

22-23 IMPACT REPORT



TYA

Our Framework

The TYA Program is a program of Peers Envisioning & Engaging in Recovery Services (PEERS). We are a youth-driven and peer-centered program serving Alameda County youth. Our work is rooted in the belief that all youth are deserving and have the capability to develop self-fulfilling lives. Our mission is to support and provide opportunities for teens and young adults to develop leadership experience while addressing mental health and holistic wellness.

We utilize the Five Pillars of Care framework developed by Alameda County Behavioral Health (ACBH) Child and Young Adult System of Care to guide our work in supporting youth's holistic wellness.



ALAMEDA COUNTY
EVERYONE COUNTS
CAMPAIGN

**Mental &
Physical
Wellness**

Housing

5

PILLARS

OF

CARE

**Education
& Vocation**

**Career &
Financial
Wellness**

**Community
Connections**

HIGH LEVEL IMPACT



More partnerships, collaborations, and community engagement with youth serving organizations and entities through:
wellness workshops
community events
conferences

Increase in youth served through TYA's Youth Collective.



Increase in youth's community engagement through wellness & resource fairs, conferences, and peer wellness workshops.

Of youth reported feeling empowered to make supportive decisions about their mental health and well-being.



Of youth reported feeling more hope and reduced stigma around mental health.

YOUTH COLLECTIVE

At PEERS, we are committed to the ongoing work of addressing community needs and difficulties youth experience transitioning into adulthood.



Our work is rooted in developing spaces that address holistic wellness through *all* dimensions of wellness while acknowledging the intersectionalities of race, class, and gender that youth experience.

Our Youth Collective program serves as a peer-led and youth-centered community. Youth engage in wellness education ranging from identifying personal wellness to addressing the communal empowerment and collectivity of being well *together*.

YOUTH COLLECTIVE WORKSHOP HIGHLIGHTS

This year, The TYA Program presented a workshop at the California Mental Health Advocacy for Children and Youth (CMHACY) 43rd annual conference.

The workshop was titled **Youth Perspectives: Eliminating Mental Health Stigma in Educational Systems** where youth members pulled from their own past and present experiences as teens and young adults to speak on their concerns and visions for a better future where mental health and wellness support is prioritized in educational systems.

Hear from the participants that attended the workshop including service providers, advocates, leaders, and community members:

"[I learned] ways to support youth within my community and the importance of a safe space for youth within the education system"

"[I learned] the importance of mental health support for our youth at school"

"Youth are our hope!"

"Our Youth have the answers"

WORKSHOP HIGHLIGHTS

Throughout the year, Youth Collective held workshops for youth to build on their personal and professional skills with an emphasis on cultivating holistic wellness.

Read more about youth's favorite workshops this year!

Retirement 101

In this workshop, youth were introduced to the topic of retirement.

"The most impactful thing I learned was about retirement plans. I was ignoring that aspect of my life because I felt that it was so far away, but now I realize that we have to prepare right now so that we can have enough money in the future."

Youth Collective Member, age 24

Healing Session For Youth

In this session, youth explored the dimensions of wellness and practiced yoga as a means for healing and relaxation. This session was focused on healing, holistic wellness, and community building.

WORKSHOP HIGHLIGHTS

Wellness Recovery Action Plan (WRAP)

This year, youth participated in a 6-week educational journey to deepen their personal awareness and control over their mental health. Members were able to create personalized wellness plans to support them in their goals.

"I would describe it as illuminating and teaching moments, it was very helpful and I was able to be more in touch with myself and my feelings with everything I've learned"

Youth Collective Member, age 20



This year, Youth Collective members were offered opportunities to join us at community events as a chance to connect with youth across the Bay Area and extend resources, support, and care to our community.

YOUTH IMPACT

"[Youth Collective] was incredibly helpful, it helped me realize that there are ways I can help myself in times of crisis and stress. I also realized that there are also other people who go through similar things as me so I don't feel alone."

Youth Collective Member, age 20

"[Youth Collective] improved my confidence by giving me opportunities to learn and participate. Also all the knowledge gained as well as support provided allows me to feel more confident in my daily life because I feel more prepared as a functioning member of society."

Youth Collective Member, age 22

"[Through Youth Collective], I developed more awareness around myself and what I need to keep me grounded and calm."

Youth Collective Member, age 17

"We would talk with each other exploring, expressing, and evolving your sense of your experience and what you value, by meeting yourself and the people in your community where you are."

Youth Collective Member, age 18

"I met a lot of new friends through Youth Collective and received so much positivity."

Youth Collective Member, age 24

LOOKING FORWARD: OUR PRIORITIES

Partner with high schools, colleges, and other spaces where youth can be provided accessible, inclusive, and culturally responsive mental health and wellness support.

Promote intersectional, restorative justice, and community centered approaches to support transitional age youth in all systems of care (child welfare, mental health, schools, juvenile justice and health care agencies).

Cultivate safe community spaces for teens and young adults to come together as peers in accessible ways.

Improve and create accessible ways for youth to advocate and for youth voice to be represented in spaces where decisions are made.

Nothing about us without us.



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