



Central East (HHS Region 3)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

School Mental Health Virtual Learning Series

January 2021-August 2021

Youth MOVE National:
Leveraging Youth Advocacy
May 5, 2021



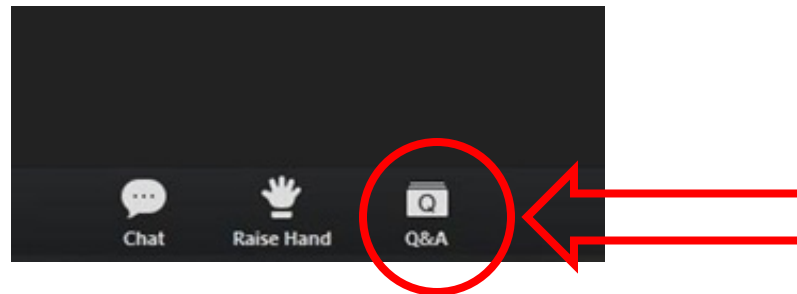
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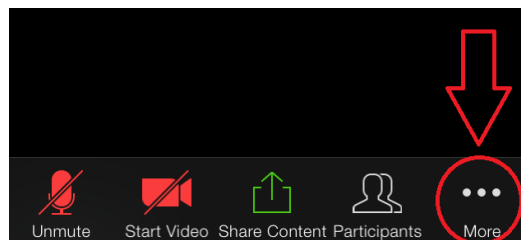
Technology Support

- Slides will be posted on the NCSMH website (www.schoolmentalhealth.org) and emailed after the presentation to all registrants
- **Please type questions for the panelists into the Q&A box.**
- **Use chat box for sharing resources, comments, and responding to speaker**

Web



Mobile App





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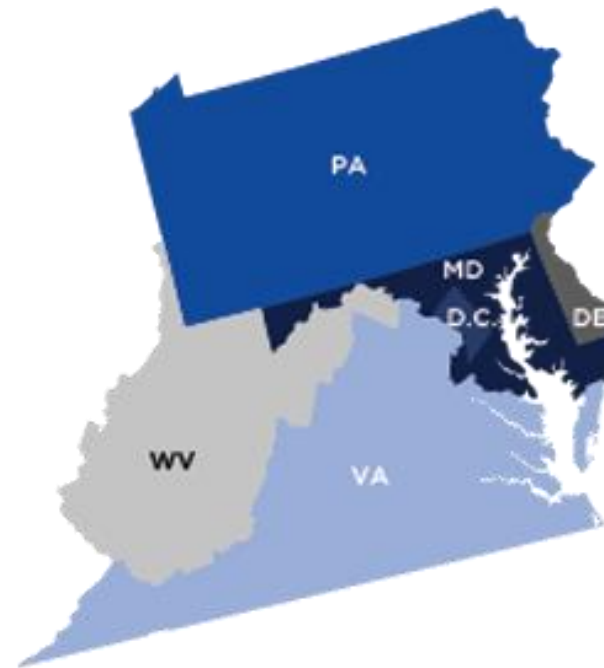


Kris Scardamalia
NCSMH Faculty

Central East Geographical Area of Focus

HHS REGION 3

Delaware
District of Columbia
Maryland
Pennsylvania
Virginia
West Virginia





What Does Central East MHTTC Do?

Actions

- **Accelerate** the adoption and implementation of evidence-based and promising treatment and recovery-oriented practices and services
- **Strengthen** the awareness, knowledge, and skills of the behavioral and mental health and prevention workforce, and other stakeholders, that address the needs of people with behavioral health disorders
- **Foster regional** and national alliances among culturally diverse practitioners, researchers, policy makers, funders, and the recovery community
- **Ensure** the availability and delivery of publicly available, free of charge, training and technical assistance to the behavioral and mental health field

National Center for School Mental Health

MISSION:

Strengthen policies and programs in school mental health to improve learning and promote success for America's youth

- Focus on advancing school mental health policy, research, practice, and training
- Shared family-schools-community mental health agenda

Directors: Drs. Nancy Lever & Sharon Hoover

Faculty: Tiffany Beason, Ph.D. Jill Bohnenkamp, Ph.D., Elizabeth Connors, Ph.D, Britt Patterson, Ph.D., Kris Scardamalia, Ph.D., Cindy Schaeffer, Ph.D.

