



Northwest (HHS Region 10)

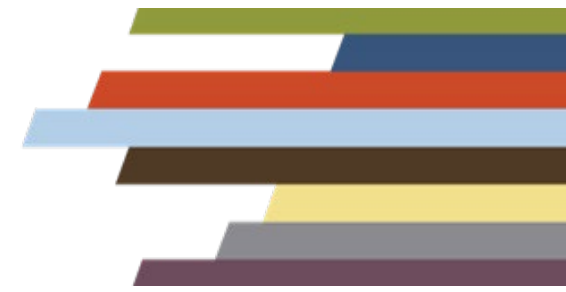
MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

# Advanced Topics in Strengthening Youth/ Young Adult Peer Support

*Setting Boundaries and Self-care*  
*April 22nd, 2021*

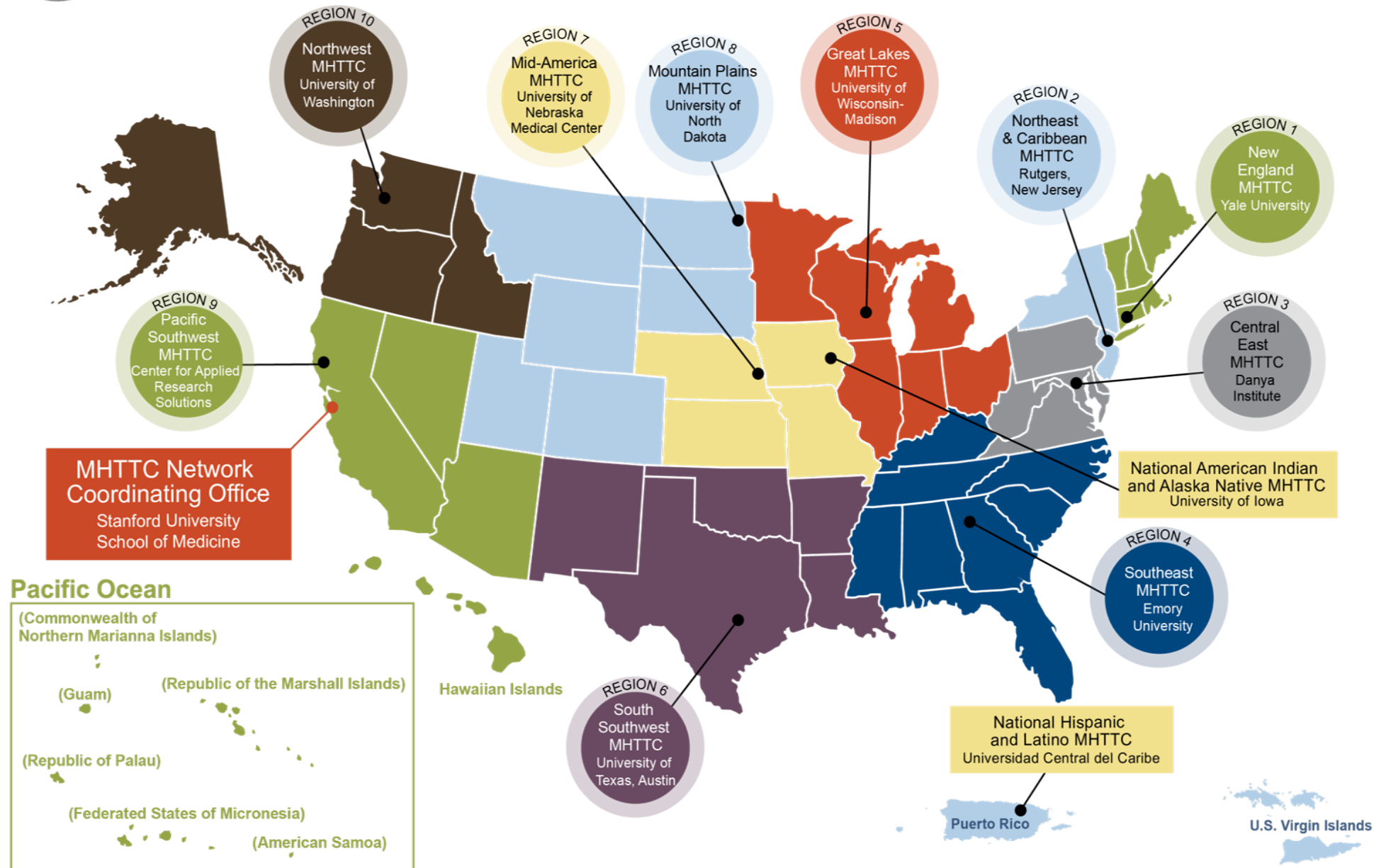




# MHTTC

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## MHTTC Network



# About the Northwest MHTTC



**Lydia Chwastiak, MD, MPH**  
*PI and Co-Director*



**Christina Clayton, LICSW, CDP**  
*Co-Director*

**The Mental Health Technology Transfer Center (MHTTC) Network is about technology transfer.**

*We disseminate and implement evidence-based practices for mental disorders into our field.*

**Our target workforce includes:**

*behavioral health and primary care providers, school and social service staff, and others whose work has the potential to improve behavioral health outcomes for individuals with or at risk of developing serious mental illnesses.*

**PROUDLY SERVING**  
**ALASKA, IDAHO, OREGON & WASHINGTON**



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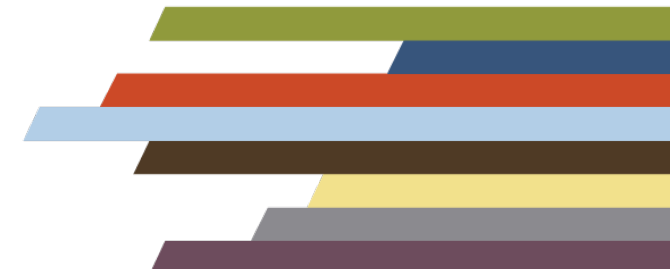
**MHTTC**

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UNIVERSITY of WASHINGTON  
PSYCHIATRY & BEHAVIORAL SCIENCES  
School of Medicine

**SAMHSA**  
Substance Abuse and Mental Health  
Services Administration



# Northwest Mental Health Technology Transfer Center

## Our Role:

*Provide training and technical assistance (TA) in evidence-based practices (EBPs) to behavioral health and primary care providers, and school and social service staff whose work has the potential to improve behavioral health outcomes for individuals with or at risk of developing serious mental illness in SAMHSA's Region 10 (Alaska, Idaho, Oregon, and Washington).*

