

# Strategies for running a successful youth-driven event

Experiences from the  
Portland National Youth Summit



# Agenda

- How to use GoToWebinar
- Rebecca Strachan: Preparing for your event
- Laura Raridan: The Big Event!
- Martin Rafferty: Results of the Youth Summit & sustaining the efforts
- Resources
- Q&A



# How to use GoToWebinar

- Move any electronic handheld devices away from your computer and speakers
- We recommend that you close all file sharing applications and streaming music or video
- Check your settings in the audio pane if you are experiencing audio problems
- During the presentation, you can send questions to the webinar organizer
- Audience members will be muted until Q&A
- During Q&A, you can “raise your hand” if you would like to verbally ask a question
- If you are calling in over the phone, remember to enter your unique audio pin so we can un-mute your line



# Rebecca Strachan

Pathways to Positive Futures

Collaborating with Youth:  
Planning the 2009 Portland  
National Youth Summit



# Goals of the 2009 Portland National Youth Summit

- Invite systems-experienced youth leaders together to create a “Call to Action” that outlines positive solutions to improve the mental health services they receive
- Collaborate with a national consumer youth Board to plan a youth-driven event
- Increase meaningful youth participation in mental health and social services
- Identify for participants ways to improve services, policy, and practices that affect youth directly

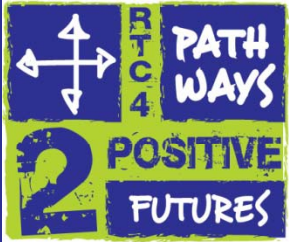


# Hart's Ladder of Youth Participation

## HART'S LADDER OF YOUTH PARTICIPATION



(Adapted from "Ladder of Participation" from "The FreeChild Project Youth Voice Toolbox" [www.freechild.org](http://www.freechild.org))



# Timeline of the Planning Process

October	November	December	January	February
<ul style="list-style-type: none"> <li>• Hired a Youth Summit Coordinator</li> <li>• Recruited Youth Summit Board members</li> </ul>	<ul style="list-style-type: none"> <li>• Planned first conference call</li> </ul>	<ul style="list-style-type: none"> <li>• Youth Summit Board conference call 1 &amp; 2</li> <li>• Began brainstorming Summit goals and intended outcomes</li> </ul>	<ul style="list-style-type: none"> <li>• Conference call 3 &amp; 4</li> <li>• Drafted participant applications</li> <li>• Began advertisement of the event</li> </ul>	<ul style="list-style-type: none"> <li>• Conference call 5 &amp; 6</li> <li>• Circulated electronic survey about possible Youth Summit themes</li> </ul>

March	April	May	June
<ul style="list-style-type: none"> <li>• Circulated Youth Summit participant applications</li> <li>• Continued advertising for event</li> </ul>	<ul style="list-style-type: none"> <li>• Conference call 7</li> <li>• Participant application deadline</li> <li>• Reviewed applications</li> <li>• Notified Youth Summit participants and scholarship recipients</li> </ul>	<ul style="list-style-type: none"> <li>• Conference call 8 &amp; 9</li> <li>• Secured flights for scholarship recipients</li> <li>• Planned pre-Summit event</li> <li>• Brainstormed icebreakers for event</li> </ul>	<ul style="list-style-type: none"> <li>• Conference call 10</li> <li>• Assigned roles and tasks to Board members</li> <li>• Finalized event agenda</li> <li>• The event!</li> </ul>



# Collaborating with the Youth Summit Board

Our goal was to support the Board's success in planning and facilitating the Youth Summit

- Conference calls
- Electronic correspondence: Email, Myspace, Google website
- Board created requirements of Youth Summit Board membership
- Challenges of coordinating a national board

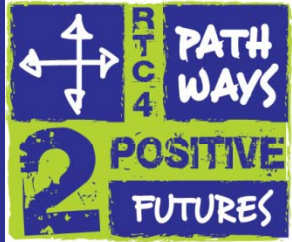




# Collaborating with the Youth Summit Board: Strategies

## Delegating tasks to youth Board members

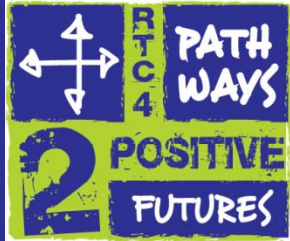
- Ask youth up front how much they are able to contribute in time, phone calls, and electronic correspondence
- Get to know your youth Board's interests: find out what excites the youth and what they feel confident and eager to add to the project
- Provide the Board with a list of task options varying from simple (but important!) tasks to more complicated and time consuming tasks. Members can choose what to take on.
- Encourage youth member to share where they are mentally and physically. This allows you to not only support the youth's participation, but allows for reassignment of tasks.
- Be flexible, but hold youth accountable as colleagues at the same time.



# Laura Raridan

Youth MOVE National Board Member and Executive Director of  
Creswell Clubhouse

## The Big Event!



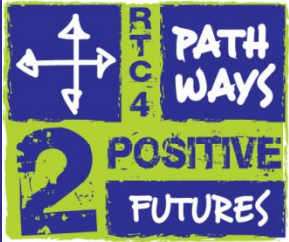
# The Big Event!

