

Kentucky's Youth Movement



Statewide Youth Council Regional Youth Councils

Presented by:

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YOUTH-GUIDED



- The youth's perspective and involvement are valued.
- Youth are included in planning for their own care.
- Youth help to guide the treatment and planning process and have input into choosing supports, services, and providers that they believe will be effective.

Moving up the ladder

1. Attendance at meetings
2. Know my diagnosis, treatment plan, IEP, and/or 504 Plan goals
3. Have a strong support system, there are people at the table that I trust
4. Comfortable speaking up at meetings
5. Have access to a peer group with similar issues for peer support
6. Comfortable taking on a leadership role
7. Have valuable knowledge because of my experiences as a youth
8. Confident in being a voice for youth and children with disabilities
9. Have the knowledge and skills to participate on committees and to make a difference in my community and state toward system change



Different Types of Youth Guided Involvement



1. Individual Involvement
2. Team Involvement
3. Peer Involvement
4. Local Involvement
5. Regional Involvement
6. State Involvement



Kentucky's Youth Network



State Level

- KPFC Statewide Youth Council
- Youth as KPFC Board Members
- Youth Representation on the State Level Committees
- Youth as Trainers



Regional and Local Level

- Regional Youth Councils
- Some Youth Representatives on RIAC's
- Youth Leaders who are paid stipends to assist with Regional Youth Council meetings
- Youth Program Coordinators/Youth Liaisons

What is a Youth Council?

A Youth Council:

- Serves as an Advisory Council on the state and regional levels
- Supports Youth Leadership, Voice, and Representation
- Enables youth to have input into their own treatment, policies, and regulation

A Youth Council is not:

- Mental Health Treatment
- An opportunity for workers to bill Medicaid
- Controlled by adults
- Tokenism
- Manipulation

KPFC Statewide Youth Council



Statewide Youth Council



- Kentucky's Statewide Youth Council began in 1999.
- The Statewide Youth Council is an eighteen member council of youth and young adults ages 14 to 26 years who have an emotional or behavioral diagnosis. The council is currently full and includes youth from across the state and from a variety of backgrounds and experiences.
- The Statewide Youth Council holds meetings five times a year with one of the meetings being a three day retreat.
- In addition, the council plans and attends events such as Children's Mental Health Awareness Day and the KPFC Annual Youth/Parent Conference.

The Statewide Youth Council's Goals



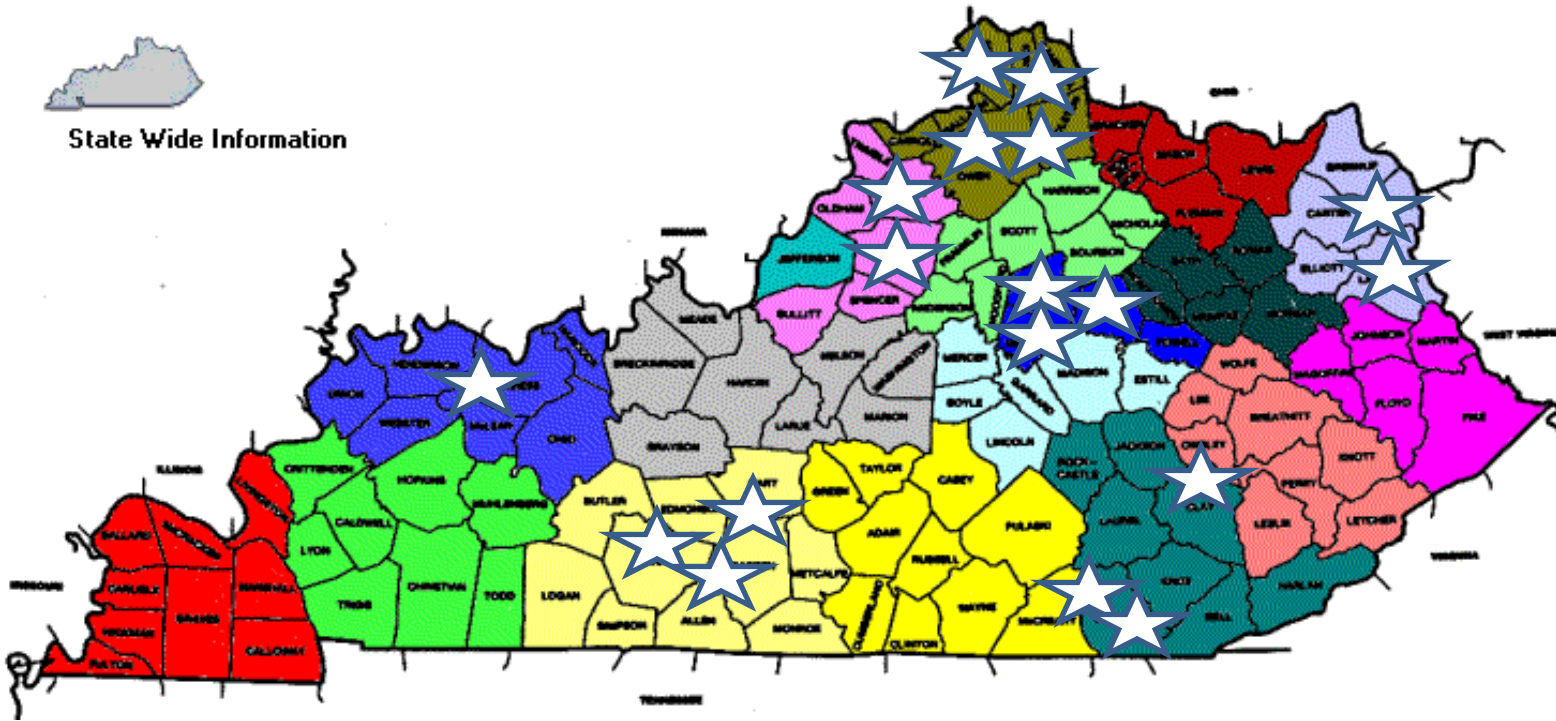
- Increase awareness and reduce stigma related to children and youth mental health challenges
- Improve their own leadership skills
- Provide a united voice to advocate on behalf of themselves and other youth with similar challenges
- Have access to a peer group that can provide support

