

2023-2024

PEERS' TEENS AND YOUNG ADULTS



TYA



ALAMEDA COUNTY
EVERYONE COUNTS
CAMPAIGN



TABLE OF CONTENTS



- **Overview: 1-5**
- **Paid Opportunities and Benefits: 5-6**
- **Program Calendar: 7**
- **PEERS Mission, Vision, Values: 8**
- **PEERS' Programs: 9**
- **Peer & Youth Led Mental Health Q&A: 10-11**
- **Connect with TYA Program: 12**



OVERVIEW

PEERS Teens And Young Adults (TYA) is a youth-driven and peer-centered program serving Alameda County Youth ages 16-24. Our mission is to support and provide opportunities for teens and young adults to strengthen their personal and professional skills while developing leadership experience that can enhance their transition into adulthood.

Within our program, we have our Youth Collective, Circle Up, and our Appointment Services.



Through Youth Collective we promote youth leadership at every level and guarantee a seat at the table.

Circle Up reignites holistic health and wellness opportunities.

Our Appointment Services extend additional 1 on 1 support for resumes, cover letters and overall peer support.



TYA



OVERVIEW-TYA SERVICES

YOUTH COLLECTIVE

Youth Collective is a youth leadership and community engagement fellowship open to teens or young adults ages 16-24 who live in Alameda County, CA. Youth become leaders in the community through hands-on, youth-led projects focusing on social justice and youth empowerment while engaging in education, training, creative expression and community action to advance solutions that center youth voice.

Youth engage in holistic wellness education identifying the dimensions of what it means to be well and addressing the communal empowerment and collectivity of being well together. Topics addressed include mental health, substance use, career exploration, professional development, and financial literacy.

Members build community, develop leadership skills, get connected to resources, get paid a monthly stipend, and get career support including letters of recommendation and positive references.



TYA



PEERS

Overview-TYA Services

CIRCLE UP

This is a casual, social space for young people to meet new people, socialize, and engage in wellness activities with peers. Youth engage in affirming and empowering spaces that promote healing and taking care of ourselves in community. We'll have wellness workshops, expressive arts activities, events in the community, and spaces for advocacy discussions.

APPOINTMENT SERVICES

We offer free one-on-one appointment services open to the community. We provide one-on-one peer support around resume building, job searching, and mentoring. Our appointment services are available weekly on Thursdays.

Overview-TYA Services



WELLNESS WORKSHOPS

We offer empowering and educational wellness workshops free and open to the community. Workshops are tailored to meet the needs and wants of your specific community. Our Wellness Workshop topics are centered on the Five Pillars of Care developed by Alameda County Behavioral Health (ACBH) Child and Young Adult System of Care. Topics can include mental health, wellness, substance use, community empowerment and more.

For more information, to apply, or request our services go to:

<https://linktr.ee/peers.teens.and.youngadults>



TYA



Overview-5

Pillars of Care



TYA

Mental & Physical Wellness

We educate youth on whole health from the 8 Dimensions of Wellness to creating a Wellness Recovery Action Plan (WRAP). We create spaces and promote open dialogue for young people to discuss mental and holistic health.

Housing

We provide housing education and connection to resources that support obtaining and maintaining stable housing as young people.

Education & Vocation

We support youth to identify educational, vocational and entrepreneurial goals and provide support to navigate the educational system with an emphasis on connection to resources that support success.

Career & Financial Wellness

We provide tools for career exploration and navigation that support reaching employment goals through work readiness training, interviewing skills, job search support, and more.

Community Connections

We help TAY navigate the TAY Systems of Care (foster, carceral, health, etc) by identifying support systems and linking our peers to resources and communities of support within and outside Youth Collective.

Paid Opportunities & Benefits



For the year 23-24, we're prioritizing community uplifting, collective healing, and centering youth voice. We're committed to creating supportive and safe spaces where youth can be creative and explore ways to practice holistic wellness.

Our programs are rooted in holistic health for all, supporting peers, and strengthening skills and leadership to support the transition into adulthood.

Our Youth Collective Fellowship supports the whole person through trainings and education around the 5 pillars of care. We strengthen the development of leadership by offering co-facilitating opportunities. Members can co-facilitate groups, wellness workshops, and statewide conferences, developing presentation and storytelling skills as well as advocating for themselves in decision-making spaces.

