Youth Empowerment as a Framework to Engage Young People in Creating School & Community Change

21st Annual Conference on Advancing School Mental Health
Why Youth-Led Programs?

• YLP represents a sound investment through meaningful youth involvement in community prevention efforts.
• YLP has been viewed as a substance abuse prevention program.
• YLP is a comprehensive approach to addressing the emotional and behavioral health of youth and young adults.
Youth-Led Programming

- Is an effective way of sharing knowledge.
- Is credible because it is based on real experiences.
- Is a good way of communicating ideas.
- Encourages a stable peer network.
- Can protect students from being victimized or bullied.
- Encourages strong interpersonal skills
- Enables students to maintain healthy relationships

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What is Youth-Led Programming

YLP IS...

• Youth hearing directly from their peers about how to handle issues.
• Youth given a voice in planning, decision-making, implementation, evaluation, and recognition processes.
• Youth involvement in the entire prevention process.

YLP is NOT...

• Adults telling youth: “Don’t use drugs.”
• The “token” youth at the table.
• Inviting youth to an activity.
• One time social events

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Our Journey

Preventing Mental, Emotional, and Behavioral Disorders Among Young People

Progress and Possibilities

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Ohio Youth-Led Prevention Network

• Build upon and expand partnerships between youth-led programs across systems, across the state.
• Statewide Youth Council
• Develop and strengthen Ohio’s youth-led efforts by getting to outcomes

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Balancing Act

Honoring Ohio’s Rich History of Youth-Led Work

Planning for the Future of Youth-Led Prevention

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Investment
Vision

Hold the vision, trust the process.
Call to Action

“It’s not just about coming together, it’s about having an impact.”

-Ms. Karen Pittman, Co-Founder, President and CEO, Forum for Youth Investment

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Two Underpinning Frameworks


The Substance Abuse and Mental Health Services Administration (SAMHSA) of the United States Department of Health and Human Services funds the Strategic Prevention Framework State Incentive Grant (SPF SIG).
Overarching Goal of YLP in Ohio

Young people will engage in the SPF to create and implement a strategic plan that uses evidence-based strategies to create community-level change.
THE HEART OF IT ALL
Youth Empowerment

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Youth Empowerment

The ability to influence social and political systems that affect our lives

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Emotional Empowerment

Belief in one’s abilities to influence social and political systems
Cognitive Empowerment

The critical *awareness* and knowledge needed to change systems
Adult allies serve as guides & play an important role in the process alongside youth.
Adult Ally Training & TA Video

https://youtu.be/DWFJJD8gaxw
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How do I engage young people *in a process* to create community change?

SAMHSA’s Strategic Prevention Framework (SPF) outlines the elements of a comprehensive planning model.
### Tool (Youth): Strategic Plan Map

**Ohio Strategic Prevention Framework (SPF): Strategic Plan Map**

**YLP Name Here**

**Overall Theory of Change:** Insert "If-Then Proposition(s)" here.

### Community Logic Model

<table>
<thead>
<tr>
<th>Problem Statement</th>
<th>Intervening Variable(s)</th>
<th>Strategy</th>
</tr>
</thead>
<tbody>
<tr>
<td>The problem statement should be written in language that everyone in the community is able to understand.</td>
<td>• Insert data/information from needs assessment process here.</td>
<td>We have selected the following CSAP Strategies: • Provide more detail on the strategy. Be sure to separate your activities by CSAP strategy (and potential sub-strategies).</td>
</tr>
</tbody>
</table>

**Data to Support Problem Statement:** Insert data from the needs assessment process here.

### Demonstrating Capacity

<table>
<thead>
<tr>
<th>Inputs: Human / Material Resources</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Budget: Total Budget: $</td>
</tr>
<tr>
<td>• Percentage of Total Budget Allocation: xx%</td>
</tr>
<tr>
<td>• In-kind: $</td>
</tr>
<tr>
<td>• Staffing (Paid or Volunteer): Number of staff members: xx</td>
</tr>
<tr>
<td>• Total FTE's: xx</td>
</tr>
<tr>
<td>• Vendor(s)/Sub-contractor(s): Name (Total Cost)</td>
</tr>
<tr>
<td>• Services Provided:</td>
</tr>
<tr>
<td>• Materials: Brief Description (Total Cost)</td>
</tr>
<tr>
<td>• Travel: Brief Description (Total Cost)</td>
</tr>
<tr>
<td>• Other: Brief Description (Total Cost)</td>
</tr>
</tbody>
</table>

