

Collaborative Mentoring Webinar Series



Mentoring and Supporting Young People's Mental Health and Wellbeing

May 21, 2020

Good to Know...

One week after the webinar, all attendees receive an email with:

- Instructions for how to access a PDF of presentation slides and webinar recording
- Link to the Collaborative Mentoring Webinar Series webpage, where all slides, recordings and resources are posted

Please help us out by answering survey questions at the end of the webinar.

Today's Webinar

- The role of mentoring in supporting and nurturing young people's mental health
- Mentoring approaches and practices to address and facilitate conversations around mental health and wellbeing
- Trauma-informed mentoring
- Prioritizing self-care for mentees, mentors, and staff
- Responding to COVID-19 & during this stressful time and looking forward

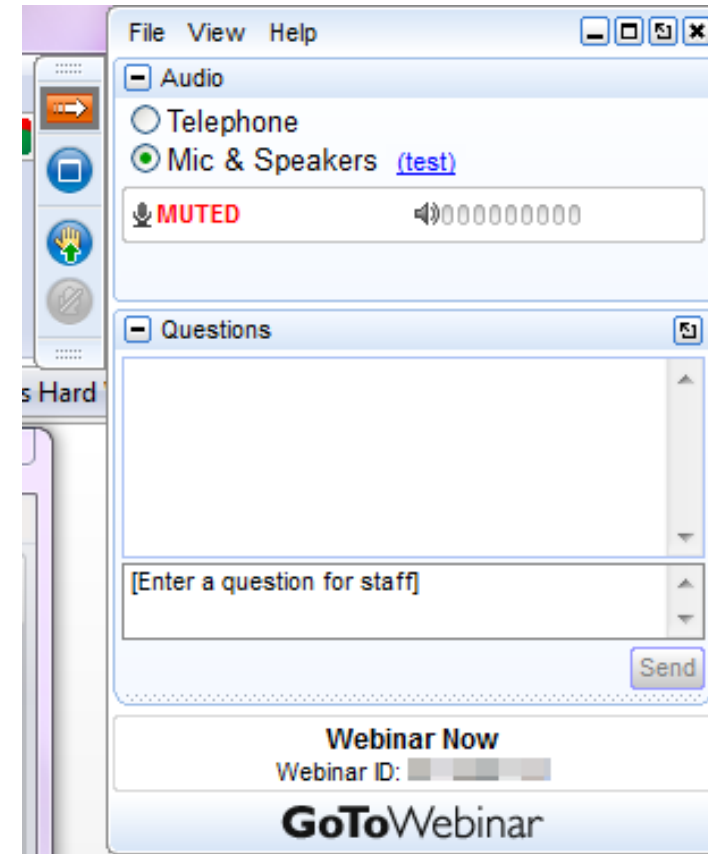
Anabel Hernandez



Anabel is a member of the 2019-2020 Cohort of Youth Advocates for Mentoring. Her goal is to advocate for increased mental health accessibility for youth and their families in under resourced communities. Her advocacy project was inspired by her experience working with nonprofits in inner city communities, including the community where she grew up in. In her new position in a government office, she hopes to learn more about how she can continue advocating for youth and their families. Anabel hopes to create more opportunities in her city that enable youth to become leaders of their own and enact change in their own communities.

Participate in Today's Webinar

- All attendees muted for best sound
- Type questions and comments in the question box
- Respond to polls
- Who is with us today?

