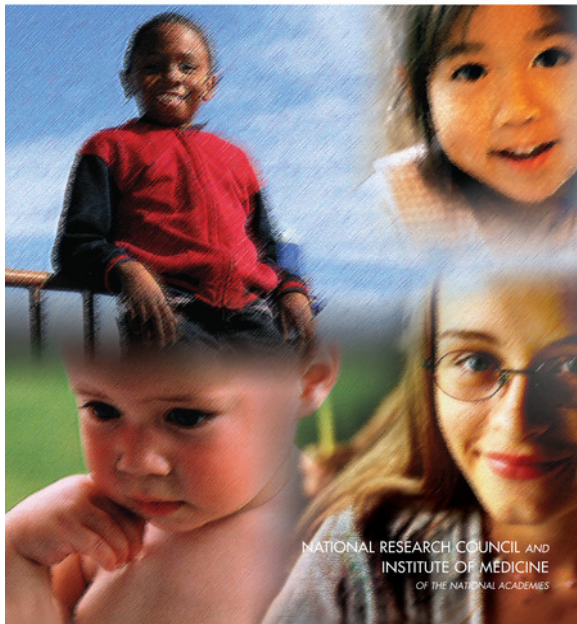
YLP is NOT...

- Adults telling youth: “Don’t use drugs.”
- The “token” youth at the table.
- Inviting youth to an activity.
- One time social events

Our Journey

Preventing Mental, Emotional,
and Behavioral Disorders
Among Young People

Progress and Possibilities



Ohio Youth-Led Prevention Network

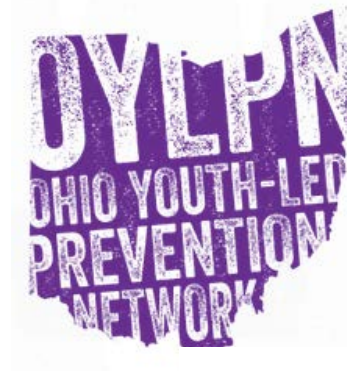
- Build upon and expand partnerships between youth-led programs across systems, across the state.
- Statewide Youth Council
- Develop and strengthen Ohio's youth-led efforts by getting to outcomes



Balancing Act

Honoring Ohio's Rich History of Youth-Led Work

Planning for the Future of Youth-Led Prevention



A Drug Free Communities Coalition
Serving the Anthony Wayne Area
www.awawake.org



Teen Institute
Taking the gamble out of life



OHIO
— *adult* —
ALLIES

Investment



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Vision



Hold the vision,
trust the process.

Call to Action

“It’s not just about coming together, it’s about having an impact.”

