



Young people vary widely in the amount and

formal and informal support can include several

o u v š • U • μ Z • W

• u } Ÿ } v o • μ % % } Ÿ š U . v • } u % O

u % š Z Ç U À o] Ÿ } v U v v } μ Ÿ P
μ Ÿ] v P Ÿ u • } (o } • • v Z o o v P X

• • •] • š v Á] š Z % Ÿ } o u • } o À] v P U ()
() Ÿ Ç } μ š Z Á] š Z š Ÿ v v
exploring the costs and advantages of a bus
pass.

• / v () Ÿ u Ÿ } v } μ š } u u μ v] š Ç • μ % % } ()
P Ÿ } μ % • U μ Ÿ } v o Ÿ À] Ÿ • U v
groups where youth can meet other young
people with similar interests.

• D š Ÿ Ÿ] o • •] • š v U • μ Z • Ÿ • } μ O
u š } v Ÿ š v • U] v o μ] v P o } š Z
() } U •] u š Ÿ Ÿ] o • v () Ÿ • « v
. Ÿ • š % Ÿ Ÿ u v š U } Ÿ u } v Ç X

• W Ÿ Ÿ o Z o % • μ Z • % Ÿ Ÿ] v P
•] o o • () Ÿ i }] v š Ÿ À] Á U } u %
Ç } μ v P % Ÿ • } v š } u Ÿ v P U } Ÿ š
new skill like driving or managing a budget.

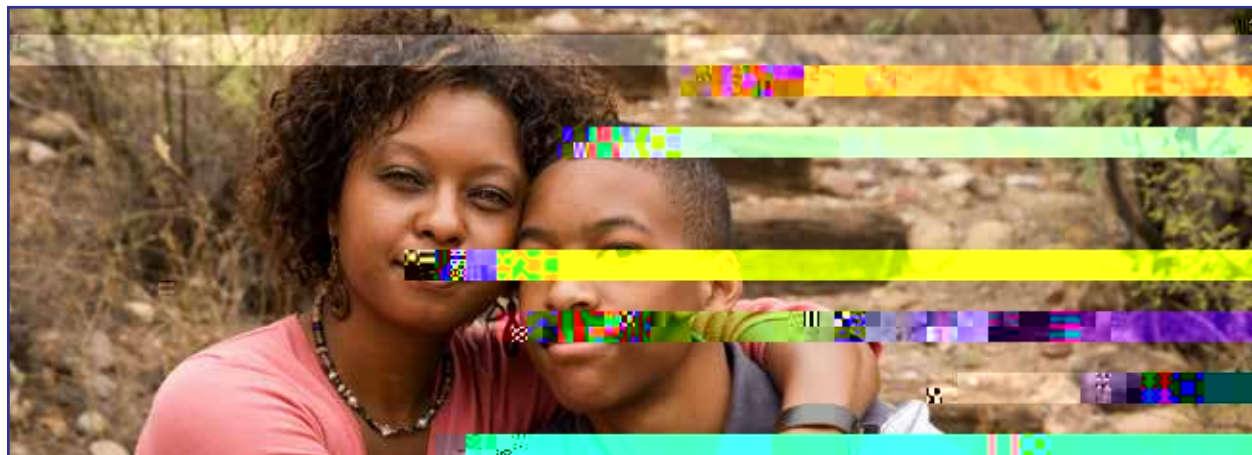
• μ o š • μ % % } Ÿ š • š • Ď • ž p i % 16F0190011E

Supporting and strengthening family support

Service providers have important roles in strengthening the support families provide to

- Encouraging families to provide needed
-
-

Encouraging families to provide needed support to youth. Service providers can help by providing information and resources, and by offering emotional support and encouragement.



Connecting youth with community supports

You can seek clues about goals and areas of possible sources of community support

- art or music.
- employment with colleagues and supervisors who have some understanding of mental health issues.

As well as feeling needed and forming connections with community supports, youth may benefit from participating in activities that interest them, such as art or music, and from working with others who understand their experiences.

- with others who have experienced mental health challenges and/or substance use disorders. It is important to know and follow youth and young adult preferences; LGBTQ and young adult preferences; LGBTQ and young adult preferences; LGBTQ and young adult preferences.

“The Speak Up and Empower group helped me to come out of my shell, grow as a person, and give back to the community.”

– [young adult]

Faith-based support

What do you know about the spirituality of young people you work with and/or their families?

- Prayer and spirituality may be coping strategies that can sustain some young people with mental health challenges through adversity and toward recovery.
- Service providers can facilitate access of faith leaders to culturally appropriate resources and support.

- It is important to know and follow youth and young adult preferences; LGBTQ and young adult preferences; LGBTQ and young adult preferences; LGBTQ and young adult preferences.
- Service providers can facilitate access of faith leaders to culturally appropriate resources and support.

“My pastor from my church helps me understand the things I don’t understand. He helps put meaning in my life.”

– [young adult]

D vÇ Ç}µvP %o }%oo v .š (œ}uÀœ] o œ}M*Z]]%vP v o šµœ]vP ~<
Á]šZ u vš}œU ÁZ šZ œ v]v(}œu o

mentor in their family or neighborhood or
a formal mentor who volunteers through a
community-based program or works as a paid
professional mentor. You can help link youth

š} + ŸÀ u vš}œ• ÁZ}W

- &} µ• }v u ŸvP šZ v • }(šZ Ç}µšZ
- œ G Æ] o U •µ%oo}œŸÀ U œ ••µœ]vPU v l]v
- oo}Á Ÿu š} µ]o šœµ•š
- Encourage youth to select mutually
vi}Ç o ŸÀ]Ÿ •
- Provide help in a non-judgmental way
- K+ œ %œ} o ur•}oÀ]vP] •U v

“My mentor is like my diary, I tell her
everything. She listens and gives good
advice. I can be relaxed.”

