

INNOVATIVE IDEAS TO ENGAGE STUDENTS AND YOUTH DURING A CRISIS

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Sponsored by the Florida Alcohol and Drug Abuse Association, a subsidiary of the Florida Behavioral Health Association, and the State of Florida, Department of Children and Families



**Florida Alcohol and
Drug Abuse Association**

The Florida Behavioral Health Association




**FLORIDA DEPARTMENT
OF CHILDREN AND FAMILIES**

MYFLFAMILIES.COM

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LEARNING OBJECTIVES

- ▶ Identify impacts of pandemic on students/youth regarding social functioning.
 - ▶ Explore risks related to substance use, mental health and potential for exploitation and abuse during a crisis.
 - ▶ Practice strategies to engage students/youth during a crisis.
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LET'S GET STARTED!

- ▶ <https://www.youtube.com/watch?v=ctF5aMV05kM>

BROWARD YOUTH REPORT: BEHAVIORAL HEALTH NEEDS DURING COVID-19

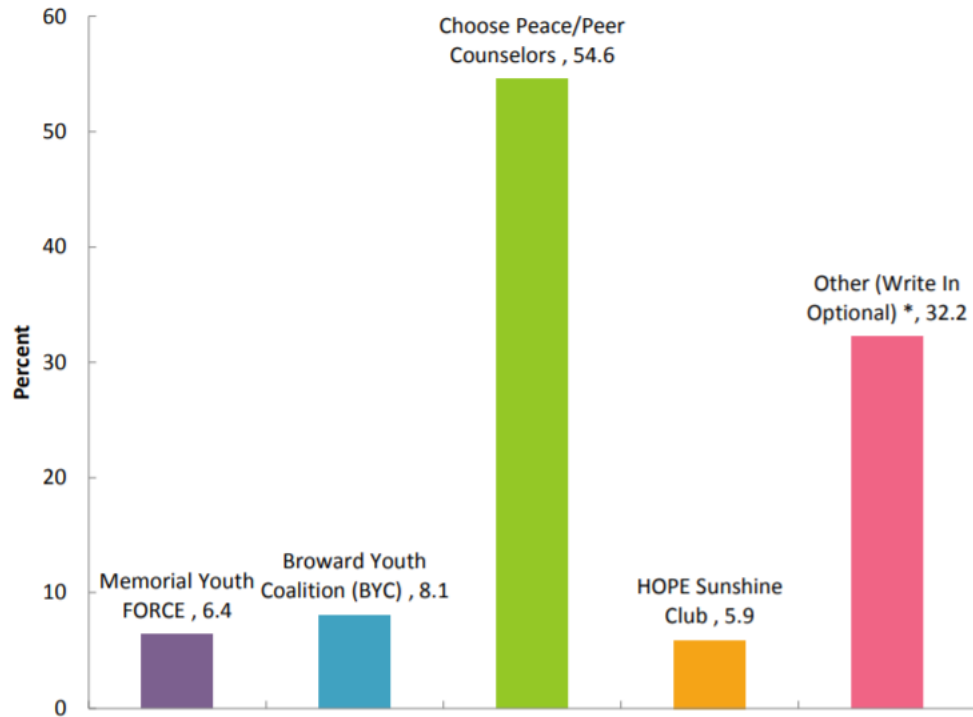
- Youth-friendly Survey (online & anonymous)
- Focus Groups
- Developed in Collaboration with Memorial Healthcare System, Choose Peace Stop Violence Program and Broward County Public Schools



United Way Broward (2020, June 9). *Broward Youth Report: Behavioral Health Needs During COVID-19.*

