

Best Practices for Engaging Youth in Mental Health Programming

An overview of youth engagement principles and mental health programming resources for high school students.



Webinar Housekeeping

- Everyone is in “listen-only” mode.
- Two listen options: phone or web (phone tends to be better!)
- Call in #: [415-655-0003](tel:415-655-0003), Access Code: [668 468 202](tel:668468202)
- Type questions in "chat box" located in the sidebar to the right.
- If you are having technical difficulties please be sure to address the panelists and we will do our best to help you.
- The webinar is being recorded.
- Supporting materials will be emailed to you and available on our website.

Presentation Objectives

Upon completion of this webinar, participants will be able to:

- Define effective techniques for youth engagement.
- Identify examples of mental health programming for high school students.
- Describe resources and next steps for engaging youth in mental health programming.

Agenda

1. Introductions
2. About Our Agencies
3. Youth Engagement 101 (CSHA)
4. Mental Health Programs on High School Campuses (CDE & NAMI)
5. Additional Resources
6. Close-out

Introductions

Monica Nepomuceno, MSW

Education Programs Consultant
Mental Health Services Program
California Department of Education

Erik Villalobos

Family and Peer Programs Coordinator
NAMI California

Molly Baldrige, MPH

Program Manager, Adolescent Health,
California School-Based Health Alliance



Roll Call!

In the chat box to the right, type (be sure to address everyone)...

- Your first name
- Organization
- When you're feeling stressed, what do you do to take care of yourself?

California Department of Education's Mental Health Services Program

- Provide information and support to schools;
- Provide training opportunities for school staff, community partners, parents;
- Impact policy to support ALL students experiencing mental health issues;
- Increase access to and opportunities for mental health services.



Student Mental Health Policy Workgroup

- The State Superintendent of Public Instruction convened this work group in May 2012 with funding from the CaIMHSA;
- Membership of diverse backgrounds ;
- Public quarterly meetings;
- Identify student mental health challenges in California that can be addressed by changes in student mental health policies;
- Make annual policy recommendations to the State Superintendent of Public Instruction and the California State Legislature;
- Serve as an advisory group to the California Department of Education's (CDE) mental health projects.



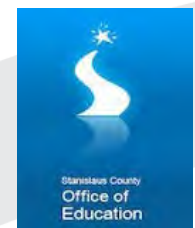
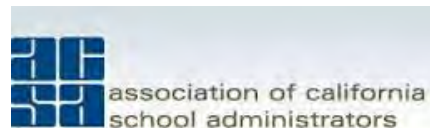
Student Mental Health Policy Workgroup Collaborative Partners



California Department of
EDUCATION



WELLNESS • RECOVERY • RESILIENCE



Project Cal-Well



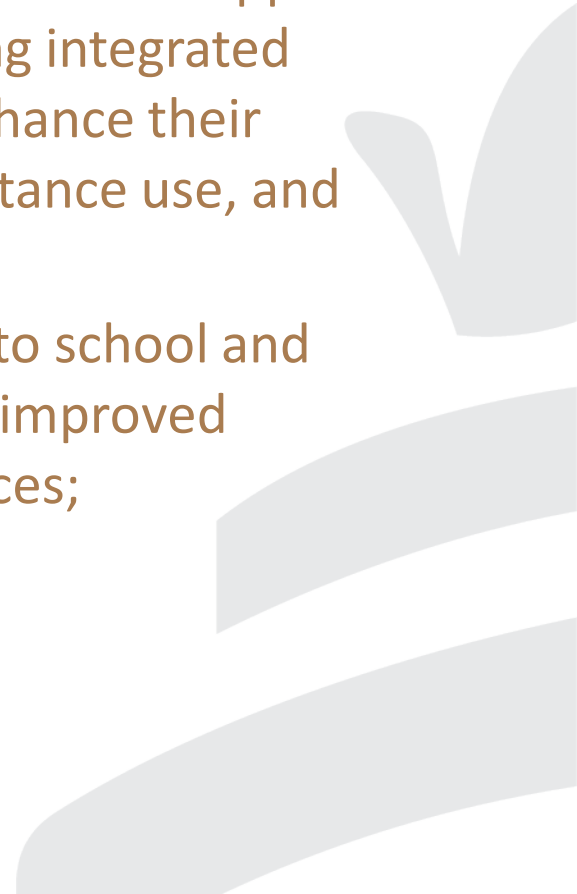
“Now is the Time”

**Project Advancing Wellness and
Resilience in Education**

**State Educational Agency Grant
NITT- AWARE-SEA**



Component 1

- Address the mental health needs of children, youth, families/caregivers, and communities;
 - Builds off of the Safe Schools/Healthy Students model to supports school and community partnerships by encouraging integrated systems that promote students' mental health, enhance their academic achievement, prevent violence and substance use, and create safe and respectful school climates.
 - Provide local communities with increased access to school and community-based mental health services through improved coordination of state and local policies and resources;
 - Broad spectrum of services from which to select
- 

Component 1 Goals

Establish referral processes to ensure access to school- and community-based mental health service programs;

Develop the capacity of LEAs to leverage state and local funding to support school-based mental health services/activities;

Support youth violence prevention and school climate strategies by utilizing research-based violence prevention and positive behavioral intervention programs;



Component 2

- Provide Youth Mental Health First Aid (YMHFA) training at the state and local levels;
- LEA instructors will train a minimum of 125 “first aiders” annually;
- State instructors will train 360 “first aiders’ annually;
- Saturate the state with YMHFA trainings.