– [young adult]

Peer Support

Many youth and young adults prefer peer support programs employ peer support specialists focused on recovery and resilience because of their shared experiences and encouragement.

You might be able to connect youth with peer support or mentoring programs in your area start one locally.

Promote recovery from mental illness

“Peer support helps young adults walk through the barriers of everyday life.”

– [young adult peer support provider]

References

Davidson, P. R., & Forchuck, C. (2002). *Peer support: A handbook for mental health professionals and consumers*. Washington, DC: American Psychiatric Association.

U.S. Department of Health and Human Services. (2003). *Mental health services in the U.S.* Washington, DC: U.S. Department of Health and Human Services.

U.S. Department of Health and Human Services. (2003). *Transitions: A handbook for mental health professionals and consumers*. Washington, DC: American Psychiatric Association.

U.S. Department of Health and Human Services. (2003). *Administration and Policy in Mental Health Services Research*, 33(1), 1-10.

4. :]À vi U WXU <œµì] ZU :X DDXU ~v]œEdXv BXU >µ u vU X /XU ~
 >X :X ~îiio•X }uµv]šÇ]vš Pœ ~ÿ]vî•X s] Á• } (Ç}µvP %o }%o o
 šœ v•]ÿ}vr P]v]À] µ o•W s with depression, but family and
 adults with mental health disorders. •]Pv]. vš }šZ œ •µ%o%o }œ šW /vš œ
Journal of Behavioral Health Services and phenomenological analysis study.
Research, 35~ ð•U ðiîrðíôX *International Journal of Mental Health*
Nursing, 21U ðñîrðòíX
- ñX œ oo œU dX X ~îiio•X z}µšZ u vs }œ]vPv
 dZ }œ ÿ o v u šZ }o}P] óD]µvµ}vX /DX ZXU œ}ÁvU ^XU ^%o
 dX X oo v ~ >XThe Blackwell~ •X•U µ œU DXU ~ dœ ÇU X ~îiîñ•X
book of mentoring: A multiple perspectives œ o ÿ}v•Z] %o• u}vP (}œu œ (}•š œ
approach ~ %o%o X îîrðó•X D o v Uyouth with mental health challenges.
Blackwell. *Journal of Adolescent Research, 30~ ð•U ñiîr*
ñîôX

Resources

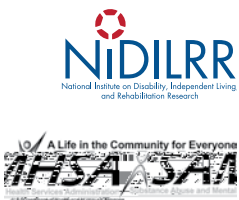
Active Minds]• •šµ všro }œP v]ì ÿ}v Á]šZ ðiîó Z %o š
 šZ hX^X šZ š Á}œ|• š} Z vP %o œ %o ÿ}v• }(u v š o
 u%o µ• • v vP P •]v •µ%o%o }œ š v À} ÇW
<http://www.actveminds.org>

National Alliance for Mental Illness (NAMI) is dedicated to improving
 šZ o]À • }(%o }%o o ÁZ} •µ+ œ (œ}u u v š o]oov •• š
 À} Ç v •µ%o%o }œ š šZ œ}µPZ o} o Z %o š œ•U u
 œ •}µ œ •W
<http://www.nami.org>

Youth M.O.V.E National]• Ç}µšZro v ÿ}v o }œP v]ì ÿ}v Á]š
 chapters devoted to improving services and systems that support
 %o }•]ÿÀ Pœ}ÁšZ v À o}%o u v š Ç µv]ÿvP šZ À}]
 Ç}µvP µoš• ÁZ} Z À o]À Æ%o œ]v]v šZ u v š
 iµ•ÿ U µ ÿ}vU v l}œ Z]o Á o(œ •Ç•š u•W
<http://www.youthmovenational.org>

d]‰•Z š ‰œ} μ Ç W šZÁ Ç• dœ v•]Ÿ}v dœ]v]vP W œšv œ•Z]‰U
W šZÁ Ç• š} W}•]ŸÀ &μšμœ •U W}œšo v ^š š hv]À œ•]šÇU W}œšo

www.pathwaysrtc.pdx.edu



dZ }vš vš• }(šZ]• Ÿ‰•Z š Á œ À o}‰ μv œ Pœ vš Á]šZ
/v•Ÿšμš }(]•]o]šÇU /v ‰ v vš >]À]vPU v Z Z]o]š Ÿ}v Z • œ
D vš o , ošZ ^ œÀ] • ^μ •š v μ• v D vš o , ošZ ^ œÀ] • u]
‰ œšu vš }(, ošZ v ,μv ^ œÀ] • ~E/ />ZZ Pœ vš ôiZdñiï•X
šZ u]v]•šœ Ÿ}v (}œ }uuμv]šÇ >]À]vP ~ >•U ‰ œšu vš }(, ošZ
dZ }vš vš• }(šZ]• Ÿ‰•Z š }v}š v •• œ]oÇ œ ‰œ • vš šZ ‰o]
should not assume endorsement by the Federal Government.