



## Youth Action Call April 23, 2024

Whole School, Whole Community, Whole Child  
Learning Collaborative (WSCC LC)

CDC National Initiative to Advance Health Equity in K-12  
Education by Preventing Chronic Disease and Promoting  
Healthy Behaviors  
Priority 2: Emotional Well-Being

**National Center for School Mental Health &  
Collaborative for Academic, Social, and Emotional Learning**





**Keep cameras on (It's good to see you 😊)**



**Change your Zoom Name to: State Initials – First Name, pronouns, grade**



**Example: MD - Tiffany, she/her, 10**



**CHAT: What is one thing you are looking forward to this summer?**



# Shared Agreements



- Use “I statements” to state opinions or feelings
- Respect everyone’s differences
- Respect everyone’s opinions
- Use inclusive language
- Use you right to say: “pass” or “pass and come back”

**Please give us a thumbs up to agree!**



# Share your wisdom about school community needs!

## Share this!

- Share your opinions, ideas, and questions about school mental health

## Avoid this.

- Do not share names or specific details about personal struggles or traumatic or scary experiences.



# Agenda



Inclusive Welcome



Leadership Skill: Mentorship



Breakout Groups-Sustainability and  
Next Steps



Celebration



Wrap up



# Inclusive Welcome

If you could go to dinner with anyone, one time, who would you pick?

What would you ask them or what would you hope to learn from them?

Share in the chat!







# Mentorship

## mentor

*['mentɔ:r] noun*

an experienced and trusted adviser. someone who provides wise counsel and guidance. one willing to spend their time and expertise to guide the development of another person. a great mentor is hard to find, difficult to part with and impossible to forget. one who is admired and appreciated.



# What traits do you look for in someone who could be a mentor?

Add onto Padlet





# Identifying a mentor



- Think of at least 1 adult who you can go to if you need advice or have a problem.
  - Coaches, family members, folks from faith-based communities, teachers, therapists, etc.
- Ask yourself:
  - Who has demonstrated an interest in my success?
  - Who can help me be accountable to my goal?
  - Who can provide expert advice, guidance and/or support on things I'm less knowledgeable about?



# How to find a mentor and make it work

## Finding the right mentor

- Know your goals (short and long term).
- Ask yourself: **“Who do I look up to?”**

## Asking them for mentorship

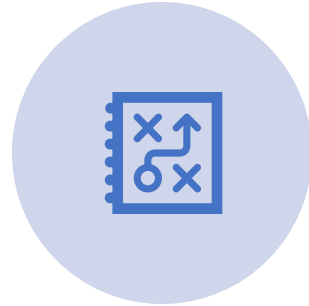
- Have your short ‘elevator pitch’ (introduction) ready.
- Mention what you like/admire about their work. **“You would be a great mentor for me because I like/admire ....”**
- Be specific about what you’re asking for. **“I would love to meet with you to get mentorship on....”**



# How to be a good mentee



**SET A TIME FOR MEETINGS & BE CONSISTENT.**



**SET A FOCUS FOR EACH MEETING.**



**BE OPEN TO CONSTRUCTIVE FEEDBACK.**



**STATE HOW YOU PLAN TO USE THE ADVICE THEY GAVE YOU.**



# Sharing about mentors



**Adult leaders**, consider who have been important mentors in your life. **How have you sought out and maintained those relationships?**



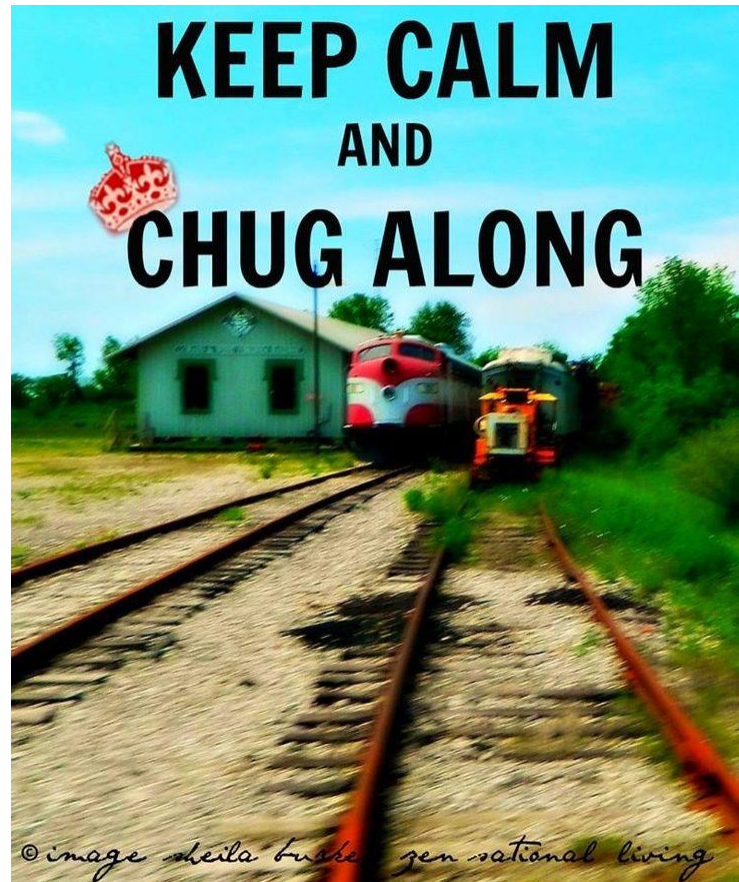


# Breakout Groups





# Breakout Groups (15–20 minutes)



In your breakout rooms, please consider discuss next steps for your emotional well-being goals.

- What are you motivated to do to keep the work going?
  - Consider your school community needs
  - What matters most to *you* is important!
  - You have permission to pivot or change directions
- What next steps are you considering?





# Youth Leader Share Out

- Share out of a youth leader goal from each state or group!
- All youth leaders can also add their goal and/or plan for sustainability to the Padlet



# Celebration – Youth Leaders and District Youth Liaisons

- Please help us in celebrating our AMAZING Youth Leaders (and District Youth Liaisons) for all their accomplishments this year!
- You can add your appreciation/examples of youth accomplishments and District Youth Liaison supports to the Padlet







# Final Gift cards



Final gift cards will be distributed in late April/early May via email



IF you will no longer have access to your school email address, PLEASE send Zahra your personal email address to retrieve your gift card



# Intentional Close

As youth leaders, you are probably already a mentor to peers, whether you realize it or not!

Think for yourself: What is one thing you hope someone who may look up to you takes away from your conversations or time together?





# Youth Leadership Academy - Feedback Survey

Please take 1-2 minutes to provide feedback on today's session before you log off!

- Separate surveys for youth leaders and adults
- Click the Adult Survey link or the Youth Leader Survey link in the chat





# Thank You and Congratulations!



Look out for your certificates of completion via email soon! 😊







# WSCC Emotional Well-Being LC Communications

Contact: Dr. Zahra Ladhani – [zladhani@som.umaryland.edu](mailto:zladhani@som.umaryland.edu)

Websites: [schoolmentalhealth.org](http://schoolmentalhealth.org); [e4ed.com](http://e4ed.com)  
[casel.org](http://casel.org)

Listserv [bit.ly/NCSMH\\_listserv](http://bit.ly/NCSMH_listserv)

CASEL Newsletters: [Newsletters – CASEL](#)

## Social Media



[@NCSMHTweets](#)  
[@caselorg](#)



[@CenterforSchoolMentalHealth](#)  
[@CASELorg](#)

