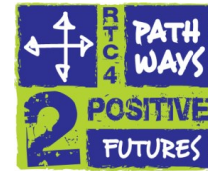


# YOUTH ADVOCATE TO ADVOCATE FOR YOUTH

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## The Next Transition



Lacy Kendrick Burk, MS, MBA Executive Director Youth M.O.V.E. National, Inc.  
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**Youth Advocate to  
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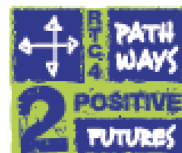
**The Next  
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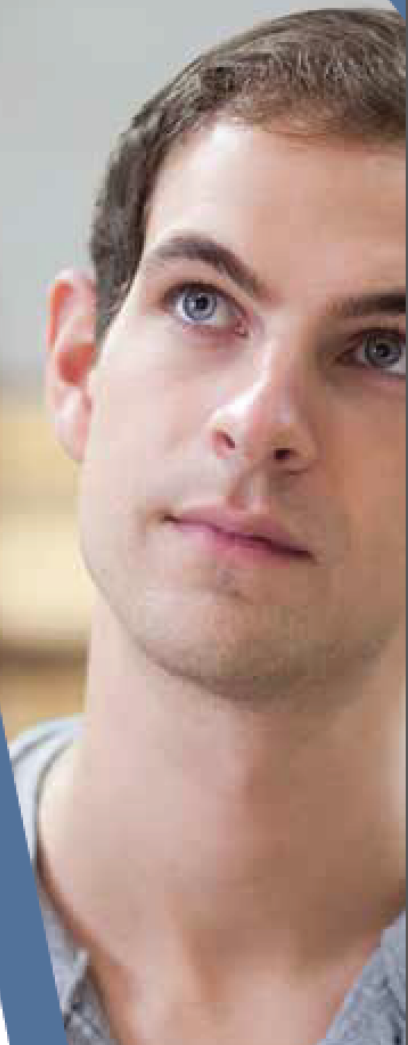
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## Meet your presenters:

- Lacy Kendrick Burk, MS, MBA
  - Executive Director, Youth MOVE National
  - Alumna of Foster Care and Young Adult Consumer
  - Advocate for 12 years
- Johanna Bergan
  - Director of Member Services, Youth MOVE National
  - Lived experience in System of Care
  - Advocate for 7 years

# Identification of Need for Role Definition

## Transition Keeps Happening

*“Change happens. And it happens to everyone....Transition, on the other hand, is the process that happens inside your head, heart, and gut as you adjust and become familiar with change.”*

*– FLUX, Foster Care Alumni of America*

# Presentation Objectives

- Define Advocate
- Understand the role and need for:
  - Youth Advocate
  - Advocate for Youth
  - Supportive Adult
- Identify Your Role
- Introduction to Generation NEXT™:  
Sustaining the Youth MOVEment



- ★ **Transition** – Movement from child serving systems and youthfulness to adult serving systems and the responsibilities of adulthood.
- ★ **Youth Advocate** - A young person, typically between the ages of 15-25, who utilizes lived experience to educate, inform, motivate, and inspire others in an effort to create positive systems change.
- ★ **Advocate for Youth** - A young adult, typically between the ages of 25-35, who has transitioned from being a Youth Advocate into a role of advocating for youth involvement across individual, program and system levels. This person may still share personal experience, but focus is on supporting Youth Advocates to utilize their voice as agents of change and creating opportunities for youth voice within systems.

- ★ **Supportive Adult** - An adult ally who supports young people in utilizing their voice in systems change.
- ★ **Lived-Experience** - Past participation in human-serving systems receiving services as a child, youth, or young adult (including but not limited to mental health, child welfare, juvenile justice, and/or special education) or currently or formerly living with a mental health or substance abuse diagnosis.
- ★ **Youth Voice** - The engagement, representation and application of lived experience of young people in program and systems development and implementation.
- ★ **Generation Next™** - Concept that in order to sustain any youth movement, as Youth Advocates transition to Advocates for Youth, it is essential



that there is continuous engagement of the next generation. Key concepts in Generation Next™ are shared events and experiences, mentorship, leadership development, and modeling youth-adult partnerships.

