

Umatter for Youth & Young Adults



Umatter for Youth and Young Adults (Umatter YYA) is a youth leadership and engagement initiative that fosters healthy community cultures for youth that promote mental health and resiliency. The program includes a full day of interactive training with peers statewide, design and implementation of a Community Action Project (CAP) in their school community, and presentation of CAP at the local or state level.

The goal is to promote mental health wellness:

- Healthy coping mechanisms and help-seeking skills
- The ability to recognize when a peer needs help and how to provide it
- Address issues like bullying and substance misuse.

Core content and skills of Umatter YYA includes mindset, assessing personal strengths, assets and risks, resiliency, stress, self-care, strength and risk-based coping skills and consequences, recognizing signs of distress in self and others/peers, knowing what to say and do, help-seeking.

**YOUTH LEARN
ABOUT AND
PROMOTE MENTAL
HEALTH WELLNESS!**



**ELEVATED YOUTH
VOICE & LEADERSHIP!**

ELEMENTS of Umatter YYA

Youth Facilitator Training

For youth & young adults taking a leadership role at the Kick Off Training event. **By application only.**

December 11, 2018 • (snow date December 13th)

The Community Room Vermont Historical Center • Barre, VT

Statewide Kick-Off Training Event

Thursday, January 17, 2019 • (snow date January 18th)

Vermont Technical College • Randolph, VT

Mental Health Wellness Promotion Community Action Project
February – May (implemented in local schools and/or community)

Culmination Event

TBD based on participant input

COST: \$350 for each group of up to 8 students and 2 adults.

Training fee may qualify under your ESSA or 21st Century funding.

Groups will receive a \$200 stipend to support the implementation of their Community Action Project.

REGISTER TODAY: healthandlearning.org/events

First-come, first served, space is limited to ten groups.

Materials, snacks, lunch and beverages will be provided at each training.

MORE INFO: Julia Hampton, Program Specialist
julia@healthandlearning.org or 802-254-6590

Check out the Umatter YYA video on YouTube:
[youtube.com/watch?v=87cn-Cj_0Sk](https://www.youtube.com/watch?v=87cn-Cj_0Sk)

Umatter... taught me how to think positively, avoid risky behaviors, ask for support when I need it and help others in my school and community.

- past program participant