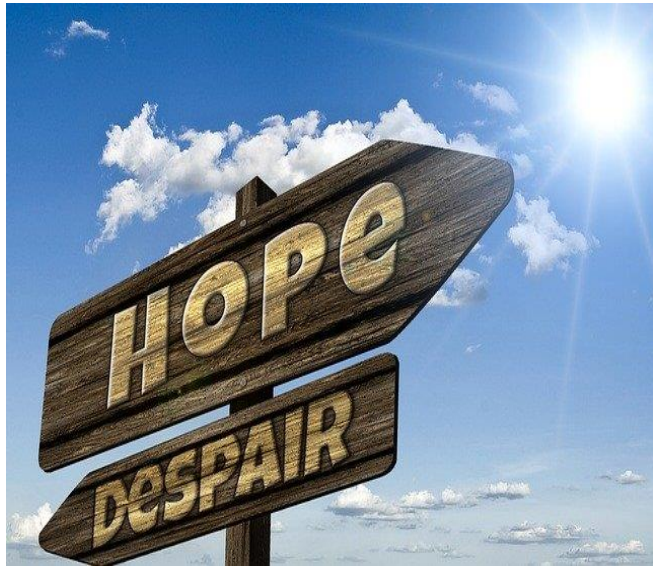


Hilda Marie



Hilda Marie, M.A., is a Program Director at Vibrant Emotional Health in New York City. Hilda oversees the emotional wellness services offered to the young men of The Fellowship Initiative, an academic success and leadership program for young men of color. Hilda is also a Certified Youth and Adult Mental Health First Aid Instructor, as well as an Interfaith Minister and consultant for multiple social service organizations throughout New York City.

How Do Mental Illness & Trauma Impact Youth



- Suicide is the second leading cause of death for persons ages 10-34 in the U.S.¹
- Nearly 1 in 3 of all adolescents ages 13 to 18 will experience an anxiety disorder.²
- Depression affects 20% of adolescents before they become an adult.³

¹<https://www.nimh.nih.gov/health/statistics/suicide.shtml>

²https://www.nimh.nih.gov/health/statistics/any-anxiety-disorder.shtml#part_155096

³https://www.medicinenet.com/teen_depression/article.htm#teen_depression_facts

20/100 with depression and 33/100 with an anxiety disorder



Trauma & Complex Trauma

Trauma is an emotional response to a terrible event like an accident, rape or natural disaster.

Complex trauma describes children's exposure to multiple traumatic events—often of an invasive, interpersonal nature—and the wide-ranging, long-term effects of this exposure.

<https://www.nctsn.org/what-is-child-trauma/trauma-types/complex-trauma>

Collective & Vicarious Trauma

A **collective trauma** is a psychological reaction to a traumatic event shared by a group of people of any size.

These events may include war, slavery, and natural disasters. Collective trauma is also known as historical, cultural or ancestral trauma.

Vicarious trauma or “**compassion fatigue**” is the indirect trauma that we experience when we are exposed to others’ trauma.

Risk & Protective Factors

<u>Risk</u>	<u>Protective</u>
Absent/abusive parent	Nurturing parent
Genetics	Resilience
Isolation/lack of support	Strong support system
Poverty	Financial stability
Substance use by parent	Stable home life
?	?
?	?

Talking To Youth About Mental Health & Trauma

- Create safe spaces.
- Allow for a gradual build-up of trust.
- Learn about the ways in which youth express emotions.
- Encourage young people to share at their pace.
- Stay in touch with what's happening in the world as it pertains to youth and generate conversations based on these topics.
- Ask probing questions.

What Do Youth Need To Hear From Us?

- You are resilient
- You are more than good enough
- Your worth is not measured by your grades, accomplishments, etc.
- It's okay to make mistakes.
- You don't need to be perfect.
- Things are difficult now, but you won't feel this way forever.



Emotional Symptoms of Vicarious Trauma

- Anger/Irritability
- Cynicism
- Helplessness
- Hopelessness/Despair
- Anxiety
- Disconnection
- Guilt
- High Emotional Sensitivity



Physical Symptoms of Vicarious Trauma

- Difficulty sleeping
- Sleeping excessively
- Getting sick more often or during time off
- Feeling tired, even after resting
- Physical/bodily tension
- Body aches and pains



Mentors & Self-Care

- Eat and sleep well
- Exercise
- Meditate
- Set healthy boundaries
- Ask for support from professionals/experts
- Bring in guest speakers/trainers
- Start your own support group
- Allow for downtime
- Use humor when appropriate

Jamison Merrill



Jamison Merrill is the Chief Program Officer at Up2Us Sports where he oversees program design, monitoring, and evaluation of Up2Us Sports' National Coach and Training Programs. He currently is the Co-Principal Investigator of a Department of Health and Human Services-funded study of Up2Us Sports' school-based programs in New Orleans. Jamison previously held a junior faculty position at Johns Hopkins University's School of Public Health and spent several years doing global adolescent health work in sub-Saharan Africa, Asia, and South America. He holds a Master's of Science in Public Health from the London School of Hygiene and Tropical Medicine.

