Children's Mental Health Awareness Week 2022

PIECES OF ME

MOVE It Forward TOOLKIT

YOUTH MOVE NATIONAL™

Welcome to MOVE It Forward!

Hello Youth Advocates!

We are so excited that you and your Youth MOVE Chapter members will be joining us by participating in the 7th annual MOVE It Forward campaign! MOVE It Forward is a chance for all of us to work together on a singular issue at the same time. This year's theme is **Pieces of Me**.

MOVE It Forward is the slogan for much deeper work—uniting individual youth from Youth MOVE Chapters and other networks across the country in crafting and presenting a message; a demand for change. Each year the most pressing issue for our network may change, but Youth MOVE will still be here to MOVE It Forward.

Advocates with lived experiences accessing services in the systems such as mental health, juvenile justice, child welfare, or other youth-serving spaces can help create change. We see this campaign as an opportunity to push forward important policy issues and youth-driven recommendations that are important right now! We hope you are inspired to take these projects to the next level! **Keep an eye on our social media over the month of May, as we will be featuring stories from various projects from this toolkit as well as other spaces including an instagram live series sharing youth voices from around the country!**

About This Year's Theme: Pieces of Me

Over the last year, Youth MOVE National has had the opportunity to put forth projects under the umbrella of the Youth MOVE Change Initiative (YMCI), a space created to enhance the peer workforce for BIPOC & LGBTQIA2S+ individuals. Our focus for this year's CMHA / MIF is centered around intersectional perspectives as they relate to our personal identiy and youth-serving systems using some of the platforms that the YMCI has created.

What is Intersectionality? Intersectionality is a term coined by Kimberlé Crenshaw, an American civil rights advocate and a leading scholar of critical race theory. The concept of intersectionality describes the ways in which systems of inequality based on gender, race, ethnicity, sexual orientation, gender identity, disability, class, and other forms of discrimination "intersect" to create unique dynamics and effects. For example, when a Black, Muslim, trans woman wearing a Hijab is being discriminated against, it would be impossible to dissociate her trans identity from her Muslim identity or to isolate the dimension(s) causing her discrimination. Most often, multiple forms of inequality are experienced simultaneously, and must therefore be analyzed and addressed together in order to prevent one form of inequality from reinforcing another. Our gallery is called "Intersectional Perspectives" because we want to uplift recommendations and experiences of youth and young adults intentionally, at various intersections of identity.

Pieces of Me. Pieces of Us.

The Importance of Identity in Mental Health.

This year, all of the projects and events focus on who we are and how our identity and personal characteristics are important factors in taking care of our mental health. These components of our humanity are important to consider when we engage in services, programs, and other parts of our community. This is so important because parts of our identity can be why we do not receive proper care. Disparities for disenfranchised and minority groups are commonplace for many, which requires systems transformation to increase access for people who have traditionally been limited or denied the opportunity for equitable care. For example, we know that:

- In 2018, 58.2 percent of Black and African American young adults 18-25 and 50.1 percent of adults 26-49 with serious mental illness did NOT receive treatment. (Mental Health America)
- We also know that **LGBTQ+ teens are six times more likely to experience symptoms of depression than non-LGBTQ+ identifying teens. (Mental Health America)**

We hope by sharing stories of who we are, how our identities affect our mental health / mental health care, and share resources, we can become better advocates for our own self-care and highlight what we need in order to truly be ourselves!

SPECIAL PROJECT - OPEN NOW -- ACCEPTING SUBMISSIONS UNTIL JUNE 1

Intersectional Stories

Since our theme this year focuses on parts of our identity that should be promoted and uplifted, we want to share our stories of how our individual identities (race, gender identity, sexuality, socioeconomic status, religion, and more) intersect with our mental health. In an effort to highlight our stories and how mental health systems can work for us, we want to share those experiences & resources in a wall of stories.

We have a public Padlet board with some open-ended prompts where you can share drawings, writing/ poetry, audio samples, images, video, links, and more! **The term "story" is loosely defined - we want to find ways to celebrate you and talk about mental health!** This flexible space allows you to share whatever answer each question for you! Want to share a song from spotify or upload an original podcast? We have space and want you to share Pieces of You with the world! We only ask that you share a little about how/why you are sharing a specific piece of media (whether it is a personal creation or an inspirational share).

The three primary topics for this project will be:
- How does mental health and your identity relate to each other?
- What does the future of mental health need?
- What do you want the world to know about you?
Additionally, we have left space for you all to share resources that you believe can help others!

Submit your story here! - For more on how to use Padlet, check out the special project section!

