Overview of Core Elements of Young Adult Peer Mentoring Training
Housekeeping

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- If you have questions for the Q&A session, please type them into the “Questions” tab.

- It is recommended that you are call in over the phone; remember to enter your unique audio pin.
Today’s Presenters

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The Children’s Behavioral Health Knowledge Center

- Established in Chapter 321: An Act Relative to Children’s Mental Health
- Located at and funded by the Department of Mental Health
- Launched in 2014
- Broad Mission to ensure that:
  - the workforce of clinicians and direct care staff are highly skilled and well trained
  - services provided are cost-effective and evidence-based
  - new models of service delivery continue to be developed and evaluated.

- Website: [http://www.cbhknowledge.center/](http://www.cbhknowledge.center/)
Purpose of the Webinar

- Introduce the YAPM Practice Profile
- Provide an overview of the Core Elements of Young Adult Peer Mentoring training
- Explain how the Core Elements training differs from the GIFT Training
- Share examples of some of the teaching activities used in the Core Elements training
What is a practice profile?

• Tool developed by the National Implementation Research Network to specify the “what” of a program or practice

• It breaks down concepts such as “engagement” into discrete skills and activities that can be “taught, learned, and observed.”

• “Co-created” with young adults – more than 50% of attendees at workgroup sessions were YAs.
YAPM Practice Profile

- Describes the 6 core elements of YAPM
- For each core element there is a detailed document that describes ideal, developmental, and insufficient practices at the level of “saying and doing”.
- Can be used to engage system partners, for staff selection and recruitment activities, and to support ongoing training and staff development activities.
- Download at: www.cbhknowledge.center
Core Elements of Young Adult Peer Mentoring
Training Goals

- Define and describe the six core elements of YA Peer Mentoring
- Learn how to share their lived experience in a purposeful and intentional way
Both Trainings
Teach participants how to develop their comeback story and how to share their lived experience in a purposeful and inspiring way.

Core Elements Training
3 Day Training for employed Young Adult Peer Mentors who want to learn about the six core elements to strengthen their roles.

GIFT Training
15 Week Training focusing on career development, communication skills and identifying your “core gift”.

GIFT vs Core Elements: What’s the difference?
Training Structure

- Three days 9:30–3:30
- All three days are required
- Each day introduces two Core Elements and provides opportunities to practice and enhance skills in peer mentoring
Training Activities

- Comeback Story - U Format
- Engaging Communication Strategy
- Elevator Speech
- Awkward Questions
- Supportive Affirmation
- Core Elements Scenarios/Role Plays
Comeback Story

1/3 Background 1/3 Strength 1/3 Hope

- Critical Moment 1
- Critical Moment 2
- Critical Moment 3
- Critical Moment 4
- Critical Moment 5
Engaging Communication Strategy

- Listen
- Understand
- Validate
- Relate
Hi! My name is Francis and I will be your peer mentor, it’s nice to meet you. I would like to explain what a peer mentor is. A peer mentor is someone who listens to you and helps you with resources. I am here to help. I am here to understand about what’s going on with you and what’s important to you. If I can help you with sharing some of my lived experiences, I will. If you have any questions please feel free to ask and talk to me. But I would really like to know more about you. Can you tell me a little bit about yourself?
Awkward Questions Activity

- Are you dating anyone?
- How old were you when you first had sex?
- What's your view on gay marriage?
- Where do you go out?
- Do you drink?
- Do you do drugs?
- Who is your therapist?
Participants will learn to define an affirmation
Sharing activity that involves everyone demonstrating how to use affirmations to connect with others
Scenario 2:

**Ashley**: Hi Gianna, nice to see you today. How was your day?
**Gianna**: It was okay but I am upset at one of my best friends.
**Ashley**: What happened?
**Gianna**: Today I told my best friends about my sexuality. I also told them about my gender identity. I wanted them to know that I want to be referred to by the pronouns “they, them, theirs” but they don’t understand me, they just laughed.
**Ashley**: Why do you want to use “they”?
**Gianna**: That’s just what I want, sometimes I identify more with males, sometimes I identify as a female and sometimes I just identify as Gianna, so I think going by “they” feels right for me.
**Ashley**: That’s going to be hard for me. I know you as a female so I think I’ll just keep using the typical female pronouns for you.
**Gianna**: But I am not comfortable with those pronouns.
**Ashley**: I’m sorry but I don’t feel comfortable using any other pronouns for you.
Training information

- In your inbox!
- Ask your supervisor!
- speakingofhope.org (for young adult peer mentor trainings)
- www.cbhknowledge.center (for supervisor trainings)
Q&A

Please type in any questions you have below.