## Our Goals:

- Accelerate the adoption and implementation of mental health related evidence-based practices including area of focus (EBPs for serious mental health issues) across Region 10
- Heighten the awareness, knowledge, and skills of the workforce that addresses the needs of individuals with serious mental health issues in Region 10
- Foster alliances among culturally diverse practitioners, researchers, policy makers, family members, and consumers of mental health services
- Ensure the availability and delivery of publicly available, free of charge, training and technical assistance to the mental health workforce in Region 10



The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

STRENGTHS-BASED  
AND HOPEFUL

INCLUSIVE AND  
ACCEPTING OF  
DIVERSE CULTURES,  
GENDERS,  
PERSPECTIVES,  
AND EXPERIENCES

HEALING-CENTERED/  
TRAUMA-RESPONSIVE

INVITING TO INDIVIDUALS  
PARTICIPATING IN THEIR  
OWN JOURNEYS

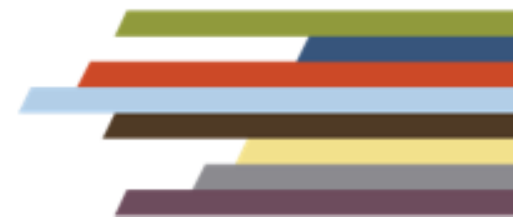
PERSON-FIRST AND  
FREE OF LABELS

NON-JUDGMENTAL AND  
AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR  
AND UNDERSTANDABLE

CONSISTENT WITH  
OUR ACTIONS,  
POLICIES, AND PRODUCTS

Adapted from: [https://mhcc.org.au/wp-content/uploads/2019/08/Recovery-Oriented-Language-Guide\\_2019ed\\_v1\\_20190809-Web.pdf](https://mhcc.org.au/wp-content/uploads/2019/08/Recovery-Oriented-Language-Guide_2019ed_v1_20190809-Web.pdf)





