

NEW MEASURE OF YOUTH MENTAL HEALTH EMPOWERMENT

The Youth Empowerment Scale-Mental Health (YES-MH) is a new measure designed to assess young people's feelings of confidence and efficacy with respect to managing their own mental health condition, managing their own services and supports, and using their experience and knowledge to help peers and improve service systems. The YES-MH has 20 items and takes less than five minutes to complete. It provides an overall empowerment score as well as scores for empowerment in each of the three areas noted above: self, services and system.

The properties of the YES-MH were investigated in a study that is about to be published.¹ In the study, young people from around the country completed the YES-MH as well as a series of other measures, and provided in-

formation about themselves and their experiences with mental health services and systems. Results from the study provide evidence of the measure's reliability and validity.

More information about the YES-MH can be found online at:

<http://www.rtc.pdx.edu/PDF/pbCompleteSurveyPacket.pdf>

1. Walker, J. S., Thorne, E., Powers, L. E., & Gaonkar, R. (in press). Development of a scale to measure the empowerment of youth consumers of mental health services. *Journal of Emotional and Behavioral Disorders*.