Funded in part by the
Health Resources and
Services Administration

www.schoolmentalhealth.org
www.theshapesystem.com



Facebook.com/
CenterforSchoolMentalHealth



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School Mental Health Webinar Series

Objectives

- Gain increased awareness of high quality, sustainable multi-tiered system of school mental health supports and services
- Support trauma-informed systems in schools
- Discover the impacts of social determinants of health on student academic and social-emotional-behavioral success
- Learn to provide more culturally responsive and equitable services and supports
- Hear perspectives on school mental health from school, district and state levels
- Obtain insight into how youth, families, schools and communities can best work together to address student mental health needs

School Mental Health Strategic Partners

- Coalition of Schools Educating Boys of Color (COSEBOC)
- Council of Chief State School Officers (CCSSO)
- Family Run Executive Director Leadership Association (FREDLA)
- National Association of School Psychologists (NASP)
- National Governors Association (NGA)
- Youth MOVE

Become a School Mental Health Champion!

- Schoolmentalhealth.org



Facilitators: National Center for School Mental Health Staff Supporting this Webinar



Sharon Hoover
NCSMH Co-Director



Nancy Lever
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Upcoming Webinars (3:00-4:00 ET, 2:00-3:00 CT, 1:00-2:00 MT, 12:00-1:00 PT)

Wednesday, June 2

**Supporting Students Impacted by Racial
Stress and Trauma**

Wednesday, July 7

**Supporting Native and Indigenous Youth in
Schools**

Wednesday, August 4

**Supporting Newcomer (Immigrant and
Refugee) Youth in Schools**

Presenters

Johanna Bergan

Executive Director

Youth MOVE National

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Tamara Manzer

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Motivating Others through Voices of Experience



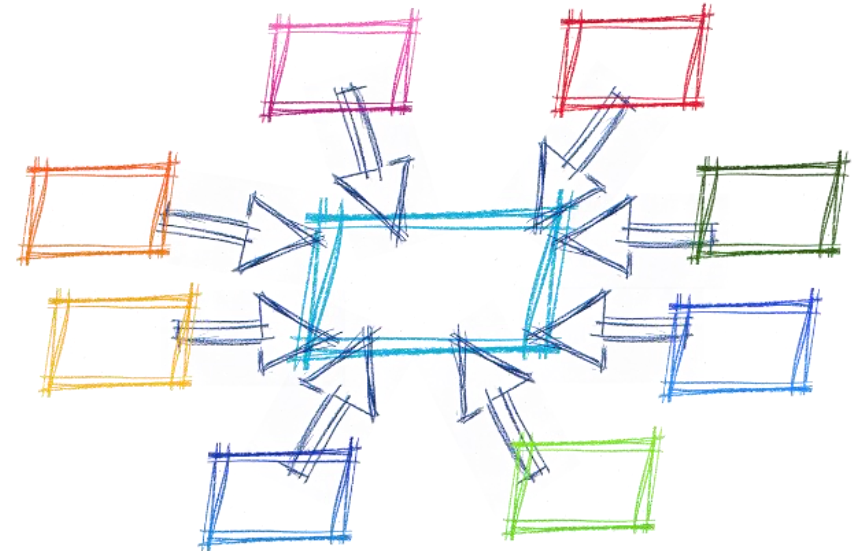
YOUTH MOVE NATIONAL™

Youth MOVE National: Leveraging Youth Advocacy

Johanna Bergan and Tamara Manzer

Objectives

- Underline the value of youth voice and engagement
- Provide orientation to current youth engagement work
- Identify key considerations in supporting the growth of youth voice
- Share take home messages you can use



What We Do...

- Unite the causes and the voices of youth while raising awareness around youth issues.
- Advocate for youth rights and youth voice in systems that serve us.
- Empower youth to be equal partners in the process of change.



How We Do It...

- Unite members by convening young people and connecting chapter to chapter.
- Identify best practices around TAY engagement in services
- Engaging young people as advisees to organizations, policy and systems design
- Develop resources and training for meaningful engagement.
 - Represent youth voice at the national level.