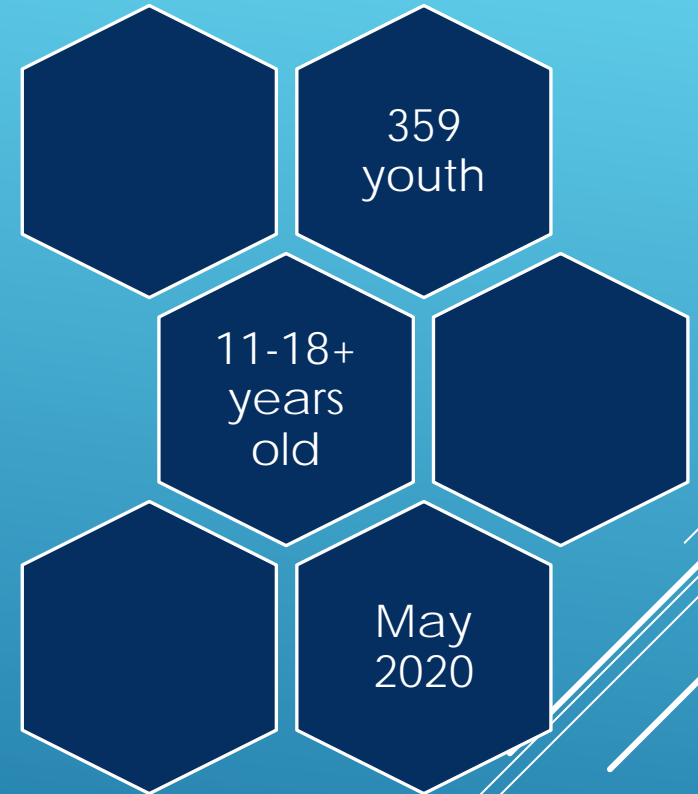
BROWARD YOUTH REPORT: BEHAVIORAL HEALTH NEEDS DURING COVID-19 CONT'D

5. Member of which participating program(s) / organization(s):




*Youth who marked "other" represented various youth-serving programs and organizations in Broward County.

Note: Multiple answers per participant possible. Percentages added may exceed 100 since a participant may select more than one answer for this question.



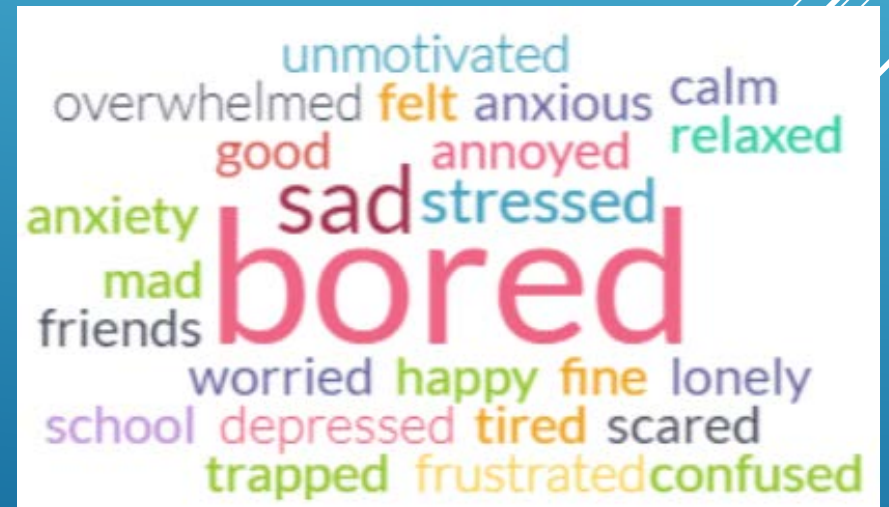
United Way Broward (2020, June 9). *Broward Youth Report: Behavioral Health Needs During COVID-19.*

TAKE IT TO THE POLLS

- ▶ WHAT WAS THE MOST PREVALENT EMOTION REPORTED BY PARTICIPANTS ?
 - ▶ DURING COVID-19, I HAVE FELT:
 - A. SAD
 - B. BORED
 - C. STRESSED
 - D. LONELY
- 
- A decorative graphic consisting of several parallel white lines of varying lengths, slanted upwards from left to right, located in the bottom right corner of the slide.



Bored was the most prevalent response reported by youth in the surveys and focus groups.



