

Overview of Core Elements of Young Adult Peer Mentoring Training

MassHealth
CHILDREN'S BEHAVIORAL HEALTH INITIATIVE (CBHI)

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Today's Presenters

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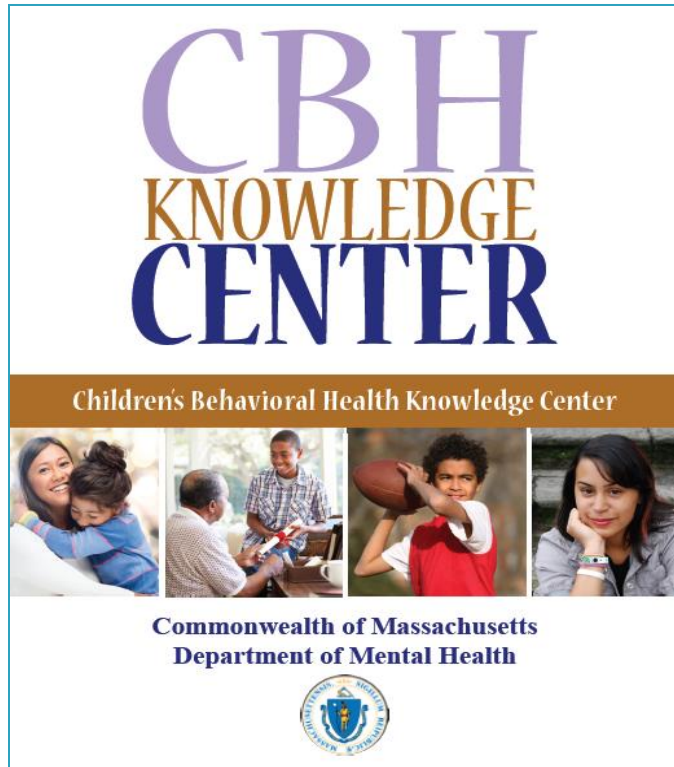
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The Children's Behavioral Health Knowledge Center



- ▶ Established in Chapter 321: An Act Relative to Children's Mental Health
- ▶ Located at and funded by the Department of Mental Health
- ▶ Launched in 2014
- ▶ Broad Mission to ensure that:
 - the workforce of clinicians and direct care staff are highly skilled and well trained
 - services provided are cost-effective and evidence-based
 - new models of service delivery continue to be developed and evaluated.
- ▶ Website:
<http://www.cbhknowledge.center/>

Purpose of the Webinar

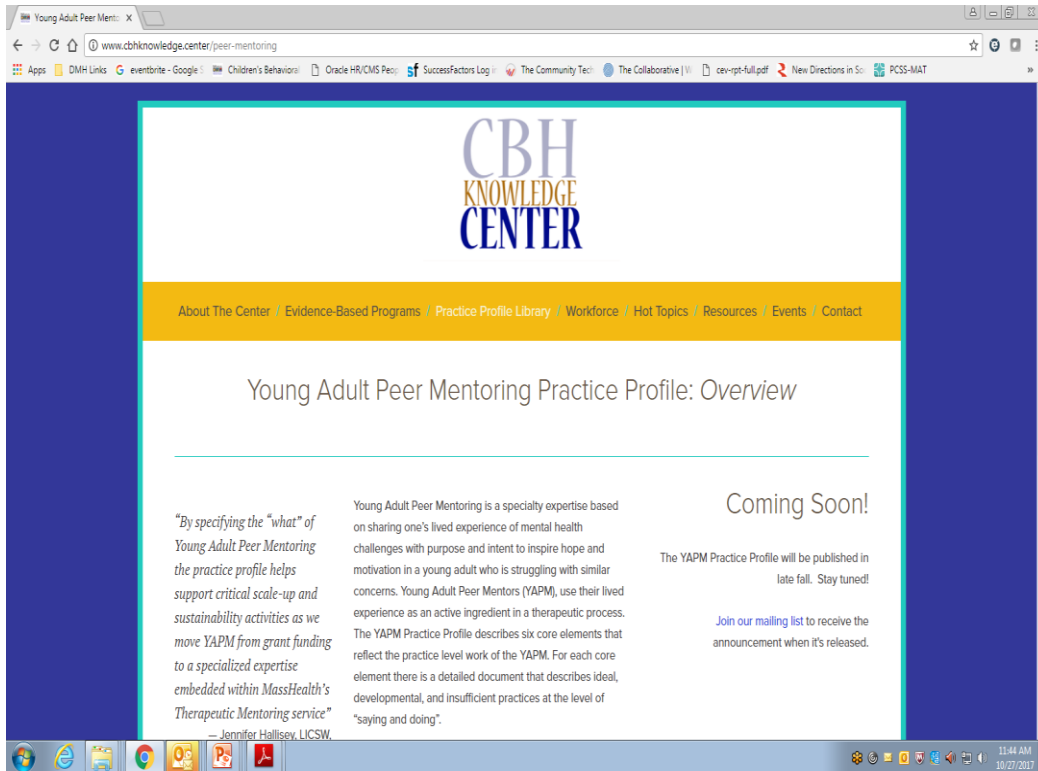
- ▶ Introduce the YAPM Practice Profile
- ▶ Provide an overview of the Core Elements of Young Adult Peer Mentoring training
- ▶ Explain how the Core Elements training differs from the GIFT Training
- ▶ Share examples of some of the teaching activities used in the Core Elements training