Mission and Vision

A photograph showing a woman with a long braid, wearing a red t-shirt with 'COACH' written on the back, looking towards a young boy in a blue baseball helmet and white jersey. They are outdoors on a sunny day.

OUR MISSION

Up2Us Sports is a national nonprofit whose mission is to recruit, train and support sports coaches to inspire youth, programs and their communities.

OUR VISION

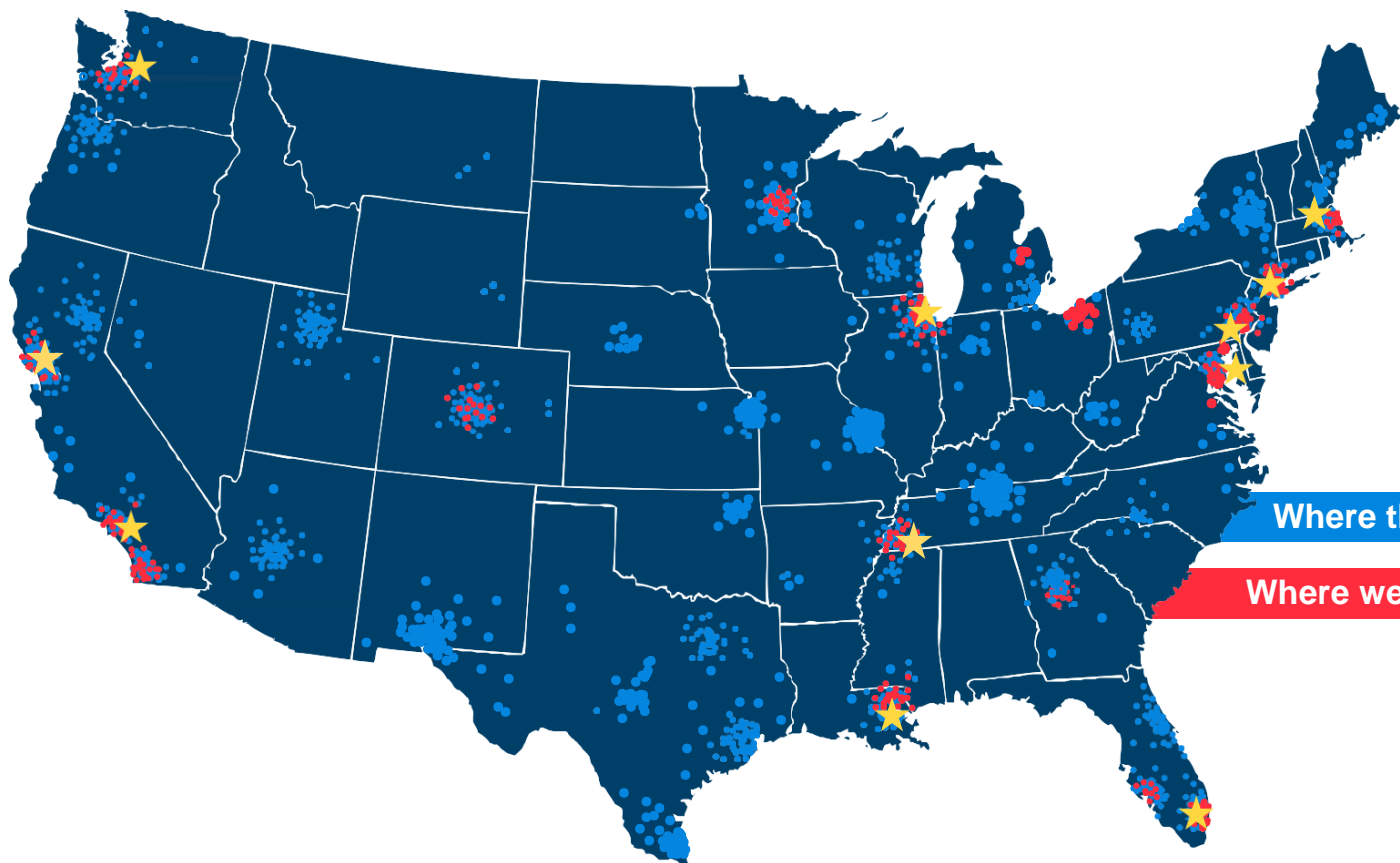
The vision of Up2Us Sports is that all youth have a coach who is trained to help them achieve their potential in life.

