



World Café:
Sharing Concerns about
Youth Mental Health

A Customizable Slide Deck for
Building the Capacity of Families



How to use these slides

This slide deck a World Café style discussion for families to talk about mental health.

It can be used by family-serving organizations in caregiver learning sessions.

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.

Facilitation Notes:

- 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)

See the World Café Session 1 Facilitation Guide for details about materials needed, group size, slide talking points, and more.

See the Notes section of each slide a script. Note that words in [brackets] refer to actions.



You'll see boxes throughout the deck that look like this. This indicates an area that you should personalize the deck to fit your community.



World Café: Sharing Concerns About Youth Mental Health

Your Name

Date

Organization



Objectives

- Learn from each other
- Connect with one another
- Reduce the stigma associated with talking about mental health

Agenda

- Group agreements (2 minutes)
- Icebreaker (5 minutes)
- Importance of recognizing and handling stress (5 minutes)
- World Café discussions
 - World Café round 1 (15 minutes)
 - World Café round 2 (15 minutes)
 - World Café round 3 (15 minutes)
 - Return to original group (10 minutes)
- Harvest and closing (15 minutes)





Group Agreements

- Engage in self-care
- Make space for learning
- Share the floor



Icebreaker

At your table, share:

1. Your name
2. The ages of your child(ren)
3. Your first job

“Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community.” - World Health Organization

“Mental health includes our **emotional**, **psychological**, and **social** well-being. It affects how we think, feel, and act.”

- Centers for Disease Control and Prevention

Youth have mental health too! AND their brains and bodies and growing are changing in significant ways



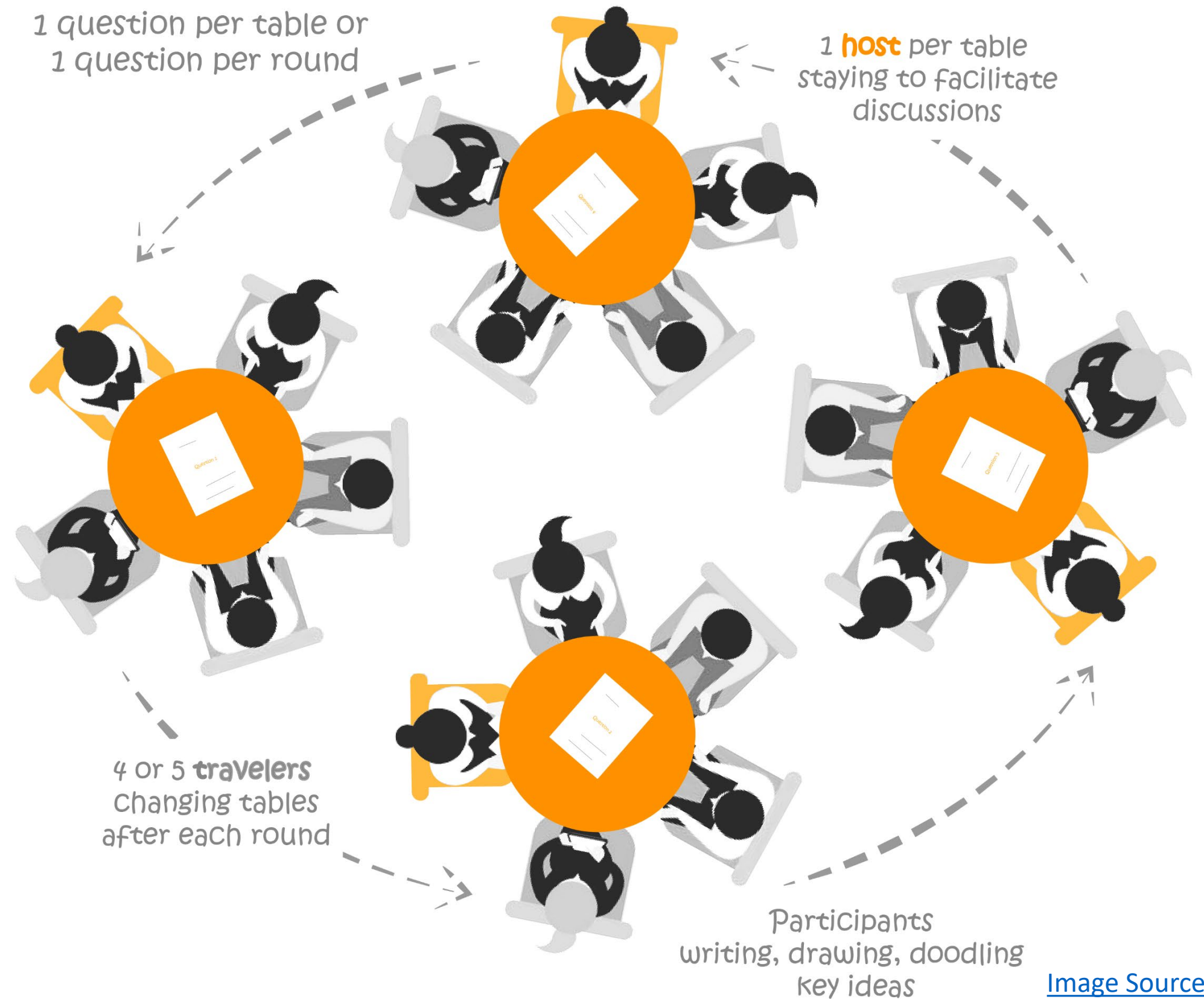
What is a World Café?

WORLD CAFE METHOD

3 or more rounds of conversation, approximately 20 minutes each

1 question per table or 1 question per round

1 **host** per table staying to facilitate discussions



[Image Source](#)

Questions

1

What gives you hope about the state of youth mental health today?

2

What are some of your concerns about the state of youth mental health today?

3

What works for you and your family in terms of supporting your child's mental health?

Round 1

What gives you hope about the state of youth mental health today?

Round 2

What are some of your
concerns about the state of
youth mental health today?

Round 3

What works for you and your family in terms of supporting your child's mental health?

Harvesting: Sharing insights from your travels

What gives you hope about the state of youth mental health today?



What are some of your concerns about the state of youth mental health today?

What works for you and your family in terms of supporting your child's mental health?

One Word Reflection

Think about one word you'd use to describe your conversations today.

Write it on a post-it note to take home or share it with your neighbor.



Thank you!

Your contact information

For more information about youth mental health, visit
confidentconnections.org



ACTION FOR
HEALTHY
KIDS 

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