



Through the Eyes of Youth with Mental Health Needs

Learning Objectives

Participants will be able to compare their previously held beliefs about children's mental health services to the perspectives of the youth panelists.

Participants will be able to identify ways to include youth in their decision-making and service evaluation practices.

Participants will be able to give examples of youth lived experiences accessing mental health services.

Participants will be able to translate the youth perspectives into service and support practices.



Adults can't do it alone. Youth also play an important role in strengthening programs and improving youth outcomes.

<https://youth.gov/youth-voices>

Youth Voice



System of Care Values

- Family-driven, **youth guided**
- Community-based
- Culturally and linguistically competent



Key Terms

Youth

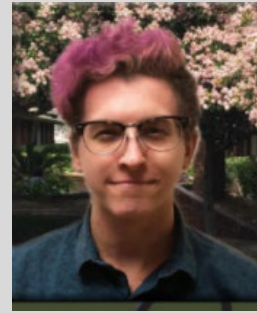
- Broad term, often lacking a specific age range
- Generally, refers to people around 13-25
- Implies a physical and mental position in life that grows into adulthood

Youth-guided

- Empowered
- Educated
- Decision-makers

Authentic Youth Involvement

- Consistent
- Adults ensure opportunity to be heard
- All children in their community, state, tribe, territory and nation



Ryley Harris
Youth MOVE Mentor

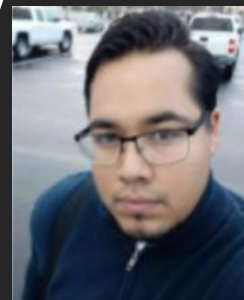
Youth Voice Panelists



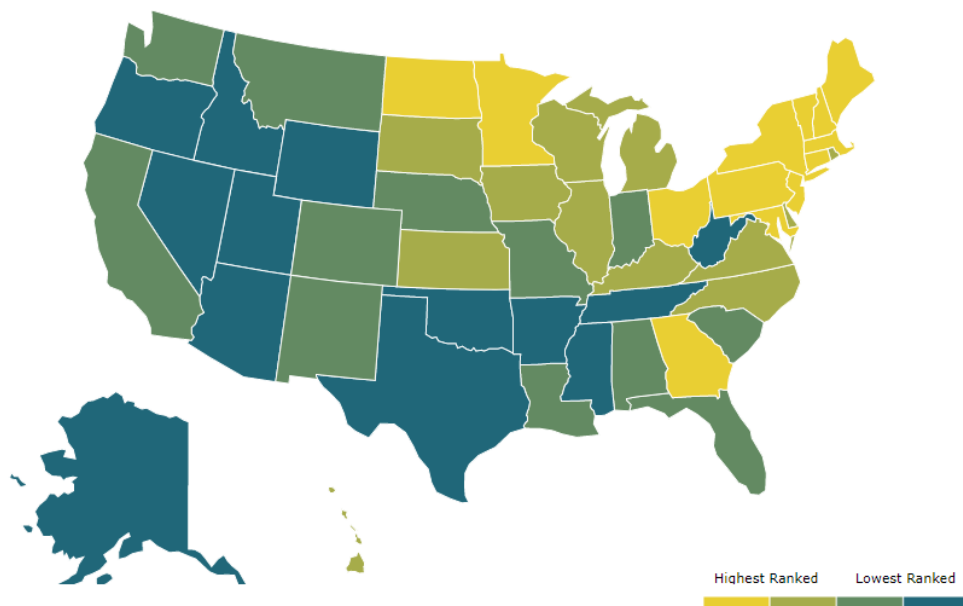
Allison Stephens
Statewide Family Network Director –
Nevada PEP



Lexie Beck
Youth MOVE Facilitator



Daniel Leal
Youth MOVE Facilitator



**Ranks Nevada 51st in
the nation for Youth
Mental Health**

Mental Health America

The Role of Parents



TALK

Talk with your children about their mental health. Make topics around mental health, stress, anxiety, fear and feelings common in your home and in your child's life.

#weALLhavementalhealth



TRUST

Trust your gut; you know your child best! If you believe your child is struggling or needs help, trust that feeling.

#NoHealthWithoutMentalHealth



ROLE MODEL

Show your children it is ok to talk about and care for their mental health by taking care of yourself.

#ChildrensMentalHealthMatters

MENTAL HEALTH FOR CHILDREN

What Parents Can Do

NATIONAL FEDERATION OF FAMILIES FOR CHILDREN'S MENTAL HEALTH, FFCMH.ORG • THE YOUTH MENTAL HEALTH PROJECT, YMHPROJECT.ORG



ASK FOR HELP

Get a referral to a mental health specialist, if needed. Provide your child with every opportunity to receive treatment and support – just as you would for a broken arm or a fever.



CONNECT

You are not alone; 1 in 5 children experiences a mental health condition. Connect with other families who can offer support, help and resources.



TEAM UP

Build a team with the professionals and child-serving systems involved in your child's life. An open and honest dialogue with teachers, coaches, doctors and others will give them the information they need to support your child.



A Seat at the Table

Authentic youth involvement includes youth having a seat at the table when decisions are being made.

About Youth MOVE Nevada



Q.

A.



Key Points about Youth Voice

Authentic youth involvement is important at all levels

Parents can help by modeling mental health wellness and care

Youth voice fits in the System of Care philosophy – “youth-guided”

Youth MOVE Nevada is a peer-led resource for youth involved in systems

Thank you