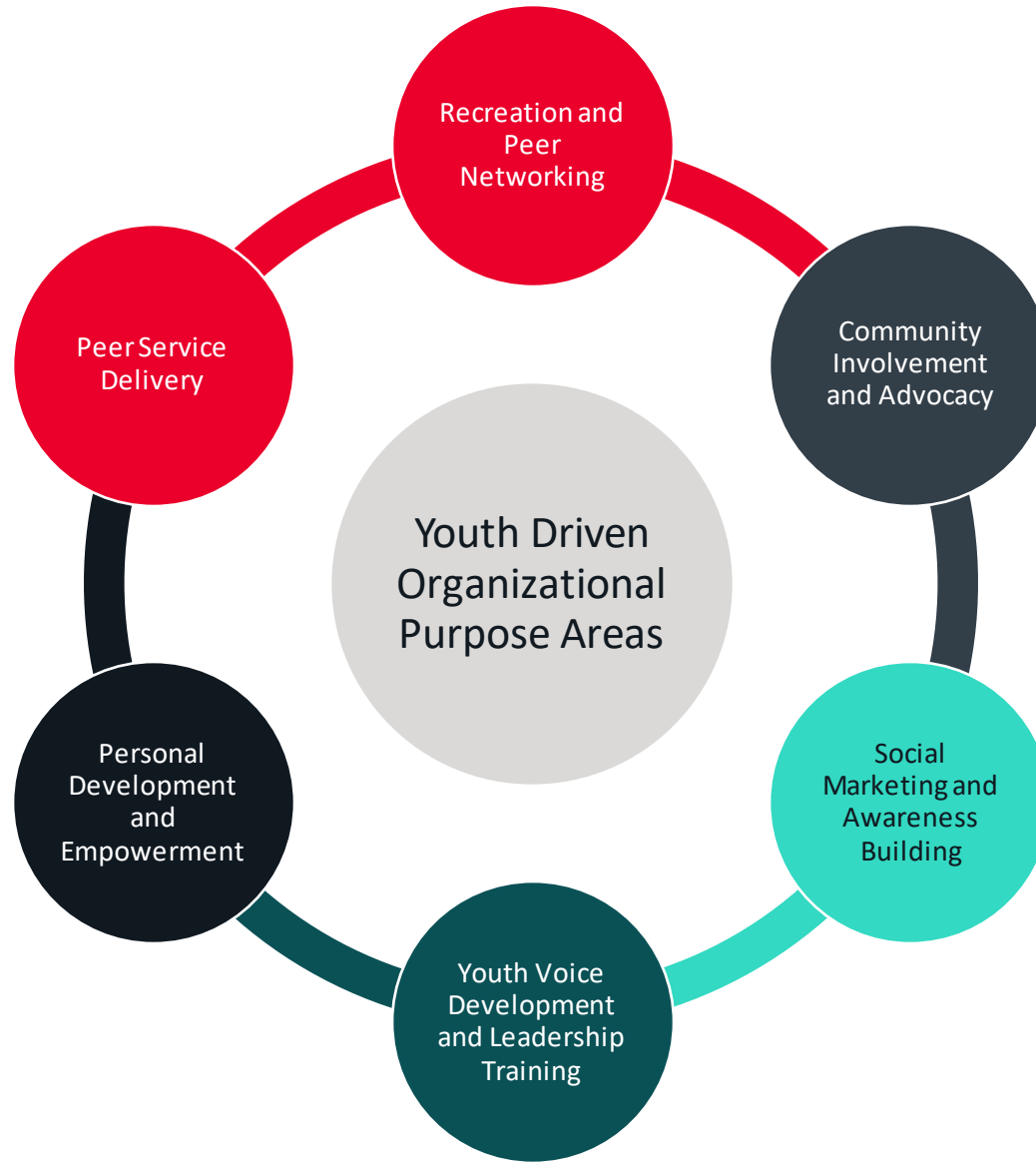


Why We Do It...

- We envision a future in which every youth is recognized and accepted as an individual and a human who can make change — not just treated as a number, problem, or caseload.



Chapter Purpose Areas



What is Youth Engagement?

Building a Foundation

- A strategy in which youth are giving meaningful input and have roles where they are authentically involved in working towards changing the service systems that directly affect their lives.



What is one word that describes youth engagement?