# Introductions

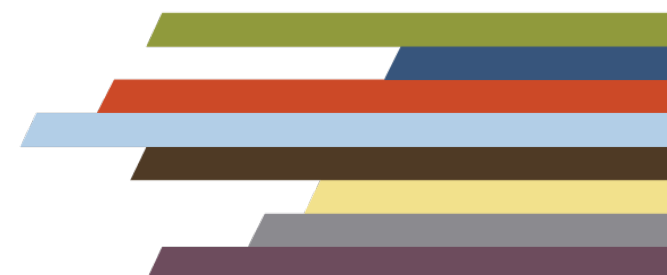


Poll: What is  
your role?



# Discussion

- How do you describe boundaries to your clients?





# Youth Partners May Need to Set Boundaries With...

- Youth/young adult clients
  - Parents/family members
  - Colleagues
  - Other Professionals
- Your group will be assigned a group with which youth peer support specialists may need to set boundaries. In your group please discuss examples of when these circumstances may arise, and how you can respond (or help the youth peer support specialist respond).

# Scenario

Tyler has been working with one of his youth clients, Simon, for five months. He has built strong rapport with Simon, and Simon is accomplishing many of the goals that he and Tyler identified together. Tyler is trying to dedicate his time to other youth clients who are in need of more support. Simon does not like this, because it means he will get to spend less time with Tyler. He tells Tyler that it's not fair, because Tyler is "his best friend." Tyler is nervous to address this with Simon because he does not want to upset him. As Tyler's supervisor, how can you support him?

# Response

- Validate that this is an uncomfortable situation for Tyler, and thank him for bringing this to your attention. Remind Tyler that he has really helped Simon, and it makes sense that Simon feels close to him. This is something that Tyler can share with Simon, and he can share that Simon's relationship is important to him, but is not a friendship. There are specific things that youth peer support specialists have to do that friends don't, like mandatory reporting and some case management. Tell Tyler that most times when youth feel so attached to their youth peer support specialist, they may not have many friends. Suggest that Tyler start working with Simon on expanding his social group.
-

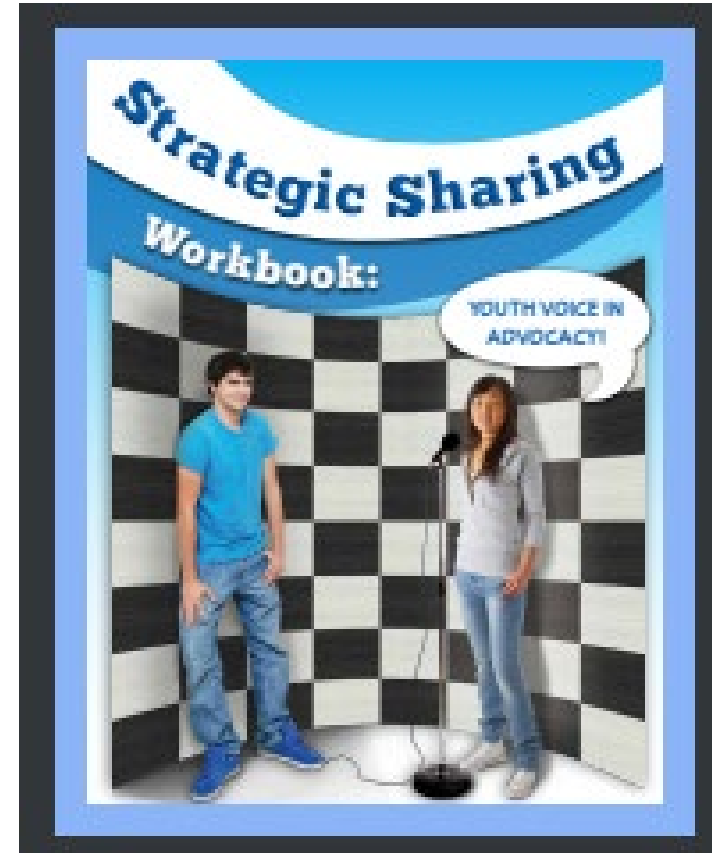
# Scenario

Indigo, a new youth peer support specialist, tells you that she was asked to publicly share her lived experience at a community council meeting with other professional providers. She felt put on the spot, and shared a general explanation of her lived experience and how she uses her story to help support youth. After speaking, some council members clapped and thanked her for sharing her story. This made Indigo feel awkward and tokenized. As her supervisor, how should you respond?



