

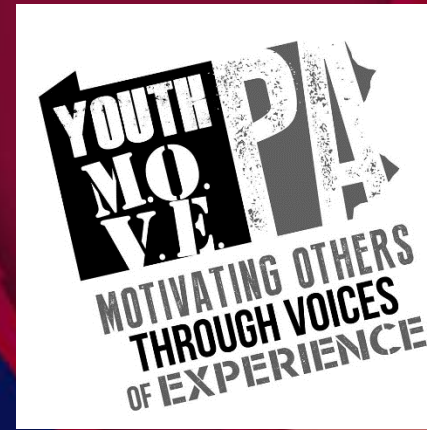


**Youth Advocate to Advocate
for Youth:
The Next Transition**

*Pennsylvania System of Care Learning
Institutes 2016*

Meet Your Facilitators

Corey Ludden



Johanna Bergan



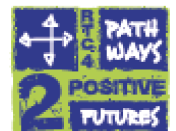


Youth Advocate to Advocate for Youth:



The Next Transition

This guide was produced by Youth M.O.V.E. National in partnership with the Research and Training Center for Pathways to Positive Futures.



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Funders

This publication was developed with funding from the National Institute on Disability and Rehabilitation Research, United States Department of Education, and the Center for Mental Health Services, Substance Abuse and Mental Health Services Administration (NIDRR grant H133B090019). The content of this publication does not necessarily reflect the views of the funding agencies.

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www.pathwaysrtc.pdx.edu





Identification of Need for Role Definition

Transition Keeps Happening

"Change happens. And it happens to everyone.... Transition, on the other hand, is the process that happens inside your head, heart, and gut as you adjust and become familiar with change."

- FLUX, Foster Care Alumni of America

★ **Transition** – Movement from child serving systems and youthfulness to adult serving systems and the responsibilities of adulthood.

★ **Youth Advocate** - A young person, typically between the ages of 15-25, who utilizes lived experience to educate, inform, motivate, and inspire others in an effort to create positive systems change.

★ **Advocate for Youth** - A young adult, typically between the ages of 25-35, who has transitioned from being a Youth Advocate into a role of advocating for youth involvement across individual, program and system levels. This person may still share personal experience, but focus is on supporting Youth Advocates to utilize their voice as agents of change and creating opportunities for youth voice within systems.

★ **Supportive Adult** - An adult ally who supports young people in utilizing their voice in systems change.

★ **Lived-Experience** - Past participation in human-serving systems receiving services as a child, youth, or young adult (including but not limited to mental health, child welfare, juvenile justice, and/or special education) or currently or formerly living with a mental health or substance abuse diagnosis.

★ **Youth Voice** - The engagement, representation and application of lived experience of young people in program and systems development and implementation.

★ **Generation Next™** - Concept that in order to sustain any youth movement, as Youth Advocates transition to Advocates for Youth, it is essential

that there is continuous engagement of the next generation. Key concepts in Generation Next™ are shared events and experiences, mentorship, leadership development, and modeling youth-adult partnerships.

***Generation Next™ is a trademark of Youth MOVE National, Inc.*





Stage 1: Knowing, Owning and Sharing My Story

- Develop ownership over your story
- Successfully use Self-Advocacy skills
- Start branching out to help others and sharing story publicly



Stage 1: Knowing, Owning and Sharing My Story

- ****Essential to have supportive adult and receive Strategic Sharing and Trauma Informed Training**
- **AND to identify what parts of story they are comfortable sharing and which parts need more development**



Stage 2: Beyond Your Personal Advocacy Being a Resource for Change

- Strategically share your story publicly to promote positive systems change
- Use advocacy skills for personal care needs to maintain wellness and recovery
- ****Important to get specific on topics where story is most effective**
 - *Ask: What is my main message? Who would be most likely to change because of my story? Where do I share my story to make the most impact?*



Stage 3: A Fork in the Road: Using Experience Personally or Professionally

- Advocacy focus has fully shifted beyond your story to advocating for larger Youth MOVEMENT
- Utilizing statistics, policies, best practices and collective stories in addition to own story
- Start to become compensated for time, if not already



Stage 3: A Fork in the Road: Using Experience Personally or Professionally

- ****Important to remember that skills developed during this phase (i.e. networking, professionalism, etc) can be transferred to other careers.**
 - *Ask Yourself: When do I say no? Do I want to do this full time and/or as a career?*



Stage 4: Maintaining Personal Identity Stay True to You

- Struggle with self-identity may be occurring
 - *Stay true to self vs. conform your story*
- What's your role in systems change? If any?
- Maintain sense of self within advocacy work
- Step away from personal story towards advocating for youth populations



Stage 5: Experience Never Leaves

Transition has been reached

- *Can be a break away point*
- Lived experience is always valid and a part of us - advocates or not.
- Pair personal experience with current youth voice for effective change
- Remember: A Youth is more than their "story"



Stage 6: Arrival of an Advocate for Youth

- Understand the needs of adults/systems AND Youth Advocates
- Continued mentorship and support is key
- Challenge: Which role now?
- Generation NEXT™

