Welcome
Harnessing The Power of Youth Voice

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April 24, 2019
Learning Objectives

1) Demonstrate how the Strategic Prevention Framework informs the work of youth-led programs.

2) Highlight the benefits of changing from an at-risk to an at-promise mentality toward youth.

3) Illustrate the process for confronting adultism and moving to a youth-led model in your community.
Youth

At Risk

X

At Promise

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Empowerment is one’s ability to influence the social and political systems that affect our lives. Young people will engage in a strategic planning process to create and implement a strategic plan that uses evidence-based strategies to create community-level change.
Who We Are

Ohio

Geauga County
Columbus

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Geauga County
(Native American for Raccoon)

• 404 square miles, only 17.46% of our land is developed, the rest is forest, farms, and lakes

• Population- 93,918 with 9,887 being students
  • 96.7% Caucasian

• Home to over 12,000 Amish, making it the fourth largest Amish settlement in the world
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Columbus, Ohio
(15th Largest City in the USA)

- 223.11 square miles, 5.94 square miles is water, the rest mostly developed land

- Population- 879,170, Columbus City Schools has about 55,000 students
  - 60.5% Caucasian
  - 28.3% African American

- Columbus Metropolitan Area is made up of 10 counties.
Southside Community Collaborative (SCC)
What They’ve Done
Geauga YLP Chapters

- Auburn Career Center (2)
- Berkshire Jr./Sr. High School
- Cardinal High School
- Cardinal Middle School
- Chardon Middle School
- Carrington Youth Academy
- Newbury Middle School
- Newbury High School
- West Geauga Middle School (2)
- Youth Advisory Council (YAC)
Carrington

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Geauga YLP: Peer Mentoring
Ohio School Board Association
School Safety Summit

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E-Race The Stigma
Social Norms and Mental Health

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Ravenwood Mental Health Center: Copeline Rebranding

Before

After
Let's make mental health part of small talk.

It's time to give a crop.

All your life you've been taught to suck it up and get on with it. You've been told that silence is strength, and that resilience comes from the stubborn pride to tackle everything on your own. That's crap. We've all fallen into that place where options seem few and answers seem far away. We've all experienced the inability to eat, sleep, or function in ways that we usually do. And that's okay! But bottling it up isn't. You don't need to be in a state of crisis to talk about the way you feel. Consider this: you've already come this far carrying that weight on your shoulders, so don't stop now! If you're stressed, overwhelmed, suicidal, concerned about a friend, or even just having a bad day...

Help is only a call away. Geauga County CareLine: 440.285.5665

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Mental Health Awareness Run Poster

E-RACE the STIGMA
mental health awareness 5K run/ 1 mile walk
SUNDAY, JUNE 2
GEauga COUNTY FAIRGROUNDS
14373 N CHEShIRE ST. BURTON, OH 44021
REGISTRATION 9AM-10AM
SPEAKER 10:15AM-10:45 AM
RUN BEGINS AT 11AM
TO REGISTER OR FOR MORE INFO, VISIT: WWW.GPSEMPowered.COM

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E-Race The Stigma Social Media

@E_RaceTheStigma

@E_RaceTheStigma

E-Race The Stigma

E-Race The Stigma
@E_RaceTheStigma

Geauga YAC’s First annual “E-Race The Stigma” Mental Health Awareness 5K Run/1 mile Walk. June 2nd at Geauga Fairgrounds. Sign-up below!

@GPSempowered

Geauga County, OH events.com/r/en_US/ticket...
Southside Community Collaborative (SCC)

The Southside Community Collaborative (SCC) targets two Columbus, Ohio urban core neighborhoods, commonly referred to as the Southside. The service area includes the catchment area for Buckeye Middle School, Marion Franklin and South High School.
Crafting Our Story

The South Side Community Collaborative, Teen Leadership Academy (SCC/TLA) is a community based group operating at Barack Community Recreation Center, in Columbus, Ohio on the South side of the city. The SCC was the outgrowth of community conversation, conducted by Franklin County National Alliance of Mental Illness (NAMI), in collaboration with Columbus Recreation and Parks, Columbus Public Health Department, Maryhaven Gambling Intervention Program, Nationwide Children’s Hospital, and people from the community.