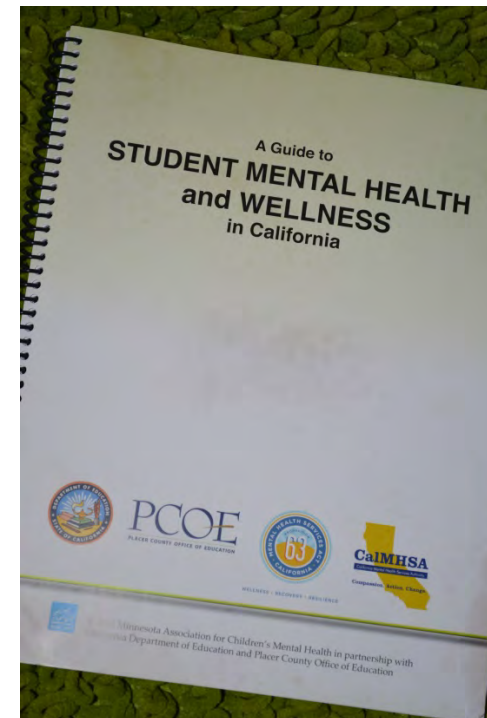


Youth Mental Health First Aid

- Australian based public education program;
- Increase mental health literacy among youth serving adults;
- Based on the concept of medical first aid;
- 8- hour course.
- Trainings available at no cost

A Guide to Student Mental Health and Wellness in California

- Based on the Minnesota Association for Children's Mental Health (MACMH)
- Collaboration to make it California specific
- For use by ALL school staff and adults on school campuses
- Released August 2014

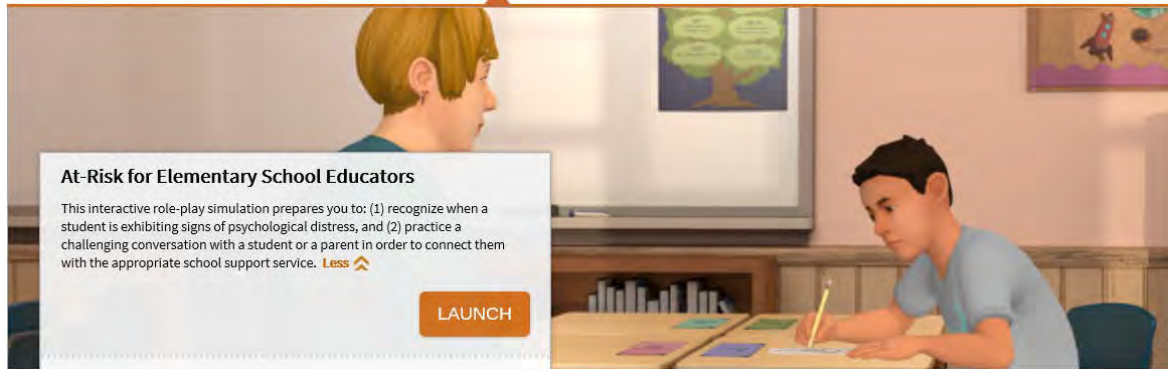


FREE

Online Professional Development for California Educators and School Staff



Choose a course.



<https://california.kognito.com/>

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California School-Based Health Alliance

The California School-Based Health Alliance is the statewide non-profit organization dedicated to improving the health and academic success of children and youth by advancing health services in schools.

Our work is based on two basic concepts:

- Health care should be accessible and *where kids are*
- Schools should have the services needed to ensure that poor health is not a barrier to learning.

Youth Engagement 101



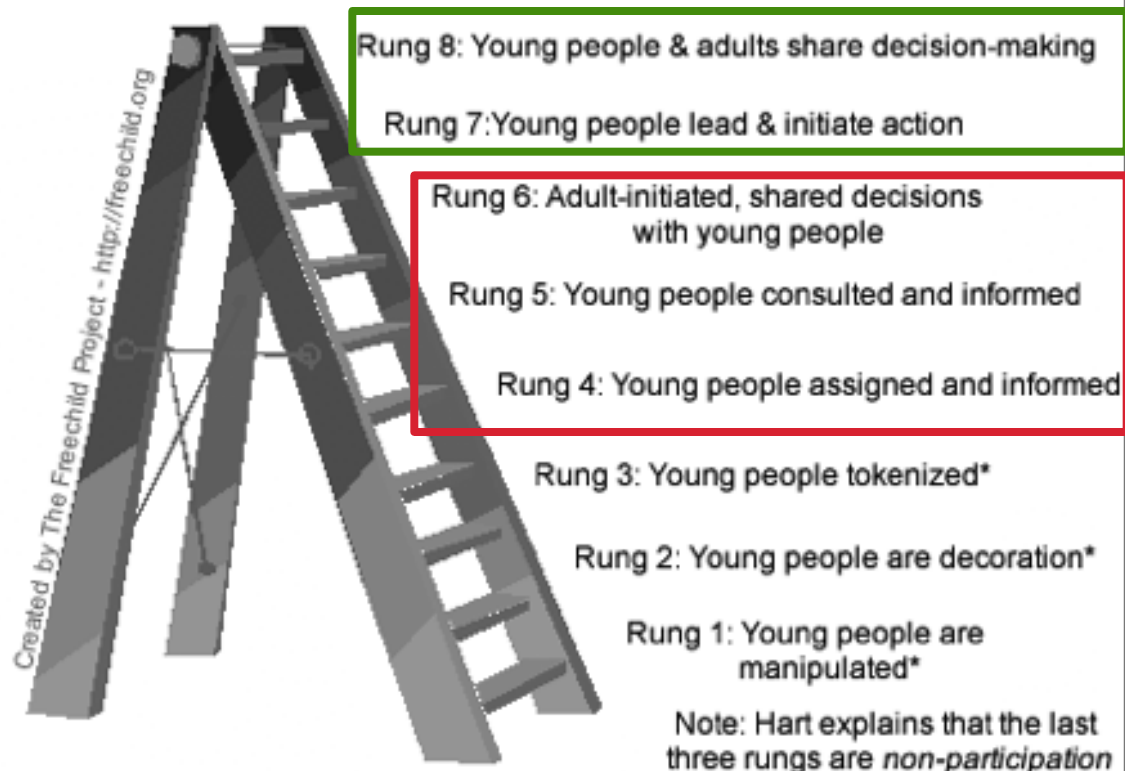
Think of an adult that was a mentor to you
when you were a teen...

What is one quality that you remember
about them?

(Please type your answer in the chat box and be sure
you are addressing everyone.)