# Response

- Thank Indigo for bringing this up to you. Assure her that as a youth peer support specialist, she is not expected to share her story unless she sees it fit to help support youth clients or to promote mental health advocacy. Some appropriate responses when she is put in situations where she does not want to share her story are “I don’t see the purpose of sharing my lived experience at this juncture, but I will when I know it will destigmatize mental health,”; “I prefer to share my lived experience with my youth clients,”; or even a simple “I would prefer not to share my story at this time.” You can also provide her with resources such as the [Strategic Sharing Workbook: Youth Voice in Advocacy](#).



# Self-care

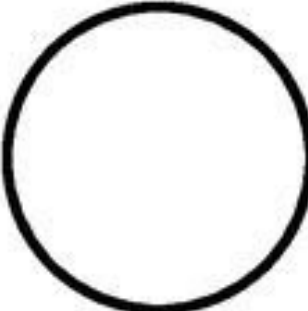
- Youth peer support is unique in the sense it is one of the few jobs in which people are expected to share their trauma.
- What are some ways youth peer support specialists can care for themselves after sharing their story?



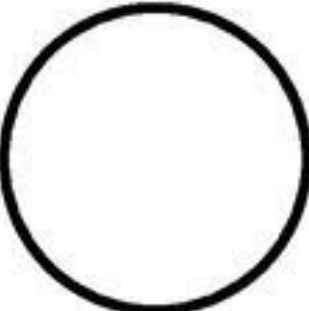
## MY SELF CARE PLAN

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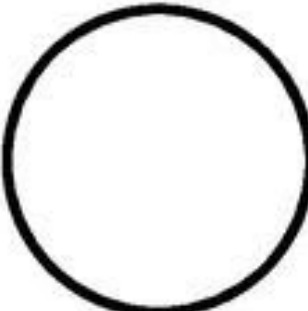
MENTAL



PHYSICAL



EMOTIONAL



EXAMPLES

TAKING DAILY MEDS

EATING HEALTHY FOOD

READING

DO ART

SKIN CARE

## Let's make a Coping Skills Toolbox!

### What is it?

A Coping Skills Toolbox is a place for you to keep things that calm you down in periods of distress. If you have everything gathered in one place, it's easier to remember to use your coping skills, rather than using negative behaviors.

### Distraction

(Taking your mind off the problem for a while)

#### Examples:

Puzzles, books, artwork, crafts, knitting, crocheting, sewing, crossword puzzles, sudoku, positive websites, music, movies, etc.

### Opposite Action

(Doing something the opposite of your impulse that's consistent with a more positive emotion)

1. Affirmations and Inspiration  
(ex: looking at or drawing motivational statements or images)
2. Something funny or cheering  
(ex: funny movies / TV / books)

### Emotional Awareness

(Tools for identifying and expressing your feelings)

#### Examples:

A list or chart of emotions, a journal, writing supplies, drawing / art supplies

### Mindfulness

(Tools for centering and grounding yourself in the present moment)

#### Examples:

Meditation or relaxation recordings, grounding objects (like a rock or paperweight), yoga mat, breathing exercises.

### Crisis Plan

(Contact info of supports and resources, for when coping skills aren't enough.)

Family / Friends  
Therapist  
Psychiatrist  
Hotline  
Crisis Team / ER  
911

### Put it all together!

Once you've gathered all of your items, put them together in a box or other container, decorate it to your heart's content, and put it in a place where you'll remember it. Then USE IT!