United Way Broward (2020, June 9). *Broward Youth Report: Behavioral Health Needs During COVID-19.*

SOCIAL CONNECTION



RELATIONSHIPS WITH FRIENDS HAVE:

60% Stayed the same

24% Worsened

16% Improved

United Way Broward (2020, June 9). *Broward Youth Report: Behavioral Health Needs During COVID-19.*

WHAT WOULD HELP YOU MOST AT THIS TIME?

- ❖ Talk to/Spend time with friends
- ❖ Emotional/Mental Support
- ❖ Less assignments/Schoolwork
- ❖ Face-to-face learning (physically being in school)
- ❖ Ability to go outside/Fresh air
- ❖ Food
- ❖ Personal protective equipment/
Hand sanitizer
- ❖ High school seniors: Senior activities & help with transition to college
- ❖ Life to be back to “normal”
- ❖ Spend time with other family members (outside of household)
- ❖ Motivation/Inspiration
- ❖ Encouragement/Support

United Way Broward (2020, June 9). *Broward Youth Report: Behavioral Health Needs During COVID-19.*

FINAL THOUGHTS ON SURVEY & FOCUS GROUP

- Most Common:
 - Want to go back to school
 - More time to complete assignments
 - Keep in touch with family
 - Practice social distancing

United Way Broward (2020, June 9). *Broward Youth Report: Behavioral Health Needs During COVID-19.*

FINAL THOUGHTS ON SURVEY & FOCUS GROUP CONT'D

- Other thoughts and suggestions
 - Resources to help students better understand their assignments
 - Difficult time but pulling through/adjusting
 - Virtual party to celebrate graduations (middle and high school)
 - A day of fun activities for teachers and students
 - Sad that pride parades were cancelled
 - People to understand how you're feeling
 - The government is taking away our freedom

GROUP DISCUSSION

- 15 minutes
- Pick an event planner and a host
- Objective is to pick one of the following events & describe how your group would plan it virtually :
 - Prom
 - Halloween
 - Graduation
 - Spirit Day



**Time to
party
plan!**

LET'S TALK ENGAGEMENT





PLEASE ANSWER QUESTION IN THE CHAT BOX

What has been the biggest struggle or frustration, for you or your agency, when using telehealth?

You're not alone!



YOUTH-DRIVEN CONVERSATION: AVOIDING SOME COMMON MISTAKES

- Common traps that take away from being youth-driven:
 - Leading the conversation too much
 - Making suggestions
 - Offering Advice
 - Favoring one of the young person's ideas over another
 - Asking leading questions

Research and Training Center for Pathways to Positive Futures.
(2019). *E-Module: Youth-Driven Conversation: Avoiding Some
Common Mistakes.*

KEEP IN MIND ...

“When a provider makes a suggestion instead of giving a young person the space to develop their own ideas, the young person may get the impression that their voice is not valued or that the provider sees them as incapable of formulating their own solutions. Furthermore, the provider is sending the message that they have more knowledge or expertise than the young person, and the young person may feel slighted.”

Research and Training Center for Pathways to Positive Futures. (2019). *E-Module: Youth-Driven Conversation: Avoiding Some Common Mistakes.*

ACHIEVE MY PLAN (AMP) PLUS's TOP TEN TIPS FOR ENGAGING WITH YOUNG PEOPLE

1. Ask one open-ended question and STOP!
 - ✓ Example: What do you like to do for fun?
 - ✓ Don't: What do you like to do for fun? Do you like to hang out with your friends?
2. Ask a question before offering a suggestion.
 - ✓ Example: How do you plan on getting there?
 - ✓ Don't: You'll probably need to take the bus to get there

Research and Training Center for Pathways to Positive Futures. (2019).
Achieve My Plan Plus: Top Ten Tips for Engaging with Young People.

ACHIEVE MY PLAN (AMP) PLUS'S TOP TEN TIPS FOR ENGAGING WITH YOUNG PEOPLE CONT'D

3. Follow up with a question or reflection.

- ✓ Example: It seems like getting a tattoo is something you've been thinking about doing for a while.

4. Keep it conversational.

- ✓ Example: How long have you been doing...?

ACHIEVE MY PLAN (AMP) PLUS'S TOP TEN TIPS FOR ENGAGING WITH YOUNG PEOPLE CONT'D

5. Make sure the praise is purposeful.

- ✓ Example: It takes a lot of courage to walk into a party where you don't know anyone.

