EMPOWERING YOUTH IN LEADERSHIP AND PEER SUPPORT
TODAY’S PRESENTERS

▶ Amey Dettmer
   ▶ Program Manager D2W
   ▶ Certified Peer Specialist - PA
   ▶ Advanced Level Facilitator

▶ Ryan Tempesco
   ▶ National Youth Program Coordinator D2W
   ▶ Certified Peer Specialist - VA
   ▶ Advanced Level Facilitator
WEBINAR OBJECTIVES

- Examine at least three benefits of peer support for youth and young adults
- Gain an understanding into the foundations of Youth Resiliency
- Learn at least two interactive engagement strategies for mental health peer specialists to utilize with youth
- Explore ideas for encouraging and promoting youth leadership in programs and organizations.
BENEFITS OF YOUTH TO YOUTH MENTAL HEALTH PEER SUPPORT

- Youth understand youth; we can relate to each other’s experience with mental health
- Prepares youth as the next generational leaders, modeling the importance of speaking up
- Supports fellow youth in recognizing that we are not alone
- Youth can model that recovery, wellness and resiliency are achievable
YOUTH-TO-YOUTH PEER SUPPORT MOVEMENT

- Empowering young leaders
- Establishing youth networks
- Development of new youth councils, committees and focus groups
- Developed by youth, facilitated by youth, for youth audiences
- Bringing new innovative ideas into discussion
- Giving opportunity for focus on youth specific challenges
- Continuous mentoring opportunities provided
MAKING SURE YOUTH HAVE VOICE IN THE PEER MOVEMENT

Ideas to build youth leadership and empowerment in organizations and communities:

- Youth need opportunity to serve on Boards
- Give youth space to create something new
- Youth involvement should never be tokenized
- Develop youth-led committees
- Provide opportunities for youth to get involved by going to conferences, trainings, etc.
PEER GENERATION YOUTH EMPOWERMENT TRAINING

- Developed by the Copeland Center for Wellness and Recovery
- Developed by youth for youth
- Facilitated by youth for youth
- Three day training curriculum

Learning Objectives:

- 1. Participants will gain an understanding of the Foundations of Resiliency.
- Participants will learn practical ways to participate in community, honoring differences in intersecting identities.
- Participants will develop clear, self identified strategies for wellness and resiliency.
INTERACTIVE YOUTH ENGAGEMENT STRATEGIES

▶ Speak youth language & current trends
▶ Colorful space
▶ Music
▶ Icebreakers
▶ Leadership opportunities
▶ Mentoring opportunities

Keep fun in mind!
Where do we find connection in our lives?
What connections in our lives are most meaningful to us?
Who do we currently have connections with in our lives?
What helps us maintain connection?
What do you feel most connected to in your life?
DEVELOPMENT PROCESS OF THE PEER GENERATION MODEL

- Youth Advisory Councils
- Youth Specific Focus Groups
- Core Youth Leadership Teams
- Mentoring on Curriculum Development
- Program Piloting
- Evolving Curriculum
FOUR FOUNDATIONS OF YOUTH RESILIENCY

- HOPE
- CONNECTION
- SELF-DETERMINATION
- MEANING

"Resiliency is an action of self determination, inspired by hope and strengthened through connection which fosters a meaningful life."

Copeland Center
For Wellness and Recovery
For more information on the Peer Generation Youth Empowerment Training; contact:

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