

# **Youth Town Hall: A call for mentoring to support our mental wellness**

Thursday, March 16, 2023



**COLLABORATIVE  
MENTORING**   
WEBINAR SERIES

# Participate in Today's Webinar

- All attendees muted for best sound
- Type questions in the **Q&A** panel
- Type comments in the **Chat** box
- **Live captions** available in the panel by clicking on the “**CC**” at the bottom of the screen
- Respond to polls
- Who is with us today?
  - Type in the **Chat** to introduce yourself!
  - For all participants to see your message, change to “All panelists and attendees” in the Chat

Audio Settings ^



Chat



Raise Hand



Q&A



Live Transcript

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# 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.**

# Facilitator Info



Allana Pommier (she/ they) is an Americorps member serving with MENTOR Nebraska as the Expansion & Outreach Coordinator. Her primary functions in this position are to expand and deepen relationships with BIPOC and LGBTQIA2S+ inclusive mentoring programs.

Allana graduated Cum Laude from Creighton University in 2021 with a Bachelor's in Sociology/ Criminal Justice Policy and minors in Theatre and Women & Gender Studies. Allana is passionate about theatrical arts, she directed her first play Riot, Repeat in 2019 and wrote their first full-length play based on her college research project titled I Am a Black Woman, a show that traps the audience in the psyche of a Black woman as the layers of her identity are put on display. She went on to produce this show at the Omaha Fringe Festival in August 2022 and again at Benson Theatre in November 2022.

In her position, Allana has thoroughly enjoyed being mentored by the staff that welcomed her onto the team. Having not grown up with a formal mentor, she has witnessed and experienced the undeniable value of being mentored by a strong-willed group of unique individuals.

# Today's Webinar

- Situate the research about the need for mentoring to support youth mental health
- Hear from young people with a variety of backgrounds and identities on the youth experiences in mentoring programs
- Learn directly from youth, what they need from adults regarding mental health support in mentoring programs
- Share innovative ways to embed mental health support in mentoring relationships

# Background & Statistics

- One recent study found that over 25% of high school students reported declines in their mental health due to the pandemic.
- Another 2021 study found that two-thirds of all high school students felt like they were unable to cope with sources of stress in their lives.
- LGBTQ youth have experienced extremely high rates of anxiety (73%) and depression (67%) during the pandemic.
- This pandemic also had a negative impact on younger children, with 22% of parents of elementary-age children reporting worsening of their child's mental and emotional health.
- America's youth were struggling with their mental health long before this pandemic hit — for example, the suicide rate for youth ages 10-24 increased by 60% between 2007 and 2018, with more recent data suggesting that rates for both boys and girls have increased during the pandemic.

# Youth Panelists

# Tori



Tori (They/Them/Theirs) is a senior majoring in sociology at the University of Nebraska at Omaha. Tori graduated from Papillion-LaVista South High School and was raised in the Omaha area. They have served as student government director of diversity, equity, and inclusion and as a peer mentor for the Thompson Learning Community and is a member of the Honors Program and Alpha Kappa Delta. They are the 2023-23 Student Body President and Student regent.

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# Lucas



Lucas is a 17-year-old Big for Big Brothers Big Sisters of Central Nebraska in Grand Island, Nebraska. Being raised in South Dakota for the majority of his life, he's spent a lot of time embracing the fine arts such as dance, art, and music. Being a solid student, he wishes to study and go for his associate's and bachelor's degree in finance and accounting, respectively. When he's not off working and at school, he loves to play video games and paint people he sees as beautiful.

# Penelope (P.J.)



- My name is Penelope (my friends call me PJ), she/her pronouns
- I am a Junior at Omaha South High School
- I am involved in many activities like NCPA, P4K, Packer Partners, Drum Major for Marching Band, No Place For Hate leader/ “president”, community service, Student Council, and I have a part-time job as a hostess
- I am more than likely going to UNL for college after I graduate, I am interested in a few different majors like Psychology, Child Youth and Family Studies, as well as Political Science

# Panelists Discussion

What do you want adults to know about the challenges of being a young person today?

# Panelists Discussion

How have you seen your peers impacted by mental health concerns?

