



Power of the Peer-Led Model: Empowering Youth to Fight Mental Health Stigma

Mental Health and Addiction Symposium | December 9, 2022



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Who is here today?

school counselor **A**

social worker **B**

resource officer **C**

school nurse **D**

other **E**

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About the Speaker



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Let's Connect!



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Learning Objectives



Peer-Led Research

Engage with and discuss the research that supports the impact and importance of peer-led models to combat the mental health crisis across the country.

Peer-Led Structure

Explore ways to implement programs that empower young people to take action, support their peers, and be an advocate for themselves and others.

Model Program

Review the steps to starting a Bring Change to Mind high school club and choose if you want to sign-up for the Program.

What if I told you that **students** hold
the power to create change and
save lives?



Are students in your school open to
talking about mental health?

What's your experience with this?

Youth Mental Health Crisis "The Second Pandemic"



25%



1 in 4 adolescents live with a mental health condition.

50%



Half of all lifetime mental illnesses begin by age 14.

8-10 yrs.



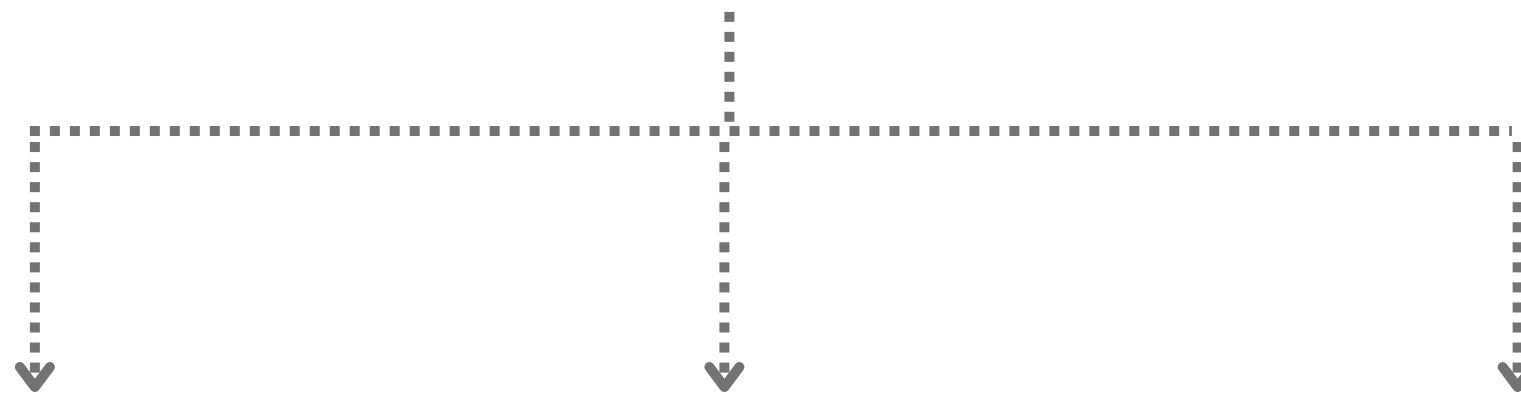
The average delay in treatment is 8 to 10 years after the onset of symptoms.

2nd



Suicide is the second leading cause of death for youth ages 10-24.

The Current System



Adults
trained to
see signs of
distress.

Struggling
young people
told to reach
out for
support.

Youth referred
to mental
health
services.



Barriers Youth Face



Mental health professionals not able to meet their needs.

Finding a mental health professional. Are they accepting clients? Do they accept my insurance?

Stigma from family members.

Institutional discrimination present in systems and services

Even when youth have access to care, many find service incomplete, irrelevant, unappealing or unsafe.

Why the Peer Led Model?



- Bridge the Gap in the Current System
- Developmentally appropriate; creates an inherent level of understanding
- Youth bring passion and dedication - they are experts in the youth experience
- Proactive vs. Reactive, low-cost, and effective
- Benefits for youth:

Empowerment



Sense of Community



Self-help skills



Advocacy and Leadership



Structure of the Peer Led Model



- Partner with young people from the start.
- Invest in equitable and diverse peer support programs and models.
- Pursue academic, philanthropic and programmatic partnerships to increase legitimacy and quality.
- Create a space that authentically values youth voice and action.

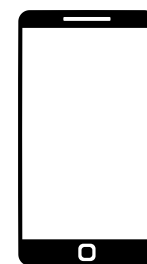
Our student-led club initiative: BC2M's High School Program



let's talk mental health

An evidence-based, student-led club
dedicated to mental health conversations.

Bring Change to Mind's High School Program gives teens a platform to share their voices and raise awareness around mental health. Our goal is to empower students to educate one another, and their communities, and to create a culture of peer support within their schools. Together, we'll fight the stigma around mental illness.



Scan for the
BC2M Impact Report



What is a BC2M Club?



- ✓ Learn and discuss mental health related issues as a group
- ✓ Education and Advocacy based
- ✓ Open to any student interested in learning and spreading awareness about mental health
- ✓ Event and activity driven
- ✓ NOT a form of counseling or therapy



Free annual Headspace
meditation app subscription

What we provide.

Educational and promotional materials

An annual \$500 grant
for group activities.



Leadership Trainings, Regional Teen
Advisory Boards, TAB Retreats.

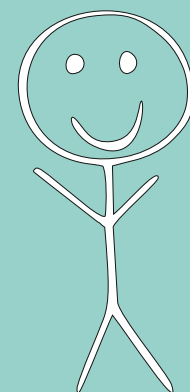
Monthly Newsletters

An invitation to our Annual BC2M HS Student
Summit where all club members come
together to learn from leaders in the mental
health field and share their club stories and
experiences with each other

Access to the Club Portal
containing event &
activity breakdowns,
educational
presentations, and a club
guidebook

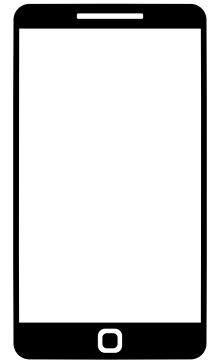


BC2M Staff Liaison



Club Merch!

Interested in starting a BC2M club
at your school? Great!



Scan for a BC2M
Club Inquiry Form



How can you implement a peer-led
model at your school?

Questions & Feedback



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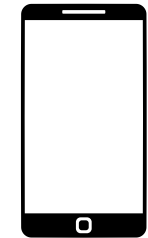
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*Scan to provide your
feedback. Thanks!*



Sources



Greenbaum, Zara. “Students Helping Students.” Monitor on Psychology, American Psychological Association, Nov. 2018, <https://www.apa.org/monitor/2018/11/students>.

“Youth Advocates Program.” CA Coalition for Youth, 24 Sept. 2022, <https://calyouth.org/advocacy-policy/youth-advocates-program/>.

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“Fact Sheet: President Biden to Announce Strategy to Address Our National Mental Health Crisis, as Part of Unity Agenda in His First State of the Union.” The White House, The United States Government, 15 July 2022, <https://www.whitehouse.gov/briefing-room/statements-releases/2022/03/01/fact-sheet-president-biden-to-announce-strategy-to-address-our-national-mental-health-crisis-as-part-of-unity-agenda-in-his-first-state-of-the-union/>.