Up2Us Coach



- Only National Service (AmeriCorps) program for coaches
- Placed more than 2,800 AmeriCorps coaches to expand sports opportunities in 20 U.S. Cities
- Engaged more than 200,000 at-risk youth year-round in sports and positive youth development
- Since 2010, trained more than 22,000 coaches

Our Reach



Major Markets

- Baltimore
- Boston
- Chicago
- Los Angeles
- Miami
- New Orleans
- New York
- Oakland
- Philadelphia
- Seattle
- Washington DC

Where there is need

Where we already are

Pre-COVID:

- Adverse Childhood Experiences (ACEs) are prevalent, with over half of adults reporting more than 1 ACE and 1 in 6 reported more than 4 ACEs.ⁱ
- ACEs can have long-term negative consequences on life outcomes, including mental health.ⁱ
- Half of all mental illness occurs before a person turns 14 years old, and three-quarters of mental illness begin before age 24.ⁱⁱ

During and Post-COVID:

- A recent study showed that kids who were quarantined were four times more likely to show signs of PTSD than those who were not.ⁱⁱⁱ
- Economic downturns are associated with increased mental health problems for youth due to trickle down effects from adult unemployment, adult mental health, and child maltreatment.^{iv}
- A recent poll suggested that nearly half of Americans feel that COVID-19 has harmed their mental health.^v
- Relatedly, the SARs epidemic in early 2000s showed increases in PTSD, stress, and psychological distress in people.^{vi}

i. Centers for Disease Control: <https://www.cdc.gov/violenceprevention/childabuseandneglect/aces/fastfact.html>

ii. Centers for Disease Control: <https://www.cdc.gov/mentalhealth/>

iii Brooks et al. *Lancet Psychology*: [https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(20\)30460-8/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(20)30460-8/fulltext)

iv. Golberstein et al. *Heath Econ*: <https://www.ncbi.nlm.nih.gov/pubmed/31165566>

vi. Keiser Family Foundation: <https://www.kff.org/coronavirus-covid-19/report/kff-health-tracking-poll-early-april-2020/>

v. Lee AM et al. *Can J Psychiatry*: <https://www.ncbi.nlm.nih.gov/pubmed/17500304>

Our Guiding Principles:

1. Mental and physical health are two sides of the same coin.
2. Coaches play a pivotal role in maintaining and cultivating positive mental health for young people.
3. Positive mental health of coaches (mentors) is a prerequisite for positive mental health of youth.
4. Relationships -- founded on mutual respect, trust, and praise -- help buffer stress for young people.

