Developing A Sustainable Youth-Led Peer Support Program

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SPARK
Students Providing And Receiving Knowledge

Mental Health America
B4Stage4
SPARK IS:
A CAREER PATHWAY TO BUILDING WASHINGTON STATES PEER COUNSELING WORKFORCE WITH AN EMPHASIS ON WISE

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We will share…

• Our results from our very first class
• Our “tool kit” for developing this program
• How we have created a system of care around the program
• Where we have been, where we are going, and lessons learned
• Creating apprenticeships for youth
• What’s next for SPARK
Our Journey – The Beginning
Our Purpose

• Develop a school-based Peer Counselor career path for young adults ages 17-21
• Learn how to grow their social and emotional toolboxes
• Learn how to coach and mentor others in a strength-based setting
• Teach goal setting
• Learn how to self-advocate and self-care
• Take the 40-hour CPC class after graduation and be prepared to enter the CPC workforce
Class Demographics 2019

- 8 students, all identify as Hispanic/Latino/Latina
- 8 bilingual students (Spanish)
- 1 male student
- 2 teen parents
- Age range 17 to 20
- 6 high school graduates
- 1 GED
- 2 soon-to-be high school graduates
SPARK Class: What Worked & What Needs Improvement

Class Pros
• Professional/relevant guest speakers
• Gained knowledge of future career path
• Helpful activities
• Value in attending local FYSPRT
• Feeling of belonging and being part of something big
• Motivation towards graduation!

Class Cons
• Not enough class time
• Not enough time to share material
• Schedule consistency
• Non-consistent location
40-Hour Peer Certification Class Observations

Training Pros
• Facilitators were awesome and nice
• Strengthening exercises to boost self
• Open safe space
• Able to openly express thoughts
• Learned important social skills

Training Cons
• Website from modules kept malfunctioning/had wrong answers on some questions
• Questions written on test that were not covered in training or modules
• Training needs to provide a segment on notetaking/paperwork
WISE Symposium

Learning New Skills and Working With Others

**Pros**
- Awesome keynote speakers
- Well organized
- Sessions were clear and to the point

**Cons**
- Not enough registration supplies
- Certain sessions were incredibly crowded/needed more seating
State-Wide Family Youth System Partner Roundtable (FYSPRT)
Stakeholders & Partners

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[Images of various organizations logos]
8 50-Hour Apprenticeships

- Enroute – WISE specific training and coaching
- Comprehensive Healthcare – clinical based and agency specific
- SPARK Development – program funding/development
- Local Family Youth System Partner Round Table – community based
SPARK Celebration Dinner
The Future of SPARK

• Continue to partner with youth serving systems
• Create a WISE workforce database for current job openings for youth
• Work with behavioral healthcare agencies on incentives to hire youth
• Create SPARK Development/Outreach team
• Take this program state/nation wide for other communities to replicate
• Start working with hospitals and including Peer Counselors in various departments
• Continue to partner with our community, state, and national partners in developing programs for our youth with our youth
• We are now our own 501c3 and continue to grow every day!
SPARK Class of 2020
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Q & A

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