



Promoting Support from Family, Peers, and Mentors

Module 9 Resources

Resources for Youth and Families

Active Minds is a student-led organization with 600 chapters on college campuses across the U.S. that works to change perceptions of mental health and engage in support and advocacy.

<http://www.activeminds.org>

CBH Knowledge Center's Young Adult Peer Mentoring Practice Profile describes six core elements that reflect the practice level work of young adult peer mentors (YAPM) who share their lived experience of mental health challenges with purpose with the intent to inspire hope and motivation in a young adult who is struggling with similar concerns.

<https://www.cbhknowledge.center/young-adult-peer-mentoring-overview>

Federation of Families for Children's Mental Health (FFCMH) is a nationwide advocacy organization for families.

<https://www.ffcmh.org>

FFCMH Resources for Youth and Families:

- <https://www.ffcmh.org/resources-parentsandcaregivers>
- <https://www.ffcmh.org/resources-youth>

FREDLA is the Family Run Executive Director Leadership Association (FREDLA) serves as the national representative and advocate for family-run organizations and their executive directors, and supports effective stewardship of family-run organizations.

<https://www.fredla.org>

- FREDLA (2019). Meeting the needs of ALL families.
https://www.fredla.org/wp-content/uploads/2019/04/NeedsOfAllFamilies_FINAL_SCR-1.pdf
- FREDLA's List of Family Run Organizations by State.
https://www.fredla.org/wp-content/uploads/2019/02/FRO-List-At-a-glance-2_2019.pdf

Half of Us works to raise awareness about the prevalence of mental health issues and connect students with appropriate resources to get help.

<http://www.halfofus.com/about-half-of-us>

International Association for Youth Mental Health is a collaborative and advocacy organization focused on improving supports for young people with mental health needs across the world.

<https://www.iaymh.org>

The Jed Foundation is a nonprofit that exists to protect emotional health and prevent suicide among teens and young adults.

<https://www.jedfoundation.org>

- Jed Foundation. *Set to go: Your guide to the transition from high school to college and adulthood.*
<https://www.settogo.org>

NAMI is a nation-wide grassroots mental health organization dedicated to improving the lives of people who suffer from mental illness through education, advocacy and support through local chapters and online resources.

<https://www.nami.org>

NAMI support for youth and young adults.

<https://www.nami.org/Find-Support/Teens-and-Young-Adults>

- **NAMI on Campus** groups are local groups formed to raise mental health awareness and reduce stigma on campus through peer led activities and education:
 - **On college campuses.**
<https://namica.org/nami-on-campus-college-program>
 - **On high school campuses.**
<https://namica.org/upcoming-events/nami-on-campus/high-school-clubs>
- **NAMI's OK2TALK** is designed to create a community for teens and young adults struggling with mental health problems and encourages them to share their personal stories of struggle, hope, and recovery.
<https://ok2talk.org>

Pacer Center Champions for Children with Disabilities (PACER) provides resources to help families make decisions about education/services for their child or young adult with disabilities.

- National Parent Center on Transition and Employment. (2017). *Transition planning tips for linguistically and culturally diverse youth with disabilities.*
<https://www.pacer.org/parent/php/PHP-c250.pdf>
- Pacer's National Parent Center on Transition and Community Resources and Partners. *Who is able to help?*
<https://www.pacer.org/transition/resource-library/publications/NPC-6.pdf>
- National Parent Center on Transition and Employment. (2015). *Parent tips for transition planning.*
<https://www.pacer.org/transition/resource-library/publications/NPC-34.pdf>

PFLAG is a national organization with local chapters that provides support education, and advocacy on behalf of LGBTQ people.

<https://pflag.org/about>

Pillars of Peer Support is designed to develop and foster the use of Medicaid funding to support Peer Support Services in state mental health systems of care.

<http://www.pillarsofpeersupport.org>

TeenMentalHealth.org is a Canadian organization developed to enhance the understanding of adolescent mental health and mental disorders by the effective transfer of scientific knowledge into training programs, publications, tools and resources.

<http://teenmentalhealth.org>

Transition Year is a site for assisting youth to deal with emotional issues while preparing for and being successful in college.

<http://www.transitionyear.org>

Trevor Project is a national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25.

<http://www.thetrevorproject.org>

ULifeline is an anonymous, confidential, online resource center where young people in college can be comfortable searching for the information they need regarding emotional health.

<http://www.ulifeline.org>

Youth and Family Training Institute Pennsylvania. Young adults are trained and supervised to provide support to and advocacy for youth, as well as helping them to find their voice and connect to others.

<http://www.yftipa.org>

Youthbeyondblue aims to empower young people aged 12–25, their friends and those who care for them to respond to anxiety and depression by providing online information and support.

<https://www.youthbeyondblue.com>

Youth Empowerment Support (YES). Through integrating valued personal experience in mental health, child welfare and probation services, YES provides opportunities and trainings for community and system transformation as well as direct support, groups, and leadership opportunities for young people at risk of, in, or emancipating out of system services.

<https://www.youthempowermentsupport.com>

Youth M.O.V.E National is a youth-led national organization with local chapters devoted to improving services and systems that support positive growth and development by uniting the voices of youth and young adults who have lived experience in the mental health, juvenile justice, education, and/or child welfare systems.

