Leaders of Advocacy: Passing the Torch

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To Pass the Torch
To support youth leaders
To share our experience
This work is about you and your success
We have lived experience in multiple systems
We want you to learn from our own work in the field
Kristin’s story
Tamisha’s story

Why are we here?

- To Pass the Torch
- To support youth leaders
- To share our experience
- This work is about you and your success
- We have lived experience in multiple systems
- We want you to learn from our own work in the field
- Kristin’s story
- Tamisha’s story

Foundations
- A social justice movement
- Youth led and guided (Youth MOVE National, 2014)
- Having youth involvement is valued
- Creating social change on an individual, community, state, and national level
- Aims to address issues across multiple systems (Burk and Bergan, 2013)
- YouTube video example: https://www.youtube.com/watch?v=cFfmCxA_pAs.

Areas of focus

- Policy work
- Developing programs
- Public speaking
- Community organizing
- Consulting
- Community outreach
- Peer mentoring
- Volunteering
- Panel presentations
- Keynotes
Small group activity: System of Care List

University of Maryland School of Social Work, 2014, SOC Venn Diagram.

° The system of care model is an organizational philosophy and framework that involves collaboration across agencies, families, and youth for the purpose of improving services and access and expanding the array of coordinated community-based, culturally and linguistically competent services and supports for children and youth with a serious emotional disturbance and their families.*

(Technical Assistance Partnership for Child and Family Mental Health, 2014)

Knowing your strengths

Strengths exercise: 5-10 minutes

→ Diversify your experience
→ Don’t be afraid of failure
→ We learn some of the best lessons from our mistakes
→ Your goals and interests may change over time
→ Know where you’re headed
→ Think strategically for short-term and long-term decisions
→ 30 Things You Need To Know To Be Successful In Life (Feloni, 2014)


Core values

→ The core values of the system of care philosophy specify that systems of care
→ Family driven and youth guided, with the strengths and needs of the child and family determining the types and mix of services and supports provided.
→ Community based, with the locus of services as well as system management resting within a supportive, adaptive infrastructure of structures, processes, and relationships at the community level.
→ Culturally and linguistically competent, with agencies, programs, and services that reflect the cultural, racial, ethnic, and linguistic differences of the populations they serve to facilitate access to and utilization of appropriate services and supports and to eliminate disparities in care.

(Technical Assistance Partnership for Child and Family Mental Health, 2014)

Other Considerations

→ One system’s issues affect another
→ Trauma-Informed Care
→ It’s not what you are, it’s what you’ve been through
→ Sees individuals as a whole person
→ Holistic approach that addresses the complexity of each person’s life
→ How do we implement philosophy into practice?

Professional Development

Resume building

→ Paid vs. Unpaid work
  - There are many ways to be compensated
    - Travel expenses, gift cards, contract work
    - Per diem, invoices
→ What is there to gain from the experience?
  - Professional Development Skills
  - Training credit towards a degree
  - Certificates of completion
  - Finding your niche
→ What area of focus is your passion?
→ Boundaries
  - It’s ok to say no
  - Personal/Professional boundaries
  - Self-disclosure
Developing Your Brand
- You are being observed!
  - Public Presence
  - It doesn’t stop once you leave the “office”.
  - Media
    - News articles,
    - websites
    - television
- Be aware of what information you’re comfortable disclosing beforehand
- Anyone you interact with in the field
- Refining your image
- “Dress for success”
  - Look professional

Social media
- Do’s and Don’ts
- Media
  - News articles,
  - websites
  - television
- Be aware of what information you’re comfortable disclosing beforehand
- Anyone you interact with in the field
- Refining your image
- “Dress for success”
  - Look professional

Networking
- “It’s not what you know, it’s who you know”
- Don’t be afraid to put yourself out there.
- Community collaboration is key
- Utilize the expertise around you
- Be strategic
- Be there for others in the field
- Help others learn from your own mistakes and successes.

Taking Things to the Next
- Conferences
- Continuing education
  - Training
  - Certificates
  - Technical Assistance
- Reaching out and connecting with various resources
- Remember:
  - To be flexible
  - There are many levels and ways to help
  - Think strengths-based in your own career
  - What is my expertise?

Self Care
- Support System Mapping Exercise
  - Avoiding burnout
  - Learning to say no
  - Taking a step back when you need to
  - Don’t be afraid to ask for help
  - Seek counseling when needed
  - Sharing lived experiences safely
  - Establish what you feel comfortable talking about

Self care continued
- Trauma-Informed practices apply to us professionally and personally
- It’s ok to ask for support
- Know triggers
- Recognize signed you need help
- Lived experience can be a gift and a burden
- Safely working with other consumers
- Having boundaries with self and others
- Seek mentors
We find hope in each other's stories

- This work can be therapeutic
- Gives people a sense of meaning and purpose
- Helps to empower others that are struggling with similar issues
- You can create a career from your lived experiences
- Narrative Therapy
- There is a light at the end of the tunnel

Closing Points

- Discover where you fit in the youth advocacy movement
- You are our future leaders in carrying the youth advocacy movement forward
- Know your worth and your strengths
- You are all rock star youth leaders!
- Your stories and experience are valuable

Works Cited

To This Day (Against Bullying Video) (Very Inspiring). (2013, February 25). HoloGraphicCow. Retrieved from https://www.youtube.com/watch?v=F8dkAgYoM44


Thank you for attending our session