-Ms. Karen Pittman, Co-Founder, President and CEO, Forum for Youth Investment

Two Underpinning Frameworks

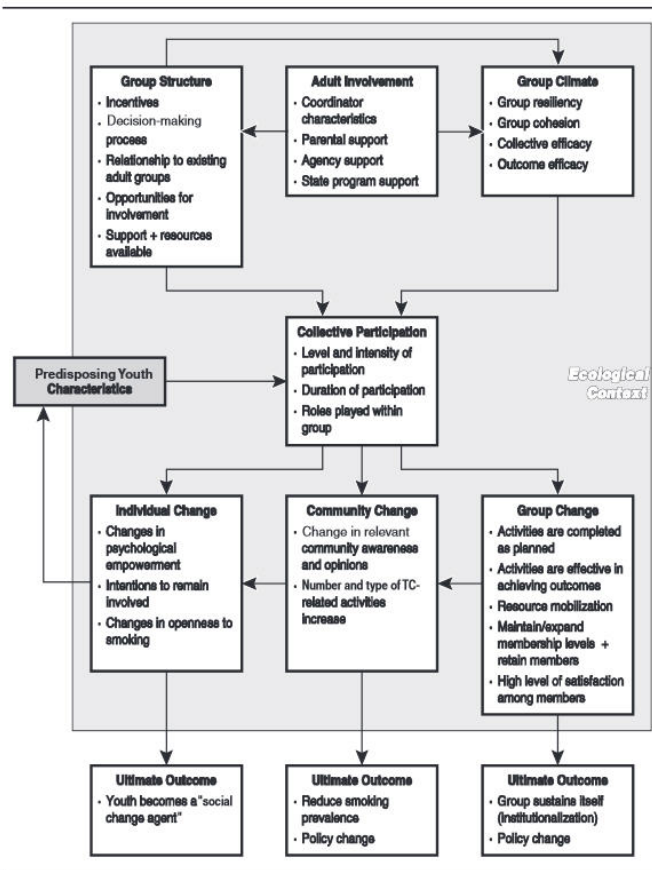


Figure 1. Youth empowerment conceptual framework.



Holden D. J., Messeri, P., Evans, W. D., Crankshaw, E., Ben-Davies, M. (2004). Conceptualizing youth empowerment within tobacco control. *Health Education & Behavior*, 31, 548-563.

The Substance Abuse and Mental Health Services Administration (SAMHSA) of the United States Department of Health and Human Services funds the Strategic Prevention Framework State Incentive Grant (SPF SIG).

Overarching Goal of YLP in Ohio

Young people will engage in the SPF to create and implement a strategic plan that uses evidence-based strategies to create community-level change.



