



**EMPOWERING YOUTH IN
LEADERSHIP AND PEER SUPPORT**

Copeland Center
FOR WELLNESS AND RECOVERY



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.



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INTERACTIVE YOUTH ENGAGEMENT STRATEGIES

- ▶ Speak youth language & current trends
 - ▶ Colorful space
 - ▶ Music
 - ▶ Icebreakers
 - ▶ Leadership opportunities
 - ▶ Mentoring opportunities
- ▶ Keep fun in mind!





For
More
Friends
experiences -
Mistakes
Journey of
Life

Life is Beautiful
euphoria
all things are possible
The world is a better place
if everyone Dance Once

Family

Peace

I will change the world I will be a leader I will inspire others
I will continue to share my wisdom
I will have deep and meaningful relationships with others I will be my best authentic and genuine self
I will own a big cabin deep in the woods with a garden and a tall redwood tree I will find my soulmate I will raise a family of my own I will love life with my dance partner I will have the appreciation of a celebrity

Live YOUR BEST Life

I will make others feel good I will be a good friend a relationship that exceeds all else I will even do off-road excursions I will travel and see the world I will always stay open minded to discovery I will share and spread optimism and strength with the world I will live the life I want

How does
Community
with our
resilient
chain effect of people
working together
gives me meaning and
hope that change

You'll float too...

NE MADE.

MMF SWS

100%
Brad

"NOT Sad Anymore"
"Love Like there's no such
thing as a broken heart"

"Everyday may not be Good,
but there is good in
Everyday" - Mom

BEAT ANXIETY DEPRESSION AND THE AMERICAN ADOLESCENT

All That Jazz

WILL DANCE
RHYTHM
OWN

2 NIGHTS PER WEEK
10.18.19

WORLD PEACE
AND EQUALITY

CHANGE THE WORLD

PASSION

Love Wellness

Beautiful

Happy

FREE YOUR MIND

THIS YEAR WE WILL HELP WRITE 1.5 MILLION SUCCESS STORIES

love has no religion

MINDFULNESS

Own a piece of history

Family & God Friends

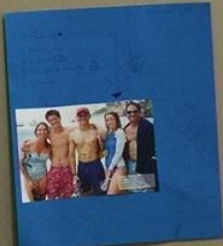
Early Bird

Gratitude

I am the storm

My son says I will always be ready to learn

#DogCreekUnderPressure



Where do we find Connection in our lives?

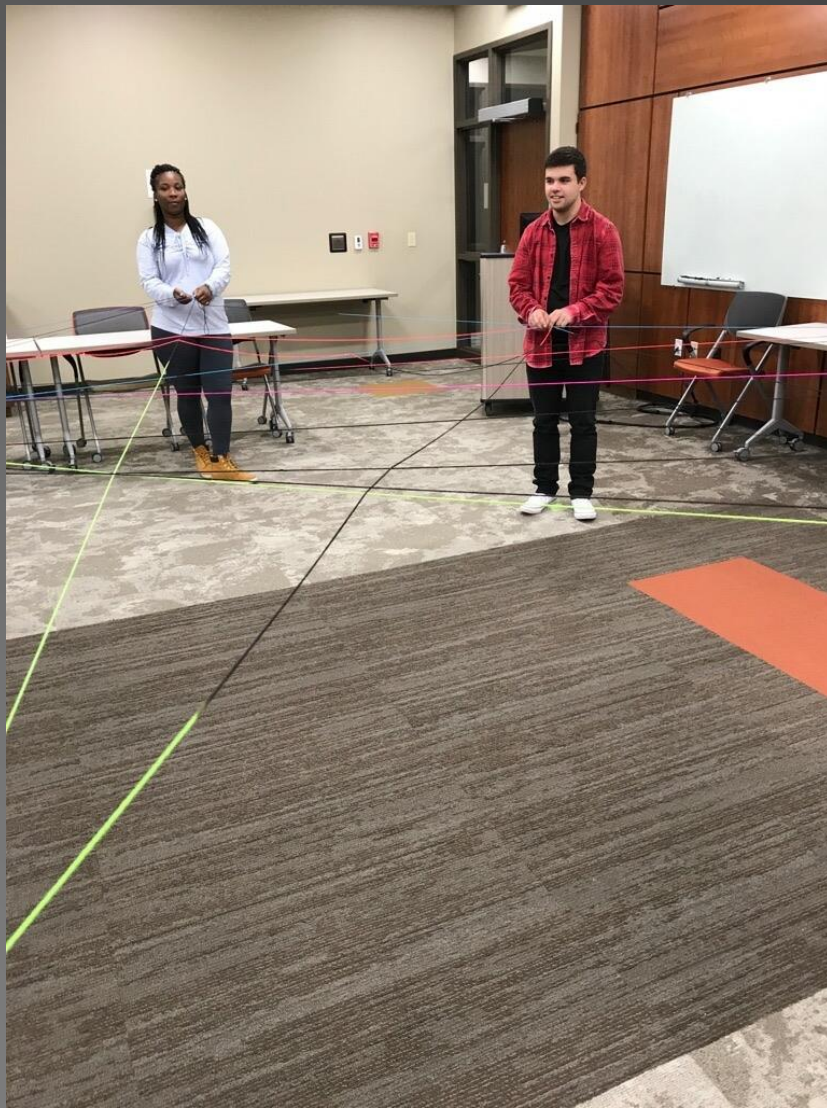
What connections in our lives are most meaningful to us?

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?

<p>I am connected to my friends, pets and family members.</p> <p>Where do we find connection in our lives?</p>	<p>Friends</p> <p>Where do we find connection in our lives?</p>	<p>Family or Close-Connections</p> <p>What connections in our lives are most meaningful to us?</p>	<p>Family/Friends</p> <p>What connections in our lives are most meaningful to us?</p>
<p>I maintain connection by remaining open-minded, loving, authentic & offering mutual support.</p> <p>What connections in our lives are most meaningful to us?</p>	<p>Kids</p> <p>What do you feel most connected to in your life?</p>	<p>Friends</p> <p>What connections in our lives are most meaningful to us?</p>	<p>Loyalty</p> <p>What helps us maintain connection?</p>
<p>Where do we find connection in our lives?</p> <p>Public Places - School - Books - Pets</p>	<p>Where do you find connection in your life?</p> <p>My clients, my children, my heavenly father</p>	<p>What helps maintain connection?</p> <p>Honesty, Being Flexible, Being authentic, Being real, hardwork, Treat</p>	<p>Pets</p> <p>What do you feel most connected to in your life?</p>
<p>What do we feel most connected to in your life?</p> <p>Serenity Sponsor</p>	<p>Where do we find connection in our lives?</p> <p>Home, Work, Library, Church, school, online, face book, Twitter, etc, etc.</p>	<p>What connections in our lives are most meaningful to us?</p> <p>Family Major Power etc etc etc</p>	<p>What connections in our lives are most meaningful to us?</p> <p>Family Friends Sisterly Sisters</p>
<p>What do we feel most connected to in our lives?</p> <p>Family Friends - Being Breccation - Grass</p>	<p>What helps us maintain connection?</p> <p>Prayer Fellowship Counseling</p>	<p>Where do we find connection in our lives?</p> <p>Meeting Peeps Picknicks Walk/Runs</p>	<p>What do we feel most connected to in our life?</p> <p>My friends My Mom My dog</p>



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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."



THANK YOU FOR ATTENDING OUR WEBINAR!

For more information on the Peer Generation Youth Empowerment Training; contact:

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