Sharing and building power with youth mental health leaders

Mental Health America
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.
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.

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.

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https://inseperable.us
https://hopefulfutures.us
https://idontmind.com/ourfutureinmind
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 aim the meaningful role you play.
Create multiple pathways for youth leadership and impact, including opportunities to connect with leaders across sectors and organizations.
Integrate youth advocates into all leadership structures.
Thank you!
Any questions?