Youth Engagement vs. Tokenization

Roger Hart's Ladder of Young People's Participation

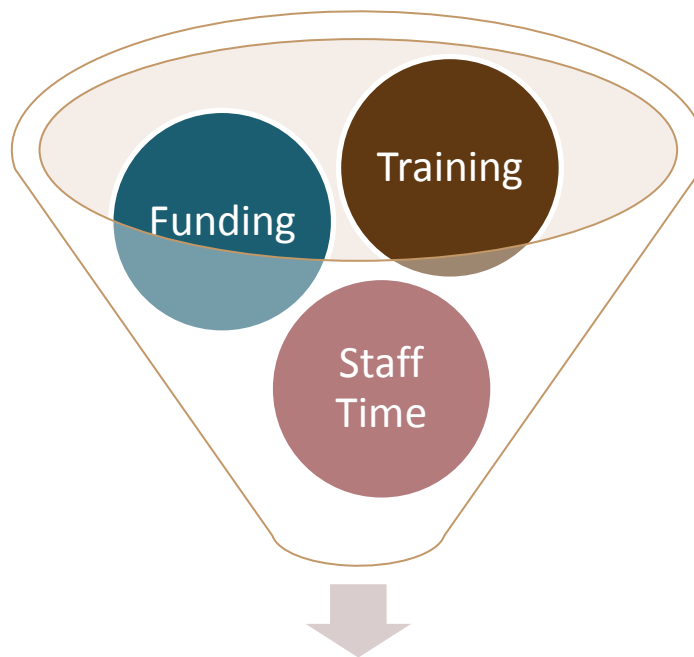


Adapted from Hart, R. (1992). *Children's Participation from Tokenism to Citizenship*.
Florence: UNICEF Innocenti Research Centre.

Part 1: Are you and your organization ready for Youth Engagement?

We want to start a program!

We are thinking about starting a program!



We have a program already!

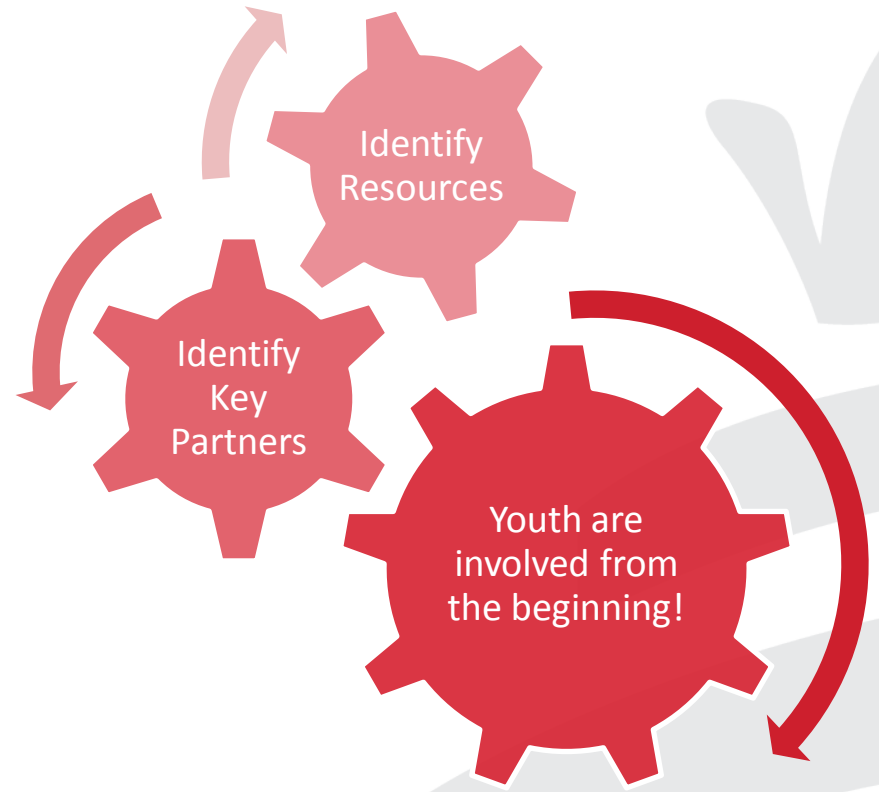
We have been doing this for years!

Youth Engagement!