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Youth Empowerment



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Youth Empowerment

The ability to influence social and political systems that affect our lives

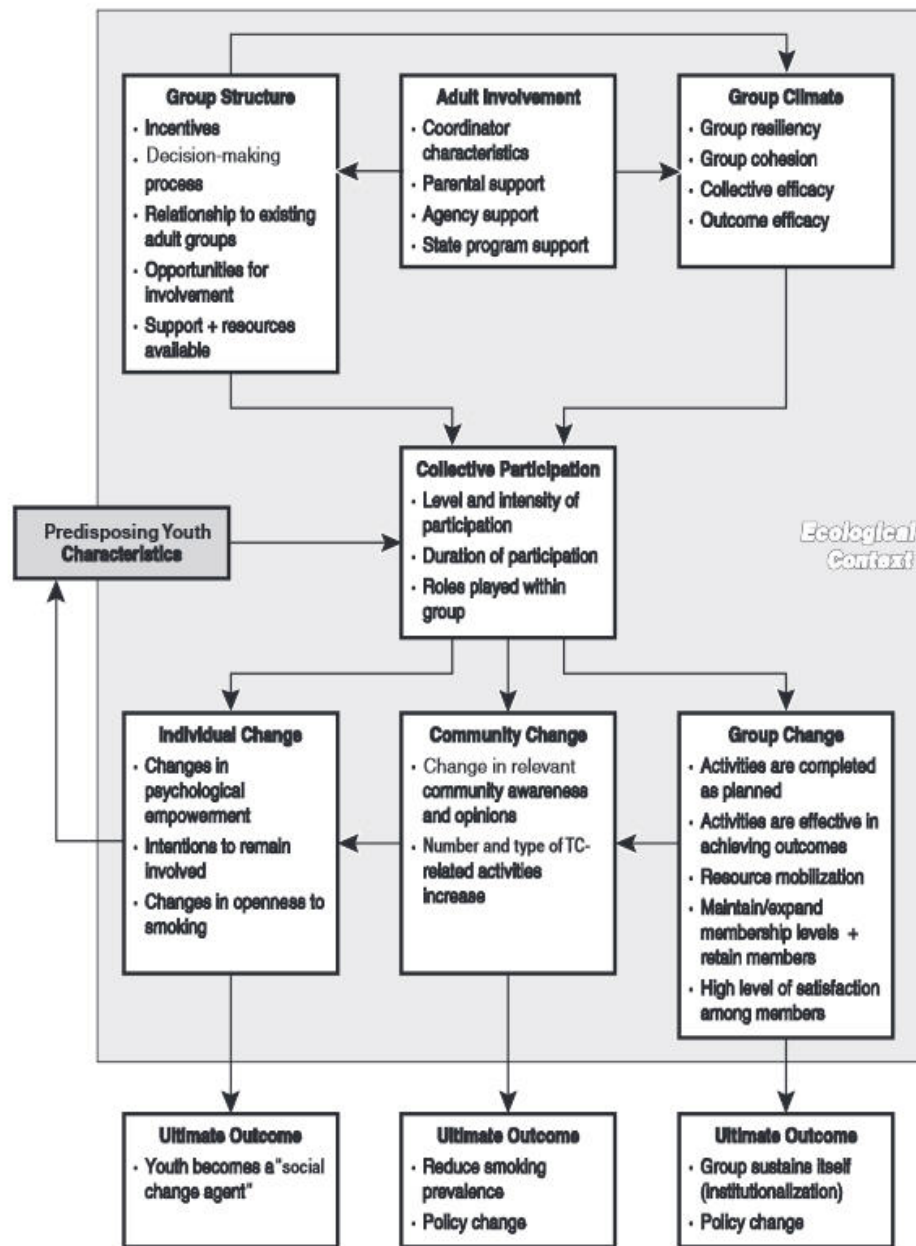


Figure 1. Youth empowerment conceptual framework.

Emotional Empowerment

Belief in one's abilities to
influence social and political
systems

Cognitive Empowerment

The critical *awareness* and knowledge needed to change systems

Adult Role



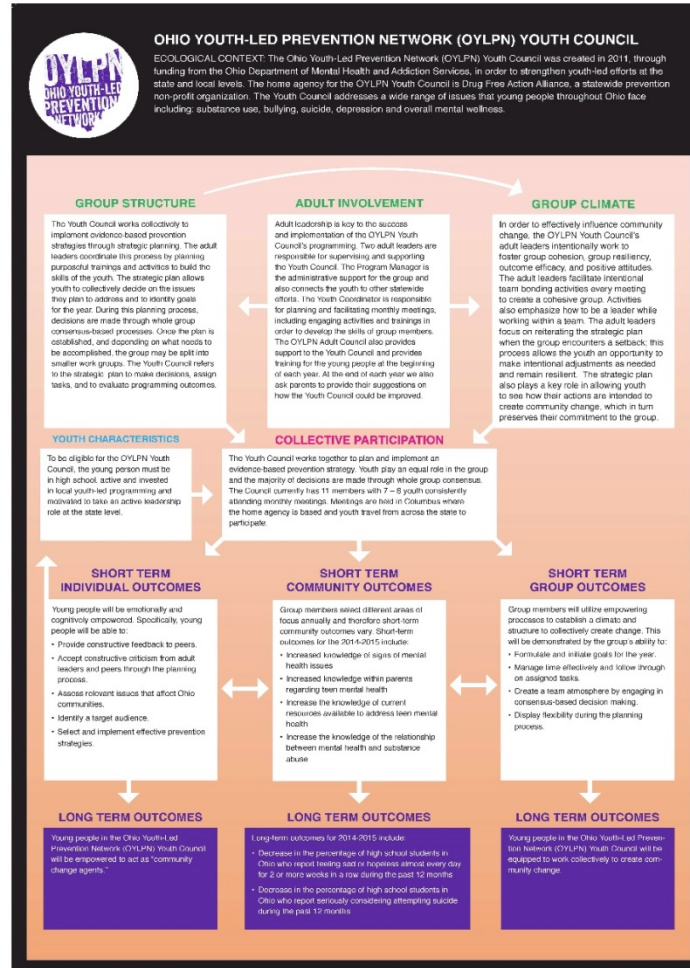
Adult allies serve as guides & play an important role in the process alongside youth.