Role of sports, coaches, and mentors in cultivating positive mental health:

- Sport is a powerful healer and provides an important protective barrier for children and young people. A 2019 study found that youth who participated in team sports were less likely to develop symptoms of depression later in life than those who did not play team sports.ⁱ
- Interaction with positive coach-mentors have been strongly linked with a reduction in depressive symptoms for young people.ⁱⁱ
- The presence of a caring adult is the main factor in building resilience.ⁱⁱⁱ

i. JAMA Pediatrics: <https://jamanetwork.com/journals/jamapediatrics/fullarticle/2734743>

ii. Mentoring.org: <https://www.mentoring.org/why-mentoring/mentoring-impact/#1442856309069-add22431-aa80>

iii. Center on the Developing Child: <https://developingchild.harvard.edu/science/key-concepts/resilience/>

Coach Wellness



- Coaches must first prioritize their own mental health to better support the mental health of the youth they are working with.
- Coaches receive structured training on the importance of self-care, reflection, and debriefing.



Coach Wellness (cont'd)

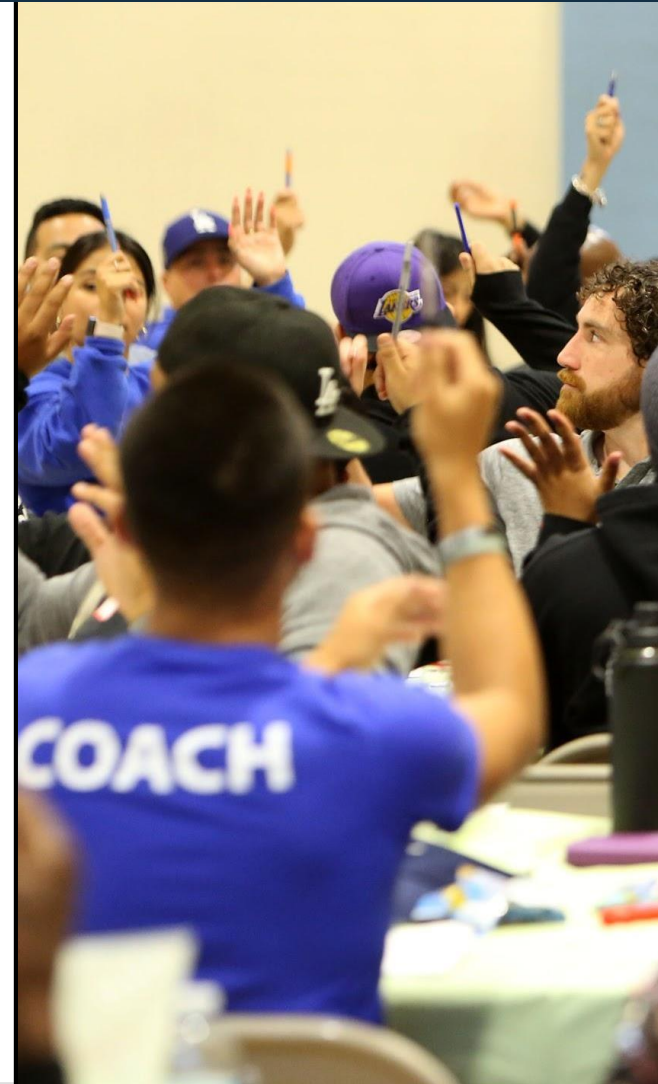
- Refining referral protocols for coaches who need support with mental health (depression, anxiety, etc.)
- During COVID-19, AmeriCorps is providing free counseling for its volunteers through AllOne Health*

* <https://allonehealth.com/>

**PLAYING
SPORTS
FOR
SERIOUS
CHANGE**

Coach Training

- Developed First Coach Certification in Sports-based Youth Development (50+ hours)
- Coach training involves providing coaches with trauma-informed skills and strategies to help them engage kids who experience ACEs
- Trauma-informed content provides coaches with an understanding of:
 - How stress and trauma affects the brain of their players (mentees);
 - How personal and community context affects the behaviors of their players; and,
 - How to leverage trust-based relationships and sport to improve wellness and build self-efficacy and confidence.



