

Making Every Mind Matter

Peer Led Model from a Youth Perspective

Presented by The EHS Mental Health Club

Meet the Team



Riley Haskett

President



Kaelyn Schulenburg

**Vice
President**



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Meet the Team



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Manager**



Caiden Buck
**Creative
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Meet the Team



Oksana Cramer

**Club
Member**



Amara Hanson

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DJ Brown

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Member**



Sammi Baker

**Club
Member**

Meet the Advisors



Layne Howard
**Club
Advisor**



Zoe Vriesman
**Club
Advisor**

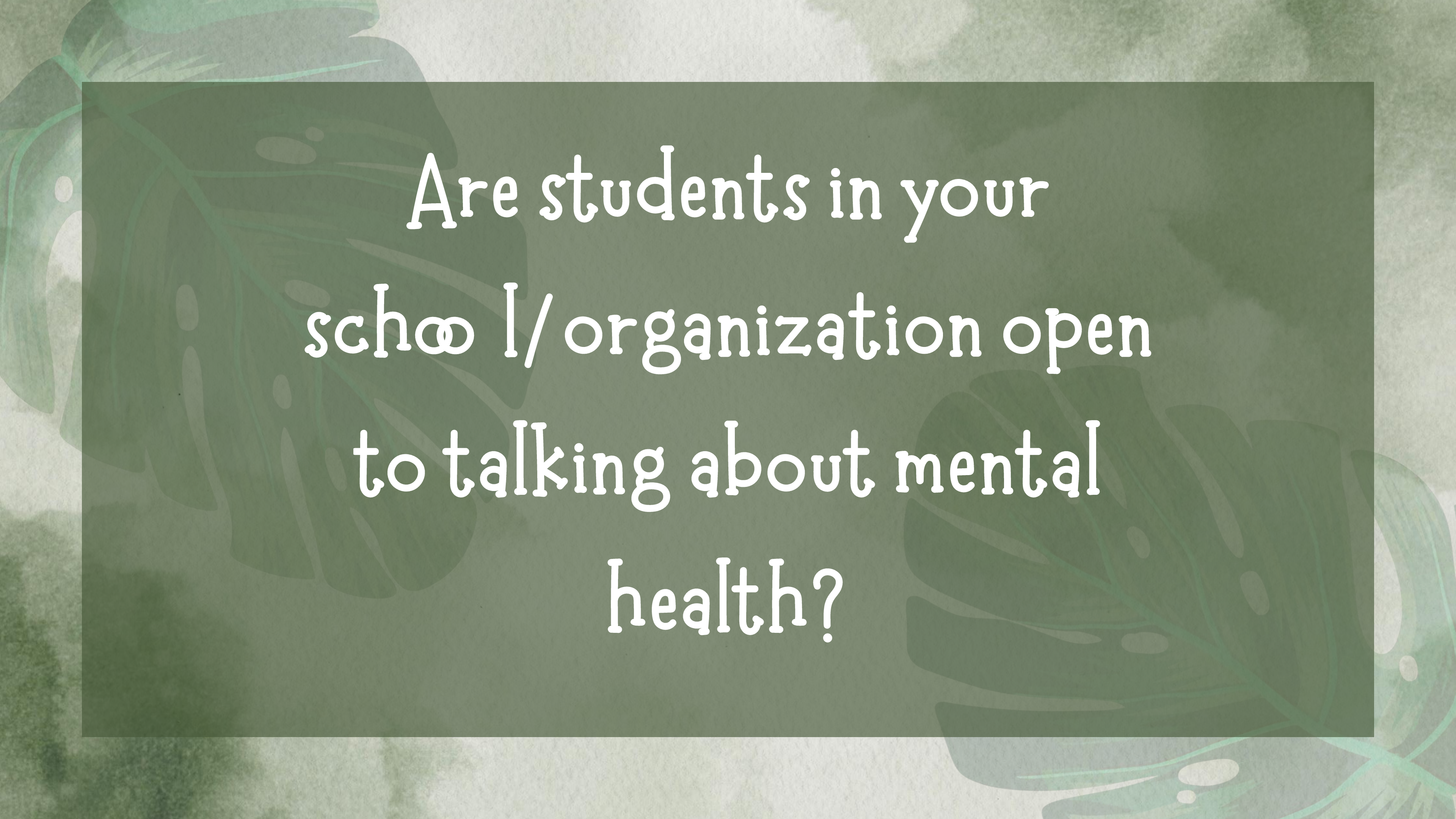
Who Is Here Today?

<https://www.polleverywhere.com/surveys/6kTTv4dzod90oSGuq1hqg>





Get to Know You Activity!