As a result of the community conversation, the youth in our area, showed four pressing needs, that if alleviated would strengthen the community and reduce the violence. 1. Youth employment, 2. Access to mental health services, 3. Getting outside of the neighborhood (our Passport Program), 4. Community service.
The need for Radical Candor

- We all are in this field because we care deeply
- So we challenge directly
A moment of candor

When you hear words like:

- Inner city
- Urban
- “Hood”

What comes to your mind?
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A History of Prevention In the ‘HOOD’

The Columbus Dispatch

Gangs, drugs and police-community relationships are factors in crime rate, panelists say
By Rick Roman
The Columbus Dispatch
Posted Jan 31, 2018 at 9:23 PM
Updated at 5:41 AM

Columbus needs to devote resources to combating gang violence and drugs and foster better relationships between police and the city’s black community if it wants to create a safer city, contributors on Mayor Andrew J. Ginther’s first state of the city panel said Wednesday.

Trump at debate: Minorities in cities 'are living in hell'
By MATTHEW NUSSBAUM
09/28/2016 10:05 PM EDT

Minorities in America's inner cities “are living in hell,” Donald Trump said in response to a question about healing race relations.
From Risk to Resilience

Looking for superman

There ain’t no Santa Claus

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Economic Impact from Youth Employment with our Collaborative Partner: Lead the Way Learning Academy

2015: 17 youth employed $ 34,000
2016: 35 youth employed $ 70,000
2017: 85 youth employed $ 170,000
2018: 80 youth employed $ 121,000

TOTAL $ 395,000
What Would Good Look Like

WWGLL Video

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How They Did It:
Tools, Tips, and Strategies
The SPF: Strategic Prevention Framework

1. Assessment
2. Capacity
3. Planning
4. Implementation
5. Evaluation
The YECA Youth Empowerment Conceptual Framework
The YECF: Youth Empowerment Conceptual Framework

**GROUP STRUCTURE**
The overall group structure was developed by the adult leaders in 2014. The daily group activities are chosen through a consensus of all youth and adult members. Sessions begin with a check-in and then the adult leaders typically facilitate a group discussion on mental health-related issues. The SCC youth also act as leaders for the community center. They have interacted with City Council members, made presentations at area commission meetings, and represented the Board Community Center at fairs and other groups. Our goal for 2015 is to train 15 summer interns in the strategic planning process.

**ADULT INVOLVEMENT**
There are three primary adult leaders for the group consisting of staff from Columbus Recreation and Parks, Marysville Hospital Intervention Program, and Columbus Public Health. The adult leaders’ primary responsibilities have been to facilitate the group, provide encouragement to youth, and arrange speakers. Moving forward, the adult leaders will expand to include training the youth on the strategic planning process and giving the group community change efforts. The community provides support for the SCC through the use of the Barach Recreation Center and by offering the group access to the recreation department vehicles. The group has also been awarded four grants: three from United Way of Central Ohio and one from the local ADAMH Board.

**GROUP CLIMATE**
Group cohesion, a very important group value, is fostered through open discussion and mutual respect for personal growth. We intend to do more of the same in 2015. Adult leaders intentionally create opportunities for youth to succeed, where failure happens, however, the situation is discussed and we collectively explore ways to improve in order to build resiliency. The strength of the SCC is the informal dialogue that occurs between youth and adults. Adult leaders are committed advocates for the youth and talk honestly with them about their hopes and desires as well as the hard work they will need to demonstrate to reach their goals.

**YOUTH CHARACTERISTICS**
Youth are recruited from the recreation center and two local high schools. The group is open to youth ages 14-18 who are willing to follow the basic tenants of respect for self and others.

**COLECTIVE PARTICIPATION**
Meetings are held on Saturday from 2:00-5:00pm with an average of 12 youth at each meeting. We always meet in a circle to show equality. Most youth in their first year of SCC participation. One plan for 2015 is for SCC youth to collectively plan and implement an evidence-based prevention strategy to address mental health issues in the Southside Columbus community.

**SHORT TERM INDIVIDUAL OUTCOMES**
Young people will be emotionally and cognitively empowered (specifically, young people will be able to:  
- Develop writing skills to clearly express their ideas about mental health issues.  
- Deliver persuasive presentations on topics pertaining to mental health.  
- Select effective evidence-based strategies to implement in the community.  
- Evaluate the factors associated with mental health issues.  
- Use appropriate research methods to collect local data on mental health issues.

**SHORT TERM COMMUNITY OUTCOMES**
SCC members will be responsible for collectively identifying short-term outcomes in the area of mental health using a data-driven process.

**SHORT TERM GROUP OUTCOMES**
Young people will utilize empowering practices to establish a climate for adult involvement and structure to collectively make change. This will be demonstrated by the group’s ability to:  
- Demonstrate respect for group members’ ideas by actively listening during discussions.  
- Cooperate with others to fulfill group goals.  
- Develop perseverance and persist when faced with barriers or setbacks.

