

PROGRAM CHECKLIST

How Are We Supporting Positive Youth Mental Health?

According to Mental Health First Aid, 1 in 5 youth will experience a mental health challenge at some point in their lives. As a youth-serving organization, you have the power to champion positive youth mental health as part of your programmatic efforts. But what does that look like and how can you best support mental well-being for the young people you serve? Start by running through the below checklist. The Mentoring Partnership (TMP) can help you evaluate your existing efforts and bolster them with intentional offerings that center youth mental health across your programmatic activities and organizational goals.

As we consider youth mental health support, our program:	Always	Sometimes	Never
Discusses mental health and well-being with our young people.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Discusses mental health and well-being with our staff and volunteers.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Provides youth mental health first aid training for staff/volunteers.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Provides trauma-informed mentoring training for staff/volunteers.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Engages young people with regular, open conversations around mental health and the importance of self-care.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Empowers young people to be advocates for their own mental health and gives them tools and resources to do so.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Discusses current events and how youth feel regarding things in the news.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Encourages youth to talk about how they <i>feel</i> and not what they <i>think</i> .	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Shares information about mental health resources, apps or tools youth can use.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Teaches coping skills during programming.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Encourages youth voice and opinions about programming.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Uses destigmatized language while talking with youth.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Offers youth space to speak to a team member uninterrupted when in crisis.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Makes referrals to organizations with more information about how to support a mental health challenge.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

NEXT STEPS

Success looks different when it comes to ways programs can adequately support young people's mental health and well-being. If you answered "Always" to the majority of these questions, you already have a great start on offering quality mental health supports. For more customized assistance around strengthening your youth mental health efforts, take TMP's quick inquiry survey at bit.ly/MHBaseline.