### Theory of Action

<table>
<thead>
<tr>
<th>Time Line</th>
</tr>
</thead>
<tbody>
<tr>
<td>Specific activities for each Strategy</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Outputs Results of Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>What are the key things that have to happen to get the strategy complete? What is your timeline? Be sure to separate your activities by CSAP strategy (and potential sub-strategies).</td>
</tr>
<tr>
<td>Strategy #1: DATE: Activity</td>
</tr>
</tbody>
</table>

### Context

Please list any important "explanatory" factors to better help the reader understand the strategic plan here.

**Please be concise. You may not use more than one 11x17 page!**

### Measurable Outcomes

<table>
<thead>
<tr>
<th>Shorter-Term Outcomes (2 years)</th>
<th>Longer-Term Outcomes (5 years)</th>
</tr>
</thead>
<tbody>
<tr>
<td>What will your activities result in? This column should correspond with the Activities column. Be sure to separate your activities by CSAP strategy (and potential sub-strategies).</td>
<td>This column should have 1:1 correspondence with the Intervening Variables column. As measured by:</td>
</tr>
<tr>
<td>•</td>
<td></td>
</tr>
</tbody>
</table>

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## OYLPN Worked Example (SPF)

### Ohio Strategic Prevention Framework (SPF): Strategic Plan Map

**Ohio Youth-Led Prevention Network Youth Council**

**Overall Theory of Change:**
- If the OYLPN YC has a media campaign directed toward youth, then OYLPN youth and adults will have increased awareness of MH and suicide prevention.
- If the OYLPN YC disseminates information about MH and suicide prevention, then OYLPN youth and adults will have increased knowledge on the signs/symptoms of MH issues.
- If OYLPN youth and adults have increased awareness and increased knowledge of MH and suicide prevention, then we create a nurturing environment for youth who are experiencing depression and suicidal thought to receive the necessary support.
- If we create a nurturing environment for youth who are experiencing depression and suicidal thought to receive the necessary support, then Ohio will have decrease in the percent of students seriously considering attempting suicide.

### Community Logic Model

<table>
<thead>
<tr>
<th>Problem Statement</th>
<th>Intervening Variables(s)</th>
<th>Strategy</th>
<th>Demonstrating Capacity Inputs: Human / Material Resources</th>
<th>Theory of Action</th>
<th>Time Line Specific Activities for each Strategy</th>
<th>Outputs - Goals of Activities</th>
<th>Shorter Term Outcomes (2 years)</th>
<th>Longer - Term Outcomes (5 years)</th>
</tr>
</thead>
<tbody>
<tr>
<td>There are Ohio youth that are at risk for depression and suicide. The Ohio Youth-Led Prevention Network (OYLPN) Youth Council believes that youth can play a role in creating nurturing environments for all Ohio youth.</td>
<td>Lack of awareness of MH</td>
<td>We have selected two CSAP strategic prevention initiatives (i.e., newsletter, parent's night) and environmental strategies (i.e., social media/PSA).</td>
<td>Budget:</td>
<td>Environmental Strategies Social Media</td>
<td>-OYLPN will address MH campaign until the end of the year.</td>
<td>ENVIRONMENTAL STRATEGIES Social Media</td>
<td>- Increase awareness of mental health. Encourage competency within parents, teens, and educators.</td>
<td>- Increase knowledge on the signs of mental health issues.</td>
</tr>
<tr>
<td>Data to Support Problem Statement</td>
<td>- Lack of competency among parents, teens, and educators about MH (signs, symptoms, etc.)</td>
<td>Services:</td>
<td></td>
<td>- Increase the knowledge within parents regarding mental health.</td>
<td>- Increase the knowledge within children regarding mental health.</td>
<td>- Increase knowledge of the current resources available to address teen mental health.</td>
<td>- Decrease in % of HS students in Ohio reporting feeling sad or hopeless almost every day for 2 of more weeks in a row during the past 2 months.</td>
<td></td>
</tr>
<tr>
<td>28.3% of HS students in Ohio report feeling sad or hopeless almost every day for 2 or more weeks in a row during the past 2 months (Data Source: CDC, YRBS, 2013)</td>
<td>- Lack of knowledge about current resources available to address teen mental health.</td>
<td>- Lack of knowledge about current resources available to address teen mental health.</td>
<td></td>
<td>Program Development:</td>
<td>- Increase the knowledge within children regarding mental health.</td>
<td>- Increase the knowledge of the correlation between mental health and substance abuse.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>14.3% of HS students report seriously considering attempting suicide during the past 12 months (Data Source: CDC, YRBS, 2013)</td>
<td>- Lack of knowledge about the correlation between mental health and substance abuse.</td>
<td></td>
<td></td>
<td>Time Line Specific Activities for each Strategy</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1.4% of HS students in Ohio report attempting suicide one or more times during the past 12 months (Data Source: CDC, YRBS, 2013)</td>
<td></td>
<td></td>
<td></td>
<td>Outputs - Goals of Activities</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Context
- OYLPN AC has created a logic model and strategic plan. The YC created their plan to work in synchronicity with the AC logic model and strategic plan.
- Traditionally the WATM campaign has focused on highlighting a majority of youth do not abuse substances. Based on data and research, MH and substance abuse are related. Due to this finding, the OYLPN YC has decided to supplement the WATM campaign with a MH campaign.