Statewide Youth Council Opportunities



- Serve as youth representatives on state committees (Youth Empowerment Program Committee, SIAC, Mental Health Planning Council, LGBTQ Awareness Committee, etc.)
- Serve as youth trainers (Leadership Academy, SC 101, TAYLRD, HANDS Academy, etc.)
- Create presentations (The Other Side, Bullying Prevention, ADHD from the Student's Perspective, Anger Management and Coping Skills, etc.)
- Serve as a KPFC Board Members (3 youth positions)
- Plan and speak at events (Children's Mental Health Awareness Day, Youth Leadership Forum)

KPFC's Statewide Youth Council



State Wide Information

KPFC's Statewide Youth Council (SYC) members are from across the state.

Regional Youth Councils Work Toward



- Positive youth development and engagement
- Encouraging and supporting a Youth-Guided approach
- Providing peer support
- Increasing awareness and understanding of emotional and behavioral challenges
- Providing independent living skill development
- Creating opportunities for success and leadership development

Regional Youth Council Goals and Activities



- Independent Living Skills - education, development, practice
- Peer Support - Environment that supports trust and sharing
- Community Service - Learning how to give back
- Leadership Development/Empowerment

Transition Skill-Building



- Self-Care – Cooking, Cleaning
- Educational – Options, Financial Aid
- Vocational – Working and SSI
- Housing – Cost, Location, Roommates
- Transportation – Bus, Car Facts
- Medical – Paying for medicine, Insurance
- Relationships – Safety, Social Skills
- Support – Acceptance

Training and Support that Youth have Access to



- **Regional Youth Council Leadership Stipend**
- **Leadership Academy**
- **Annual Youth/Parent Conference**
- **Youth Leadership Forum**

Regional Youth Councils

Shaded regions have youth leaders that have completed KPFC's Leadership Academy and receive a stipend as a youth leader for their Regional Youth Council.



State Wide Information

River Valley Region

Communicare Region

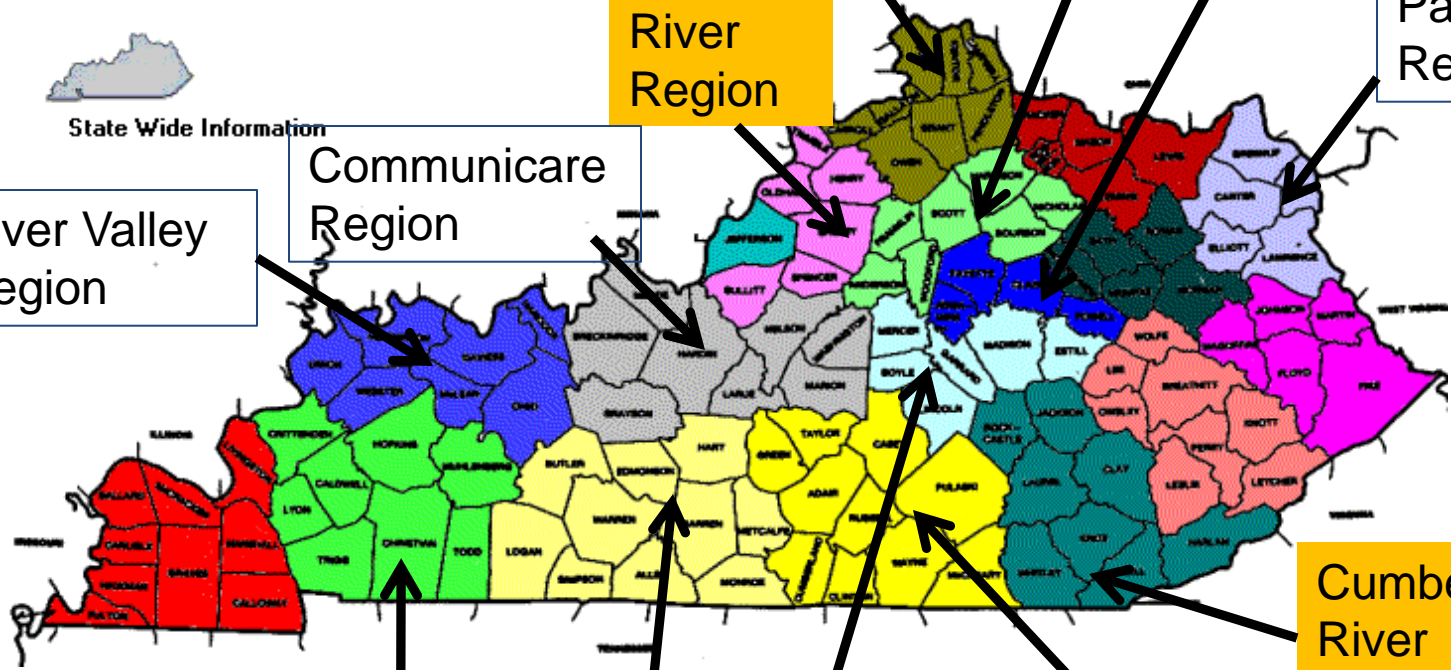
North Key Region

Salt River Region

Bluegrass West Region

Bluegrass East Region

Pathways Region



Pennyroyal Region

Lifeskills Region

Bluegrass South Region

Adanta Region

Cumberland River Region

Contact Information



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