# Overview of Core Elements of Young Adult Peer Mentoring Training

**MassHealth**
CHILDREN'S BEHAVIORAL HEALTH INITIATIVE (CBHI)

**Mass DMH**
Department of Mental Health

**CBH KNOWLEDGE CENTER**

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- If you have questions for the Q&A session, please type them into the "Questions" tab.

- It is recommended that you are call in over the phone; remember to enter your unique audio pin.

# Today's Presenters

**Kelly English, PhD, LICSW**
Director of the Children's Behavioral Health Knowledge Center
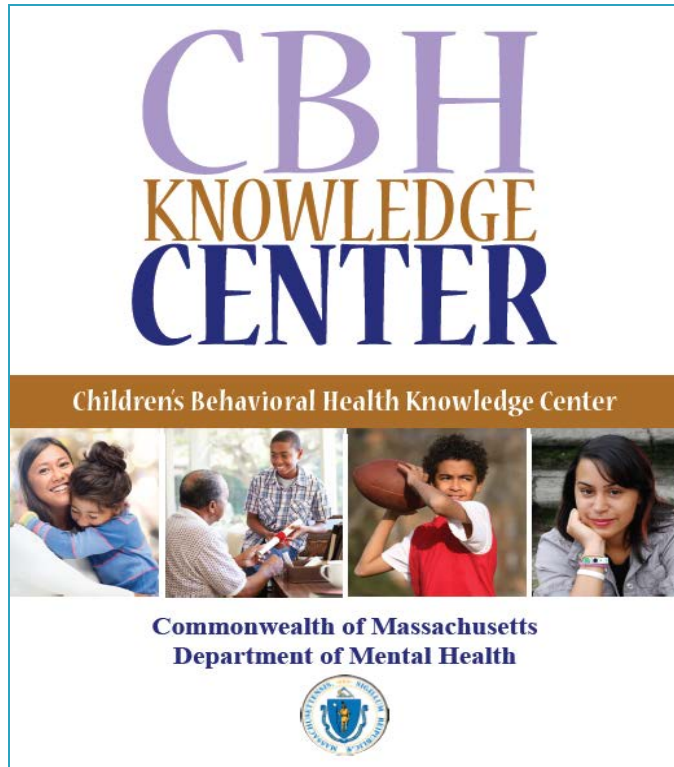Department of Mental Health Child, Youth, & Family Services Division MA

**Kimberly Bisset, Ed.D**
Consultant and Trainer
Radiate Career Consulting

**Julia Cardoso, BA, Young Adult Peer Consultant**
Department of Mental Health Child, Youth, & Family Services Division MA

# The Children's Behavioral Health Knowledge Center



Children's Behavioral Health Knowledge Center

**Commonwealth of Massachusetts**
**Department of Mental Health**

- 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?



YOUNG ADULT
PEER MENTORING
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
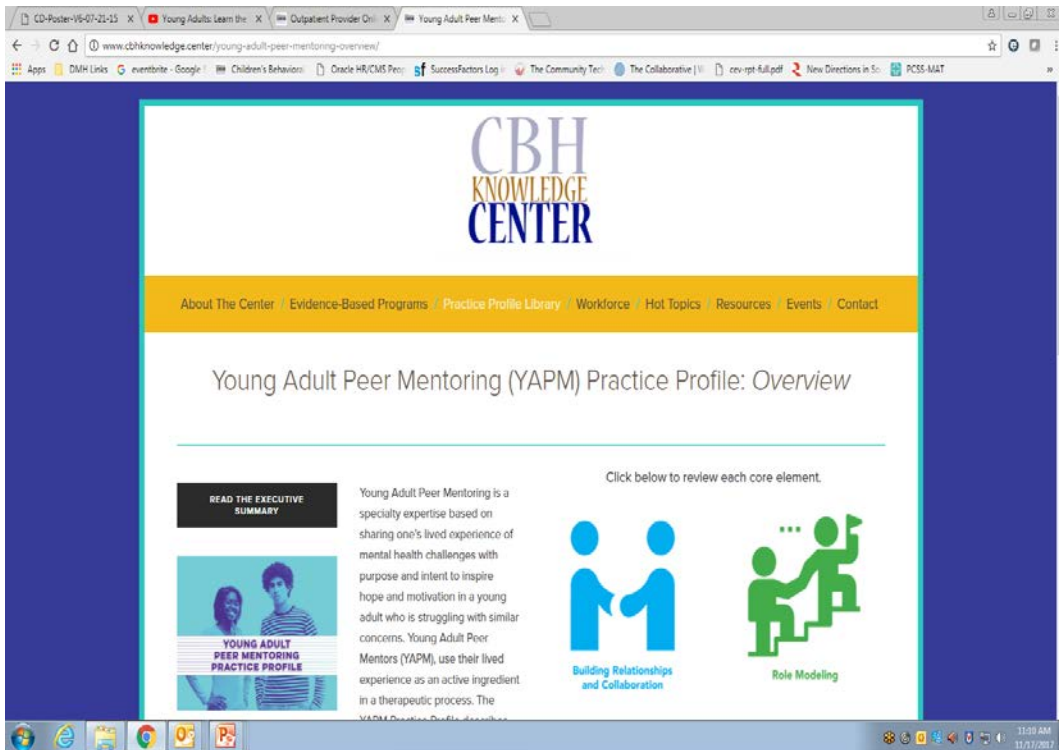