Coach Training - Strategies

Environmental

Safe Space

**Building Positive
Team Culture**

Individual

Look/Listen Skills

**Coaching for
Outcomes**

Praise

The Role of Up2Us Sports Coaches Post-COVID:

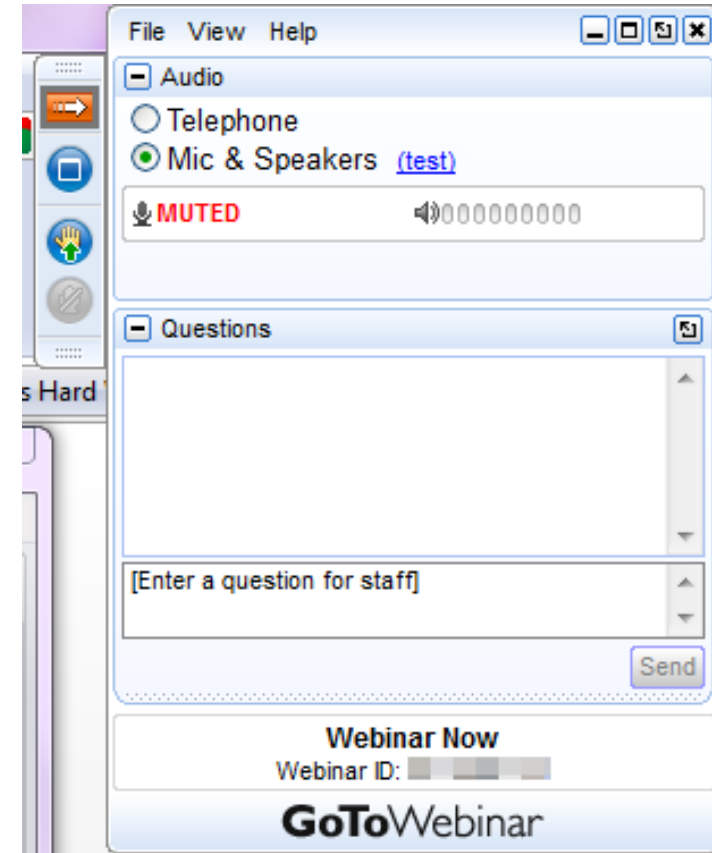
- **Leveraging service and mentoring:** Young people are hugely impacted by unemployment crisis (7.7 million and counting under aged 30; unemployment under 24 has soared over 25%). Up2Us Sports Coaches, through a service year, can aid healing for themselves, youth and communities by serving as community health coaches (2nd responders).
- **Rethinking safe play, sport, and mentoring and developing tailored Coach-based mental health approaches:** How do state-specific reopening strategies affect sport and play? What are the effects on coaching/mentoring (in-person vs. virtual vs. combination of both)? What new skills can we give coaches to better support their players' mental health?

Our Resources

- Visit #Up2UsSportsAtHome: <https://www.up2us.org/up2ussportsathome>
- Keep Girls in Sport Digital Training: <https://www.keepgirlsinsport.com/>
- Summer Associates -- We are placing no cost VISTA positions provided to interested organizations:
 - Apply here: <https://www.surveymonkey.com/r/CT726FT>

Q&A

Type your questions in the question box:



Contact our Panelists

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<https://www.vibrant.org/>

**Jamison Merrill, Chief
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Sports:**

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MENTOR COVID-19 Website



www.mentoring.org/coronavirus-resources/

- Mentoring Tips
- E-Mentoring Resources
- Text-Based Messaging Tips
- Virtual Mentoring Portals
- Advocacy & Policy Response
- FAQs
- Curated Resource List

Resources

- SAMSHA: Helpful guidelines and support during quarantine
- National Suicide Prevention Lifeline:
1-800-273-8255
<https://suicidepreventionlifeline.org/>
- Disaster Distress Helpline:
1-800-985-5990
<https://www.samhsa.gov/find-help/disaster-distress-helpline>
- Supporting Young People in the Wake of Trauma
- NMRC Resources: Youth with Mental Health Needs
- Mentoring for Youth with Mental Health Challenges: Review

Additional Resources

Affiliates

Affiliates serve as a clearinghouse for training, resources, public awareness and advocacy. Find your local affiliate here: <http://www.mentoring.org/our-work/our-affiliates/>

Mentoring Connector

Recruit mentors by submitting your program to the Mentoring Connector <https://connect.mentoring.org/admin>

National Mentoring Resource Center

Check out the [OJJDP National Mentoring Resource Center](#) for no-cost evidence-based mentoring resources

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Remember...