Part 2: Build Capacity for Youth Engagement & Create an Action Plan

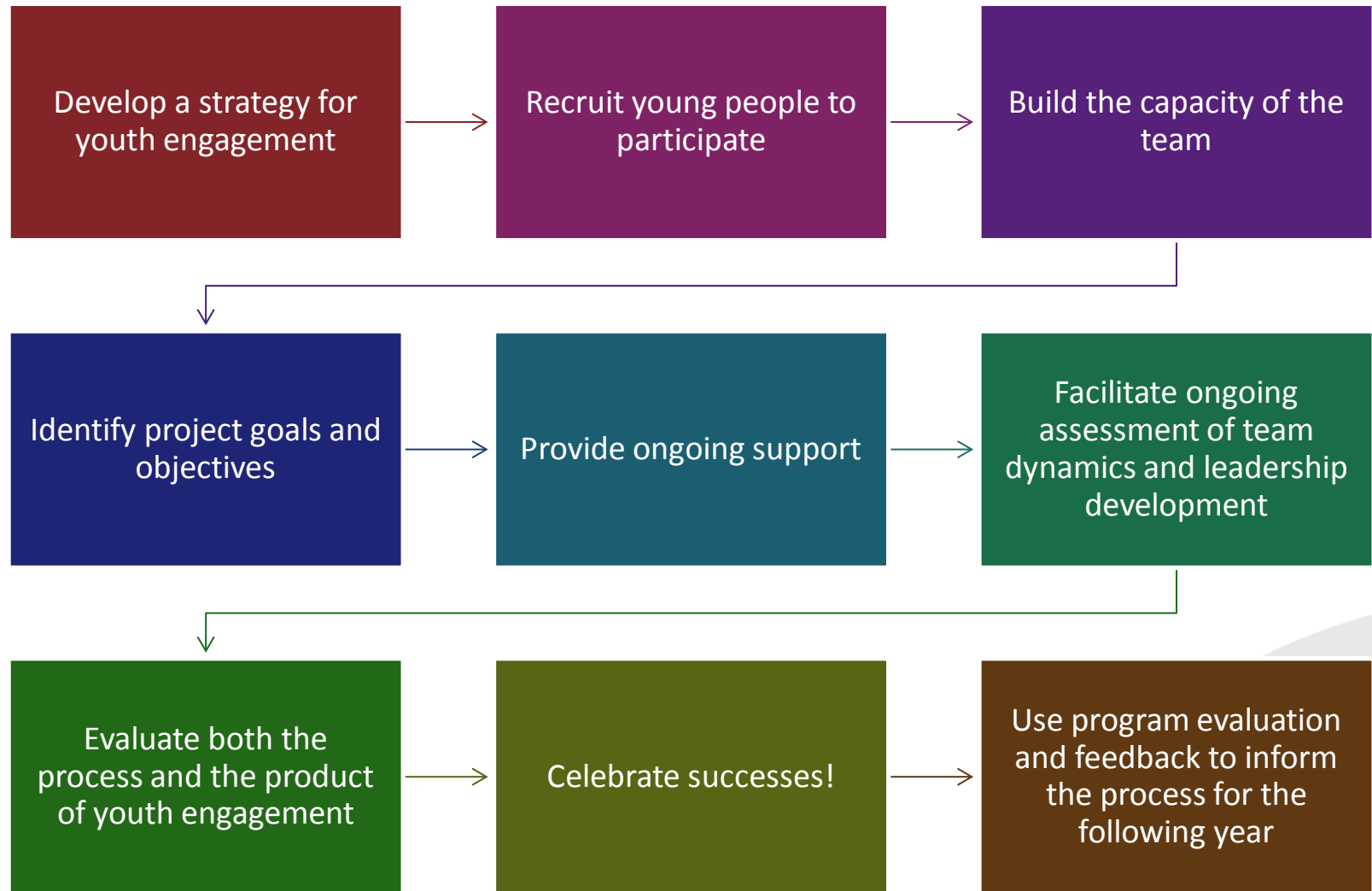
Key Questions:

- How can we get **funding** to support youth engagement?
- How do we allocate appropriate staff/adult ally **time**?
- Where can we receive adult ally **training** on youth development principles and youth facilitation?





The Youth Engagement Process





5 KEY PRINCIPLES YOUTH ENGAGEMENT

The core of youth engagement is a meaningful partnership
between adults and young people.

1 INCLUSIVENESS & EQUITY



2 RESPECT & AFFIRMATION

3 AUTHENTICITY & VULNERABILITY



4 TRUST & ACCOUNTABILITY

5 FLEXIBILITY



Next Steps:

“Let them reach for the sky and help bring the sky to them”

- Are supportive and caring i.e. trauma-informed
- Trust youth
- Take risks, not afraid of challenges
- Are good listeners & facilitators
- Comfortable working with youth
- Help network/navigate institutions
- Step up, step down
- Are respectful of youth's views, diversity, culture, time (don't ask too much of youth!)





Mental Health Programs





NAMI On Campus

National Alliance on Mental Illness

High School Clubs





What is NCHS?

- High school club open to all grades
- Promotes mental health and wellness
- Plan meetings, activities, and outreach to campus
- At least one advisor with a mental health background



NCHS Goals

- Promote the voices of students within the high school environment
- Increase awareness of mental health and wellness
- Promote acceptance for students experiencing emotional distress or a mental illness
- Improve school climate and student mental wellness through activities
- Inspire lifelong advocacy



NCHS is...

- A place to learn about mental health and wellness
- An inclusive club-everyone is welcome!
- A group of young people passionate about creating a safe and supportive environment
- A group that works to reduce stigma on campus by being role models of acceptance and supportive behavior towards others



NCHS isn't...


- A support or therapy group
- A place to get diagnosed
- About identifying or labeling others who may or may not have a mental illness



NCHS Resources

- Advisor and Student Manuals
- Advisor Technical Assistance/Coaching Webinars throughout the year
- NCHS Toolkit: Flyer templates; sample agendas and meeting minutes; meeting ideas, etc...
- Mental Health Resource Guide
 - Addresses mental health disorders
 - Symptoms of most common mental illnesses
 - How you can help
 - What to do in an emergency situation
 - Worksheets for clubs to identify campus- based, local, and national resources that can help those in need of services

Policies and Confidentiality

- Clubs are required to follow ALL school and district policies
 - Advisors are mandated reporters so no promise of confidentiality
 - Advisors and students are given resources and guidance on what to do if an emergency occurs
- 

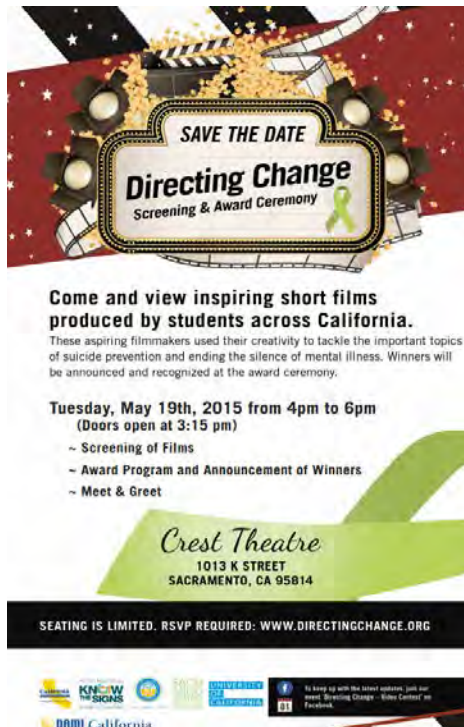
Club Activities



Ending the Silence (ETS)


- 50 minute presentation, designed for one high school class period
- Presentation delivered by a trained two-person team that includes a young adult sharing their story with mental illness
- Students given resources following the presentation on where to go for help or if they are concerned for a friend
- NCHS Clubs can bring ETS to campus to spread more awareness about mental illness

