Through The Eyes Of Youth

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Setting the Tone

We request that everyone be respectful with one another
- One voice
- Confidentiality
- Be present
- Cell phones on vibrate or silent
- Non-judgmental

Objectives

- Learn how to start a Transitional Age Youth – Family Member (TAY-FM) – peer run support group
- Understand what is needed for youth to seek support for themselves
- Learn 3 methods to reduce stigma among the TAY-FM population
- Gain practical tools for self help
- Obtain a wellness plan that can be used in a crisis

Check-in

Take 1 minute and turn to the person next to you and introduce yourself:
- Brief background and what you do
- Where are you from?
- Share something you’re passionate about

Family Education & Resource Center

- FERC opened for service in September 2009
- The FERC is a component of Alameda County’s Community Services & Support Plan
- FERC is funded with Mental Health Services Act (MHSA) dollars and operated by the Mental Health Association of Alameda County (MHAAC)
- FERC is under contract with Alameda County Behavioral Health Care Services

FERC Clients

Family/Caregiver(s) include:
Parents, siblings, spouses, partners, children, friends, colleagues, roommates, neighbors, providers, etc. who reside or have loved ones living in Alameda County.

Anyone who has care and concern for a loved one of any age with a mental health challenge.
Family Education & Resource Center

FERC is a family/caregiver centered program that provides:

• Information packets are available in 5 languages: English, Spanish, Chinese, Vietnamese and Farsi
• Education pertaining to diagnoses, community, provider education, forms & terminology
• Advocacy - share the family perspective; empower families to have a voice
• Connect family members to appropriate & available resources
• Assist family members with navigating the behavioral health care system in Alameda County

Self Care

When you are caring for a love one, you tend to forget to take care of yourself.

What does self care look like to you?

Physical self-care

✓ Self assessment
✓ Good nutrition
✓ Exercise
✓ Sleep
✓ Medical care

Emotional self-care

✓ Counseling
✓ Keeping a journal
✓ Meditation or relaxation exercises
✓ Creative expression
✓ Support
✓ Setting limits
✓ Letting go

Self Care

✓ Practicing activities that you initiate and perform on your own behalf with maintaining life health and well-being
✓ Maintenance of one’s personal well-being and health
✓ Staying active by doing things that are important to you
✓ Self-care includes: any intentional actions you, your family or community, of enhancing or restoring physical, mental, emotional, spiritual and social health

Can one care fit all?

Physical self-care

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Self Care

On the phone

✓ Inhale something energizing, like lemon, ginger, peppermint or coffee beans
✓ While talking, stand up or pace back and forth to burn off excess energy

Your workspace

✓ Place family photos on your desk
✓ Display images and mementos

Waiting for an appointment

✓ Resist the urge to text and give yourself a hand massage instead
✓ Stay connected to your breathing

On the computer

✓ Work standing up
✓ Massage the tips of your fingers and wiggle your toes

Name some quick Self Care relief when:

- On the phone
- Your workspace
- Waiting for an appointment
- On the computer
Name some of your Self Care rescue senses

**Sights**
- Bring the outside indoors; buy a plant or some flowers
- Surround yourself with colors that lift your spirits

**Sounds**
- Listen to uplifting music or water sounds
- Hang wind chimes near an open window

**Smells and Scents**
- Light a scented candle or use diffuser or spray your favorite oil
- Lie down in sheets scented with lavender

**Touch**
- Pet a dog or cat
- Wear clothing that feels soft against your skin

**Taste**
- Sip a cup of herbal tea
- Indulge in a small piece of dark chocolate

Getting to know yourself better is critical for success and happiness in life.

Let’s do a Mindfulness Breathing Exercise

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WHAT IS FERC’S TAY-FM PURPOSE?

- Help youth between the ages of 15-24
- Show we are not alone in life. Especially when it comes to their mental, emotional, and everyday challenges
- Provide TAY with options, resources, education and information
- Be an outlet for TAY who need help, not as a “provider” but as a peer

THE VOICE OF TAY-FMS

- We have a voice
- We have been there
- We have knowledge
- We need help
- We can support

That’s what “Through The Eyes of Youth” is here for
RE1  Labels
Rashad Eady, 5/29/2014

RE2  Cross the line
Rashad Eady, 5/29/2014

RE3  I love my people and The web game (optional)
Rashad Eady, 5/29/2014
STIGMA THAT COMES WITH BEING A TAY AND FAMILY MEMBER

Stigma
- Personality weakness
- Character flaw
- “Snap out of it”
- Bad parenting

COMPLICATIONS

Cultural Challenges
Each culture handles mental illness differently

BEGINNING OF PEER SUPPORT

- All of the TAY-FM Peer Support Group (PSG) facilitators are trained in peer support
- Peer Support is facilitated by a peer
- TAY’s may share insight about similarities of experiences
- We provide an ideal setting for youth to be heard, share hope and guidance towards recovery
- We also provide coping strategies, self care tips, understanding and resources
- Celebrate good times and “be there” during bad ones

ENDING THE SILENCE

- Ending the Silence (ETS) is a National Alliance on Mental Illness (NAM) program
- Students learn about mental illness directly from TAY family members and individuals
- ETS includes: presenter stories, educational slides, videos and discussion
- Presentation provides empathy and hope, encourages students to actively care for themselves and for their peers

WRAP

- WRAP (Wellness Recovery Action Plan) is a structured plan that will help you monitor yourself and help you when you are going through stressful situations and remind you to utilize your coping strategies and wellness tools
- This plan helps you feel prepared and in control when you do find yourself in a crisis or when life is just getting too stressful
- WRAP is for everyone!
METHODS TO INSPIRE TAY TO SEEK SUPPORT

• Speak to youth like a person and be mindful of your language/tone
  ➢ Understand TAY have a voice, let them use it
• TAY involvement in support activities
  ➢ Engage TAY in collaborative efforts
• Fun interactive activities
  ➢ Welcoming environment
• Meet TAY where they are
  ➢ School, mall, “hangout spots”, community center

TAY-FM COMMUNITY INVOLVEMENT

Education
• Ending The Silence (ETS)
• Family-to-Family (F2F)
• Mental Health First Aid (MHFA)
• Suicide by Proxy
• 5150 Training for FM/C

Community Support
• Peer Support
• Camp Support
• Wellness Recovery Action Plan (WRAP)
• Ebony Youth Program (EYP)
• Tobacco Cessation Support Groups

WHAT IMPACT ARE WE HAVING IN MENTAL HEALTH?

FERC LOCATIONS

East Oakland - Main Office
3200 Bancroft Ave, Suite 269
510.746.1700
Warmline:1-888-896-3372

Hayward, Gail Steele Wellness and Recovery Center
Co-located with ACHIEVE Crisis Response Program & Geriatric Assessment and Response Team (GART)
493 Jackson Street, 2nd Floor
510.264.1004

Fremont Family Resource Center
Co-located with 23+ organizations
39155 Liberty Street, Suite D400
510.790.1010

Livermore
Co-located with ACHIEVE Crisis Response Program
1401 1st Street
925.583.3772

QUESTIONS???