

Module 1:

Partnering with Youth and Young Adults

Objectives

1. To be familiar with core competencies for effective practice with youth and young adults with mental health conditions.
2. To understand the challenges facing young people engaged in mental health services.
3. To know the principles of positive development and empowerment for youth.
4. To build and sustain trusting relationships with youth and young adults.
5. To meet young people's self-identified needs.

Scenario for Team Discussion

Working with Homeless Youth ~ Brittany

Brittany (aged 15), her dad and older brother were homeless and moving from hotel to hotel, and she reported that she did not get along with them. Brittany's mom had separated from the family when Brittany was very young. Brittany faced many mental health challenges and had a history of self-harm. She was taking medication prescribed by a psychiatrist and had been referred for wraparound services. Brittany's goals were to include her voice in her team meetings and be able to be the facilitator of her meetings. Recently she ran away and was missing for two weeks. When she returned, she shared stories of things that she experienced while being on the run. She had tried many drugs and put herself in some situations that she described as very dangerous. She said that she did all of this because she hated living with her dad and brother.

Questions for Team Discussion

After reading and thinking about the scenario above, engage in a staff discussion of the following questions:

1. How would you respond to Brittany's disclosures?
 2. What assumptions or biases about Brittany and her family would you need to check?
 3. How might you talk with Brittany about her situation?
 4. Given Brittany's desire to have her voice heard, how would you work with her on this goal?
 5. What resources or supports might you explore?
 6. How might a peer support Brittany?
 7. Who might you consult with?
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Debriefing

After discussing this scenario with team members, it may be useful to reflect on what staff members learned from each other, using the following questions to guide discussion:

1. What approaches or strategies seem to be most useful?
2. Where are the areas of agreement and disagreement?
3. In what ways have team members' responses contributed to changes in your own perceptions of Brittany? What new ideas have you heard about how to support her?

Training Video



Partnering with Youth and Young Adults



View the video at YouTube:
<https://youtu.be/bz2eALYvpdE>

Video Discussion Questions

In this session, a young woman reflects on her life and works with the service provider to make a concrete plan to move forward with her interest in working in animal rescue as a career. After viewing the video segment, the team addresses the following questions:

1. What was the provider doing that supported the young woman in her progress moving ahead with her career exploration plans?
 2. What additional questions would you ask to help her formulate next steps toward her goals?
 3. How might the worker be more empowering?
 4. How might the worker better help the young adult to explore her options?
 5. How might the worker support the young adult in developing a plan?
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Module 1 Discussion Questions

Here we offer questions to guide discussion of how module 1 content could be applied in your team's work in the local area and with the young people you serve:

1. Think of a situation when you had difficulty engaging a young person in your program. What strategies were most effective in forming a trusting relationship?
2. In a first meeting with a young person who is depressed or withdrawn, what are some ways to increase her or his engagement in a conversation about strengths and needs? Can you share an example? Imagining yourself in the young person's shoes, how would he or she prefer to work toward identify strengths and needs? What would need to be in place to encourage this young person to not only open up, but also engage in critical thinking with you?
3. How do you apply an empowerment approach with a young person who has never been asked to identify goals or whose goals you believe are inappropriate according to legal or moral standards? Can you share an example of when you did this successfully? What did you do? What did you learn from a situation when it went less well?