Directing Change



- Student film contest open to all high schools students and youth and young adults (ages 16-25) in California
- Two categories: Ending the Silence of Mental Illness and Suicide Prevention
- All films are 60 seconds long and multiple teams from one high school can enter

Advocate for Change

- Challenge **all** students to attend an Ending the Silence presentation
 - Challenge **all** school staff to complete the Kognito At-Risk Online Simulation
 - Challenge **all** students to complete the Friend2Friend online learning
 - Deliver a student mental health presentation to local school board
 - Host lunch time presentations about mental health and wellness
 - Advocate for the inclusion of mental health into science/health curriculum
 - Support or draft mental health bills
 - Write letters to legislative staff
- 

Let's See What the Training Looks Like

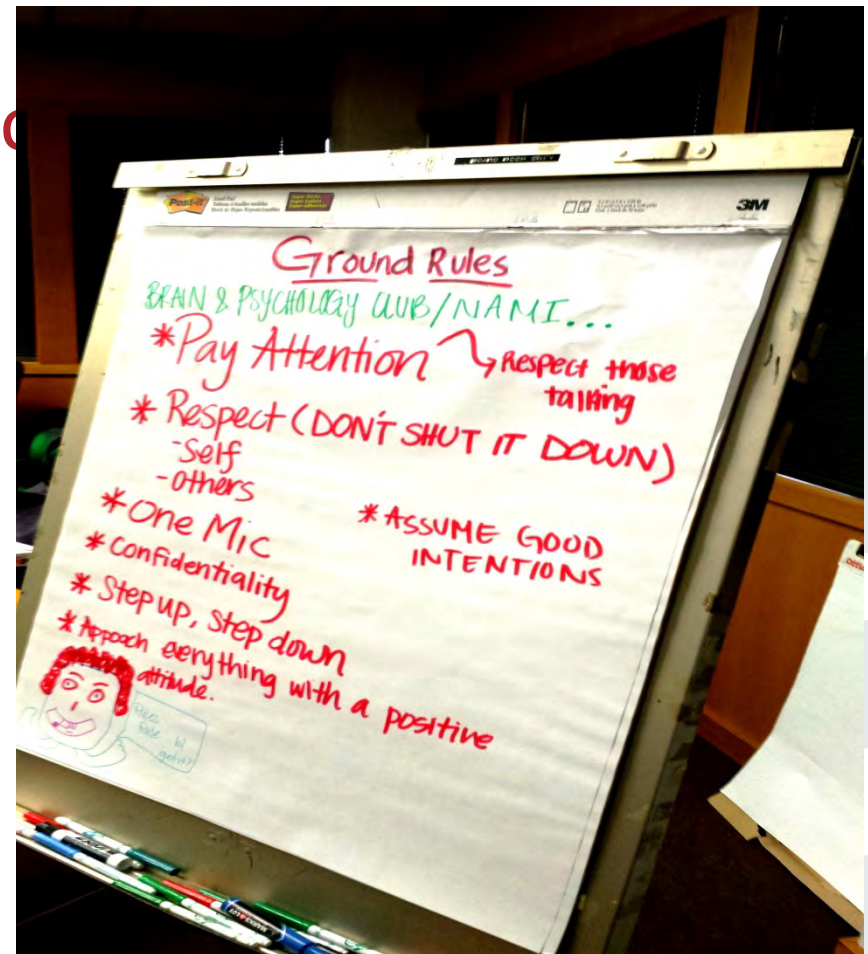
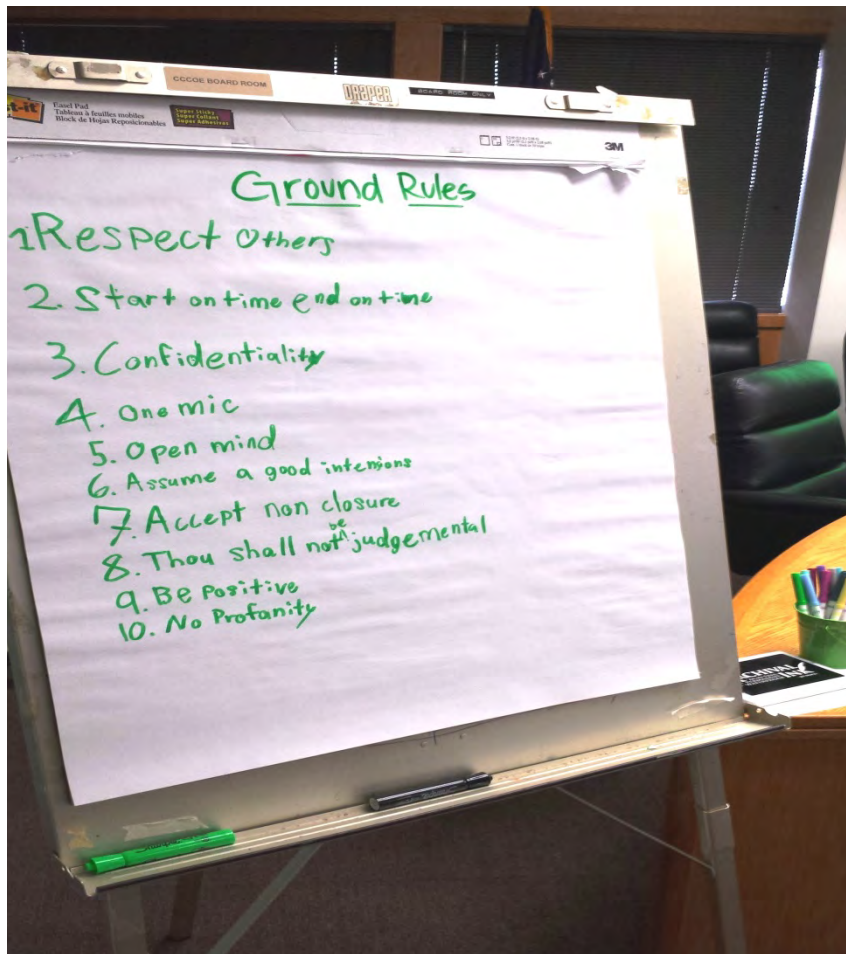


