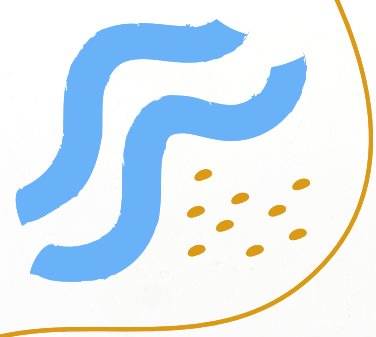


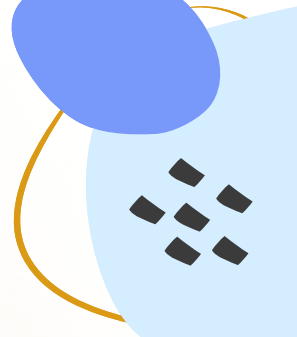


Sharing and building power with youth mental health leaders

Mental Health America



Young Mental Health Leaders Council



Building Power to Build a Mentally Healthy World:

Supporting and
Advancing Youth
Leadership





Power Within

Building Identity





Power With

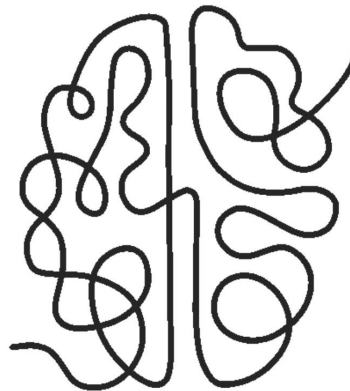
Building Solidarity



Provide **validation**, **encouragement**, and **stability**.

- Building **relationships** is key to well-being and feeling included/ connected.
- Demonstrate **consistency** and care.
- Emphasize the importance of **communication** and flexibility in your materials.
- Prioritize **understanding** and non-punitive responses to delays/ absences/ issues.

EVOLVING MINDS



Get In Touch

Psychology & Mental Health



YTP



<https://evolving-minds.org>
<https://www.intouchblog.com>
<https://theyellowtulipproject.org>

Understand that **youth have a lot to add** AND provide **learning** and **growth** opportunities.

- Prioritize **bidirectional growth** – for youth leaders AND the organizations.
- Connect youth to **evidence-based** frameworks.
- **Explain** (current) solutions and **explore strategies** to address barriers.
- **Humility, openness** to new ideas, and creativity are essential to this process.



H O P E L A B

<https://impactplayground.org>
<https://headstreaminnovation.com>
<https://hopelab.org>

Provide **mentorship** and **sponsorship** to support youth in navigating **advocacy** spaces.

- **Reach out** to youth who feel uncomfortable asking for support.
- **Acknowledge strengths** and provide insight on how to respond to obstacles.
- Provide space for young people to **solve problems** and explore current/future options.
- Provide **direct opportunities** for young people to be in positions that are otherwise inaccessible.



Building Hope

A Mental Health Strategy Summit

November 16th | Washington, DC | 8:30am - 7:00pm EST

Join leaders from around the country to build the strategies and movement we need to turn the Unified Vision for Transforming Mental Health & Substance Use Care into reality

VA MD
PA NJ
DE

Our Future In Mind

20 LOCAL EDITION 22

MHA Mental Health America IDONTMIND
inseparable

NATIONAL ACADEMIES Sciences Engineering Medicine

- NATIONAL ACADEMY OF SCIENCES
- NATIONAL ACADEMY OF ENGINEERING
- NATIONAL ACADEMY OF MEDICINE


<https://inseparable.us>
<https://hopefulfutures.us>
<https://idontmind.com/ourfutureinmind>
<https://www.nationalacademies.org/our-work/forum-for-childrens-well-being-promoting-cognitive-affective-and-behavioral-health-for-children-and-youth>



Power To

Building Power





Prioritize intergenerational approaches that
build community and avoid stereotypes
about youth and adults.

- Youth are not just the “future”. **Youth** cannot “save us” alone.
- **Breakdown stereotypes** of self and others.
- Cultivate humility and aid the meaningful role you play.



Create multiple pathways for youth leadership and impact, including opportunities to connect with leaders across sectors and organizations.



Hidden Healers



FOUNTAIN
HOUSE



Integrate youth advocates into all leadership structures.





Thank you!
Any questions?