

# PEERS TEENS AND YOUNG ADULTS

2022-2023



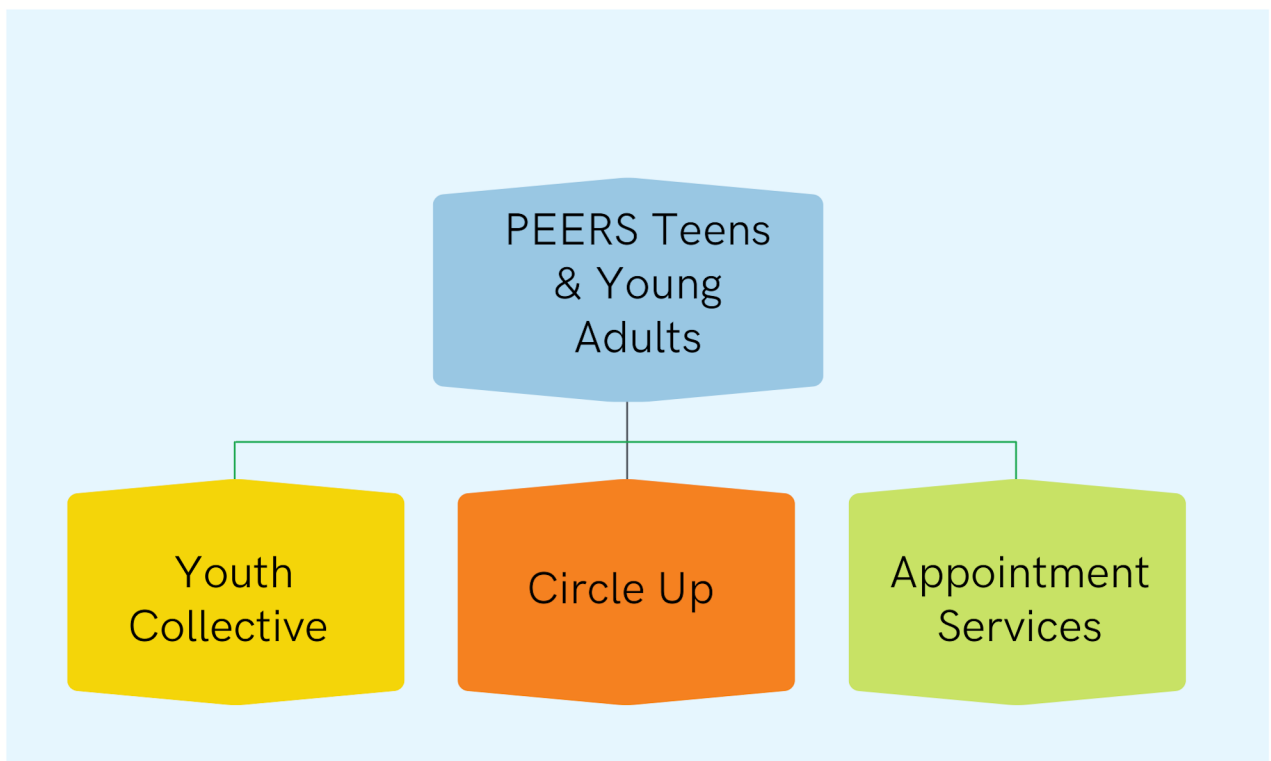
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# Overview

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.



# Overview-TYA Services

## Youth Collective

We are a youth program open to any teen or young adult age 16-24 who lives or works in Alameda County, CA. Our program is a peer-led and youth-centered community offering education and training twice a month in the following 5 Pillars of Care: Mental Health & Wellness, Education/Career Exploration, Housing, Community Resources, and Financial Literacy.

Members build community, develop leadership skills, get connected to resources, get paid for attending any meetings, co-facilitating groups, conferences, & workshops, and get career support including letters of recommendation and positive references.

## Circle-Up!

Circle Up! is a casual, social space for young people to meet new people, socialize, chit-chat, talk about anything and everything. Youth can host fun activities such as movie viewings and game nights, lead discussions, and more. We meet on the last Thursday of every month 4pm - 6pm | 2 hour drop-in.



# Overview-TYA Services

## 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 on the Second Thursdays of every month.

## Wellness Workshops

We offer empowering and educational Wellness Workshops at youth-serving organizations, schools, and programs. 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.