What is a practice profile?



- Tool developed by the National Implementation Research Network to specify the “what” of a program or practice
- It breaks down concepts such as “engagement” into discrete skills and activities that can be “taught, learned, and observed.”
- “Co-created” with young adults – more than 50% of attendees at workgroup sessions were YAs.

YAPM Practice Profile



- Describes the 6 core elements of YAPM
- For each core element there is a detailed document that describes ideal, developmental, and insufficient practices at the level of “saying and doing”.
- Can be used to engage system partners, for staff selection and recruitment activities, and to support ongoing training and staff development activities.
- Download at: www.cbhknowledge.center

Core Elements of Young Adult Peer Mentoring Training Goals



**PRACTICING
CULTURAL
RESPONSIVENESS**



**BUILDING
RELATIONSHIPS &
COLLABORATION**



**SUPPORTING
YOUNG ADULT
VISION AND GOALS**



**ROLE
MODELING**



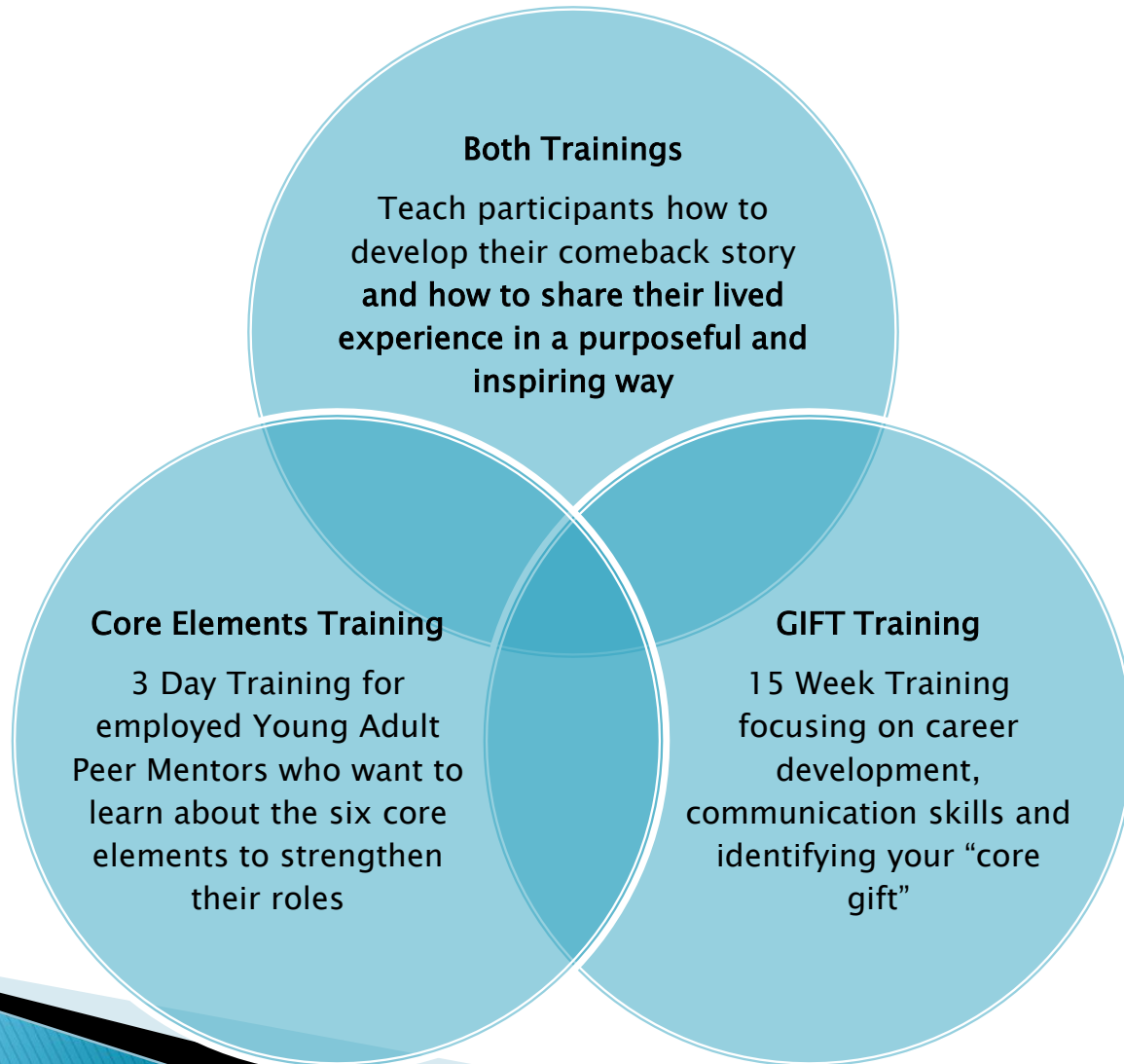
**PROMOTING
SELF-CARE**



**DEMONSTRATING
SAFE, ETHICAL,
& PROFESSIONAL
BEHAVIOR**

- Define and describe the six core elements of YA Peer Mentoring
- Learn how to share their lived experience in a purposeful and intentional way

GIFT vs Core Elements: What's the difference?



Training Structure

- ▶ Three days 9:30–3:30
- ▶ All three days are required
- ▶ Each day introduces two Core Elements and provides opportunities to practice and enhance skills in peer mentoring