SPECIAL FEATURE

Intersectional Portraits

Over the month of May, we will be featuring three new portraits from the Intersectional Perspectives Portrait Project that launched earlier this year with a focus on identity & mental health. This project is an online gallery featuring youth and young adults with lived experience. Throughout the life of this project, Youth MOVE Change Initiative participants affirmed the importance of learning from other leaders with lived experience. We are excited to be able to share a special feature of this project over the month of May, highlighting members from our Youth MOVE network, sharing their lived-experience, identity, and perspectives on mental health.

Elliott Hinkle

What advice would you offer people looking to support Trans and Nonbinary young people impacted by child serving systems?

"Anytime I get the opportunity to train, speak to, or partner with others in relation to my own lived experience and supporting Trans and Nonbinary young people, it is important to me to underscore that loving and affirming Queer, Trans, and Nonbinary youth and people is suicide prevention."

Read More

Tashia Wing-Roberson

What advice would you offer people looking to support Black communities Impacted by child-serving systems?

"To support Black communities impacted by child-serving systems is to recognize the history of implicit bias and white supremacy that infiltrate these systems. Black communities are often disproportionately represented in these systems and subject to disparities in outcomes. Scholars even argue that the child serving systems, especially child welfare, is another way to police Black families"

Read More

EVENT: APRIL 21st, 5pm - 6pm ET

Creating Intersectional Stories

Sharing our stories, especially when it relates to our identity, can be a difficult task. Historically, for some, their identity has been a source of discrimination. As we work to turn the tide of mental health to become more diverse and inclusive in an effort to celebrate and incorporate identity as part of services & community health, we know the importance of sharing and elevating youth voices of lived experience. On April 21st, we will be hosting a workshop to talk about strategies to share our stories for advocacy. We will spend some time in discussion, and then we will have an opportunity to workshop for the Intersectional Stories project listed on the previous page of this toolkit! Our goal is to share insight and strategy as well as create a space to have a conversation about identity and mental health.

Save the Date: Calendar Invite | Zoom Event Link

ALL DAY: May 5th, 2022

National Children's Mental Health Awareness Day

No matter what your plan is for CMHA Day, we challenge you to post something on your website or social media about your project. If you are looking to get youth together to submit to Intersectional Stories or join us in celebrating our series on intersectional portraits, use this day to start marketing your projects! ***On May 5th, share a message online*** that will be part of your larger campaign. If you have established an idea, make it bigger! Make a flyer, share a graphic, or share a video of your group chatting about the idea. **Be sure to @YouthMOVENational and tag us on social media platforms! #PiecesOfMe #CMHA2022 #MoveItForward.**

Special Project: Intersectional Stories

We're creating a open community art project. We want to see your creative expressions on how mental health and identity relate to each other. Our focus is to tell stories about what makes us....us! We are creating an online wall of stories, artwork, writing, photos, resources, audio clips, and any other medium you can imagine to share that highlight 'Piece of Me.' Everyone has a different relationship to their personal identity characteristics as well as our mental health; but how do the two work together? We want to explore this for Children's Mental Health Awareness 2022!

padlet

We will specifically be looking at these topics:
- How does mental health and identity relate to each other?
- What does the future of mental health need?
- What do you want the world to know about you?

Additionally, we have left space for you all to share resources that you believe can help others!

We're using Padlet! What is padlet? Think Pinterest, but you can easily add text, images, videos, websites, audio, and other files to the board with a few simple clicks. We've created a Youth MOVE National MOVE It Forward 2022 padlet board with a few prompts to see how our identities are part of our mental health. Detailed instructions on how to add your prompts are shared on the next page.

A Note About Authorship. Anyone can add to the Pieces of Me padlet! If you want others to see your name/username, you will have to sign up for an account, otherwise your contribution will be labeled as anonymous. Additionally, these stories can be more generalized or personal, but if you are including other voices that are not your own, please give credit or de-identify people.

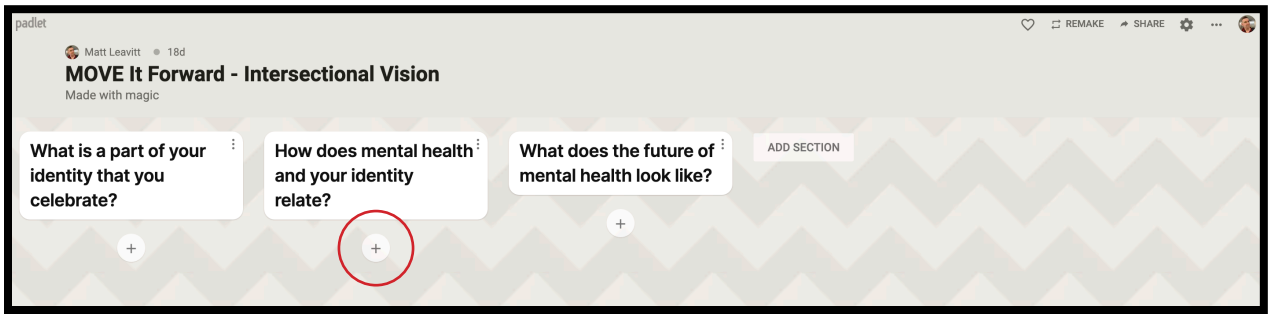
Advisory Warning. When we talk about mental health and our identity, sometimes the topic of trauma is a part of that conversation. If you feel there is content that may be triggering to others please post a warning.