- Describes the 6 core elements of YAPM

- 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**
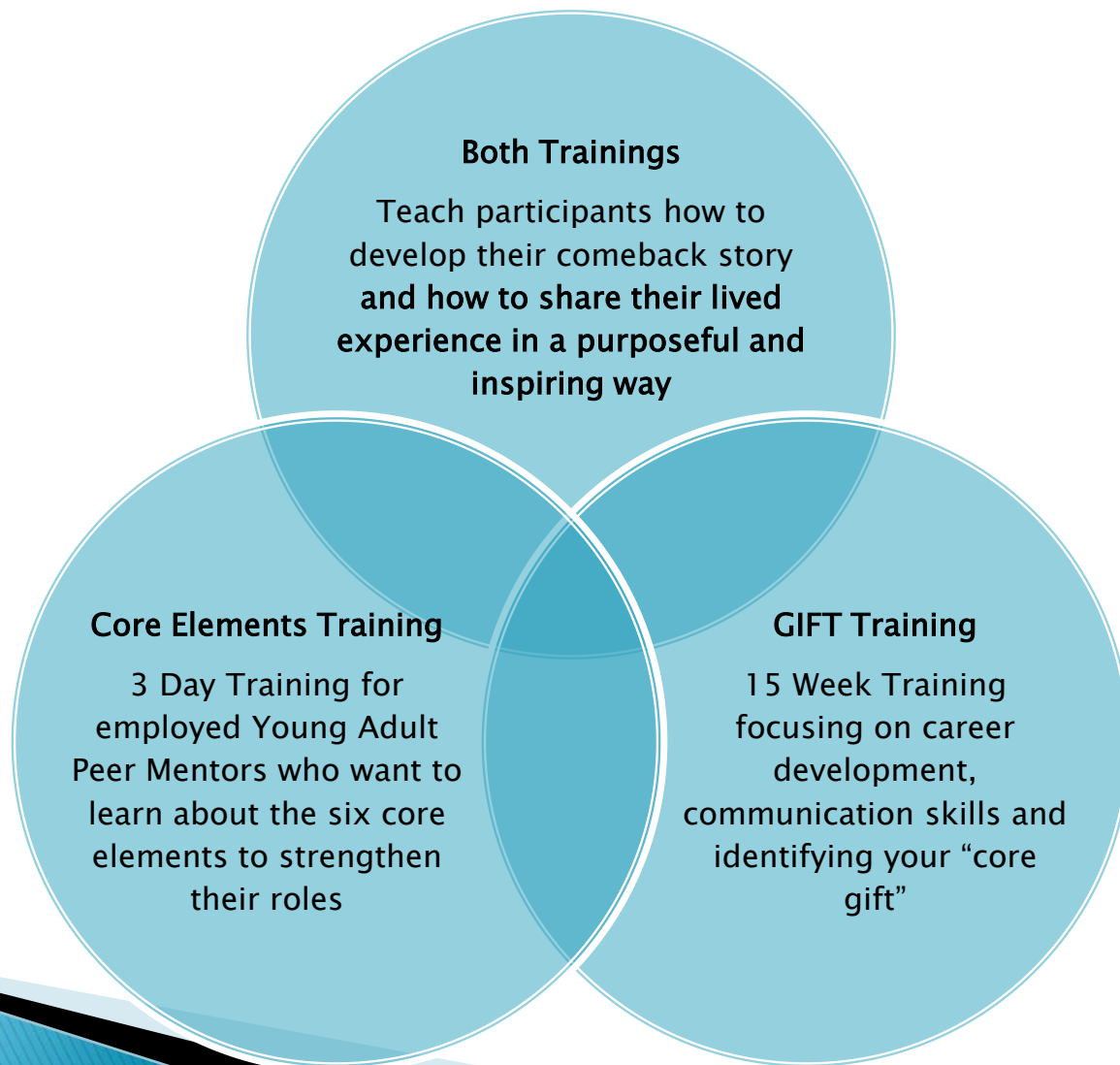
**ROLE MODELING**

**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

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# GIFT vs Core Elements: What's the difference?