Training Activities

Comeback
Story- U Format

Engaging
Communication
Strategy

Elevator Speech

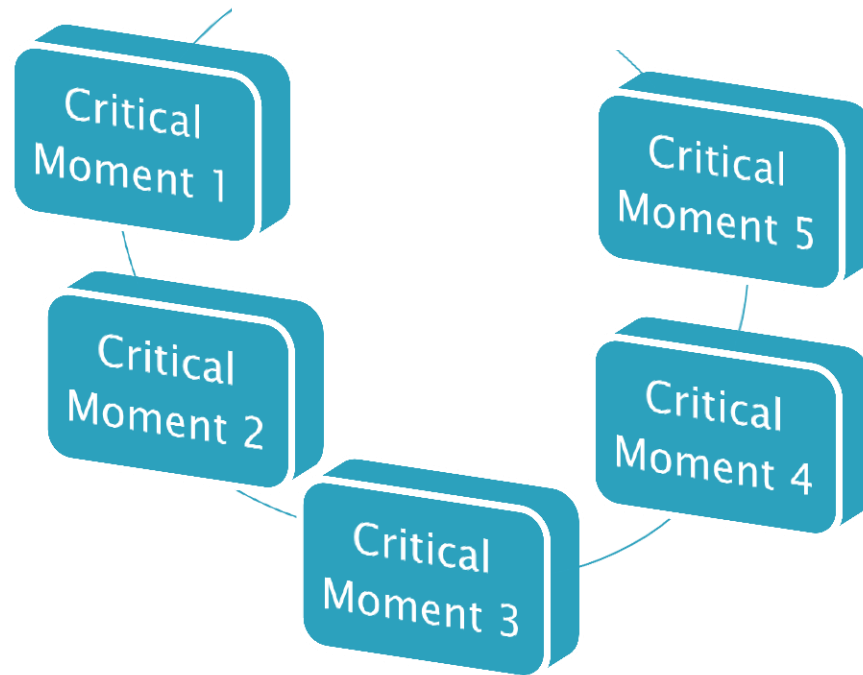
Awkward
Questions

Supportive
Affirmation

Core Elements
Scenarios/Role
Plays

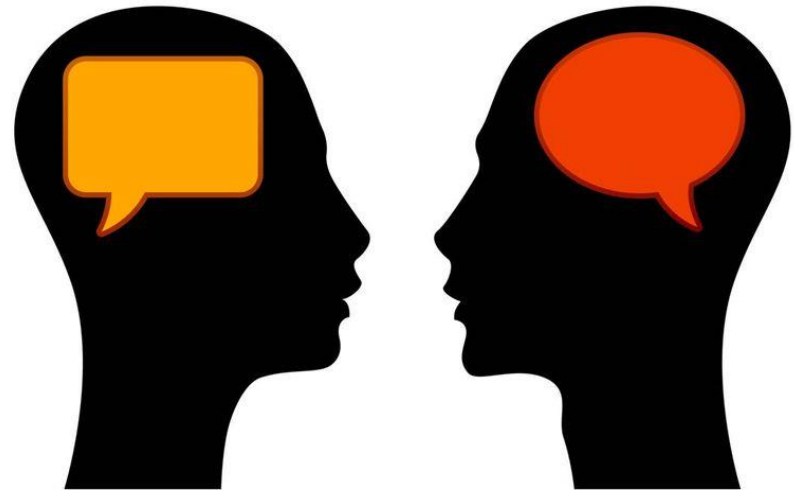
Comeback Story

1 / 3 Background 1 / 3 Strength 1 / 3 Hope



Engaging Communication Strategy

- ▶ Listen
- ▶ Understand
- ▶ Validate
- ▶ Relate



Elevator Speech

Hi! My name is Francis and I will be your peer mentor, it's nice to meet you. I would like to explain what a peer mentor is. A peer mentor is someone who listens to you and helps you with resources. I am here to help. I am here to understand about what's going on with you and what's important to you. If I can help you with sharing some of my lived experiences, I will. If you have any questions please feel free to ask and talk to me. But I would really like to know more about you. Can you tell me a little bit about yourself?

Awkward Questions Activity

Are you dating anyone?

How old were you when you first had sex?

What's your view on gay marriage?

Where do you go out?

Do you drink?

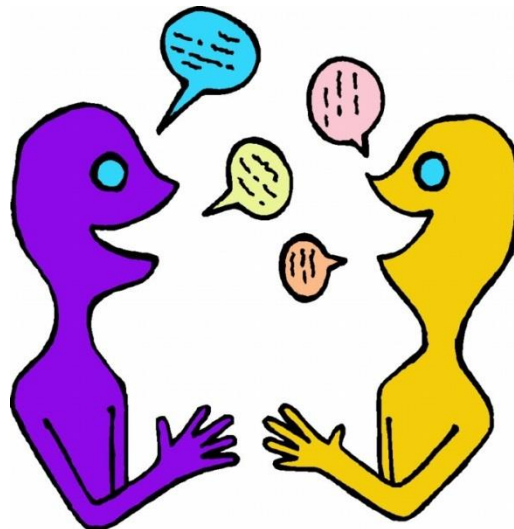
Do you do drugs?

Who is your therapist?



Supportive Affirmation Activity

- ▶ Participants will learn to define an affirmation
- ▶ Sharing activity that involves everyone demonstrating how to use affirmations to connect with others



Core Elements Scenarios / Roleplay

Scenario 2:

Ashley: Hi Gianna, nice to see you today. How was your day?

Gianna: It was okay but I am upset at one of my best friends.

Ashley: What happened?

Gianna: Today I told my best friends about my sexuality. I also told them about my gender identity. I wanted them to know that I want to be referred to by the pronouns “they, them, theirs” but they don’t understand me, they just laughed.

Ashley: Why do you want to use “they”?

Gianna: That’s just what I want, sometimes I identify more with males, sometimes I identify as a female and sometimes I just identify as Gianna, so I think going by “they” feels right for me.

Ashley: That’s going to be hard for me. I know you as a female so I think I’ll just keep using the typical female pronouns for you.

Gianna: But I am not comfortable with those pronouns.

Ashley: I’m sorry but I don’t feel comfortable using any other pronouns for you.

Training information

- ▶ In your inbox!
- ▶ Ask your supervisor!
- ▶ speakingofhope.org (for young adult peer mentor trainings)
- ▶ www.cbhknowledge.center (for supervisor trainings)



Q&A

Please type in any questions you have below.