6. Congratulate the young person.

- ✓ Example: Wow, that's great that you got into the massage therapy program. I know you spent a lot of time researching the program and putting together your application.

ACHIEVE MY PLAN (AMP) PLUS'S TOP TEN TIPS FOR ENGAGING WITH YOUNG PEOPLE CONT'D

7. Highlight all of the goals, ideas, strengths and activities (that the young person comes up with).

- ✓ Example: You have brainstormed a lot of great ideas for potential next steps.
- ✓ Don't: I like that idea. You should do that.

8. Prompt the young person to think about the support they might want (to do something).

- ✓ Example: Is there anything I can do to be supportive?

ACHIEVE MY PLAN (AMP) PLUS'S TOP TEN TIPS FOR ENGAGING WITH YOUNG PEOPLE CONT'D

9. Check to see if the young person has any other ideas.

- ✓ Example: Can you think of any other action steps related to your goal?

10. Ask the young person if they would like to do the writing.

- ✓ Example: How do you want me to write that?
- ✓ Example: Could you repeat that? I want to make sure that I'm writing things down in your words.

Discovery as a Form of Engagement



DISCOVERY AS A PRELUDE TO RECOVERY

- ❖ Discovery is ...
 - ❖ Increasing identity development
 - ❖ Self-knowledge
 - ❖ Identifying areas of interest (work, relationships, etc.)
 - ❖ Awareness of experience with emotional or behavioral difficulties
 - ❖ Naming what works best to stay well & function across transition domains

Clark, H., Fagan, M., Munchel, W. & Rogers, I. (2009). *Transition of Youth & Young Adults with Emotional or Behavioral Difficulties: An Evidence-supported Handbook*. Baltimore, MD: Paul H. Brookes Publishing Co., Inc.

FROM DEFICIT TO DISCOVERY MODEL

Deficit and Illness Model

- Often reinforced by state-funders, parents and guardians
- Control or manage process
- Want youth to realize they have a mental illness
- May have funding requirements or timeframes based on others' expectations

Strengths-based, Resiliency & Discovery Model

- Youth-focused programs
- Our role is to support youth
- Encourage self-discovery
- At their own pace

Clark, H., Fagan, M., Munchel, W. & Rogers, I. (2009). *Transition of Youth & Young Adults with Emotional or Behavioral Difficulties: An Evidence-supported Handbook*. Baltimore, MD: Paul H. Brookes Publishing Co., Inc.

“The balance between motivating young adults to take part in their transition without pushing too hard is consistently difficult. It is easy for caseworkers, parents, coaches, and others to do things *for* the young adult when they are not motivated. “

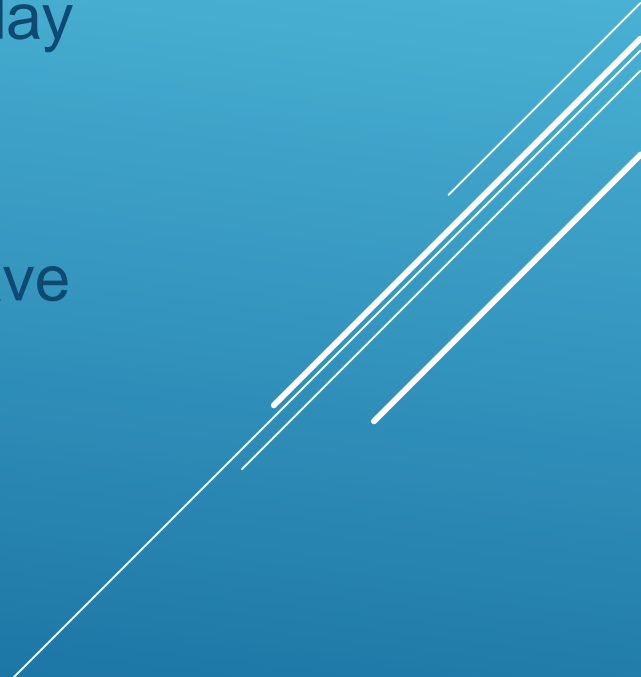
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Transition of Youth & Young Adults with Emotional or Behavioral Difficulties: An Evidence-supported Handbook.
Baltimore, MD: Paul H. Brookes Publishing Co., Inc.