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OYLPN’s Youth Council Strategic Planning

https://youtu.be/GfT2DwYd4cg

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Parent Nights

Teens Talk to Adults About Depression

Posted: Mar 17, 2016 11:24 PM EST
By Caity Jackson, Multimedia Video Journalist

Some parents feel like they don’t understand their teen, but one local organization is trying to help them bridge that gap. Caity Jackson has more about a program that was put on tonight.

Some parents are fed up with their teens behavior, but their actions could be caused by an underlying problem.

"Your teen isn't just moody, they aren't tired, they go through a lot"

Dajue Newell and Meghan Murphy giving parents and teachers a little insight into the teenage mind during a program put on by UMADAOP’s Youth Coalition.

They emphasized teen depression and how it can lead to substance abuse or possible suicide plus the stresses that teens go through can take a toll on them without parents even knowing it.

"Exams come and college classes come, getting ready for college and you just say I can't do this, it's extremely hard and most parents just chalk it up to well they are teens, they are tired all the time, its just much more than that we really go through a lot."

Depression can be caused by substance abuse or lead into and its easy to go down that path with the amounting pressures teenagers face.

"Anxiety, stress, school, family situations, I mean anything"

Social workers who deal with teens say that they are currently thinking of themselves above all which could keep them from reaching out to get help when they are dealing with serious issues of depression and substance abuse.

"When they see a mistake they are blaming themselves but they also are trying to figure it out with in themselves so they reach outside to get the solution they are probably looking for more than likely."

Teens are advised not to be embarrassed but be open about their situation and reach out for help.

"Depression is real, teens go through it, a lot"

Depression is the most common mental health problem in the United States and it affects 1 in 8 teens.

If you know someone or you are a teen that is going through these issues you can text 741741 for the Crisis Hope line they will be there to help.
Social Media Presence

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#BeAware PSA

https://youtu.be/XwWcPpfJ75E?list=UU_cY-nD9OUPqf2myGVTPrfw

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For more information on OYLPN...

Ohio Youth-Led Prevention Network
https://www.drugfreeactionalliance.org/oylpn
Twitter: @BeTheMajority
Pinterest: InTheMajority
Instagram: bethemajority

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For more information on Ohio Adult Allies...

Ohio Adult Allies
https://www.ohio.edu/voinovichschool/services/ohio-adult-allies.cfm
Twitter: @YL_AdultAllies #AdultAllies
Instagram: YL_AdultAllies
YouTube: Ohio Adult Allies
References


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Sway the Crowd Productions
Brian Grady, Producer/Director

Most importantly, we offer our sincerest appreciation to the adult leaders of youth-led programs and the young people in Ohio who are committed to community change.

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Connect with us!

Twitter: @OhioMHAS
@VoinovichSchool
@DrugFreeAction
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