### BROUGHT TO YOU BY:

*summerofrecovery  
(aka false-spring-queen)*

**Have a kickass recovery day!**

## Supporting Yourself

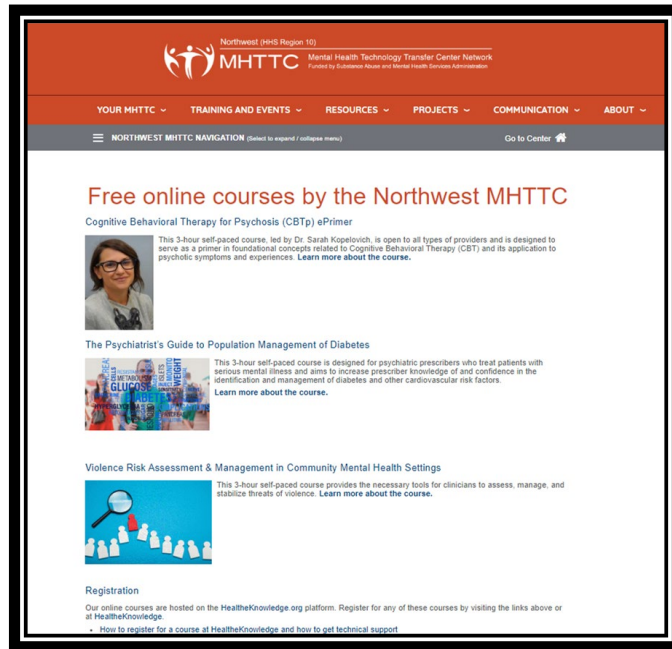
- In working with youth, families, and others, you may experience vicarious trauma.
- This is especially true if you do not stick to your boundaries.
- What is one boundary you want to maintain?





# About the Northwest MHTTC

## Online Courses



Northwest (HHS Region 10) MHTTC Mental Health Technology Transfer Center Network  
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YOUR MHTTC TRAINING AND EVENTS RESOURCES PROJECTS COMMUNICATION ABOUT

NORTHWEST MHTTC NAVIGATION (select to expand / collapse menu) Go to Center

### Free online courses by the Northwest MHTTC

**Cognitive Behavioral Therapy for Psychosis (CBTp) ePrimer**  
This 3-hour self-paced course, led by Dr. Sarah Kopelevich, is open to all types of providers and is designed to serve as a primer in foundational concepts related to Cognitive Behavioral Therapy (CBT) and its application to psychotic symptoms and experiences. [Learn more about the course.](#)

**The Psychiatrist's Guide to Population Management of Diabetes**  
This 3-hour self-paced course is designed for psychiatric prescribers who treat patients with serious mental illness and aims to increase prescriber knowledge of and confidence in the identification and management of diabetes and other cardiovascular risk factors. [Learn more about the course.](#)

**Violence Risk Assessment & Management in Community Mental Health Settings**  
This 3-hour self-paced course provides the necessary tools for clinicians to assess, manage, and stabilize threats of violence. [Learn more about the course.](#)

**Registration**  
Our online courses are hosted on the HealthKnowledge.org platform. Register for any of these courses by visiting the links above or at HealthKnowledge.  
• [How to register for a course at HealthKnowledge](#) and [how to get technical support](#)

## Website with Events, Products & News



### NEWS

**Recovery LIVE! Supporting the Resilience of Black Men: Culturally Affirming and...**  
[View All](#)

### UPCOMING EVENTS

**JUN 09 DBT STEPS-A Online Lesson 10: Distress Tolerance - Radical Acceptance**  
Click here to tune into the DBT STEPS-A YouTube Channel every Tuesday and Thursday morning at 10am

**JUN 11 DBT STEPS-A: Summary Q&A for Students - Putting It All Together & Preparing for Summer**  
Click here to tune into the DBT STEPS-A YouTube Channel every Tuesday and Thursday morning at 10am

**JUN 11 Resources for Supporting the Mental Health and Well-being of Children and Families During COVID-19**  
Resources for Supporting the Mental Health and Well-being of Children and Families During COVID-19

### PRODUCTS

**Educator Wellness Webinar #4: Cultivating a Practice of Gratitude and Appreciation in Your School Community**  
The Northwest Mental Health Technology Transfer Center and the Northwest PBIS Network are collaborating to bring you a FREE, 4-part webinar  
[View All](#)

**Ambiguous Loss: Grieving in the Time of COVID-19, Followed by Live Q&A Session**  
About this Resource: Life, as we knew it just a few weeks ago, has been completely turned upside down. That feeling you are feeling but can't  
[View All](#)