*\*\*Generation Next™ is a trademark of Youth MOVE National, Inc.*



## Stage 1:

### Knowing, Owning and Sharing My Story

- In process or have developed personal ownership over their own story
- Developed and successfully use Self-Advocacy skills
- Have started branching out to help others and sharing story publicly
- \*\*Essential to have supportive adult and receive Strategic Sharing and Trauma Informed Training
- AND to identify what parts of story they are comfortable sharing and which parts need more development

# Resources:

- \* **Strategic Sharing Guide**

<http://www.pathwaysrtc.pdx.edu/pdf/pbStrategicSharingGuide.pdf>

- \* **Strategic Sharing**

<http://www.casey.org/Resources/Publications/pdf/StrategicSharing.pdf>

- \* **Trauma Informed Care**

<http://www.samhsa.gov/nctic/default.asp>

- \* **Trauma Informed Method of Engagement (TIME)**

1. <http://www.youthmovenational.org/tools-and-websites>

2. <http://vimeo.com/69269536>

- \* **Youth Voice in Policy**

[http://www.youthmovenational.org/sites/default/files/pbYouthVoiceInPolicy\\_0.pdf](http://www.youthmovenational.org/sites/default/files/pbYouthVoiceInPolicy_0.pdf)

- \* **Strategic Sharing, Youth Leadership Toolkit**

<http://www.nrcyd.ou.edu/publication-db/documents/youth-leadership-toolkit-strategic-sharing.pdf>

## Stage 2: Beyond Your Personal Advocacy: Being a Resource for Change

- Actively and strategically sharing story publicly to promote positive systems change
- Uses advocacy skills for personal care needs to maintain wellness and recovery
- \*\*Important to become specific on topics where story is most effective
  - Ask: What is my main message? Who would be most likely to change because of my story? Where do I share my story to make the most impact?

## Stage 3: A Fork in the Road: Using Experience Personally or Professionally

- Primary focus of advocacy has fully shifted beyond own story to advocating for larger Youth MOVEment
- Utilizing statistics, policies, best practices and collective stories in addition to own story
- Start to become compensated for time if not already
- \*\*Important to remember that skills developed during this phase (i.e. networking, professionalism, etc) can be transferred to other careers.
  - Ask: How much should I charge? When do I say no? Do I want to do this full time and/or as a career?

# Resources:

- \* **Never Eat Alone** by Keith Ferazzi

- \* **Why Mentors?**

[http://www.mentoring.org/  
about\\_mentor/value\\_of\\_  
mentoring](http://www.mentoring.org/about_mentor/value_of_mentoring)



## Stage 4: Maintaining Personal Identity: Stay True to You

- Struggle with self-identity may be occurring
- What's your role in systems change? If any?
- Maintain sense of self within advocacy work
- Step away from personal story towards advocating for youth populations

## Stage 5: Experience Never Leaves

- Transition has been reached
- Lived experience is always valid and a part of us - advocates or not
- Pair personal experience with current youth voice for effective change
- Remember: A Youth is more than their “story”

# Resources:

- \* The Adolescent Brain**

[http://jimcaseyyouth.org/  
sites/default/files/documents/  
The%20Adolescent%20Brain\\_  
prepress\\_proof%5B1%5D.pdf](http://jimcaseyyouth.org/sites/default/files/documents/The%20Adolescent%20Brain_prepress_proof%5B1%5D.pdf)

## Stage 6: Arrival of an Advocate for Youth

- Understand the needs of adults/systems AND Youth Advocates
- Continued mentorship and support is key
- Challenge: Which role now?
- Generation NEXT™

# Resources:

- \* Guide to Youth Engagement  
[http://www.nrcyd.ou.edu/  
learning-center/publications/  
Youth%20Leadership%20  
Toolkit/All](http://www.nrcyd.ou.edu/learning-center/publications/Youth%20Leadership%20Toolkit/All)

## Stage 7: Becoming Supportive Adults

- Offer themselves as a resource
- May or may not have lived experience
- Maintain confidentiality, respect, allow space, legit connection, be real
- Turn around and give back



# Resources:

- \* **Permanency Pact**

[http://www.nrcyd.ou.edu/  
publication-db/documents/  
permanency-pact.pdf](http://www.nrcyd.ou.edu/publication-db/documents/permanency-pact.pdf)

- \* **Foster Club**

<http://www.fosterclub.com/>

# Questions or comments?

We'd love to hear your feedback!!

<https://docs.google.com/forms/d/1bEAVG8B-E1P2DxPqLNaS3OzE8ePUik2d97P69vjdr60/viewform>

# Thank you!

Email Lacy or Johanna at:

[info@youthmovenational.org](mailto:info@youthmovenational.org)

1-800-580-6199

**Check out the Youth Advocate to Advocate for Youth: The Next Transition**

[www.youthmovenational.org](http://www.youthmovenational.org)

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