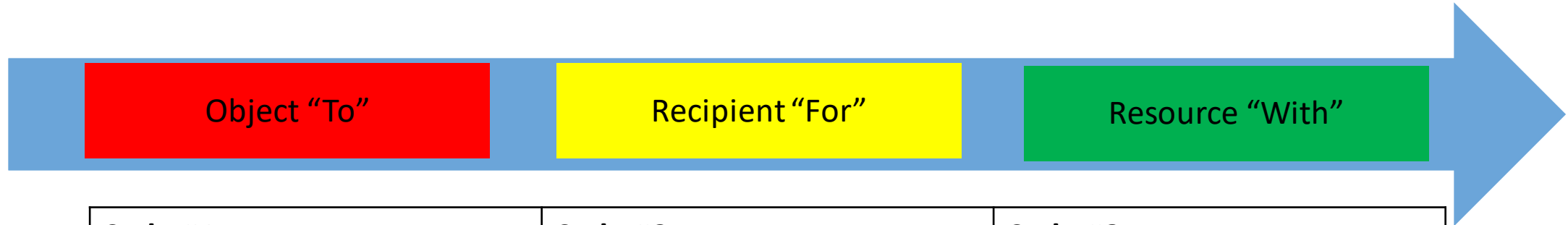
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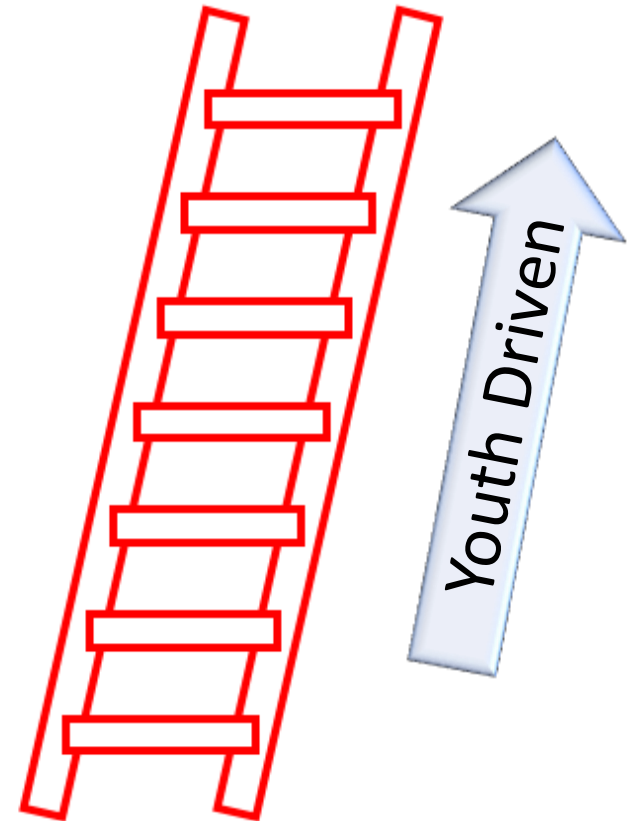
Foundation of Youth Development



Style #1	Style #2	Style #3
The adult is in control with no intention of youth involvement.	The adult is in control and allows youth involvement.	There is a Youth/Adult Partnership (Shared Controlled)
The Objective Personal growth of young people.	The Objective Personal growth of young people.	The Objective Increased organizational effectiveness.
The Byproduct Conformity of young people and acceptance of the program as it is.	The Byproduct Increased organizational effectiveness.	The Byproduct Personal growth of young people and adults.

Ladder of Youth Involvement

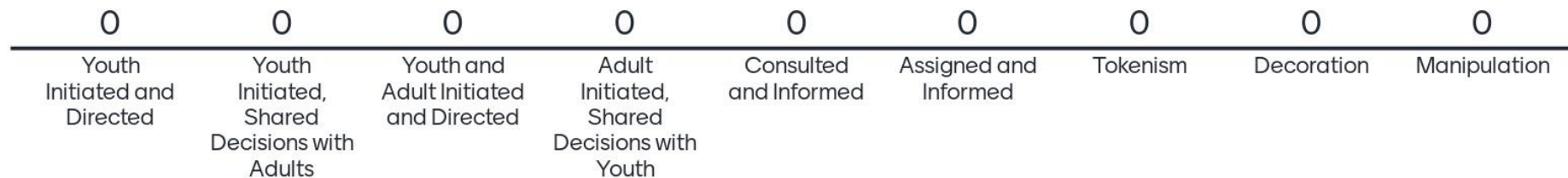
1. Youth Initiated and Directed
2. Youth Initiated, Shared Decisions with Adults
3. Youth and Adult Initiated and Directed
4. Adult Initiated, Shared Decisions with Youth
5. Consulted and Informed
6. Assigned and Informed
7. Tokenism
8. Decoration
9. Manipulation



Where are you on Hart's Ladder in engaging youth in your work?