**SMART Center 2020 Virtual Speaker Series - Dan Losen, JD, MEd**  
The school mental health supplement to the Northwest MHTTC is excited to co-sponsor the UW SMART Center's 2020 Virtual Speaker Series.  
[View All](#)

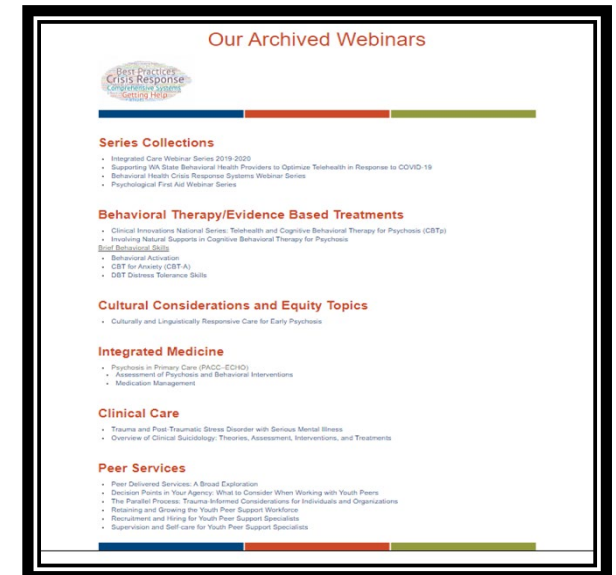
## Live Training



### Psychological First Aid for Service Providers

1:00pm - May 19, 2020 | Timezone: US/Pacific  
Hosted By: Northwest MHTTC  
Registration Deadline: May 18, 2020  
[REGISTER](#) Need more information? Contact us at [nwmhttc@uw.edu](mailto:nwmhttc@uw.edu)

## Archived Webinars



### Our Archived Webinars

**Series Collections**

- Integrated Care Webinar Series 2019-2020
- Supporting WA State Behavioral Health Providers to Optimize Telehealth in Response to COVID-19
- Behavioral Health Crisis Response Systems Webinar Series
- Psychological First Aid Webinar Series

**Behavioral Therapy/Evidence Based Treatments**

- Clinical Innovations National Series: Telehealth and Cognitive Behavioral Therapy for Psychosis (CBTp)
- Involving Natural Supports in Cognitive Behavioral Therapy for Psychosis
- Best Behavioral Skills
- Behavioral Activation
- CBT for Anxiety (CBT-A)
- DBT Distress Tolerance Skills

**Cultural Considerations and Equity Topics**

- Culturally and Linguistically Responsive Care for Early Psychosis

**Integrated Medicine**

- Psychosis in Primary Care (PACC-EDHO)
- Assessment of Psychosis and Behavioral Interventions
- Medication Management

**Clinical Care**

- Trauma and Post-Traumatic Stress Disorder with Serious Mental Illness
- Overview of Clinical Subspecialty: Trauma, Assessment, Interventions, and Treatments

**Peer Services**

- Peer Delivered Services: A Broad Exploration
- Decision Points in Your Agency: What to Consider When Working with Youth Peers
- The Parallel Process: Trauma Informed Considerations for Individuals and Organizations
- Retaining and Growing the Youth Peer Support Workforce
- Recruitment and Hiring for Youth Peer Support Specialists
- Supervision and Self-care for Youth Peer Support Specialists

## Research/Practice Briefs



**Integrated Care for Older Adults with Serious Mental Illness and Medical Comorbidity: Evidence-Based Models and Future Research Directions**  
Collaborating TTC: Northwest MHTTC  
Publication Date: May 29, 2019  
Developed By: Northwest MHTTC

[DOWNLOAD](#)

MP MHP RES PSS EDU



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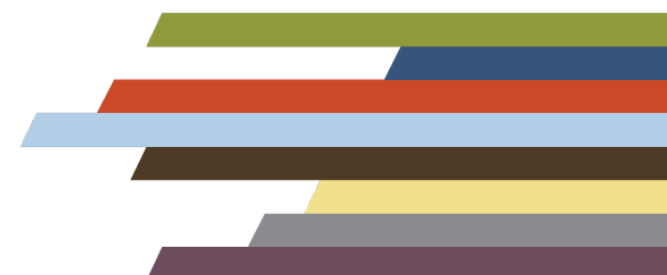
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## **After today's session, please complete the evaluation survey**

- Will be shared in the chat box
- Helps our team plan future sessions as well as evaluate today's session

➤ *There will NOT be certificates or CEUs offered for today's session*

[www.mhttcnetwork.org/northwest](http://www.mhttcnetwork.org/northwest)



# Your Feedback is Important:

Post-event surveys are *critical* to our work!

