



YOUTH & YOUNG ADULT LEADERSHIP!

SPREAD THE KNOWLEDGE!



SAMHSA National Leadership Summit on Youth Recovery Meeting Report



LEAD BY EXAMPLE!



Acknowledgements

The BRSS TACS contract is led by the Center for Social Innovation (C4). Abt Associates Inc., in collaboration with C4, led the development of the SAMHSA National Leadership Summit on Youth Recovery Meeting Report. Cori Sheedy, Melanie Whitter, and Benjamin Chin were the primary authors, with support from Ivonn Ellis-Wiggan, Wayne Centrone and Tarah Johnson. Numerous partners participated in the SAMHSA National Leadership Summit on Youth Recovery. Cathy Nugent and Marsha L. Baker, the Contracting Officer's Technical Representatives, provided guidance. We wish to thank all of the stakeholders, partners, and SAMHSA staff who contributed.

Disclaimer

This document was developed by the Bringing Recovery Supports to Scale Technical Assistance Center Strategy (BRSS TACS), under Contract Number HHSS280201100002C and is supported by the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS). The views, policies, and opinion and content of this publication do not necessarily reflect the views, opinions, or policies of SAMHSA or HHS.

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Purpose of Report

- Provide the SAMHSA National Leadership Summit on Youth Recovery's (Summit's) overview, objectives, and agenda
- Present participant demographics
- Highlight use of social media and technology
- Review results from focus area discussions
- Examine gaps, recommendations, and opportunities for future work
- Describe opportunities for SAMHSA to be involved in furthering the youth and young adult recovery movement
- Discuss Summit impact and feedback

Summit Overview, Objectives, and Agenda

Overview

- The SAMHSA National Leadership Summit on Youth Recovery (Summit) was a project of the Substance Abuse and Mental Health Services Administration's (SAMHSA's) Bringing Recovery Supports to Scale Technical Assistance Center Strategy (BRSS TACS).
- The Summit was an unprecedented opportunity for youth and young adults (Y/YA) from substance abuse prevention, substance use disorders recovery, and mental health recovery to offer perspectives, share information, and connect with other leaders from across the country.
- The overall aim of the Summit was to advance the engagement of young people in developing policies and practices that promote recovery for Y/YA.
- Prevention, mental health, and substance use disorder recovery representatives were invited based on their demonstrated leadership.

Objectives

- **The objectives of the Summit were to:**
 - Facilitate dialogue and foster collaboration across the prevention and the Y/YA recovery movements
 - Promote the exchange of knowledge and lived experience among Y/YA in the prevention and recovery communities
 - Identify current and emerging models, strategies, and practices related to Y/YA leadership development, outreach and engagement, peer support, and cultural competency



Summit Planning Committee

- The Planning Committee guided the development of the Summit agenda and was composed of the following representatives:
 - Chacku Mathai, New York Association of Psychiatric Rehabilitation Services, Inc. (NYAPRS), Chair
 - Ivonn Ellis Wiggan, Center for Social Innovation (C4), Co-Chair
 - Anne Weaver, National Empowerment Center
 - Ashley Pizzuti, NYAPRS
 - Benjamin Chin, PTR Associates
 - Brittany Holt, Youth M.O.V.E. National
 - Cindy Juarez, National Federation of Families for Children's Mental Health (NFFCMH)
 - Cori Sheedy, Abt Associates Inc.
 - Daniel Fisher, National Empowerment Center
 - Devin Fox, Young People in Recovery
 - Dori Hutchinson, Center for Psychiatric Rehabilitation, Boston University
 - Greg Williams, Connecticut Turning to Youth and Families
 - Joy Spencer, NFFCMH
 - Lara Nkurunungi, NYAPRS
 - Lacy Kendrick-Burk, Youth M.O.V.E. National
 - Laurie Curtis, Advocates for Human Potential, Inc. (AHP)
 - Lauren Spiro, National Empowerment Center
 - Margie Murphy, AHP
 - Pat Taylor, Faces and Voices of Recovery
 - Rick Harwood, National Association of State Alcohol and Drug Abuse Directors, Inc.
 - Roy Praschil, National Association of State Mental Health Program Directors
 - Sarah Nerad, PTR Associates
 - Tanya Stevens, NYAPRS
 - Tara Davis, NYAPRS
 - Tarah Johnson, C4
 - Tyrus Curtis, Youth M.O.V.E.