Adult Ally Training & TA Video

<https://youtu.be/DWFJJD8gaxw>



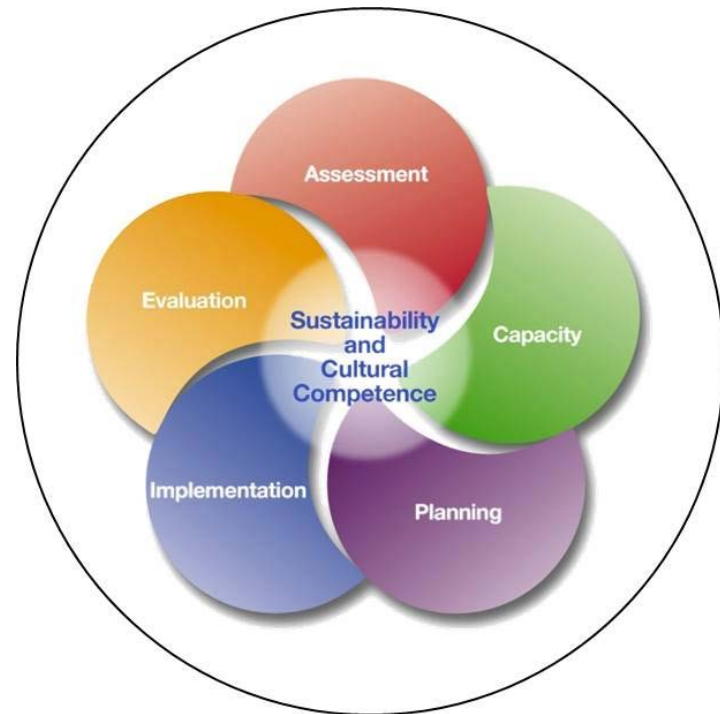
OYLPN Worked Example (YECF)



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How do I engage young people *in a process* to create community change?

SAMHSA's Strategic Prevention Framework (SPF) outlines the elements of a comprehensive planning model.



Tool (Youth): Strategic Plan Map

Ohio Strategic Prevention Framework (SPF): Strategic Plan Map

YLP Name Here

Overall Theory of Change:
Insert "If-Then Proposition(s)" here.

Community Logic Model			Theory of Action			Measurable Outcomes	
Problem Statement	Intervening Variable(s)	Strategy	Demonstrating Capacity Inputs: Human / Material Resources	Time Line Specific <u>Activities</u> for each Strategy	Outputs <u>Results</u> of Activities	Shorter-Term Outcomes (2 years)	Longer-Term Outcomes (5 years)
<p>The problem statement should be written in language that everyone in the community is able to understand.</p>	<p>Insert data/information from needs assessment process here.</p> <ul style="list-style-type: none"> 	<p>We have selected the following CSAP strategies:</p> <p>Provide more detail on the strategy. <i>Be sure to separate your activities by CSAP strategy (and potential sub-strategies).</i></p>	<p>Budget: Total Budget: \$</p> <p>Percentage of Total Budget Allocation: XX%</p> <p>In-Kind: \$</p> <p>Staffing (Paid or Volunteer): Number of staff members: XX</p> <p>Total FTE's: XX</p> <p>Vendor(s)/Sub-contractor(s): Name (Total Cost)</p> <p>Services Provided:</p> <p>Materials: Brief Description (Total Cost)</p> <p>Travel: Brief Description (Total Cost)</p> <p>Other: Brief Description (Total Cost)</p>	<p>What are the key things that have to happen to get the strategy complete? What is your timeline? <i>Be sure to separate your activities by CSAP strategy (and potential sub-strategies).</i></p> <p>Strategy #1 DATE: Activity</p> <p>DATE: Activity</p> <p>etc.</p>	<p>What will your activities result in?</p> <p>This column should correspond with the <u>Activities</u> column. <i>Be sure to separate your activities by CSAP strategy (and potential sub-strategies).</i></p>	<p>This column should have 1:1 correspondence with the intervening variables column + <i>as measured by _____.</i></p> <ul style="list-style-type: none"> 	<p>This column should have 1:1 correspondence with the "Data to Support Problem Statement" box n + <i>as measured by _____.</i></p> <ul style="list-style-type: none">
<p><u>Data to Support Problem Statement:</u></p> <p>Insert data from the needs assessment process here.</p>							
<p>Context</p> <p>Please list any important "explanatory" factors to better help the reader understand the strategic plan here.</p> <p>Please be concise. You may not use more than one 11x17 page!</p>							