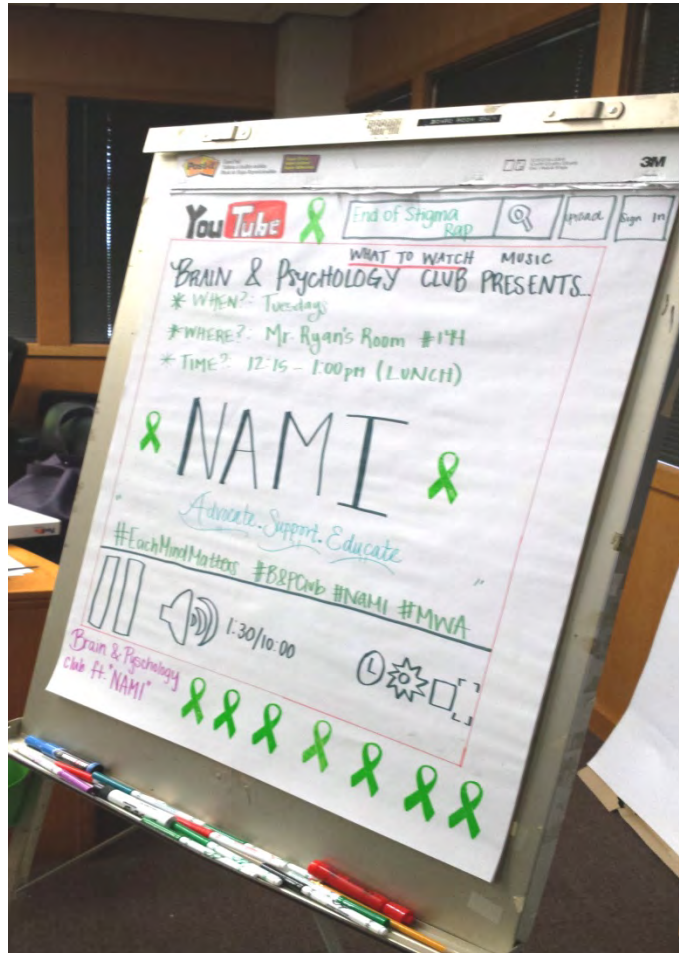
All clubs must attend a full day of training

Training topics include:

- Mental health
- Stigma reduction
- How to be a friend
- Resources on campus and in community
- Club leadership
- Outreach/promotion
- Being an advocate
- Club management





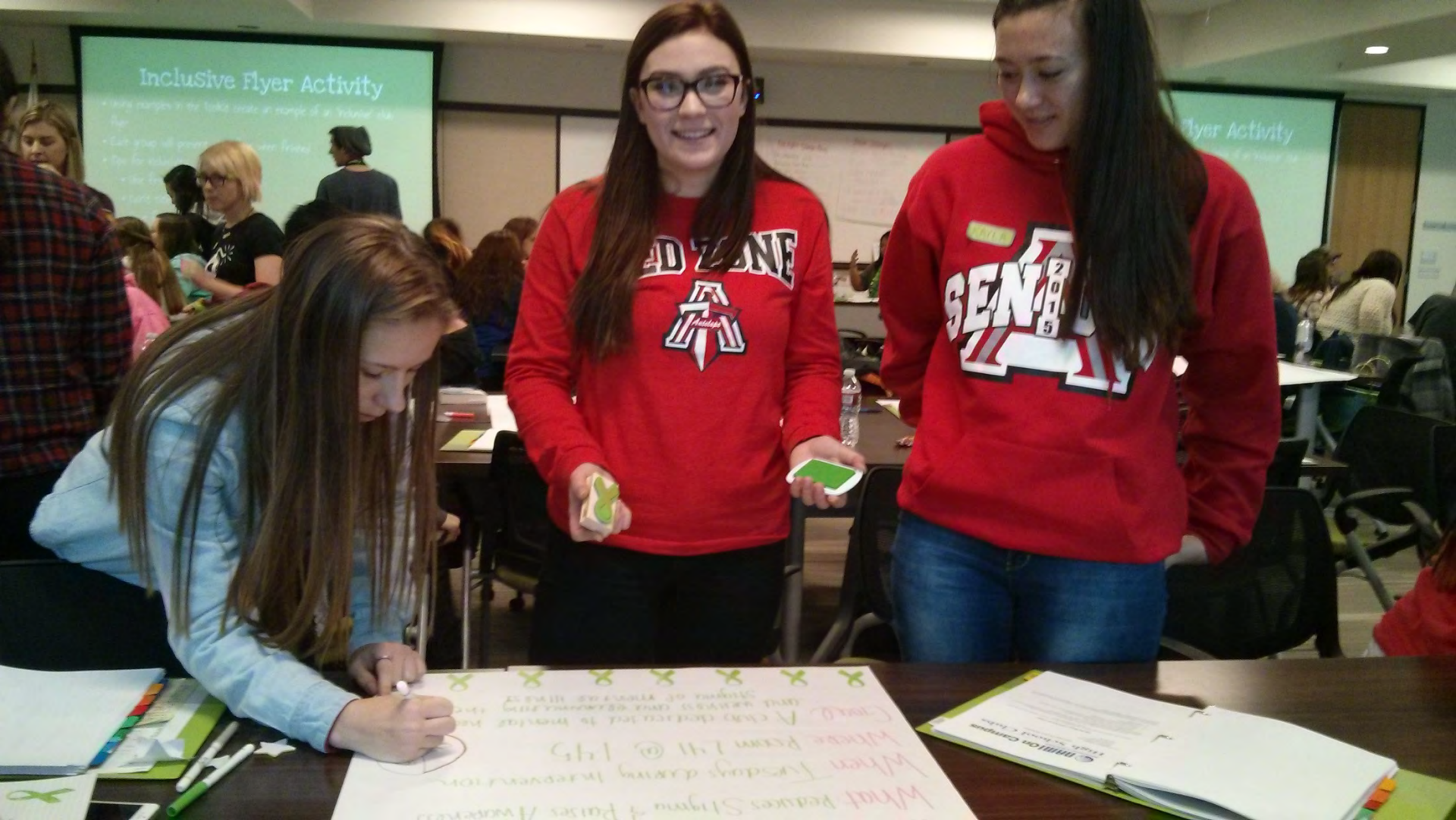


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Student Testimonials

What was your favorite part of today?