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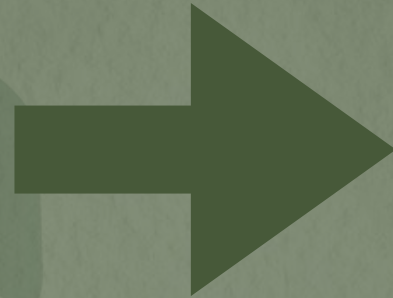
Are students in your
school / organization open
to talking about mental
health?



What's your experience with
this?

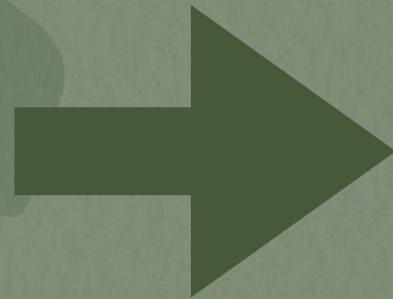
Youth Mental Health Stats

25%



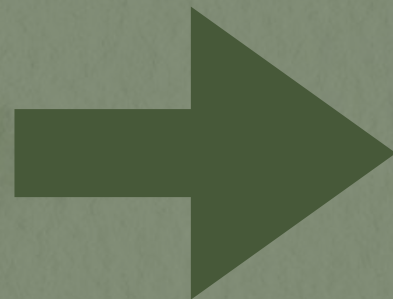
1 in 4 adolescents live with a mental health condition.

50%



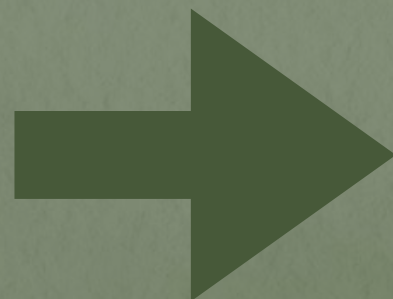
Half of all lifetime mental illnesses begin by age 14.

8-10 years



The average delay in treatment is 8 to 10 years after the onset of symptoms.

2nd



Suicide is the second leading cause of death for youth ages 10-24.

The State of Mental Health

The Current System

Adults trained to see signs of distress.

Struggling adolescents are told to reach out for support.

Youth are then referred to mental health services.

Barriers Youth Face

Mental health professionals not able to meet their needs.

Stigma from family members, co-workers, or friends.

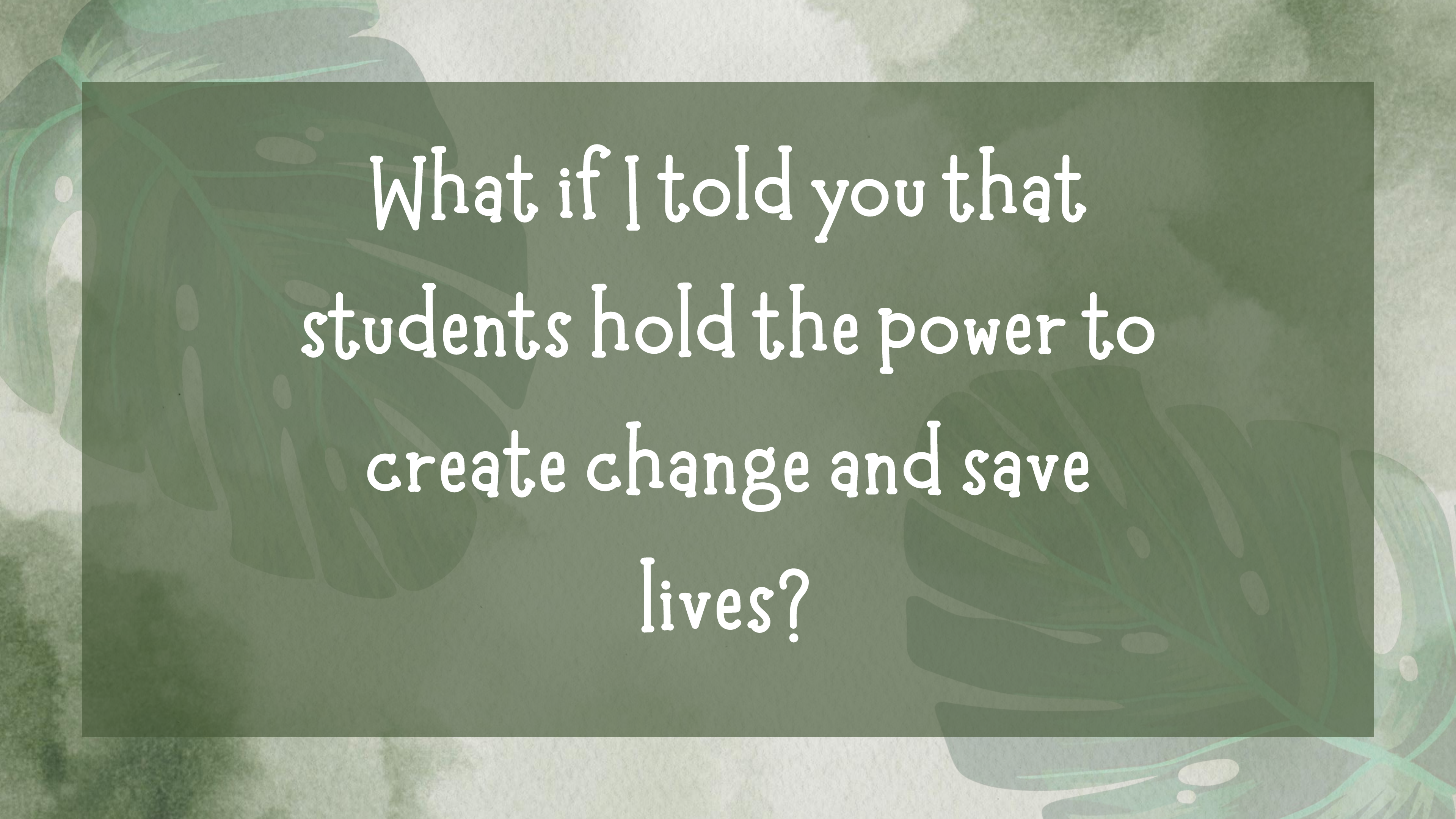
Inability to recognize that they need help.