*For more Information or to sign up for our services go to:*

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



# Overview - 5 Pillars of Care

## 5 Pillars of Care



***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 22-23, we want to open avenues to support our members growth and leadership development in all ways we can by creating open dialogue and spaces where youth can be creative, explore, and learn. We believe youth are the experts in their own lives, mental health, and life experiences and we strive to make our space an invitation for young people to discuss and advocate for themselves in their own words, and on their own terms.

Our programs are centered around holistic health, supporting peers, and strengthening skills and leadership to enrich the transition into adulthood.

Our Youth Collective 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 for all our members. 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.



# **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 for youth, by youth program mission.





# Program Calendar

\*subject to change\*

## September

- 9/7 Youth Collective: Welcome
- 9/8 Appointment Services
- 9/21 Youth Collective: Mental Health & the 8 Dimensions of Wellness
- 9/29 Circle Up!

## October

- 10/5 Youth Collective: Housing Education Workshop
- 10/13 Appointment Services
- 10/19 Youth Collective: Education & Vocation Workshop
- 10/27 Circle Up!

## November

- 11/2 Youth Collective: Accessible Self Care & Coping Mechanisms + S.A.D. tools and tips
- 11/10 Appointment Services
- 11/ 16 Youth Collective: Financial Literacy Workshop
- 11/24 Circle Up!

## December

- 12/7 Youth Collective: Career exploration: job searching, resume building, interviewing 101
- 12/8 Appointment Services
- 12/21 Youth Collective: Recap+End of year Celebration
- 12/29 Circle Up!

## January

- 1/4 Youth Collective: Community Building and Visioning for 2023
- 1/12 Appointment Services
- 1/18 Youth Collective: Work Wellness & Career Fulfillment
- 1/26 Circle Up!

## February

- 2/1 Youth Collective: Wellness Recovery Action Plan
- 2/9 Appointment Services
- 2/15 Youth Collective: Wellness Recovery Action Plan
- 2/23 Circle Up!

## March

- 3/1 Youth Collective: Wellness Recovery Action Plan
- 3/9 Appointment Services
- 3/15 Youth Collective: Wellness Recovery Action Plan
- 3/30 Circle Up!

## April

- 4/5 Youth Collective: Wellness Recovery Action Plan
- 4/13 Appointment Services
- 4/19 Youth Collective: Wellness Recovery Action Plan
- 4/27 Circle Up!

## May

- 5/3 Youth Collective: Career Exploration Workshop
- 5/11 Appointment Services
- 5/17 Youth Collective: Financial Literacy
- 5/25 Circle Up!

## June

- 6/7 Youth Collective: Community Resource
- 6/8 Appointment Services
- 6/21 Youth Collective: Recap+Celebration!
- 6/29 Circle Up!



# 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.

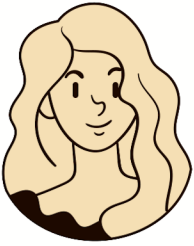
## Our Values

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



# PEERS Programs

## Support/Empowerment Groups



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



## Community Outreach Programs

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

## Educational/Training Programs

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



# Peer & Youth Led Mental Health Q&A

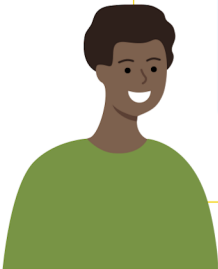
## QUESTION & ANSWER



**Q**

What is Peer Support?

**A**



Peer Support can be defined as offering presence, care, emotional support, knowledge, skills, assistance, and resources to help other peers. Peer Support offers 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 16-25, sharing a space with others who are in the same stage of life.



# Peer & Youth Led Mental Health Q&A

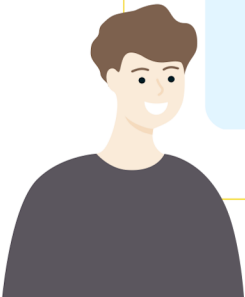
## QUESTION & ANSWER



**Q**

Why is Peer Support important?

**A**



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


## QUESTION & ANSWER



**Q**

Why is youth-led mental health Important?

**A**



Young people are the experts and have the insight on their experience and realities in a way that older adults do not. 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.



# Connect with TYA Program

Follow us on Instagram: @PEERSTYA

Email us!: [tay@peersnet.org](mailto:tay@peersnet.org)

Visit our website: <https://www.peersnet.org/transitional-age-youth---tay.html>

Visit our Linktree:

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



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