OYLPN Worked Example (SPF)

Ohio Strategic Prevention Framework (SPF): Strategic Plan Map Ohio Youth-Led Prevention Network Youth Council

Overall Theory of Change: If the OYLPN YC has a media campaign directed toward MH then Ohio youth and adults will have increased awareness of MH and suicide prevention. If the OYLPN YC disseminates information about MH and suicide prevention then Ohio youth and adults will have increased knowledge on the signs/symptoms of MH issues. If Ohio youth and adults have increased awareness and increased knowledge of MH and suicide prevention, then we create a nurturing environment for youth who are experiencing depression and suicidal thought to receive the necessary support. If we create a nurturing environment for youth who are experiencing depression and suicidal thought to receive the necessary support then Ohio will have decrease in the percent of students seriously considering attempting suicide.							
Community Logic Model			Theory of Action			Measurable Outcomes	
Problem Statement	Intervening Variable(s)	Strategy	Demonstrating Capacity Inputs: Human / Material Resources	Time Line Specific Activities for each Strategy	Outputs Results of Activities	Shorter-Term Outcomes (2 years)	Longer –Term Outcomes (5 years)
<p>There are Ohio youth that are at-risk for depression and suicide. The Ohio Youth-Led Prevention Network (OYLPN) Youth Council believes that youth can play a role in creating nurturing environments for all Ohio Youth.</p> <p><u>Data to Support Problem Statement:</u></p> <p>25.8% of HS students in Ohio report feeling sad or hopeless almost every day for 2 of more weeks in a row during the past 12 months (Data Source: CDC, YRBS,2013)</p> <p>14.3% of HS students report seriously considering attempting suicide during the past 12 months (Data Source: CDC, YRBS,2013)</p> <p>1.4% HS students in Ohio report attempting suicide one or more times during the past 12 months (Data Source: CDC, YRBS,2013)</p>	<ul style="list-style-type: none"> Lack of awareness of MH Lack of competency among parents, teens, and educators about MH (signs, symptoms, etc.) Lack of knowledge on the signs of mental illness. Lack of education within parents regarding teen mental health Lack of knowledge about current resources available to address teen mental health. Lack of knowledge on the correlation between mental health and substance abuse. 	<p>We have selected two CSAP strategies: information dissemination (i.e., newsletter, parent's night) and environmental strategies (i.e., social media/PSA).</p> <p><u>Environmental Strategies:</u></p> <ol style="list-style-type: none"> Have a significant social media presence (assuming one specifically related to MH/suicide prevention) leading up to the April 30 <i>We Are The Majority</i> youth rally to create awareness. Youth will promote Mental Health messaging through various media outlets through the hash tag "Be Aware". Promote awareness through a PSA. The PSAs aired leading up to the April 30 <i>We Are The Majority</i> youth rally would be presented at the rally. <p><u>Information Dissemination:</u></p> <ol style="list-style-type: none"> Create and host a parent's night event Create and disseminate a monthly newsletter. 	<p><u>Budget:</u> DFAA Funding Total Budget: TBD</p> <p>In-Kind: TBD</p> <p><u>Vendor(s)/Sub-contractor(s):</u> -Speaker for Parent Night -Videographer for PSA</p> <p>Services provided: videographer will capture big events throughout the youth at their home groups or at specific OYLPN events to provide material for the PSA.