

Defining the Developmental Needs of Youth and Young Adult Peer Support



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Introductions: Presenters

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Introductions: Who Is Here Today

Polling Questions



Youth MOVE National's Role

- YMN understands the importance of youth voice in developing responsive systems and supports for youth and young adults who struggle with behavioral health challenges.
- YMN recognizes the urgency of need to develop Youth Peer Support for young adults of transition age.

Youth MOVE National's Role

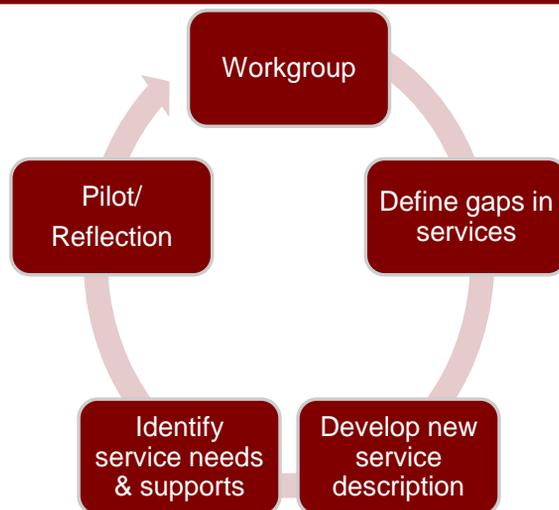
- YMN represents the national voices of those who will receive or enter the workforce to provide these peer driven services and support.
- YMN continues to provide national guidance and education to systems, organizations and individuals who wish to develop Youth Peer Services.

Defining Peer Support

- Peer support is based on a mutual connection among two people who establish a relationship based on shared experiences (Mead, 2003)
- A youth peer provider is a person who uses his or her lived experience within the child serving systems and skills learned in formal training, to deliver services in behavioral health settings to promote mind-body recovery and resiliency for young adults of transition age.

Planning & Readiness

- Organizational readiness & planning
- Curriculum Exploration
- Preparation and support for workforce development
- Fidelity monitoring



Where is the field?

- YMN conducted a national environmental scan of chapters who were offering peer to peer support
- Topics we were seeking to learn more about were focused in three main themes
 1. *Curriculum & Training*
 2. *Hiring and Supervision*
 3. *Funding and Sustaining the work*

Setting the Stage

- What do we know about stages of development?
 - Development is broken into 3 categories; early, middle and late adolescents
- Feeling and behaviors can be categorized in five key categories;
 1. Moving towards independence
 2. Future interests and cognitive development
 3. Sexuality
 4. Physical changes
 5. Ethics and self- direction

Healthy Development

Peer Group	<u>Middle Adolescents</u> <ul style="list-style-type: none"> • Strong peer allegiances- fad behaviors • Sexual drivers emerge and youth begin to explore ability to date and attract a partner 	<u>Late Adolescents</u> <ul style="list-style-type: none"> • Decisions/ Values less influenced by peers • Relates to individuals more than peer group • Selection of partner based on individual preference
Identity Development	<ul style="list-style-type: none"> • Experimentation- Sex, drugs, friends, jobs, risk- taking behavior 	<ul style="list-style-type: none"> • Relate to family as adult • Realizations of own limitation & mortality • Establish sexual identity • Establishment of ethical and moral values • more capable of intimate, complex relationships

<https://public.health.oregon.gov/>

Trauma and Development

- Impacts one's ability to form and maintain relationships
- Impacts ability to identify, express and manage emotion
- Impacts one's ability to respond to stressful situations
- Impacts one's behavior
- Impacts one's thinking & learning
- Impacts one's self concept and futures orientation
- Impact on long term health

<http://www.nctsn.org/>

Understanding of Recovery

- Recovery Defined
 - Variety of recovery definitions in use
 - Adult consumer based
 - Origins in substance abuse
 - 'Uncommon' definitions among youth in transition
 - Wellness language is key
 - Hope-filled
 - Identification with the Recovery movement (or not)

We Are Unique & Here's Why:

- How young adults come to know what they know?
 - Based on our personal experiences
 - Worldview
 - Experiences within various systems
 - Engagement
 - Generational differences
 - Culturally
 - Systemically

We Are Unique & Here's Why:

- This age group experience various transitions within a short period of time.
 - Dependant of a chronological birthdate
 - Those with MH challenges have another layer of transitions
- Developing responsive cross systems approaches
 - Access and engagement looks different
 - Caregiver engagement looks different
 - Interventions & Supports look different

We Are Unique & Here's Why:

When Young Adults Engage

- Based on need
- Looking for non-traditional services and supports
- Invited by a peer

Services and Supports Preferences

- Drop-in center vs. traditional mental health clinic
- Pro-social environmental vs. clinical
- Significant focus on plans does not interest young adults

We Are Unique & Here's Why:

Array of Desirable Supports

- Positive development approaches
- *Appealing* to young adults
- Action oriented
- Feedback mechanisms including youth voice
- Community based

The Other Side of the Table



Until now, we have been talking about the young adults accessing supports

The Other Side of the Table

There is another young adult in the work....



The Other Side of the Table



Young Adult

The Peer Provider!



Youth Peer Support Fits!

- | | |
|---|--|
| <ul style="list-style-type: none"> ● Community Outreach ● Recruitment ● Trainers and Facilitators ● Coaching Peer Providers | <ul style="list-style-type: none"> ● Coordinate Youth Programing ● Group Delievered Peer Support ● Direct Peer Provider |
| <ul style="list-style-type: none"> ● Youth voice within organizations ● Board Members ● Advisory Committee Members ● Workgroup Members ● CQI Members | |

Maximize the potential of young adults!

Supporting Youth Peer Providers

An organization needs to take in the developmental factors to build effective peer programs

Examples:

1. *Training*
2. *Curriculum*
3. *Hiring*
4. *Supervision*

Resources

[State of the Science Conference Summary](#)

[NeuroLeadership in Systems of Care Webinar](#)

[Stages of Healthy Brain Development](#)

Questions and Answers

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