Through our trainings and education, our members will have the tools, knowledge, and resources around Mental Health & Wellness, Education/Career Exploration, Housing, Community Resources, and Financial Literacy to create sustainable plans to strengthen their transition into adulthood.



TYA



Paid Opportunities & Benefits



Our members will get opportunities to exercise their creativity through media design, inform peers of prevalent mental health and wellness topics in a way that is intentional and supportive, attend events that will enrich community building and networking, and lead social spaces for other peers.

Our Youth Collective members receive monthly stipends and grocery gift cards for attending any of our meetings. Members will also receive stipends for co-facilitating groups, workshops, and conferences as well as get paid for the preparation that goes into it.

We hope to support our members in their professional endeavors through career support and mentoring with our monthly appointment services as well as offering to support with letters of recommendation and positive references.

As we grow and expand our program, we hope to continue to gather and incorporate feedback from youth, our members, and the community so we can continue to amplify the voices and needs of young people and stay true to our youth program mission.



TYA





Program Calendar

subject to change

September

9/6 Youth Collective:

Welcome, Overview, and Activity

9/20 Youth Collective: Mental Health & the 8 Dimensions of Wellness

October

10/4 Youth Collective: Job Searching, Resume Building, and Interviewing 101

10/18 Youth Collective: Glow Up Together Workshop Part 1

November

11/1 Youth Collective: Glow Up Together Workshop Part 2

11/ 15 Youth Collective: Glow Up Together Workshop Part 3

December

12/6 Youth Collective: College and Vocation Education

12/20 Youth Collective: Community Building and Visioning for 2024



TYA



PEERS Mission, Vision, & Values

We are a diverse community of people with mental health experiences.

Our Mission

PEERS is a diverse community of people with mental health experiences. Our mission is to promote innovative peer-based wellness strategies. We create culturally-rich, community-based mental health programs that honor diverse experiences and eliminate stigma and discrimination.

Our Vision

We envision a world where people can freely choose among many mental health options that address the needs of the whole person. We see a future where people with mental health experiences are valued for their essential contributions to society.

Our Values

Hope, Collaboration, Strengths-based, Cultural Responsiveness, Lived Experience, Peer support, Social Inclusion, Self-determination, Empowerment, and Personal Responsibility.



TYA



PEERS

PEERS

Programs



Support/Empowerment Groups

- Wellness Recovery Action Plan® (WRAP®)
- Buried in Treasure (BiT)
- Special Messages
- Healing Arts
- PEARLS

Community Outreach Programs

- Lift Every Voice and Speak Speakers Bureau (LEVS)
- ECC Anti-Stigma Campaign (BWR/AAPI/Latinx)
- Hope & Faith



Educational/Training Programs

- PEERS Teens & Young Adults (TYA)
- Wellness Workshops
- Youth Collective



TYA

Peer & Youth Led Mental Health Q&A

What is Peer Support?

Peer Support can be defined as offering presence, care, emotional support, knowledge, skills, assistance, and resources to help other peers. Peer Supporters offer services through a lens of lived experiences. For example, our TYA program is led by peers who have lived mental health experiences and who are in the age range 16-24, sharing a space with others who are in the same stage of life.

Why is Peer Support Important?

Peer Support challenges the forced nature of the mental health system and provides a form of healing, community, and care relationship.

Peer & Youth Led Mental Health Q&A

Why are youth-led mental health discussions important?

Young people are the experts on their experiences. By having spaces that are youth and peer-led, youth get to take back power in the systems they are involved in every day as well as contribute to reducing the stigma that surrounds mental health in our communities.

Often, older adults make the decisions for younger people when in reality, if we want competent mental health and wellness solutions decisions makers need to listen to young people, learn about the experiences and realities they face, and understand the needs of young people.



TYA



CONNECT WITH US!

FOLLOW US ON INSTAGRAM: @PEERSTYA

EMAIL US: TAY@PEERSNET.ORG

VISIT OUR WEBSITE:

[HTTPS://WWW.PEERSNET.ORG/TRANSITIONAL-AGE-YOUTH---TAY.HTML](https://www.peersnet.org/transitional-age-youth---tay.html)

VISIT OUR LINKTREE:

[HTTPS://LINKTR.EE/PEERS.TEENS.AND.YOUNGADULTS](https://linktr.ee/peers.teens.and.youngadults)



Ana Agredano

she/her

Program Coordinator

aagredano@peersnet.org



Angel Carrasco

they/them

Program Assistant

acarrasco@peersnet.org



TYA