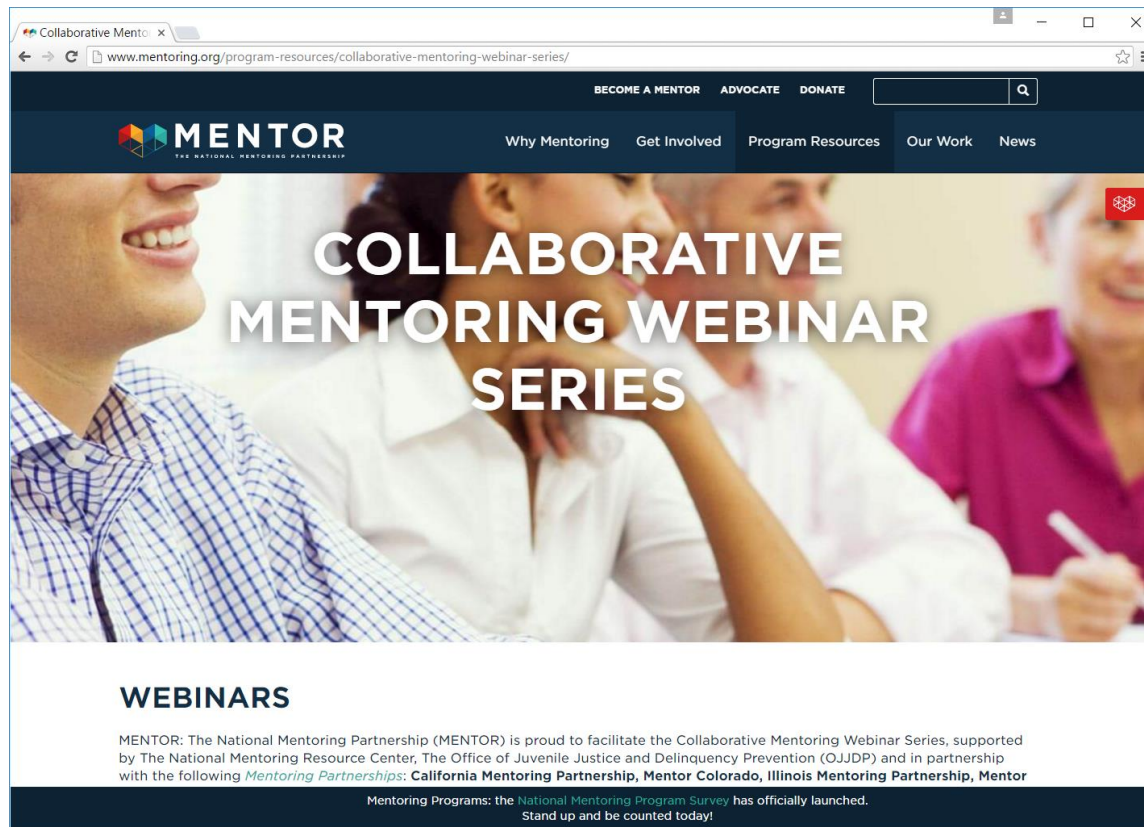
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<https://www.mentoring.org/program-resources/collaborative-mentoring-webinar-series/>

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- **Tweet** with hashtag #MentoringWebinar
- **Visit our webpage** on the MENTOR website for past and upcoming webinars:



Collaborative Mentoring Webinar Series

Join Us Next Month!

**Mentoring Youth in the Transition from
Foster Care to Adult Life**

June 18, 2020

1 – 2:15PM EST



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Collaborative Mentoring Webinar Series