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Adolescent Seeking Safety Group

- ◆ A coping skills approach to help youth attain safety from trauma and/or substance use.
- ◆ Youth ages 14-17
- ◆ No cost for participation
- ◆ Group sessions held weekly for 12 weeks
- ◆ Examples of session topics include asking for help, setting boundaries in relationships, detaching from emotional pain, coping with triggers

YSB Youth Advisory Board

- The purpose of YAB is to align the priorities of YSB with the priorities of the young people it serves and to ensure youth inform and influence YSB programs, services, and communication strategies.
- Requirements include those who are between the ages of 14 and 20, who have engaged with services at Youth Services Bureau. Special consideration given to those who have had at least one shelter stay.
- Meets monthly
- Participants compensated for their time

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