<http://www.youthmovenational.org>

Online Information and Resources

Delman, J., & Klodnick, V. V. (2017). *Effectively employing young adult peer providers: A toolkit*. University of Massachusetts Medical School Transitions to Adulthood Center for Research. <https://www.umassmed.edu/TransitionsACR/publication/effectively-employing-young-adult-peer-providers---a-toolkit>

Munson, M. R., & Railey, J. (2016). Mentoring for youth with mental health challenges. *National Mentoring Resource Center Research Review*, 1-23. [http://nationalmentoringresourcecenter.org/images/PDF/Mental Health Population Review.pdf](http://nationalmentoringresourcecenter.org/images/PDF/Mental_Health_Population_Review.pdf)

Substance Abuse and Mental Health Services Administration (SAMHSA). Recovery and Recovery Support. <https://www.samhsa.gov/find-help/recovery>

Parent/Professional Advocacy League (2015). *Moving to young adult life: A legal guide for parents of youth with mental health needs*. <http://ppal.net/wp-content/uploads/2011/01/Legal-guide-single-page-all-for-web.pdf>
(Note that this guide includes information for youth and young adults and their families in all states; some of the information is specific to Massachusetts.)

Utah Chapter Parent Center (2013). *From 'no' where to 'know' where: A parent handbook for the transition to adult life*. [https://www.pathwaysrtc.pdx.edu/HTItoolkit/files/08-Family Support and Roles/2-System Navigation/A.From No Where to Know Where-A Parent Handbook for the Transition to Adult Life.pdf](https://www.pathwaysrtc.pdx.edu/HTItoolkit/files/08-Family_Support_and_Roles/2-System_Navigation/A.From_No_Where_to_Know_Where-A_Parent_Handbook_for_the_Transition_to_Adult_Life.pdf)

Resources from the Research and Training Center for Pathways to Positive Futures

Friesen, B., & Koroloff, N. (2018). *Housing and transition: Meeting the needs of young adults with mental health conditions*. Portland, OR: Research and Training Center for Pathways to Positive Futures, Portland State University. <https://www.pathwaysrtc.pdx.edu/pdf/proj-4-SPAC-housing-transition.pdf>

Jivanjee, P., Brennan, E., Sellmaier, C., & Pathways Transition Training Collaborative. (2012). *Strengthening family support for young people with mental health needs in the transition to adulthood: A tip sheet for service providers*. <https://pathwaysrtc.pdx.edu/pdf/projPTTC-FamilySupportTipSheet.pdf>

Jivanjee, P., Brennan, E., Sellmaier, C., & Pathways Transition Training Collaborative. (2015). *Fortalecimiento de apoyo familiar para jóvenes con necesidades de salud mental en la transición a la edad adulta: Una hoja de consejos para proveedores de servicios*. <https://pathwaysrtc.pdx.edu/pdf/projPTTC-Family-Support-TipSheet-Spanish-02-2015.pdf>

Miller, R., Blakeslee, J., & Hope, B. (2018). *Supporting college student success through connections to mentors and campus champions: A strategy brief for campus-based mentors and other student support programs.*

<https://www.pathwaysrtc.pdx.edu/pdf/proj-1-FUTURES-student-success-mentors-campus-champions.pdf>

Pryce, J., Kelly, M., & Keller, T.E. (2017). What makes mentoring effective? How research can guide you in selecting a program. *Focal Point: Research, policy, and practice in children's mental health, Youth, Young Adults, & Mental Health. Community Integration: State of the Science, 21(2), 19-21.*

<https://www.pathwaysrtc.pdx.edu/pdf/fpS0707.pdf>

Raymaker, D.M., Rija, M., Sale, T., Wall, C., Cohrs, N., & Gould, V. (2019). *Important information for parents and friends of young people experiencing psychosis.* Portland, OR: Research and Training Center for Pathways to Positive Futures, Portland State University.

<https://www.pathwaysrtc.pdx.edu/pdf/proj-2-EASA-Tips-for-Family-and-Friends.pdf>

Research and Training Center for Pathways to Positive Futures and Youth and Family Training Institute. (2013). *Implementing the peer support specialist role: Youth peer support in Wraparound.*

<https://pathwaysrtc.pdx.edu/pdf/proj4-Youth-Peer-Support-Case-Study.pdf>

Research and Training Center for Pathways to Positive Futures and Youth and Youth Empowerment Support Program. (2013). *Implementing the peer support specialist role: Providing direct, individualized support in a local program.*

<https://pathwaysrtc.pdx.edu/pdf/proj4-YES-Peer-Support-Case-Study.pdf>

Research and Training Center for Pathways to Positive Futures and YouthMOVE Oregon. (2014). *Implementing the peer support specialist role; Peer support in a youth-led drop-in center.*

<https://pathwaysrtc.pdx.edu/pdf/proj4-YMO-peer-support-case-study.pdf>

Walker, J. S., Baird, C., & Welch, M.-B. (2018). Peer support for youth and young adults: An outline of the state of the science. *Focal Point: Youth, Young Adults, & Mental Health. Community Integration: State of the Science, 32, 5-7.*

<https://www.pathwaysrtc.pdx.edu/pdf/fpS1802.pdf>

Walker, J. A. & Pearson, M. (2018). A screeching halt: Family involvement when a youth turns 18. *Focal Point: Youth, Young Adults, & Mental Health. Community Integration: State of the Science, 32, 22-25.*

<https://www.pathwaysrtc.pdx.edu/pdf/fpS1809.pdf>

Winges-Yanez, N., & Walker, J. S. (2013). Defining, supporting, and sustaining the peer support specialist role: FAQ.

<https://pathwaysrtc.pdx.edu/pdf/proj4-peer-support-FAQ.pdf>