



## Engaging Youth in Treatment: Advice for Mental Health Service Providers: Questions for Applications in Practice

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The following questions are designed to help you think about how you could apply the ideas from Dr. Ajit Jetmalani and Martin Rafferty's video on engaging youth in mental health treatment in your work. Ideally, discuss the video and your thoughts about it with a supervisor or co-worker and consider the following questions:

1. To engage youth in mental health care, Dr. Jetmalani and Martin Rafferty emphasize the importance of **treating youth with respect**.
  - What are some specific ways you communicate respect to the young people you work with?
  - What could you do to increase your respectful attitude and behaviors?
2. **Staying attuned to youth messages** requires shutting out intrusive thoughts and prior assumptions to focus on the meaning of what the young person is trying to communicate and the feelings behind it.
  - What could you do differently to strengthen your attunement?
  - Dr. Jetmalani suggests checking in with young people to make sure you are getting the messages they intend to send. What are some of the ways in which you check in about their thoughts and feelings?
3. How do you typically assist youth in exploring challenges, strengths, and options?
  - What are some ways you could increase **shared exploration** of challenges and strengths to increase your understanding of the youth's perspective?
  - How do you partner with youth to generate ideas about options?
4. Think of a young person you worked with recently.
  - What were their **hopes and dreams**?
  - How can you increase the ways that youth hopes and dreams guide your work together?



## Resources on Engaging Youth in Treatment: Advice for Mental Health Service Providers

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