“Getting closer with my group!”

“Learning.”

“[Learning] The new facts I didn’t know”

“Hearing other students!”

What are you most excited about after the training?

“Getting our club started.”

“Tell people about it.”

“I’m excited about making other kids feel like they are not alone and that they do have resources.”

“Bringing school wide activities to our campus and making mental illness known to our peers and classmates.”



Get Involved!

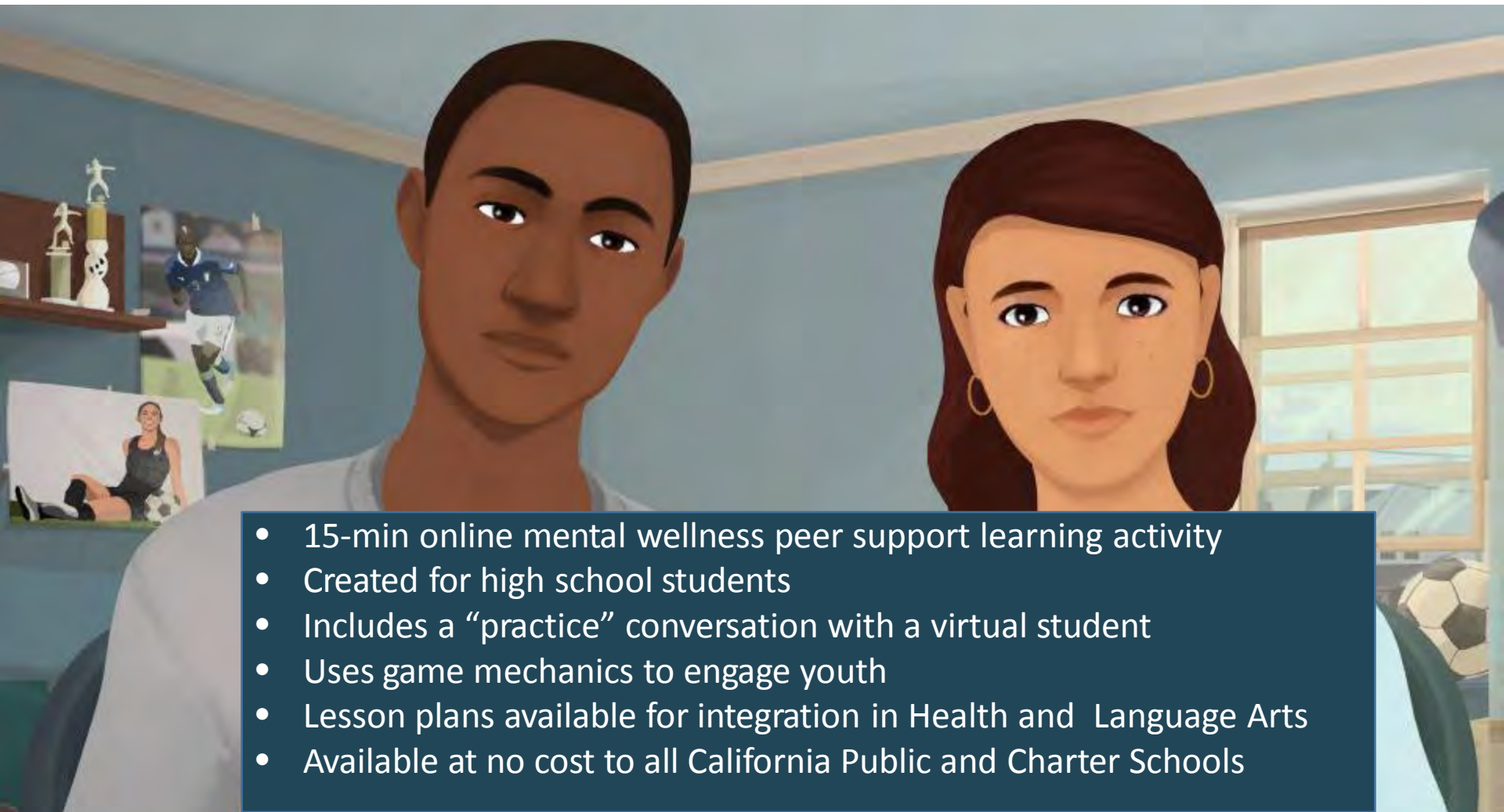
- Know of a school that may be interested?
Contact your local NAMI Affiliate; or Beth Larkins or Erik Villalobos at NAMI CA
- Local NAMI Affiliate, NAMI California and school advisor, and identified students take part in a 1 day training
- Schools must have identified an advisor with a mental health/social work background

Friend² Friend

*Let's get California
High School Students
Talking about
Mental Health*



Friend²Friend



- 15-min online mental wellness peer support learning activity
- Created for high school students
- Includes a “practice” conversation with a virtual student
- Uses game mechanics to engage youth
- Lesson plans available for integration in Health and Language Arts
- Available at no cost to all California Public and Charter Schools

Friend2Friend Learning Objectives

01

Increase awareness of mental wellness and of signs that a peer might be suffering from psychological distress, including suicidal thoughts

04

Increase awareness of support and resources available to students, both locally and nationally