**Both Trainings**

Teach participants how to develop their comeback story **and how to share their lived experience in a purposeful and inspiring way**

**Core Elements Training**

3 Day Training for employed Young Adult Peer Mentors who want to learn about the six core elements to strengthen their roles

**GIFT Training**

15 Week Training focusing on career development, communication skills and identifying your "core gift"

# 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

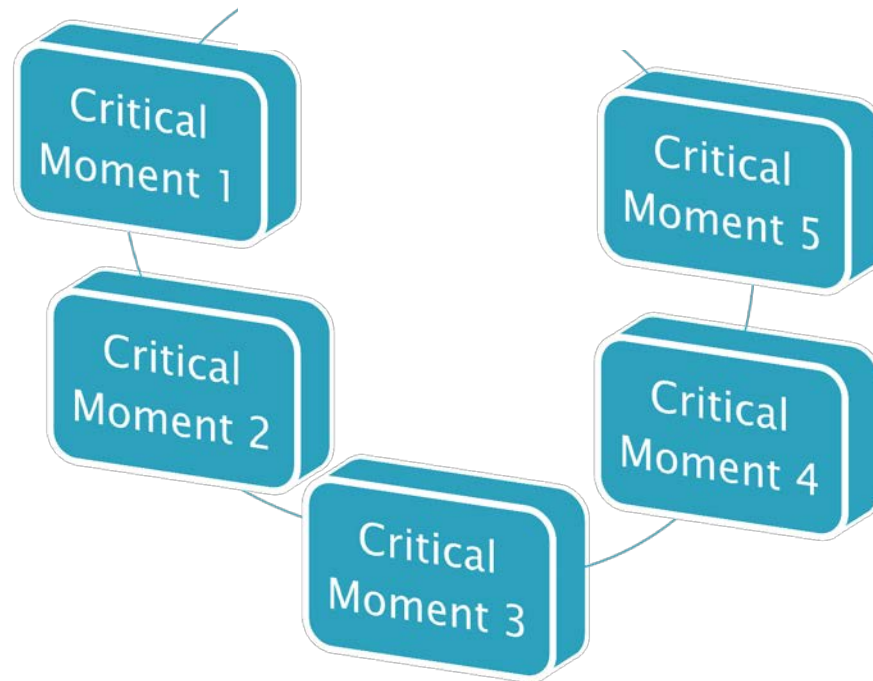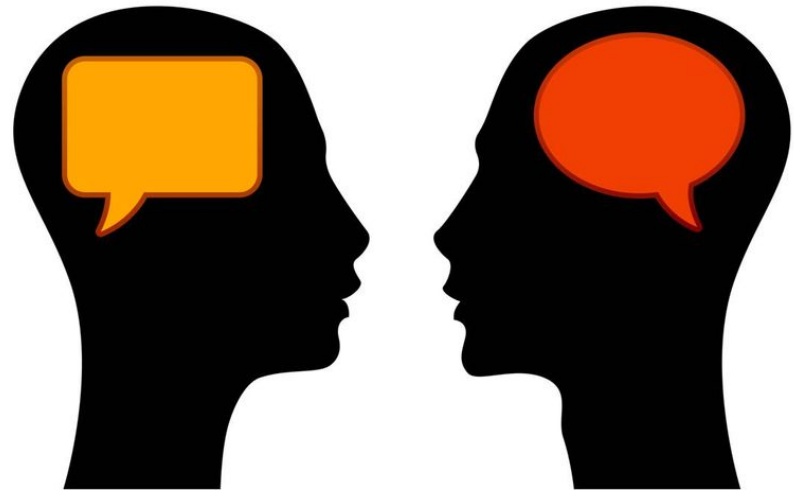| | | |
|---|---|---|
| Comeback Story– U Format | Engaging Communication Strategy | Elevator Speech |
| Awkward Questions | Supportive Affirmation | Core Elements Scenarios/Role Plays |

# 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?
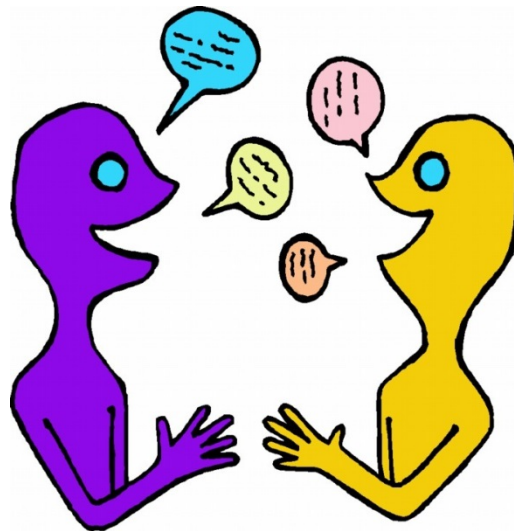
# Supportive Affirmation Activity

- ▸ 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.