# Panelists Discussion

How has having a mentor positively affected your mental health?

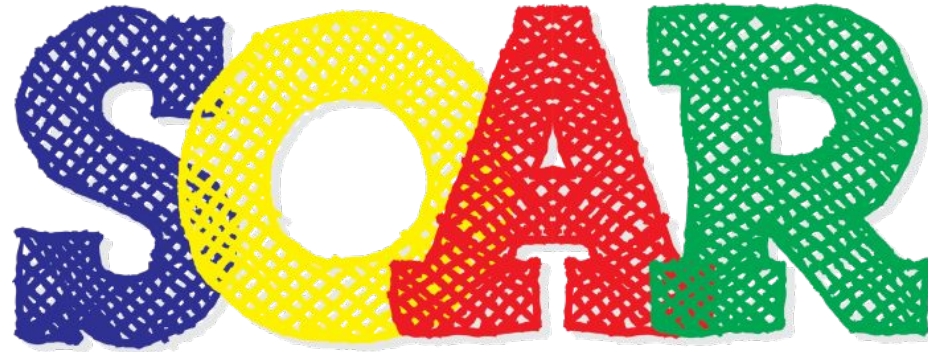
# Panelists Discussion

How can adults, specifically mentors, better support young people as they navigate the realities of living in today's world?

# Panelists Discussion

What is something about you and this generation that makes you excited for the future?

# Program Spotlight



A program of the Basic Hope Foundation

## **Social Emotional Learning & Mentoring**

**Received Technical Assistance through the National Mentoring Resource Center to Support Embedding Intentional Mentoring into the SEL Curriculum**

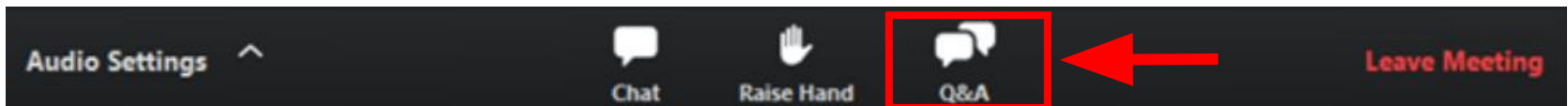
# Audience Q&A



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# Q&A

**Type your questions in  
the Q&A panel**



# Stay Connected

- **Email us** at [collaborativewebinarseries@mentoring.org](mailto:collaborativewebinarseries@mentoring.org)
- **Tweet** with hashtag #MentoringWebinar
- **Visit our webpage** on the MENTOR website for past and upcoming webinars:



The Collaborative Mentoring Webinar Series is hosted by MENTOR National and facilitated by MENTOR and a planning team of MENTOR Affiliates. Through ongoing planning and evaluation of the latest developments in the field, this team delivers a webinar each month focused on strengthening mentoring practice, sharing new resources, and helping the field put research into practice. These webinars would not be possible without the planning team, which includes the following *Affiliates*: MENTOR Colorado, MENTOR Indiana, MENTOR North Carolina, MENTOR Vermont, and MENTOR Washington.

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# Thank you to our young people and their represented mentoring programs!

Nebraska College Preparatory Academy - <https://ncpa.unl.edu/>

University of Nebraska - Omaha - <https://www.unomaha.edu/>

Big Brother Big Sisters of Central Nebraska - <https://www.mentorcentral.org/>

MENTOR Nebraska - <https://www.mentornebraska.org/>

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988 and the National Suicide Prevention Lifeline - <https://988lifeline.org/>

# 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](#) to access evidence-based mentoring resources and to apply for no-cost training and technical assistance

# Remember...

## After the webinar:

- Please help us out by answering survey questions at the end of the webinar.
- Everyone will get an email with information on how to download the slides, recording, and resources on the CMWS webpage on the MENTOR website:

[http://www.mentoring.org/program\\_resources/training\\_opportunities/collaborative\\_mentoring\\_webinar\\_series/](http://www.mentoring.org/program_resources/training_opportunities/collaborative_mentoring_webinar_series/)

# Join Us Next Month!

Exploring Funding Opportunity: the Successful  
Expansion of Mentoring Programs

April 20th, 2023

1PM EST



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