Youth- and Young People-Informed Agenda

- The Summit opened with a Welcome and Charge from SAMHSA. Then through Y/YA-moderated panel discussions and break-out sessions, participants provided insight into the agenda's four focus areas:
 - Leadership development
 - Outreach and engagement
 - Peer support
 - Cultural competency
- Key speakers from SAMHSA, Office of National Drug Control Policy (ONDCP), Y/YA, and adults in the prevention and recovery communities discussed their experiences and provided input regarding the development and engagement of Y/YA.
- Additional agenda highlights included: Leadership Innovations Expo, which highlighted 10 innovative practices of community-based organizations; Voices of YOUth Photo Project; Spoken Word; and an all-recovery meeting.



Agenda and Speakers Demonstrated SAMHSA's Commitment to Youth and Young Adults

- The Summit demonstrated **SAMHSA's commitment** to advancing the engagement of young people in developing policies and practices that promote recovery for Y/YA.
- SAMHSA speakers included: Administrator Pamela S. Hyde, Center for Substance Abuse Treatment (CSAT) Director Dr. H. Westley Clark, Center for Mental Health Services (CMHS) Director Paolo del Vecchio, Center for Substance Abuse Prevention (CSAP) Senior Advisor to the Director Claudia Richards, and Project Officers Cathy Nugent and Marsha Baker – tireless supporters of the Summit who ensured that the Y/YA voice was included, respected, and valued.



Featured Y/YA and Adult Speakers and Moderators

- Y/YA and adult speakers and moderators discussed critical issues affecting Y/YA in the agenda's four focus areas. They included:
 - Robin Burrus, Detroit Recovery Project
 - Benjamin Chin, PTR Associates
 - Sascha DuBrul, Icarus Project
 - Peter Gaumont, Office of National Drug Control Policy
 - Brittany Holt, Youth M.O.V.E. National
 - Mike Fildes, Foundation for Recovery
 - Daniel Fisher, National Empowerment Center
 - Devin Fox, Young People in Recovery (YPR)
 - Sharon LeGore, MOMSTELL Inc.
 - Lacy Kendrick-Burk, Youth M.O.V.E. National
 - Alison Malmon, Active Minds
 - Chacku Mathai, NYAPRS
 - Sarah Nerad, PTR Associates
 - Stephanie Orlando, Youth Power!
 - William Harris, PASS
 - Raphaelle Richardson, Youth M.O.V.E. National
 - Justin Luke Riley, YPR/Faces and Voices of Recovery
 - Rudy Soto, National Indian Child Welfare Association
 - Pat Taylor, Faces and Voices of Recovery
 - LaRay Thompson, Youth M.O.V.E. National
 - Juan Velez Court, NeustraMente
 - Greg Williams, Connecticut Turning to Youth and Families

Critical Issues Affecting Y/YA

- **The critical issues discussed included:**
 - Defining who is a peer
 - Developing, formalizing, and maintaining Y/YA-adult partnerships
 - Outlining key components of leadership development
 - Creating opportunities to authentically engage Y/YA in the recovery community and in the development of policy and programs
 - Ensuring cultural competence in programs and services