**LONG TERM OUTCOMES**
Young people in the Southside Community Collaborative (SCC) will be empowered to act as “community change agents.”

**LONG TERM OUTCOMES**
SCC members will be responsible for collectively identifying long-term outcomes in the area of mental health using a data-driven process.

**LONG TERM OUTCOMES**
Young people in the Southside Community Collaborative (SCC) will be responsible to work collectively to sustain community change.

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# The SPM: Strategic Prevention Map

**Ohio Strategic Prevention Framework (SPF): Strategic Plan Map**  
**YLP Name Here**

### Overall Theory of Change:
Insert “If-Then Proposition(s)” here.

### Community Logic Model

<table>
<thead>
<tr>
<th>Problem Statement</th>
<th>Intervening Variable(s)</th>
<th>Strategy</th>
<th>Demonstrating Capacity Inputs: Human / Material Resources</th>
<th>Theory of Action</th>
<th>Measurable Outcomes</th>
</tr>
</thead>
</table>
| Insert data/information from needs assessment process here. | | We have selected the following CSAP strategies: Provide more detail on the strategy. Be sure to separate your activities by CSAP strategy (and potential sub-strategies). | Budget: Total Budget: $  
Percentage of Total Budget Allocation: XX  
In-Kind: $  
Staffing (Paid or Volunteer): Number of staff members: XX  
Total FTE's: XX  
Vendors/Sub-contractor(s): Name (Total Cost)  
Services Provided:  
Materials: Brief Description (Total Cost)  
Travel: Brief Description (Total Cost)  
Other: Brief Description (Total Cost) | What are the key things that have to happen to get the strategy complete? What is your timeline? Be sure to separate your activities by CSAP strategy (and potential sub-strategies).  
**Strategy #1**  
**DATE:** Activity  
**DATE:** Activity etc. | What will your activities result in?  
This column should correspond with the Activities column. Be sure to separate your activities by CSAP strategy (and potential sub-strategies).  
This column should have 1:1 correspondence with the “Data to Support Problem Statement” box n + as measured by __________.  
*  
* |

### Data to Support Problem Statement:
Insert data from the needs assessment process here.

### Context
Please list any important “explanatory” factors to better help the reader understand the strategic plan here.

Please be concise. You may not use more than one 11x17 page!
# The SPM: Strategic Prevention Map

## Overall Theory of Change:

*If we develop cognitive and emotional empowerment within the individual young people participating SCC/TLA (Southside Community Collaborative Teen Leadership Academy) then young people will be empowered to act as "community change agents."

*If we empower young people to act as "community change agents" and equip them to work collectively to create community change...then young people in SCC/TLA (Teen Leadership Academy) will engage in a planning process to create and implement a strategic plan that uses evidence-based strategies to influence community-level change around Mental Health Promotion.*

### Theme 1: Community Logic Model

#### Problem Statement

- The youth in the Southside Community Collaborative, Teen Leadership Academy will collectively engage in the strategic planning process to create and implement prevention strategies to address the mental health issues in the community on the south side of Columbus, Ohio (53207).

#### Data to Support Problem Statement

- 22% of teens aged 13 to 16 have had a mental illness with severe impairment in their lifetime.
- 50% of lifetime mental illness starts by age 14.
- Divorce; Food, Nutrition, and Ed. Survey; SMH: Cleveland Public Health (2010); National Survey of Family Growth, National Center for Health Statistics: National Health Interview Survey; National Health and Nutrition Examination Survey, 2010
- Only 50% of youth with a mental health disorder receive any behavioral health treatment (Source: National Health & Substance Abuse Administration, 2011).

#### Intervention Variable(s)

- **Youth from community conversation**
  - Youth engaged in desires for mental services from people who looked like them.
  - Culturally competent, source community conversation on mental health at Barach community recreation center 2018.

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#### Strategy

- **Environmental:**
  - Social media campaign: what would good look like? WWVIGL
  - Community norms through education process concerning mental health promotion.

- **Education:**
  - Mental Health 1st aid for youth.
  - The teen brain.

#### Demonstrating Capacity

- **Budget:**
  - Total Budget: $30,000
  - Percentage of Total Budget: 6.6%
  - In-kind: $75,000

- **Number of Staff Members:**
  - Total: 2

- **Materials:**
  - Printing & promotional materials: $2,000.
  - Trained.