- Goals of the Youth Summit
  - Create a welcoming, respectful, youth-driven event
  - Maintain a “safe space” for youth to express their ideas and experiences
  - Provide opportunities for participants to contribute at whatever level they felt comfortable



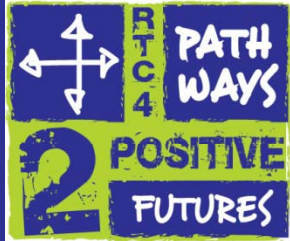
# The Big Event!

- Sunday Welcome Celebration
  - Evening, open house style
- Monday morning
  - Breakfast & welcome
  - Community norms/ground rules
  - Icebreakers
  - Experience discussion groups
    - Small groups
    - Identify three areas for change
  - Presentation of priorities (dot exercise for voting)



# The Big Event!

- Monday afternoon
  - Lunch
  - Afternoon stretch
  - Action Coalitions
    - Small groups
    - One for each topic identified in the priorities
  - Call to Action presentations
  - Guest speakers and Recognition Ceremony



# What Worked

- Getting comfortable with the group
  - Spending a significant amount of time on icebreakers
  - First discussions were about personal experiences
- Mixing it up
  - Both small and large group activities
  - Interactive agenda



# What Worked

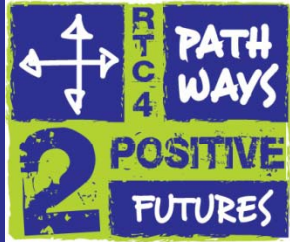
- Youth-led discussions
  - Allies there to support
- Other
  - Food!
  - Toys/paper on tables/fidget-friendly



# Challenges

- Group size
  - Some small groups/breakouts too small
  - Importance of providing funds for youth to be able to come
- Properly prepared youth
  - Were not trained facilitators
  - Inconsistent facilitation skills across small groups





# Challenges

- Long day!
  - Early start time
  - Low energy towards end of Call to Action reports
  - Attrition after lunch
- Overly ambitious?
  - Too many topic areas to cover



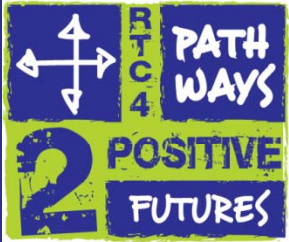
# Martin Rafferty

Results of the Youth Summit and  
Beyond



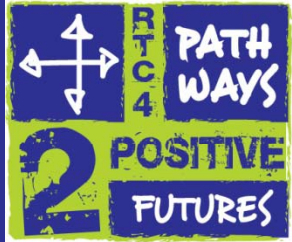
# Youth Summit Results

- Five priorities identified
  1. Drafting a Mental Health Youth Bill of Rights
  2. Increasing the use of individualized and youth-directed care plans
  3. Supports for youth transitioning from child to adult services
  4. Increasing awareness of medication and treatment options
  5. Creating opportunities for peer-to-peer supports



# Mental Health Youth Bill of Rights

- Chosen as the priority to continue
  - Received feedback from various social networking sites
  - Revised the Bill based on feedback
  - Current status
    - YouthMOVE Oregon
    - Oregon Addictions and Mental Health (AMH) Proclamation



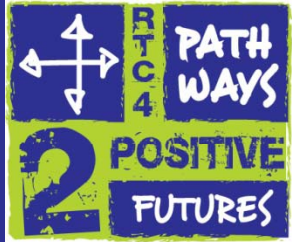
## After the Summit

- Presentations at the Building on Family Strengths Conference
- Final Report
- Finding ways to support and continue the Mental Health Youth Bill of Rights



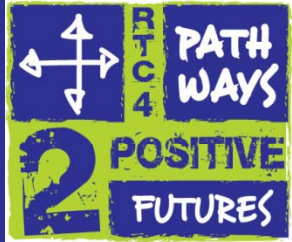
**Kris Gowen**

Pathways to Positive Futures



# Challenges to Sustainability

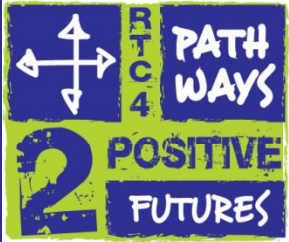
- One-time Summit
  - Hard to keep in touch with Summit participants
- Funding expired
  - Challenge of finding organizations to support the priorities



# Resources

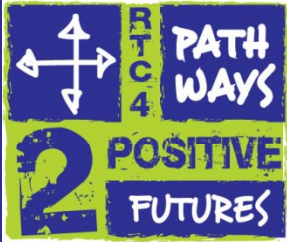
- Youth Summit Report
  - <http://www.rtc.pdx.edu/PDF/pbYouthSummitReport.pdf>
- Mental Health Bill of Rights
  - <http://www.pathwaysrtc.pdx.edu/speakout/so66youthbor.php>
- YouthMOVE National
  - <http://www.youthmove.us/>
- Pathways to Positive Futures
  - <http://www.pathwaysrtc.pdx.edu/>





## Q&A

- Hand raising enabled
  - We will unmute you when it is your turn to speak
  - If you are calling in over the phone, remember to enter your unique audio pin so we can unmute your line
- Can send question through text



# Acknowledgments/Funders



The development of the contents of this presentation were supported by funding from the National Institute of Disability and Rehabilitation Research, United States Department of Education, and the Center for Mental Health Services Substance Abuse and Mental Health Services Administration, United States Department of Health and Human Services (NIDRR grant H133B990025). The content does not represent the views or policies of the funding agencies. In addition, you should not assume endorsement by the Federal Government.