CASE EXAMPLE: NATHAN



Clark, H., Fagan, M., Munchel, W. & Rogers, I. (2009). *Transition of Youth & Young Adults with Emotional or Behavioral Difficulties: An Evidence-supported Handbook*. Baltimore, MD: Paul H. Brookes Publishing Co., Inc.

BREAK-OUT SESSION!

- ▶ 5-10 minutes
 - ▶ The speaker of the group will be the person whose birthday is coming up the soonest
 - ▶ Name some teachable moments that the caseworker, Callie, had with Nathan in this scenario that she could have taken advantage of
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TEACHABLE MOMENTS DISCUSSION

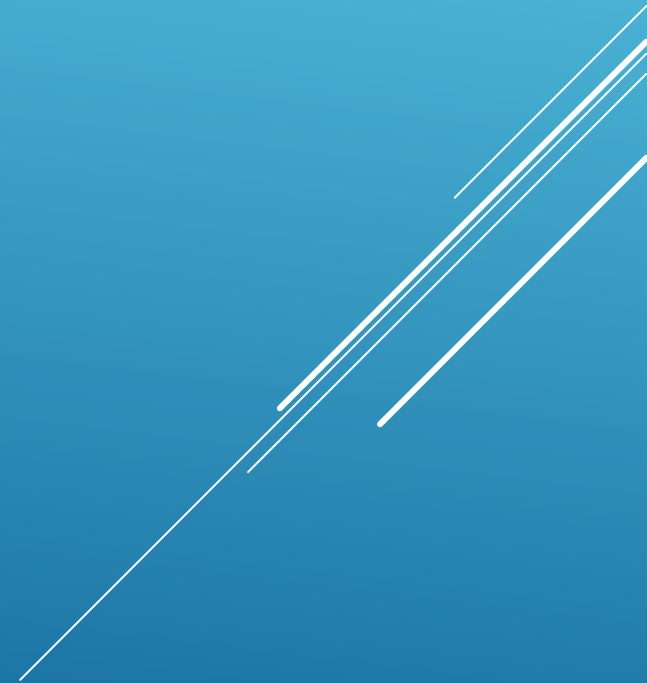


REFLECTION ON CASE EXAMPLE

“In order to help our young adults succeed, we must provide them with the opportunity to practice taking initiative over their lives within the context of trusting relationships with their staff, mentors, family and other key players. In doing so, we neither carry them on our backs nor turn them away at the door.”

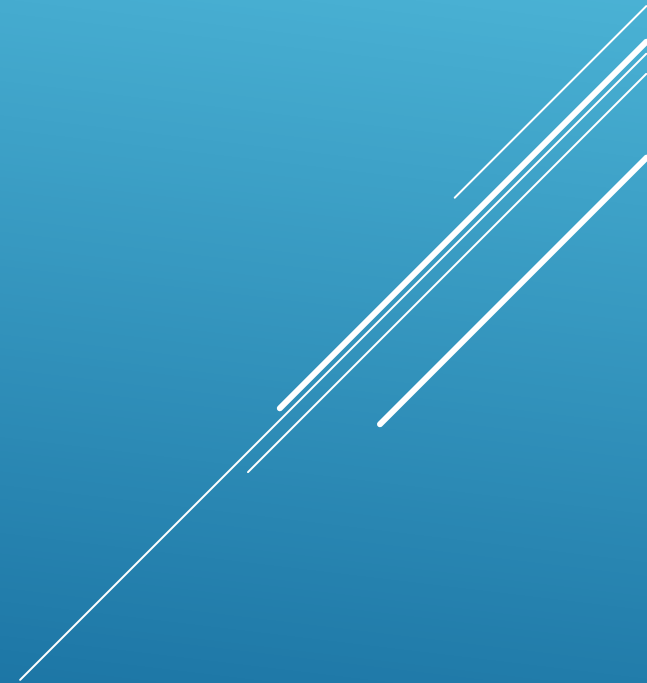
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Baltimore, MD: Paul H. Brookes Publishing Co., Inc.