Participant Demographics

Participant Demographics

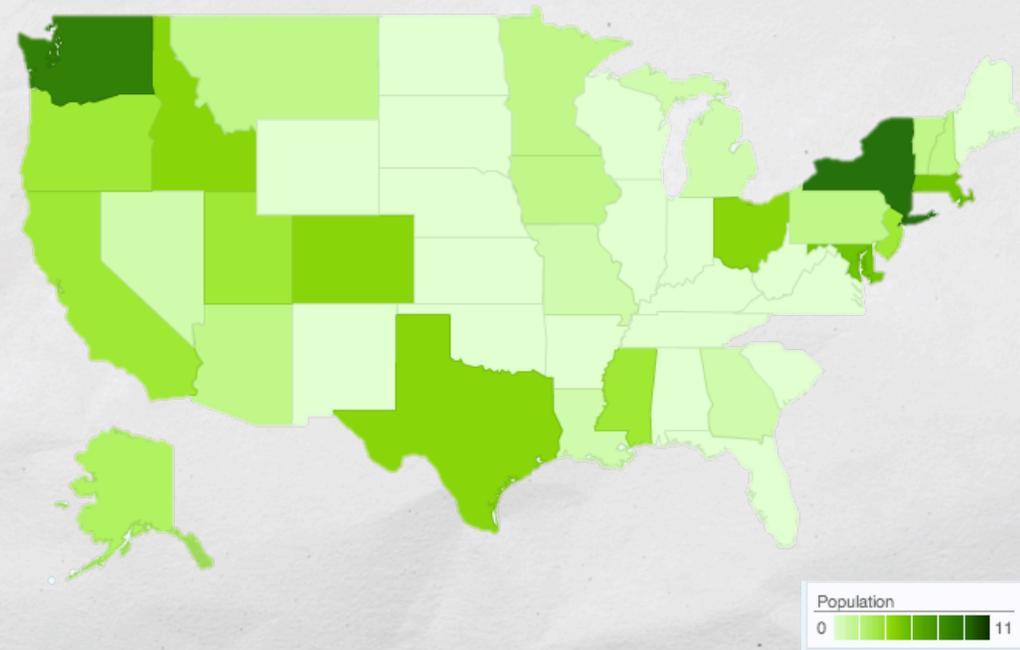
- 107 diverse individuals from across the U.S., including 86 Y/YA leaders from substance abuse prevention, substance use disorder recovery, and mental health recovery participated in the Summit. Additional participants included government officials, leaders in the recovery movement, and family advocates.
- Y/YA were integral to **all phases** of the Summit and held **all roles** – including Planning Committee members, cohosts, speakers, moderators, and Expo innovators.



Participant Representation

- Participants represented 30 states and territories, with an average of 3.5 participants per represented state.
- The four largest constituencies were from:
 - New York (11)
 - Washington (10)
 - Massachusetts (6)
 - Maryland (6)
- One participant came from each of the following states/territories: Georgia, Louisiana, Michigan, Missouri, Nevada, Puerto Rico.

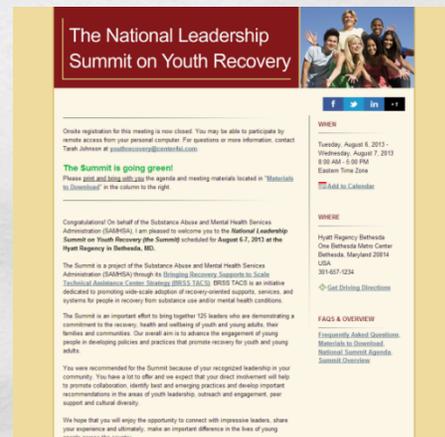
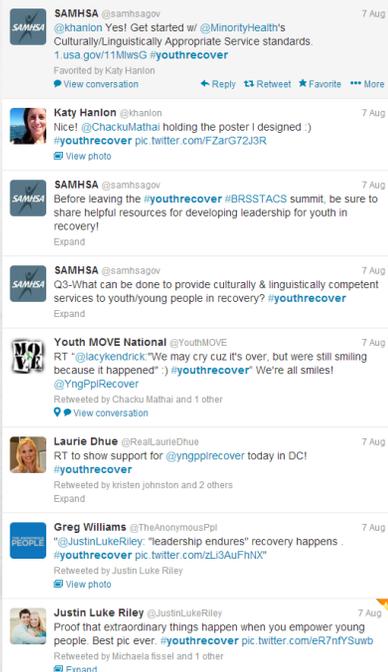
Participant by State Intensity Map



