

Part 1: Adapting To the Behavioral Health Needs of Underserved and Racially/Ethnically Diverse Youth

Resources and more information at: <https://share.nned.net/2021/03/nned-vr2021-youth>

This virtual roundtable discussed the behavioral health impacts that racially/ethnically diverse youth are experiencing. Hosted by the NNEED National Facilitation Center and SAMHSA's Office of Behavioral Health Equity, in partnership with SAMHSA's Mental Health Technology Transfer Center Network Coordinating Office, the roundtable opened with Dr. Mary Roary sharing highlights from the [SAMHSA Behavioral Health Barometer, Volume 6](#) and insight on the importance of data. Panelists working with or for community-based organizations presented strategies and innovative approaches to meet youth where they are at.

Opening Speaker: Tamara Manzer, Youth MOVE National



"Systems and services are not always designed with racial considerations in mind, so young people of color and LGBTQ2S+ youth face many barriers accessing behavioral health services. 25% of people ages 18-24 have reported increased use of substances to cope (Source: Kaiser Family Foundation). We have youth-led peer support programs where young people can use their lived experiences to support one another. We connect young people to employment and career readiness pathways and are working to advance school mental health policies that are more equitable within the education system to better serve the needs of youth of color and LGBTQ2S+."

**YOUTH
MOVE
NATIONAL**

Alyssa Jojola Albuquerque Area Indian Health Board



"We have staff members that are certified mental health first aid trainers so we've provided ongoing mental health trainings online for our families. We partnered with the National Native Children's Trauma Center to provide trainings on trauma-resilient practices for schools and are preparing to launch a peer learning network for trauma resilient schools. We also have a text system we use to message all our families and students. We conducted an assessment and identified the need for food and supplies distribution."

Amara Ifeji Maine Environmental Education Association



"As a college student, it has been very difficult to learn in current settings. Through my organization, we offered fellowship opportunities and community action projects where youth are paid for their work. We've recognized the need for outdoor learning especially for Black, indigenous, and youth of color and provided funding to K-12 schools in Maine (with more than 50% students receiving free/reduced lunch). We recognize the importance of youth from lower income backgrounds being able to access outdoor learning initiatives."

Mónica Martin Montgomery County Department of Health & Human Services



"We are piloting a therapeutic recreational program that incorporates outdoor elements in order to engage non-licensed diverse professionals to work with youth face-to-face in socially distant outdoor interactions. Youth aren't interested in therapy but they are excited to get out of the house to do something fun. It is available to youth who have suffered the most COVID losses, who have had limited social interaction, so we are partnering with the school system and community organizations to identify those youth."

Julie Laurence Life is Precious, Comunilife New York



"We provided workshops for middle and high school students to destigmatize mental health, help students identify risk factors and warning signs, and connect them with the right people in schools to get support. We also ran parent workshops to increase knowledge about mental health challenges of young people. We organized an all-staff town hall meeting to discuss self-care and trauma and incorporated COVID-19 mental health days and extended sick leave. Our staff is getting trained and up to date on new strategies and skills while feeling valued and supported."

Participant Summary



249 participants by computer or phone
498 registrants
50% attendance rate



214 views, 7 shares
216 reach
50 engagements