SUPPORTING STUDENTS/YOUTH IN STOPPING THE SPREAD



TAKE IT TO THE POLLS

- ▶ What percentage of information around the COVID-19 Pandemic do you trust?
 - ▶ Less than 10%
 - ▶ 10-25%
 - ▶ 25-50%
 - ▶ 50-75%
 - ▶ 75-100%



NEARLY SIX MILLION PEOPLE UNDER AGE 24 LIVING IN FLORIDA

“It’s critical that this generation is equipped with the guidance and insights to make intelligent and informed decisions in their everyday lives.”



Florida Department of Health (2020, June). *Youth Engagement Toolkit: COVID-19*.

PREVENT COVID-19.



Stay home
when you can.



Wash your
hands often.



Practice social
distancing.



Wear a face
mask in public.



Avoid touching
your face.

Florida
HEALTH

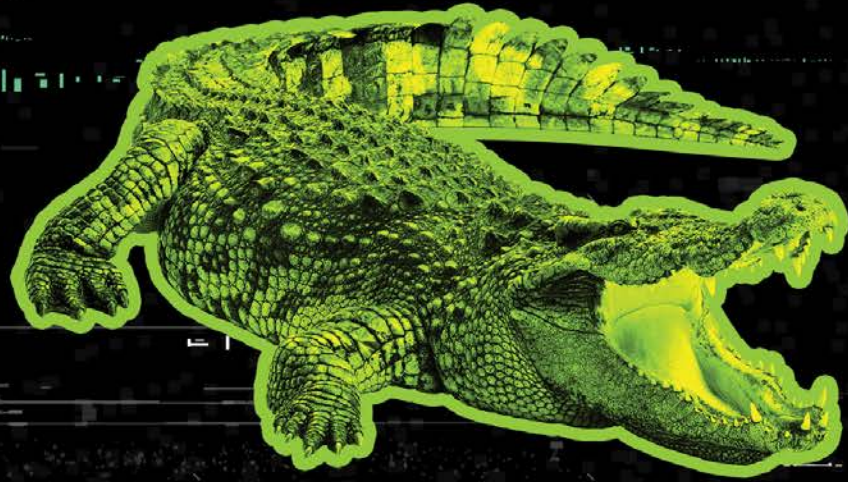
BREAKOUT SESSIONS!

ACTIVITY:

Create a fun, witty or relatable slogan your small group would use for **one** of these recommendations

5-10 minutes

Speaker is the person who had their cup of coffee earliest today



KEEP YOUR DISTANCE FROM OTHERS AS IF...

You saw the teacher that you don't like, in public

An alligator popped out of the canal next to you

You spot your ex in public

You could catch a deadly virus and
spread it to your family & friends

**Florida
HEALTH**

Florida Department
of Health (2020,
June). *Youth
Engagement
Toolkit: COVID-19.*

**Humans can spread COVID-19
to cats, ferrets and possibly dogs.
PROTECT YOUR PETS.**



**Florida
HEALTH**

Florida
Department of
Health (2020,
June). Youth
Engagement
Toolkit:
COVID-19.