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SCHOOL MENTAL HEALTH POLICY

CALL TO ACTION!

We invite you to go through the policy cycle below to learn more about some of the action steps that you can take as well as strategies and resources you can utilize as a youth advocate to create policy change for comprehensive school mental health within a particular state or community.

WHAT IS POLICY?

A rule, decision, or regulation on what a person or a group of people can say, do or have.

(Friday Night Live, 2012)

Policy can take the form of laws, regulations...and funding priorities about a given topic enacted by a government entity or its representatives.

(Kilpatrick, 2000)

To some people, "policy" seems like a mysterious and perhaps boring topic, compared to the busyness and intensity of everyday life.

However, a growing number of youth- and young adult-led groups have shown how policy issues can influence their choices and their lives in critical ways, and that they can have a substantial influence on



Advancing School Mental Health

Value Added of Young Adult Voice

- Changes institutional culture and practice
- Can help design and implement new policies that better serve youth and young adults
- Builds awareness and understanding
- Builds self efficacy
- Builds sense of community
- Improves individual and organizational outcomes

<http://www.cssp.org/community/constituents-co-invested-in-change/other-resources/engaging-youth-in-community-decision-making.pdf>

<http://youth.gov/youth-topics/effectiveness-positive-youth-development-programs>

http://thirdsectorimpact.eu/site/assets/uploads/page/documents-for-researchers/TSI_impact-report_sports-leaders-literature-review-dec-2014.pdf





**MENTAL HEALTH
CURRICULUM**

SCHOOL STAFF TRAINING

**INCREASE MENTAL HEALTH
PROGRAMS & SERVICES IN
SCHOOLS**

**RESTORATIVE JUSTICE IN
SCHOOLS**

SCHOOL MENTAL HEALTH

CHANGING POLICY CHANGES LIVES

A LOOK AT POLICY

During 2015-2016 youth and young adults from nine youth- and young-adult-led organizations, along with their adult allies, participated in a study called "Stepping Up: Successful Advocacy by Youth and Young-Adult Organizations." The study focused on



Policy Focus Areas

“Having school choice as an option to choose your own environment, how you want to learn, and where you want to learn would be a lot better instead of it being the same for everyone. It would be less stressful for teachers too, making education accessible for everyone.”

Challenges to Making Policy Change:

- Skepticism about young people’s ability to make a policy change
- Funding streams for services and organizations
- Silos in services and contradictory requirements
- Challenges related to existing rules about privacy and information sharing
- Confidentiality
- Issues with technology or electronic health records
- Consent laws

from *Pathways, Getting to Work – Using the Policy Cycle to Make Change*



Meaningful Partnerships

What youth want:

- Choice of how to participate
- Options that build on skills/interests
- Clear understanding of roles, tasks, and expectations
- Support and coaching
- Be a meaningful partner
- Grow with opportunities to participate in the work
- Connection with others who share a common experience



Helpful Tips for Adult Allies

Adults looking to build partnership and better engage youth:

- Be open minded and flexible
- Respect the readiness of youth
- Create respectful and nurturing learning environment
- Don't over promise and under deliver
- Be supportive and communicate expectation, yet be willing to ask what support looks like



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 organization where youth leaders can join the discussion and share experiences and ideas for future improvements and success.
- Find the youth-run organizations in your community (and state and nation) and make the connection.
- Promote and support youth engagement. Share the value of involving youth voice in your work.

What is one action you can take to increase youth engagement in your work?

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Resources

- [Investing in Youth Engagement and Youth Advocacy: School-Based Partnerships with Youth MOVE](#)
- [Please Pass the Love Educator Training](#)
- [Teenmentalhealth.org](#)

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Discussion, Questions, Thoughts



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