



FACILITATOR GUIDE



Confident Connections

Introduction to Youth Mental Health

Confident Connections is a campaign developed by Action for Healthy Kids, in partnership with the CDC Foundation, to support youth mental health and well-being through parent and family engagement.

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ACTION FOR
HEALTHY
KIDS 

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Introduction to Youth Mental Health

This guide accompanies the Introduction to Youth Mental Health slide deck and is to be used with parents in order to help them better understand youth mental health. This session includes an overview of youth mental health and best practices for supporting youth mental health at home. It also provides opportunities for you to share available resources in your school, organization, or community.

Timing

This session presentation is for a 30 – 45 minutes meeting, including time for questions.

Recommended Presenter

School Social Worker, Psychologist, or Counselor

Audience

Parents and caregivers

Customizing the PowerPoint Slide Deck

Facilitators can customize the designated areas of the deck for their communities and present it to families at family engagement nights, parent workshop events, or during other community gatherings. Boxes with a dotted outline indicate areas suggested for customization.

To customize these slides for your audience:

- Google Slides: Navigate to File > Make a Copy > Entire Presentation
- PowerPoint: Navigate to File > Download > Microsoft PowerPoint (.pptx)

Talking Points and Script

This facilitator guide includes talking points that you can use for each slide. The talking points below give a broad outline of the key points of each slide. If you'd prefer a full script, see the Notes section of the PowerPoint presentation. You may also choose to use a combination of the full script and the talking points.

Creating a Safer Space

This topic may bring up strong feelings among participants. You can support participants by validating the feelings and experiences they are sharing with one another, and reminding them to take breaks as needed. Before the session, we suggest identifying the local mental health support resources that you can refer participants to if needed.

FACILITATOR GUIDE

Introduction to Youth Mental Health: Slide Talking Points

Introduction Slide

- Welcome and introduction
- Purpose of the session

Objectives

- Define objectives of the session

Group Agreements

- Sets the tone for a respectful discussion

What do you think about when you think about mental health?

- Intended to generate discussion, surface themes, and allow for some shared understanding

Definition of Mental Health

- Highlight the parallels and connections between mental health and physical health

Three Components of Mental Health

- Encourage participants to identify how youth present the 3 components of mental health: emotional well-being, psychological well-being, and social well-being

Youth Mental Health Myths

- Normalize discussion of youth mental health
- Dispel myths

Video: We all have mental health

- [Link to video](#)
- Emphasize mental health as an indicator of overall well-being
- Introduce how life circumstances and coping skills impact mental health

Supporting Mental Health at Home

- Best practices for supporting youth mental health at home

What to look out for

- Indicators that a child or teen may need additional support related to mental health
- Emphasize that many developmental milestones and phases can look like symptoms of a mental health concern; keeping an open and non-judgmental relationship is a strong way of determining when additional support may be needed

Mental Health Support

- National and local helplines and informational resources

What are we doing to support your child?

- Customize to include the support resources available at your school or organization

We are here for you

- Contact information for parents and caregivers

Thank you

- Warm closing