- Please complete the confidential evaluation by following the link that will be emailed to you.
- Evaluation data is necessary for continued funding to offer programs

*Your feedback helps us to improve and develop future programing.*

*We greatly appreciate your feedback!*

Please complete the survey below.

Thank you!

Page 1 of 3

Participants - Please Write Your Unique Personal Code Here as Follows:

1) First Letter of Mother's First Name  
2) First Letter of Mother's Maiden Name  
3) First Digit of Social Security Number  
4) Last Digit of Social Security Number

\* must provide value

Please select the date of the meeting you attended.

\* must provide value

What U.S. state or territory do you live in?

\* must provide value

Burden Statement: This information is being collected to assist the Substance Abuse and Mental Health Services Administration (SAMHSA) for the purpose of program monitoring of the Technology Transfer Centers (TTC) Network Program. This voluntary information collected will be used at an aggregate level to determine the reach, consistency, and quality of the TTC Program. Under the Privacy Act of 1974 any personally identifying information obtained will be kept private to the extent of the law. An agency may not conduct or sponsor, and a person is not required to respond to, a collection of information unless it displays a currently valid Office of Management and Budget (OMB) control number. The OMB control number for this project is 0930-0383. Public reporting burden for this collection of information is estimated to average less than 10 minutes per encounter, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to SAMHSA Reports Clearance Officer, 5600 Fishers Ln, Room 15 E57B, Rockville, MD 20857.

What is your gender?

☐ Female  
☐ Male  
☐ Transgender  
☐ None of these

reset

What is your race? (Select one or more):

☐ American Indian or Alaska Native  
☐ Asian  
☐ Black or African American  
☐ Hispanic or Latino  
☐ Native Hawaiian or Other Pacific Islander  
☐ White

# Keep in touch with the Northwest MHTTC

Upcoming training

New online training

Resources & Research Updates



Visit us online:

[www.mhttcnetwork.org/northwest](http://www.mhttcnetwork.org/northwest)



Get our newsletter:

[bit.ly/nwmhttcnews](http://bit.ly/nwmhttcnews)



Email us:

[northwest@mhttcnetwork.org](mailto:northwest@mhttcnetwork.org)



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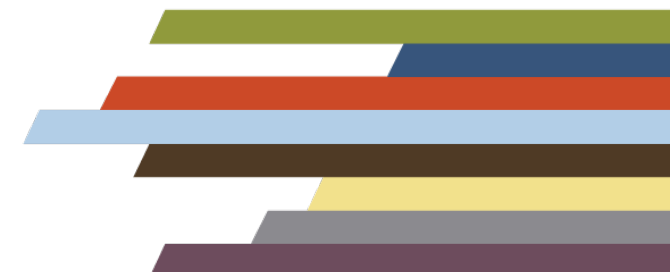
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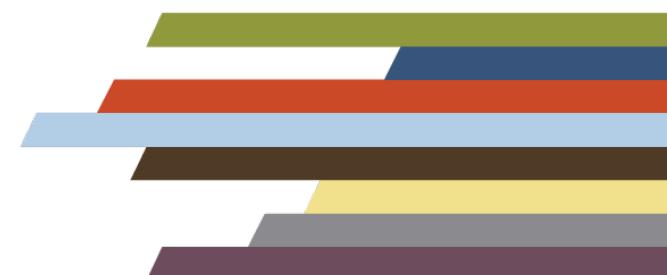
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## Support and Disclaimer

This work is supported by grant SM 081721 from the Department of Health and Human Services, Substance Abuse and Mental Health Services Administration.



# Thank You!



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