How to Use Padlet

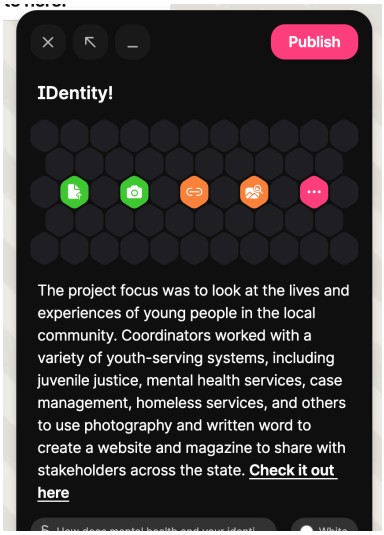
Using Padlet is simple! You don't even need an account (unless you want author credit). Below are step-by-step instructions on how to add your 'story' to the timeline!

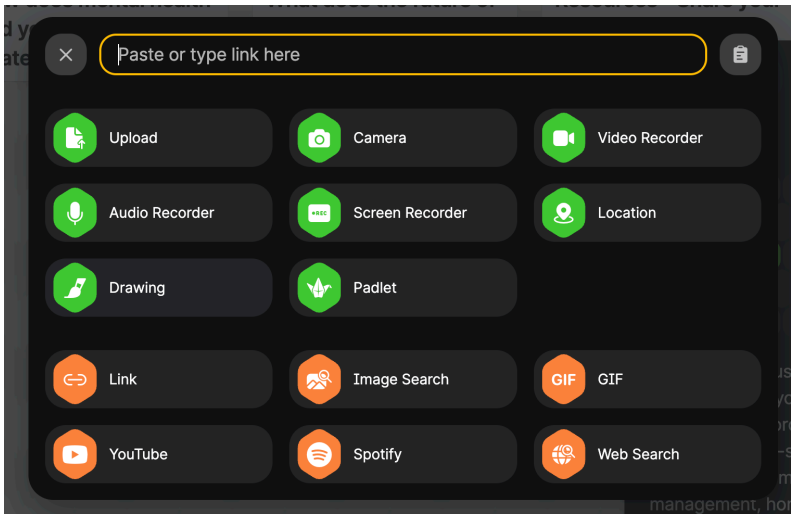
1. **Go to Our Intersectional Stories Padlet**

2. When you arrive at the landing page for Padlet, you will see the 4 columns. To start adding, hit the + button at the bottom of a column!



2. You will be prompted to create a title, select a 'type' of media, and a description. Please take some time to explain the reason you are sharing something! You can add almost any type of file including video, images, links. If you are uploading your own file, there is a 20MB file limit. You may need to compress or upload and link your project if the file size is too big!