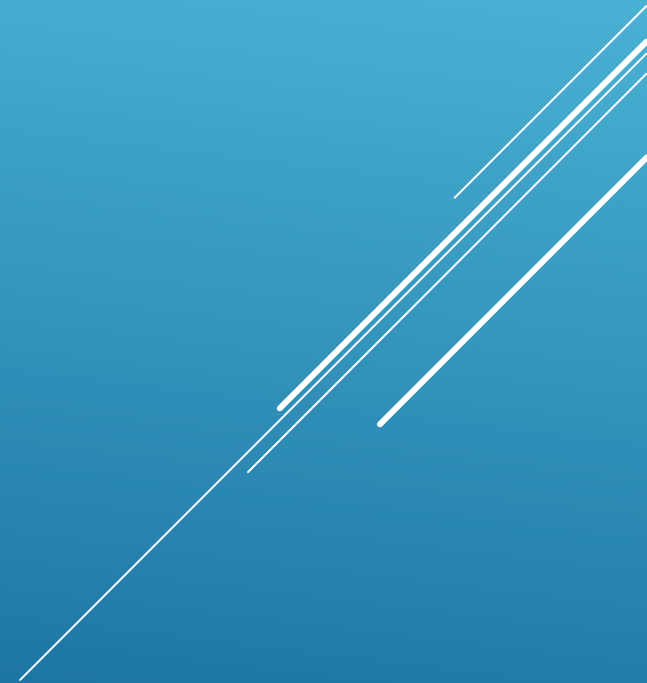
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WHO CAN RELATE?



TIPS FOR REDUCING STRESS DURING THE COVID-19 PANDEMIC

- ▶ <https://www.youtube.com/watch?v=kL0MmlMll6A>




THE STATE OF YOUNG PEOPLE DURING COVID-19

- ▶ “Taken together, these findings suggest that students are experiencing a collective trauma, and that they and their families would benefit from immediate and ongoing support for basic needs, physical and mental health, and learning opportunities. Without that support, this moment in time is likely to have lasting negative effects for this cohort of high school students.”

America’s Promise Alliance (2020, June). *The State of Young People during COVID-19: Findings from a Nationally Representative Survey of High School Youth.*

YOUTH AND COVID-19

- ▶ <https://www.youtube.com/watch?v=IAgGdEuzoDw>
 - ▶ As you watch this video, please pay attention to the following: Strengths of youth during the pandemic, impact on youth, needs and concerns of youth.
 - ▶ We will break into discussion groups after and discuss ideas of supporting youth during and post-pandemic.
- 

BREAKOUT GROUPS

- 10-15 minutes
- Pick a note taker and a speaker
- Discuss youth strengths
- Identify needs/concerns
- Collaborate to decide what sort of support or program your group would create for youth if given grant money during pandemic



AS WE WRAP UP FOR TODAY, I'D LIKE YOU TO THINK ABOUT THE FOLLOWING:

- ❑ What's the most important thing you learned today?
- ❑ What's one thing you plan to implement?
- ❑ What's something you're already doing well?





RESOURCES: RECOVERY MEETINGS & GROUPS

- Bridge Club by Tempest
 - SMART Recovery
 - In The Rooms
 - Hello Sunday Morning
 - LifeRing
 - This is Quitting
 - Tobacco Free Florida – Smoking Cessation Program
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RESOURCES

- ▶ <https://achievemypplan.pdx.edu/>
- ▶ <https://www.pathwaysrtc.pdx.edu/pdf/proj-5-AMP-top-ten-tips-for-engaging-young-people.pdf>
- ▶ https://www.pathwaysrtc.pdx.edu/amp-oeqs-module/story_html5.html
- ▶ https://www.pathwaysrtc.pdx.edu/amp-module-ydc/story_html5.html
- ▶ <https://www.pathwaysrtc.pdx.edu/pdf/proj-5-AMP-avoiding-some-common-mistakes-study-guide.pdf>

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Florida Department of Health (2020, June). *Youth Engagement Toolkit: COVID-19*.

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Research and Training Center for Pathways to Positive Futures. (2019). *Achieve My Plan Plus: Top Ten Tips for Engaging with Young People*. Retrieved from <https://www.pathwaysrtc.pdx.edu/pdf/proj-5-AMP-top-ten-tips-for-engaging-young-people.pdf>

Research and Training Center for Pathways to Positive Futures. (2019). *E-Module: Youth-Driven Conversation: Avoiding Some Common Mistakes*. Retrieved from <https://www.pathwaysrtc.pdx.edu/pdf/proj-5-AMP-avoiding-some-common-mistakes-study-guide.pdf>

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U.S. Department of Veteran Affairs (2020, March 23). *Tips for reducing stress during the COVID-19 pandemic*. Retrieved from <https://www.youtube.com/watch?v=kL0MmlMII6A>