

MENTORING & WELLNESS: HOW TO SUPPORT YOUNG PEOPLE THROUGH TODAY'S MENTAL HEALTH CRISIS



As caring adults and mentors to young people, we can learn to better support their mental health as well as our own. We can best show up for youth if we are at our best. These are tips from the three expert panelists of MENTOR New York's May Wellness Panel.

TIPS

What to do to in the classroom to support a young person's mental health:

ACTIONS

- Teach and implement mindfulness in the classrooms for students.
- Acknowledge what has happened in the lives of students (loss, grief, culture, racial inequity, health disparities - what has happened to them, how they identify themselves, etc.).
- "Check in" with students at the beginning and end of the day.

APPROACHES

- Train your mind to think from a place of strength instead of deficit.
 - Less focus on the disadvantages youth face and focus more on their identities.
 - Elevate their resourcefulness, resilience and the great empathy they have developed for each other.
- Create safe, "informal" spaces for students to have an open dialogue with adults they trust.
 - Youth want to have truthful conversations about what is happening in the world around them.
- Be prepared to have politically charged conversions in the classroom by being informed.

Things you can do for yourself so you can best support a young person:

- Have a **growth mindset** - believing intelligence and abilities will improve with time and effort.
- Embrace changes in the ways youth and adults now approach and handle situations and policies.
- Start engaging partners and networks that have the tools and techniques to further support your new or continuing role as a mentor and caring adult.

Things you can do to prepare other adults so you can best support a young person:

- Train adults how to approach tough conversation with their students and learn the skills that will be effective to foster safe places for young people.
- Need to create space for supportive adults and young people to take time for self-care so that the adults can be healthy to provide for the young people. "An empty cup can't pour out to others."

RESOURCES FOR MENTAL HEALTH



MENTOR New York is committed to making the New York Mentoring Movement a joyous and safe space for youth. To ensure the Movement is intentional and responsive to the needs of all young people, we have included wellness and mental health resources.

Panelists:

- **Scott Bloom** is the Director of School Mental Health for the NYC Department of Education
 - Campaign launch: "Let's Talk," : Originating from student lead focus groups, this mental health awareness campaign encourages high school students to reach out to trained, trusted adults in their schools to talk about mental health and get support when they need it. NYC Teachers and staff can sign up for training and students can explore resources on a new website: www.jedfoundation.org/teachers/
- **Dr. Noreen Stewart** is the CEO and Founder of Stewart Learning INC
 - www.stewartlearning.com/
 - Stewart Learning [Handout](#)
 - App [Suggestions](#)
- **Larry Scott** is a School Psychologist and a Buffalo Education Board Member
 - [Alternative to Suspension Specialist](#)

Departments:

- Department of Education - [Implicit Bias Trainings](#)
- Department of Education - [Race To Justice](#)

Book: [Mindset](#): The New Psychology of Success: Dweck, Carol S.: 9780345472328: Amazon.com: Books

Website: [Mindset Kit](#) | Resources for growth and learning mindsets



MENTOR New York is here to be your thinking partner!

For more information about how your program can implement these tips/resources email Joie Golomb at jgolomb@mentorkids.org.

Watch the recording of our panel discussion, [Mentoring & Wellness: How to Support Young People Through Today's Mental Health Crisis](#), and the follow up, tell-all session [Mentoring Take Two](#), where panelists answer remaining audience questions from the panel.