

Questions for Applying Information from Supporting Young People as They Form Healthy Adult Relationships to Your Work

We have designed the following questions to help you apply the ideas highlighted in Pathways Transition Training Video Brief 8 to your work with young people of transition age. Dr. Kris Gowen of Oregon Health & Science University discussed ways in which service providers can support young people with mental health needs as they form relationships with peers and other adults. The brief training emphasizes supporting the young people's emotional and physical health, identifying ways to promote safety in relationships, and helping young people to find local resources. Ideally, discuss the video and your thoughts about it with a supervisor or co-workers and consider the following questions:

1. What approach do you use to help young people to form and maintain healthy and supportive relationships with other adults?

- How does your approach differ depending on the setting of these relationships (workplace, educational setting, community organizations, social groups)?
- What difficulties have the young people encountered when they have disclosed their mental health challenges to those they have become close to? How have you supported them in these difficulties, particularly when they have experienced stigmatization?

2. When a young person discloses that they have been involved in an intimate relationship, Kris Gowen recommends listening without judging. What have you done to develop your capacity to listen without judging?

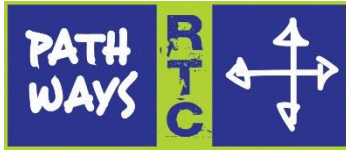
- What are some of the ways in which you encourage young people to strive for emotional and physical health as they engage in intimate relationships?
- Have you ever become concerned about possible abuse in a young person's closest relationships? How have you talked about your concerns with the young person, and what was the outcome?

3. If you have immediate safety concerns about a relationship a young person is in, how do you handle safety issues?

- How do you support young people as they confront emotional safety issues? Physical safety issues?
- How do you work with other service providers to insure a young person's safety?
- If you are a mandatory reporter, and you suspect abuse may be going on with a youth, what procedures do you have in place to report the abuse, and ensure physical safety for the youth?
- How do you discuss your decision to report abuse with the youth?

4. What are the resources in your local community that can help young people deal with issues of sexual health and physical safety?

- How do you go about finding resources that young people would find acceptable?
- How do you share these resources with the young people you serve?



Resources for Applying Information from Supporting Young People as They Form Healthy Adult Relationships to Your Work

Act for Youth. (2018). *Helping youth build relationship skills*. Ithaca, NY: ACT for Youth Center for Community Action [website with program activities, curricula and resources for young people]. http://actforyouth.net/sexual_health/community/adulthood/relationships.cfm

Children's Bureau. (2015). *Mandatory reporters of child abuse and neglect*. Child Welfare Information Gateway website. <https://www.childwelfare.gov/pubPDFs/manda.pdf>

Futures Without Violence (2013). Promoting healthy teen relationships: Preventing teen dating violence [webinar description and slides]. National Health Resource Center on Domestic Violence, Futures Without Violence.

<https://www.futureswithoutviolence.org/promoting-healthy-teen-relationships/>

Focal Point. (2011). *Healthy relationships*. <http://www.pathwaysrtc.pdx.edu/pdf/fpS11.pdf>

Gowen, L. K. (2011). How mental health challenges impact the sexual and relational health of young adults. *Focal Point*, 25 (1), 15-18. <https://www.pathwaysrtc.pdx.edu/pdf/fpS1106.pdf>

Gowen, L. K., & Aue, N. (Eds.) (2011). *Sexual health disparities among disenfranchised youth*. Portland, OR: Public Health Division, Oregon Health Authority, and Research and Training Center for Pathways to Positive Futures, Portland State University. <http://www.pathwaysrtc.pdx.edu/pdf/pbSexualHealthDisparities.pdf>

Mental Health America. (2018). *Connect with others* [webpage with resource links]. <http://www.mentalhealthamerica.net/connect-others>

National Bullying Prevention Center. (2018). PACER: National Bullying Prevention Center [website with resources]. <https://www.pacer.org/bullying/>

National Alliance on Mental Illness (NAMI): Friendship and mental health. <http://www.nami.org/Find-Support/Teens-Young-Adults/Friendship-and-Mental-Health>

Office of Adolescent Health. (2018). Healthy dating relationships in adolescence [website with resources]. U. S. Department of Health and Human Services, Office of Adolescent Health. <https://www.hhs.gov/ash/oah/adolescent-development/healthy-relationships/dating/index.html>

Office of Mental Health. (n.d.). Transition age youth relationships and sexual health. New York State, Office of Mental Health [website with resource links]. https://www.omh.ny.gov/omhweb/consumer_affairs/transition_youth/resources/sexual_health.html

Pathways Transition Training Partnership. (2016). *Module 7: Developing healthy relationships* [online training module featuring Kris Gowen]. <https://www.pathwaysrtc.pdx.edu/pathways-transition-training-modules#>

Weissbourd, R., Anderson, T. R., Cashin, A., & McIntyre, J. (2017). *The talk: How adults can promote young people's healthy relationships and prevent misogyny and sexual harassment*. Cambridge, MA: Harvard University Graduate School of Education, Making Caring Common Project.
https://mcc.gse.harvard.edu/files/gse-mcc/files/mcc_the_talk_final.pdf

Wildsmith, E., Barry, M., Manlove, J., & Vaughn, B. (2013). Dating and sexual relationships. *Child Trends*, Publication #2013-04.
<https://www.childtrends.org/wp-content/uploads/2013/10/2013-04DatingSexualRelationships.pdf>