</p> <p><u>Materials:</u> -Information, positive statistics which would be obtained from the adult council and local health centers -Posters for parents night -Lanyards for WATM rally to promote mental health social media messaging.</p> <p><u>Travel:</u> -To Columbus for monthly meetings -Travel to promote PSA -Youth Council to travel to Chardon, Ohio for Parent Night</p> <p><u>Other:</u> Personal experience stories</p>	<p><u>ENVIRONMENTAL STRATEGIES Social Media</u></p> <ul style="list-style-type: none"> OYLPN will spread MH campaign until the day of the rally. Implementation of media campaign Sustainment of media campaign through a virtual on-line presence. <p><u>PSA</u></p> <ul style="list-style-type: none"> Distributed in monthly Newsletter & via social media outlets RFP review and award to selected videographer contractor. Review and adoption of media campaign as presented by consultant. April 30, 2015: Year in review, PSA presentation and mental health campaign presentation. <p><u>INFORMATION DISSEMINATION Parent's Night</u></p> <ul style="list-style-type: none"> Feb, 18, 2015 Reserve space at Chardon Elementary School YC will develop script for PN presentation YC will obtain various resources for Parent and teen <p><u>Newsletters</u></p> <ul style="list-style-type: none"> Second Wednesday of each month 2014-2015 Monthly Newsletter Development and assignment. 	<p><u>ENVIRONMENTAL STRATEGIES Social Media</u> OYLPN YC will have a significant social media presence.</p> <p><u>PSA</u> OYLPN YC will promote awareness information through a monthly campaign and PSA.</p> <p><u>INFORMATION DISSEMINATION Parent's Night</u> OYLPN YC will host a Parents Night Town Hall Meeting.</p> <p><u>Newsletters</u> OYLPN YC will distribute monthly newsletter on topics related to MH campaign. Dec: Seasonal Depression Jan: Teen Tips for Dealing with Anxiety Feb: Eating Disorders March: Teen Dating Violence April: Alcohol Abuse leading to Mental Illness May: Positivity Tips for Teens</p>	<ul style="list-style-type: none"> Increase awareness of mental health. Encourage competency within parents, teens, and educators. Increase knowledge on the signs of mental health issues. Increase the knowledge within parents regarding teen mental health. Increase knowledge of the current resources available to address teen mental health. Increase the knowledge of the correlation between mental health and substance abuse 	<ul style="list-style-type: none"> Decrease in % of HS students in Ohio report feeling sad or hopeless almost every day for 2 of more weeks in a row during the past 12 months Decrease in % of HS students report seriously considering attempting suicide during the past 12 months Decrease in % HS students in Ohio report attempting suicide one or more times during the past 12 months
Context							
<ul style="list-style-type: none"> OYLPN AC has created a logic model and strategic plan. The YC created their plan to work in synchronicity with the AC logic model and strategic plan. Traditionally the WATM campaign has focused on highlighting a majority of youth do not abuse substances. Based on data and research, MH and substance abuse are related. Due to this finding, the OYLPN YC has decided to supplement the WATM campaign with a MH campaign. YC is working towards finding data to measure intervening variables. 							