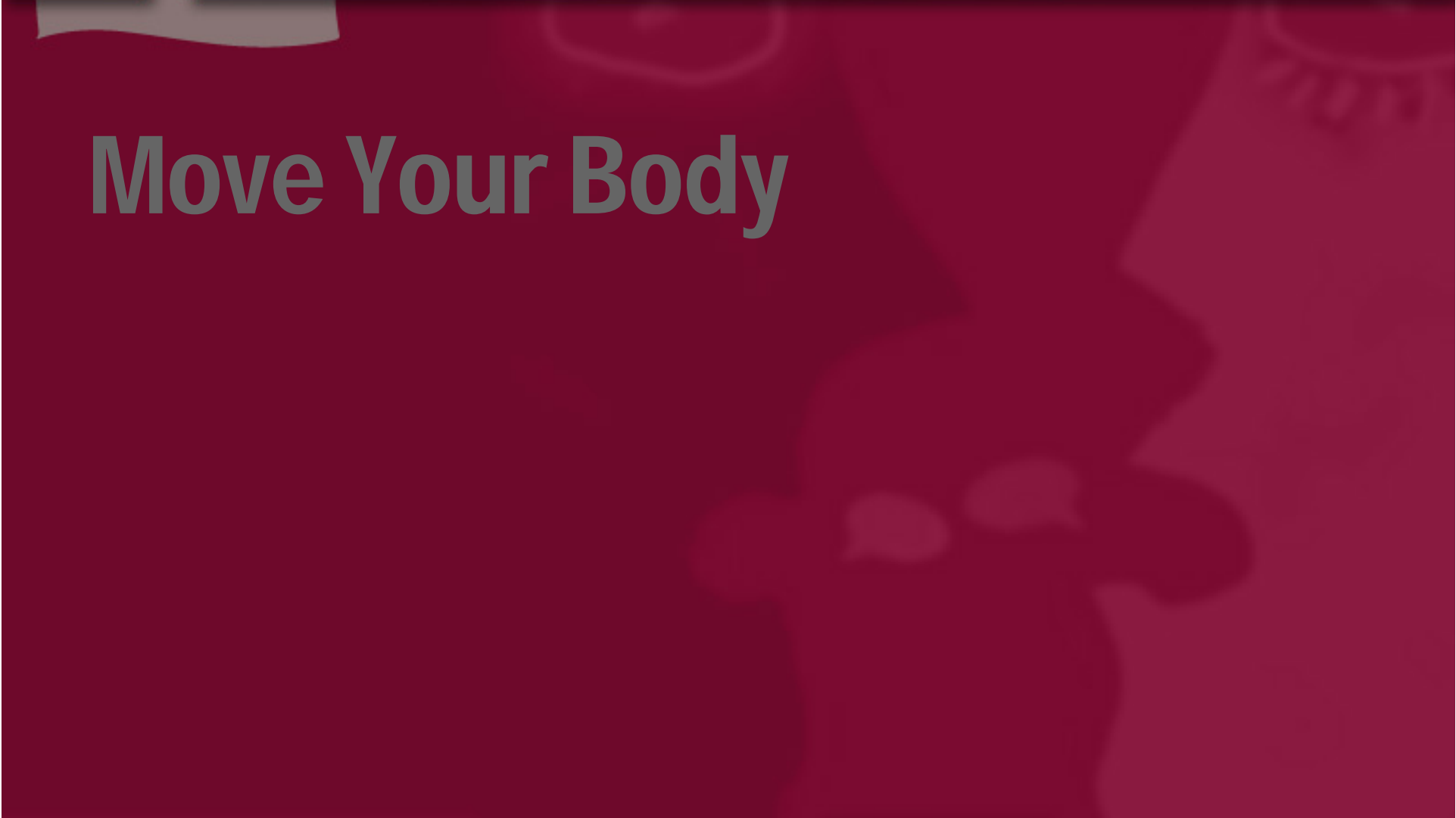


Stage 7: Becoming Supportive Adults

- Offer themselves as a resource
- May or may not have lived experience
- Maintain confidentiality, respect, allow space, legit connection, be real
- Turn around and give back



Move Your Body





- Why did you identify in this stage?



- What support, resources, skills do you need to move forward on the continuum?



- What support can you provide to youth behind you?



Leadership Styles





Take a moment and think of
someone you think is a leader.

Why are they a leader?



Self-Reflection



Leading in Youth MOVE PA



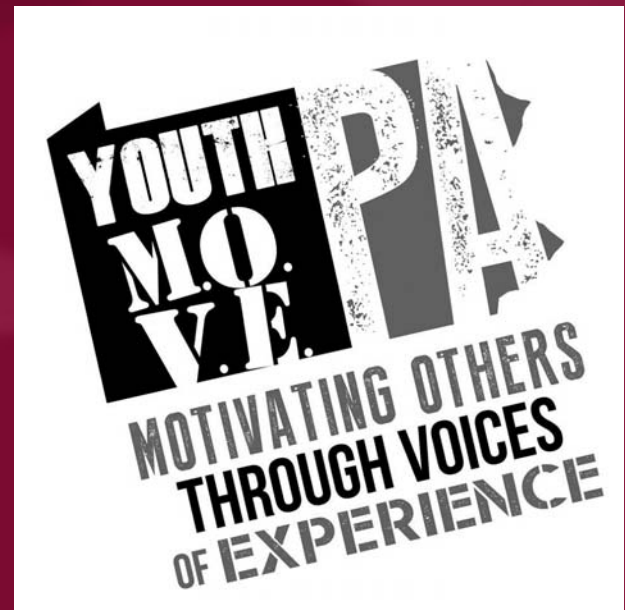
A Walkabout

- What support do you need to be a Youth Leader in PA?
- What do you hope to gain from involvement with Youth MOVE PA?
- What do you bring to Youth MOVE PA?



Youth MOVE Pennsylvania

- Facebook: Youth MOVE PA





Join Youth MOVE PA TODAY!

- Sign up sheets to get more information at the registration desk
- Join us tonight 5-7 pm for the YM PA Meet & Greet