Even when youth have access to care, many find service incomplete, irrelevant, unappealing or unsafe.

Institutional discrimination present in systems and services.

Finding a mental health professional. Are they accepting clients? Do they accept my insurance?

Not being able to access help for fear of being ridiculed.

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What if I told you that
students hold the power to
create change and save
lives?

Why the Peer Led Model?

- Bridge the gap in the current system
- Developmentally appropriate; creates an inherent level of understanding
- Youth bring passion and dedication - they are experts in the youth experience
- Proactive vs. Reactive, low cost, and effective
- Benefits for youth:

Empowerment



Sense of Community



Self-Help Skills



Advocacy & Leadership



Structure of the Peer Led Model

- Partner with young people from the start
- Create a space that authentically values youth voice and action
- Invest in equitable and diverse peer support programs and models
- Pursue academic, philanthropic, and programmatic partnerships to increase legitimacy and quality

What is EHS Mental Health Club?

Mental Health Club has helped change the conversation about mental health, whether it's between teachers and students or between only students.

BC2M is a program that sponsors our club. They provide resources and ideas of events to implement within our community.

Our club is based on educating our community about mental health and advocating for mental health considerations in our school.

Our club is open to any student interested in learning and spreading awareness about mental health

We raise awareness through our Strike Out the Stigma game, Tackle the Stigma game, and different fundraisers for mental health awareness organizations.

Our club is NOT a form of counseling or therapy

What We Have Done

What have you done to help the students and staff in the building?

Raffles: Youth Shelter & Mental Health America - Monroe County

Strike out the Sigma/Tackle the Stigma

Finals Week - stress relief activities (fall)

The Overall Impact

Through the Mental Health club, we have been able to open up a larger discussion surrounding mental health

Created connections with other extracurricular activities (i.e. addressing the intersection of mental health in athletes)

Built empathy within the school building

Has shown to students how valued and important their voice is



Q & A
Session

Sources

Greenbaum, Zara. ‘Students Helping Students.’ Monitor on Psychology, American Psychological Association, Nov. 2018, <https://www.apa.org/monitor/2018/11/students>.

‘Youth Advocates Program.’ CA Coalition for Youth, 24 Sept. 2022, <https://calyouth.org/advocacy-policy/youth-advocates-program/>.

‘Youth and Young Adult Peer Support: Expanding Community-Driven Mental Health Resources.’ Mental Health America, 15 Aug. 2022, <https://mhanational.org/research-reports/youth-and-young-adult-peer-support-expanding-community-driven-mental-health>.

‘Fact Sheet: President Biden to Announce Strategy to Address Our National Mental Health Crisis, as Part of Unity Agenda in His First State of the Union.’ The White House, The United States Government, 15 July 2022, <https://www.whitehouse.gov/briefing-room/statements-releases/2022/03/01/fact-sheet-president-biden-to-announce-strategy-to-address-our-national-mental-health-crisis-as-part-of-unity-agenda-in-his-first-state-of-the-union/>.



Thank You!