#### Theory of Action

- **What are the key things that have to happen to get the strategy complete?**
- **What is your timeline?**

#### Social Media Campaign

- **March 2018 to June 2021:**
  - Develop SCC/TLA introduction video
  - November to January 2019:
    - Develop "what would good look like brand"
    - Develop printed materials for project launch
    - First promotional materials for project launch

#### To Address Community Norms

- **January to March 2019:**
  - Mental Health Promotion Awareness Campaign at each school conducted by youth leaders of each school
  - January 2019:
    - Introduce program to 4 high schools (East, South, Marion, and Africentric) administrators
    - Recruit and train four (4) leaders from each school

#### Time Line

- **February 2019:**
  - Train in youth led process
  - Train in mental health promotion
  - March 2019:
    - Mental health promotion week at each school

- **April 2019:**
  - Spring Culminating Event - At Barack Community Recreation Center
  - The four southside schools will be invited to our WWVIGL summit
  - The summit will be a celebration of "wellness"
  - A planning for session reaching into each high school’s middle school feeder

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# Context

**Southside Community Collaborative (SCC) Teen Leadership Academy (TLA)**, created in 2013, is a community-based group operating at Barack Community Recreation Center, on Columbus’s south side. The SCC was the outgrowth of community conversation, conducted by Franklin County National Alliance of Mental Illness (NAMI), Columbus Recreation and Parks, Columbus Public Health Department, Marywaven Gamblintervention Program, Nationwide Children’s Hospital, and people who lived near the school. After the table, the conversation showed there were to be four pressing needs, that if alleviated would strengthen the community and reduce violence. These are: 1. youth employment, 2. access to mental health services, 3. getting outside of the neighborhood, and 4. community service.
Tips on Tools

- The tool alone will not get you an outcome, you must work through the process.
- Tools can be a supplement to an existing initiative, it’s not necessary to start with them.
- Tools are not linear.
- The Strategic Plan Map is for adults and funders (but the kids think it’s cool when they see it).
- This is a community based process not a program.
- It is not as scary or time intensive as it seems.
Stumbling blocks: What gets in the way

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Stumbling blocks: What gets in the way
Why are we afraid to EMPOWER kids?

- Ego-Adults have to be right ‘If we couldn’t solve these problems how can you?’
- Adults are uncomfortable letting kids fail
- Adults don’t trust the process or let the process work. There are no shortcuts.
- Cultural barriers
- Assumptions about what kids are capable of (adultism)
Stumbling blocks: What gets in the way

**Progression of Youth Leadership**

- **Youth Informed**
  - Adults identify the problem, determine a solution or direction, and youth directly implement the activity. Some youth input and decision making power is involved.
  - Examples: Teen Institute, peer mediation programs

- **Youth Involved/Adult Directed**
  - Youth who give their time to help support a cause or volunteer their time or skills for the common good of a project, group, or organization.
  - Examples: Service learning, volunteering, youth seated on community boards

- **Youth Driven**
  - Youth initiate and direct a project or activity focused on a concern. Adults may or may not be involved in a supportive role.
  - Examples: Parkland walkout, demonstrations/walkouts

- **Youth Empowerment**
  - Projects or activities are based on youth's identified area of need and are initiated by youth as part of strategic planning process. Decision making is predominately done by youth with guidance and support of an adult ally.
  - Examples: Youth Led Programs using the Strategic Prevention Framework, UMADAOP

*Created by Geauga Youth Led Prevention, 2019*
Empowerment Indicators

You have a Youth Led Program when:

- Youth determines the problem of focus
- Decision making is in the hands of youth, guided by adults
- Work is done in the context of a strategic planning process
- The work is a community/population level problem (Big Hairy Problem)
Closing Thoughts

“Children learn how to make good decisions by making decisions, not by following directions.”

-Alfie Kohn
Stay Connected

• Presentation materials will be posted online at http://www.readyby21.org/nmagenda
• Tweet about your session! #rb21
• Find resources and tools at the new forumfyi.org!
Q&A

Resources

● Geauga Youth Led Prevention: www.GPSempowered.com
● Southside Community Collaborative: www.sccteenleadershipacademy.com
● What Would Good Look Like: www.arkbuilders.org
● Ohio Adult Allies (Tools): https://www ohio.edu/voinovichschool/services/ohio-adult-allies.cfm?no_redirect=true
● Youth Led Programs (white paper): https://www ohio.edu/voinovichschool/services/upload/Youth-Led-Programs_FINAL.pdf
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