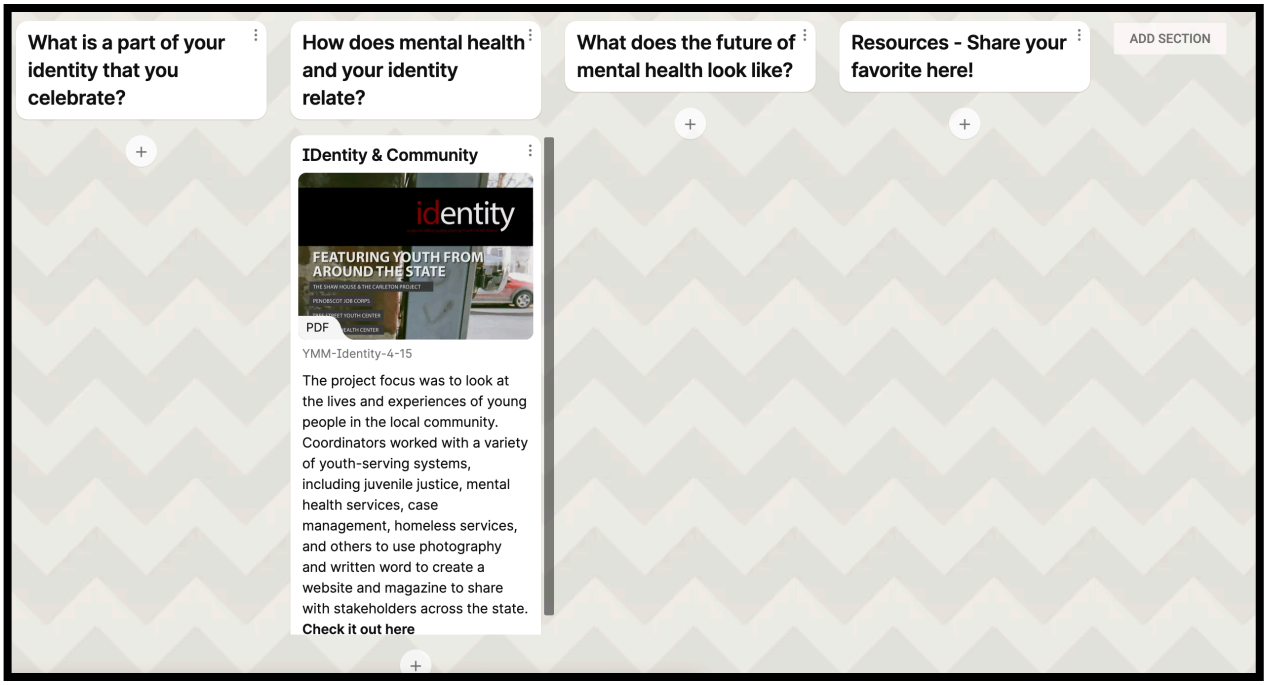


How to Use Padlet

3. Once you have created a title, selected media, and added a description, you can hit "publish" and your story will be submitted!

Given the nature of this being a public project, posts will not appear automatically and will be need to be approved by a Youth MOVE National staff member. This will help protect everyone as well as protect against bots and spammers!

4. After a moderator has approved your post, it will appear in the timeline!



If you need assistance with Padlet including content-related questions or technical assistance, please reach out to matt@youthmovenational.org !

Additional Resources

The work to transform systems takes an incredible amount of work, but together, with every piece of us, we can make changes that will make systems better for youth across the nation!

*We want to share some additional mental health resources for youth that honor individual identities as part of our care. This list is not exhaustive, and we hope to create a community board of resources on the **Intersectional Stories Padlet** - so if you think there are helpful toolkits, organizations, or projects that aim to assist, please add them there!*

NAMI: Identity & Cultural Dimensions - Our culture, beliefs, sexual identity, values, race and language all affect how we perceive and experience mental health conditions. In fact, cultural differences can influence what treatments, coping mechanisms and supports work for us. It is therefore essential for culture and identity to be a part of the conversation as we discuss both mental health and mental health care.

Our Personal Stories Matter for Our Mental Health - Humans are natural storytellers. We are constantly making sense of our lives by weaving them into narratives and sharing those stories with others. A pair of new studies, published together in the Journal of Personality and Social Psychology, suggests that the way we tell our stories impacts our mental health for years to come.

The Asian Mental Health Project - There is a pervasive cultural stigma that often discourages members of our community from receiving the help they need. In many Asian American communities, and in the greater American population, there exists a general lack of knowledge about mental health and mental illnesses. Because many of the symptoms of suffering are “invisible.”

LGTBQIA2S+ Directory of Resources - LGBTQ+ people often face discrimination that can make accessing and receiving mental health care more difficult. Healthcare workers may not understand their needs, and negative interactions can make it less likely that people will seek help when they need it. This directory shares resources for LGBTQ+ people access hotlines and other resources to find help.

Black Emotional and Mental Health Collective Wellness Tools - BEAM is a national training, movement building, and grant making institution that is dedicated to the healing, wellness, and liberation of Black and marginalized communities.

Disability Rights Organizations - The National Disability Rights Network, the nonprofit membership organization for the federally mandated Protection & Advocacy Systems and Client Assistance Programs, provides links to state-based resources.

Center for Native American Youth - The Center for Native American Youth (CNAY) at the Aspen Institute is a national education and advocacy organization that works alongside Native youth—ages 24 and under—on reservations, in rural villages and urban spaces across the country to improve their health, safety, and overall well- being.

Connect With Us

Check Out Our Blog: The Youth MOVE National blog is a great place to gather more resources for Children's Mental Health Awareness! We share new resources, information, and inspiration with the network! **Youth MOVE National Blog**.

Find & Share New Resources: The Youth MOVE National resource page is a great place to find info to develop youth groups and programs. From Peer Support to policy and evaluation, this page shares new and valuable youth engagement resources! **Publications & Tools**

www.youthmovenational.org

info@youthmovenational.org

Remember to follow us to keep up-to-date with resources.
(Click the icons to go to our pages)