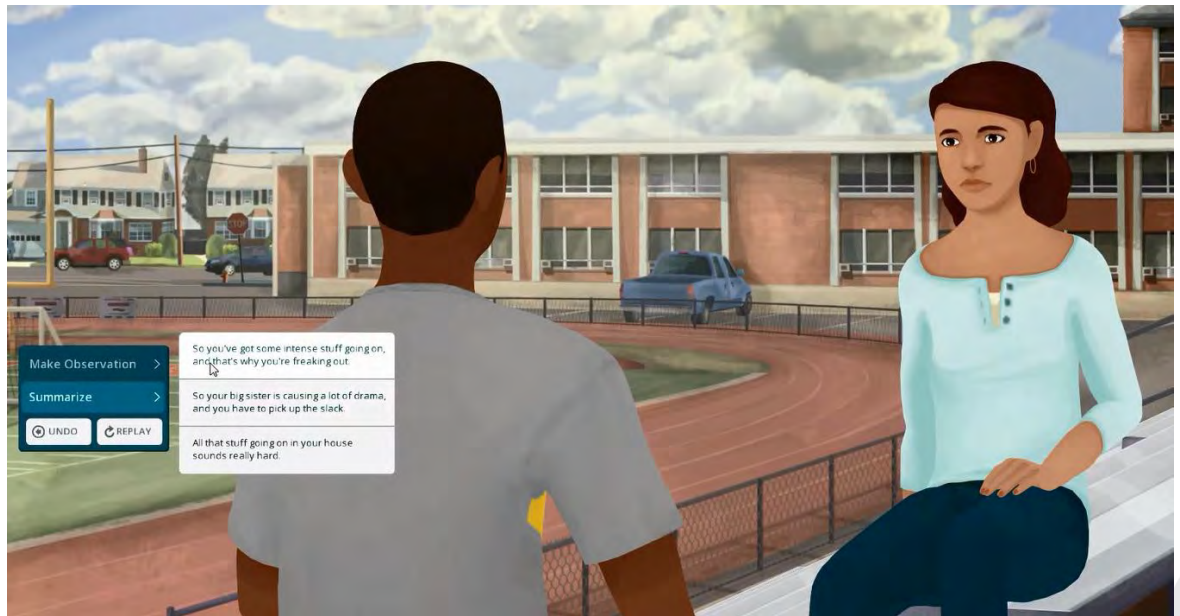
02

Learn best practices for approaching friends that might be suffering from psychological distress and referring those students for support

03

Decrease stigma and correct misconceptions surrounding mental health disorders

How it Works



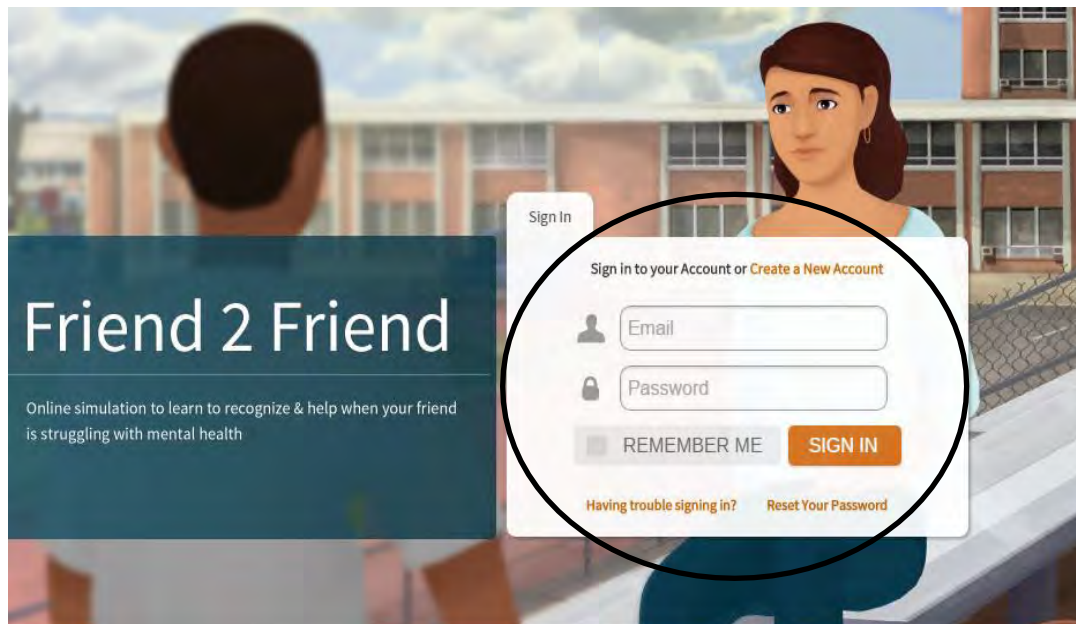
1 Assume the role of a student and engage in a virtual conversation

2 Control the conversation by choosing what to say

3 Learn effective techniques to support, motivate help-seeking

4 Receive feedback throughout the conversation





About

Friend2Friend is a research-based, online, interactive experience. It prepares high schools students to support others by practicing a challenging conversation with a friend who may be suffering from psychological distress. It was developed by Kognito, the health technology company that improves the conversations we have about health and wellness with our families, professionals and friends.

Spread the Word

Coming Soon: Lesson plans, facilitator guides, flyers and more.

Tools for Teachers

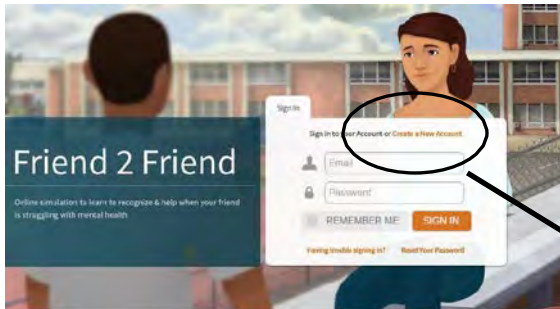
How to Access

<http://kognitocampus.com/peer>

Enrollment key: calfriend

Access training program

Create an Account



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[Tools for Teachers](#)

Your Account

First Name

Last Name

Email Address

Re-enter Email Address

User Name

Re-enter User Name

Choose Password

Re-enter Password

NEXT STEP

Already have an account? [Sign In](#)

Additional Resources:

- NAMI California
- Ending the Silence
- CSHA Website: Youth Engagement Tools

Thank you!

Reminder: All materials and a recording of this webinar will be available by the end of this week.

Please respond to our evaluation as well.



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