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OYLPN's Youth Council Strategic Planning

<https://youtu.be/GfT2DwYd4cg>



WE ARE THE
Majority



Parent Nights

Teens Talk to Adults About Depression

Posted: Mar 17, 2016 11:24 PM EST

By Caity Jackson, Multimedia Video Journalist **CONNECT**



Teens are advised not to be embarrassed but be open about their situation and reach out for help

Some parents feel like they don't understand their teen, but one local organization is trying to help them bridge that gap. Caity Jackson has more about a program that was put on tonight.

Some parents are fed up with their teens behavior, but their actions could be caused by an underlying problem.

"Your teen isn't just moody, they aren't tired, they go through a lot"

Dajue Newell and Meghan Murphy giving parents and teachers a little insight into the teenage mind during a program put on by UMADAOP's Youth Coalition.



They emphasized teen depression and how it can lead to substance abuse or possible suicide

They emphasized teen depression and how it can lead to substance abuse or possible suicide plus the stresses that teens go through can take a toll on them without parents even knowing it

"Exams come and college classes come, getting ready for college and you just say I can't do this, it's extremely hard and most parents just chalk it up to well they are teens, they are tired all the time, its just much more than that we really go through a lot."

Depression can be caused by substance abuse or lead into and its easy to go down that path with the amounting pressures teenagers face.

"Anxiety, stress, school, family situations, i mean anything"

Social workers who deal with teens say that they are currently thinking of themselves above all which could keep them from reaching out to get help when they are dealing with serious issues of depression and substance abuse.

"When they see a mistake they are blaming themselves but they are also trying to figure it out with in themselves so they reach outside themselves to get the solution they are probably looking for more than likely."

Teens are advised not to be embarrassed but be open about their situation and reach out for help.

"Depression is real, teens go through it, a lot"

Depression is the most common mental health problem in the United States and it affects 1 in 8 teens.

If you know someone or you are a teen that is going through these issues you can text 741741 for the Crisis Hope line they will be there to help.

Social Media Presence

OYLPN @BeTheMajority

TWEETS	FOLLOWING	FOLLOWERS	LIKES	LISTS
2,601	1,999	979	2,124	2

OYLPN @BeTheMajority · Mar 23
39 messages to people who Self-Harm from people who have been there. #beaware #SelfInjuryAwarenessMonth ow.ly/ZRyoo

OYLPN @BeTheMajority · Mar 21
Just in case you need a pump up this Monday morning! The #WATM16 Rally is only 40 days away!! #MajorityMonday youtu.be/XBNOGy_K_6U

OYLPN @BeTheMajority · Mar 21
Know! Goodness Radiates icont.ac/3jRsm

OYLPN Retweeted **OH Dept of Education** @OHEducation · Mar 17
Attend the "We Are The Majority" Youth Rally on April 28! ow.ly/ZyZkl @BeTheMajority #WATM16 #OhioEd

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#BeAware PSA



https://youtu.be/XwWcPpfJ75E?list=UU_cY-nD9OUPqf2myGVTPfw

For more information on OYLPN...



[DFAA HOME](#) [ABOUT OYLPN](#) [YOUTH MEMBERS](#) [ADULT MEMBERS](#) [CONTACT OYLPN](#)



Ohio Youth-Led Prevention Network

<https://www.drugfreeactionalliance.org/oylpn>

Twitter: @BeTheMajority

Pinterest: InTheMajority

Instagram: bethemajority

For more information on Ohio Adult Allies...



Ohio Adult Allies

<https://www.ohio.edu/voinovichschool/services/ohio-adult-allies.cfm>

Twitter: @YL_AdultAllies #AdultAllies

Instagram: YL_AdultAllies

YouTube: Ohio Adult Allies

References

Holden, D. J., Evans, W. D., Hinnant, L. W., & Messeri, P. (2005). Modeling psychological empowerment among youth involved in local tobacco control efforts. *Health Education & Behavior, 32*(2), 264-278.

Holden, D. J., Messeri, P., Evans, W. D., Crankshaw, E., Ben-Davies, M. (2004). Conceptualizing youth empowerment within tobacco control. *Health Education & Behavior, 31*, 548-563.

Rappaport, J. (1987). Terms of empowerment/exemplars of prevention: Toward a theory for community psychology. *American Journal of Community Psychology, 15*(2), 121 – 148.

The Substance Abuse and Mental Health Services Administration (SAMHSA) of the United States Department of Health and Human Services funds the Strategic Prevention Framework State Incentive Grant (SPF SIG).

Zimmerman, M. A. (2000). Empowerment theory: Psychological, organizational, and community levels of analysis. In J. R. Rappaport & E. S. Seidman (Eds.), *Handbook of community psychology* (pp. 43-63). New York: Kluwer Academic/Plenum Publishers.

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Administrator

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Drug Free Action Alliance

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Sway the Crowd Productions

Brian Grady, Producer/Director

Most importantly, we offer our sincerest appreciation to the adult leaders of youth-led programs and the young people in Ohio who are committed to community change.

Connect with us!

Twitter: @OhioMHAS
@VoinovichSchool
@DrugFreeAction

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