Use of Social Media and Technology

Using Technology to Drive Engagement

Prior to the Summit, an **event website** was created to provide information and engage Y/YA participants.



Twitter and the hashtag **#youthrecover** were used pre, during, and post Summit to facilitate engagement and discussion.

The **#youthrecover** created a rich **“timeline”** of tweets, posts, and pictures from the Summit.

The Summit was streamed live via **Adobe Connect** which allowed individuals **OUTSIDE** of the Summit room to participate!

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#youthrecover

Through the use of social media, the Summit reached an estimated...



estimated reach

128,111 accounts

There were approximately **900** tweets during the Summit with **169** total contributors.

exposure

999,155
impressions

The Summit made almost one **MILLION** impressions!



Three accounts with the highest exposure:

- SAMHSA: 550,000
- YPR: 64,000
- Youth MOVE: 54,000

The use of social media allowed the Summit to engage a larger audience with **40+** virtual individuals participating via Twitter.

Adobe Connect

- Portions of the Summit were broadcasted via Adobe Connect to further maximize participation from off-site participants nationwide.
- Access to the online broadcast was available via invitation only. Participation was limited, with 10 individuals engaging online in the event.
- Online viewers were able to interact with panelists and participants by submitting questions online through a Q&A chat feature.



Results from Focus Area Discussions

Results from Focus Areas Discussions

- The Agenda included panels and large- and small-group sessions where participants discussed four focus areas:
 - Leadership development
 - Outreach and engagement
 - Peer support
 - Cultural competency
- From these sessions, core element frameworks were developed for each of the focus areas: leadership development, outreach and engagement, and peer support.
- Additionally, participants identified several themes that revealed gaps, recommendations, and opportunities in support of Y/YA recovery.



Development of Initial Frameworks

- Participants provided direction for the initial development of frameworks that included core elements, strategies, and practices for each focus area. The frameworks begin to define the ingredients and approaches that are necessary for effective Y/YA activities.
- The primary audience of the frameworks is Y/YA. Secondary audiences are SAMHSA, policymakers, providers, advocacy groups, community partners, and other stakeholders.
- All the frameworks include a cultural competency element, which is defined as as Y/YA culture, Y/YA voice, and cultural competencies. Without these elements, services, supports, and activities are not authentically Y/YA-specific.

Y/YA Leadership Development

- Y/YA and adult leaders established a context for the discussion of leadership development by reflecting on the growth and evolution of recovery communities.
- During small-group sessions, participants expressed their thoughts and detailed their experiences on three questions:
 - What does youth leadership mean to you?
 - What are the best ways to develop youth leadership?
 - How do we prepare young people to be more involved in policy, system, and services development?
- From these discussions, a framework illustrating the elements, strategies, and practices of effective Y/YA leadership development was developed.



