Tip Sheet on Responding to Youth and Young Adult Mental Health Needs-Division X

Adoption Competent Mental Health · https://bridges4mentalhealth.org/hub/adoption-competence/tip-sheet-on-responding-to-youth-and-young-adult-mental-health-needs/

Summary: The 2021 U.S. Surgeon General's Advisory on Protecting Youth Mental Health highlights the urgent need to address the mental health crisis affecting many youth—an issue many child welfare professionals are witnessing firsthand. This resource includes tips to help promote mental health and wellness services, jurisdictional highlights, and links to relevant resources and tools.

Some of the strategies that are discussed include:

- Using a trauma-informed approach.
- Using a holistic approach that focuses on young people's well-being within the home, family, work, school, and community.
- Addressing cultural and systemic barriers.
- Helping young people grow their interests, make social connections, and engage in healthy activities.
- Flexible funding to support mental health and holistic wellness supports.

Application: This tip sheet is designed to support state, tribal, county, and private child welfare programs in reaching out to and addressing the wellness and mental health needs of youth and young adults. It provides an excellent overview of the need for holistic mental health support, the challenges, suggested solution tips, and examples.

Source: Division X

Read More