Framework: Y/YA Leadership Development

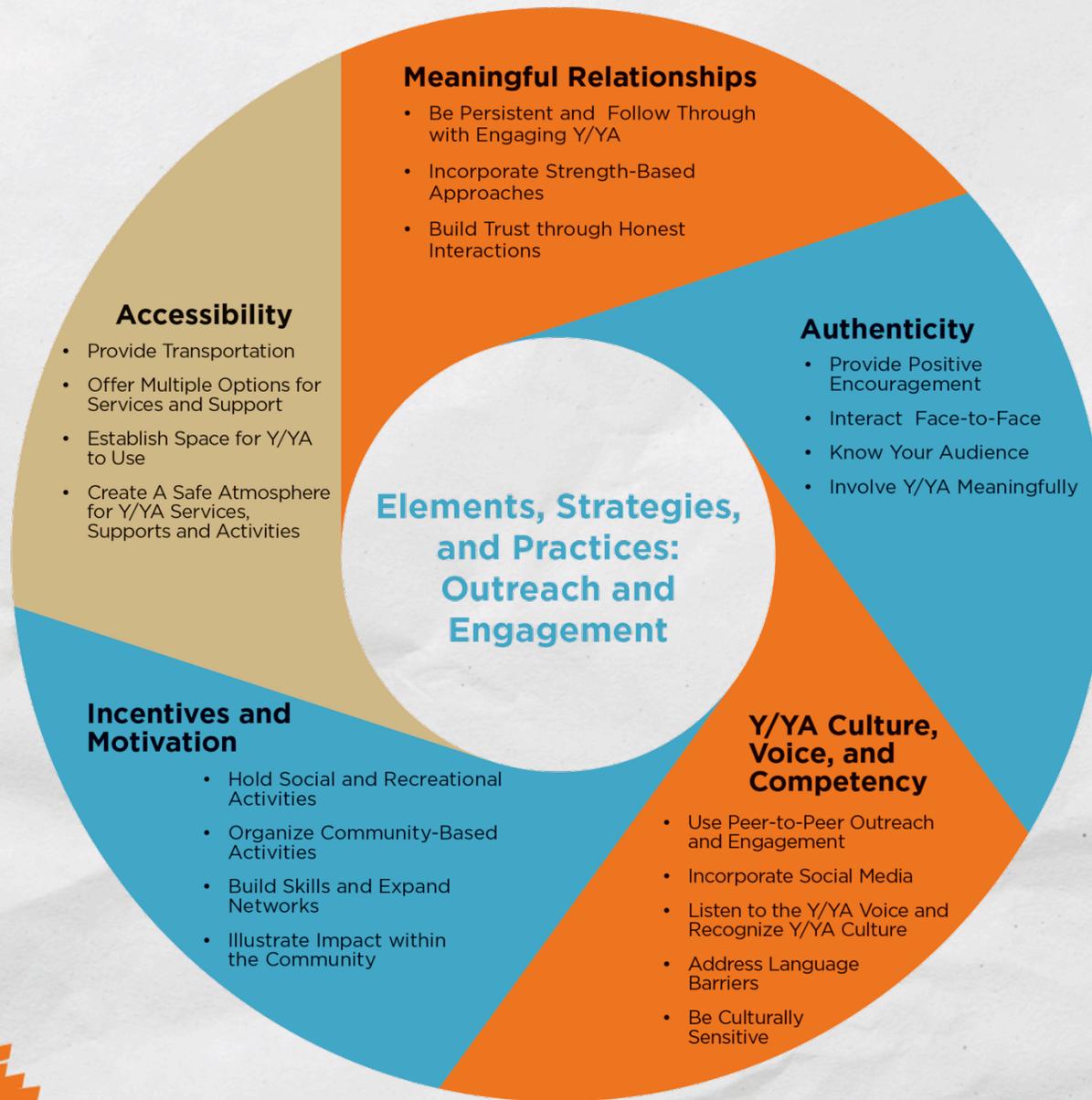


Y/YA Outreach and Engagement

- Y/YA and adult leaders discussed what outreach and engagement means and looks like for Y/YA.
- During small-group sessions, participants expressed their thoughts and detailed their experiences on three questions:
 - Are there outreach and engagement strategies that were most helpful to you?
 - What strategies were not appealing or not particularly helpful?
 - What types of outreach strategies do you think youth will respond to?
- From these discussions, a framework illustrating the elements, strategies, and practices of effective Y/YA outreach and engagement was developed.



Framework: Y/YA Outreach and Engagement

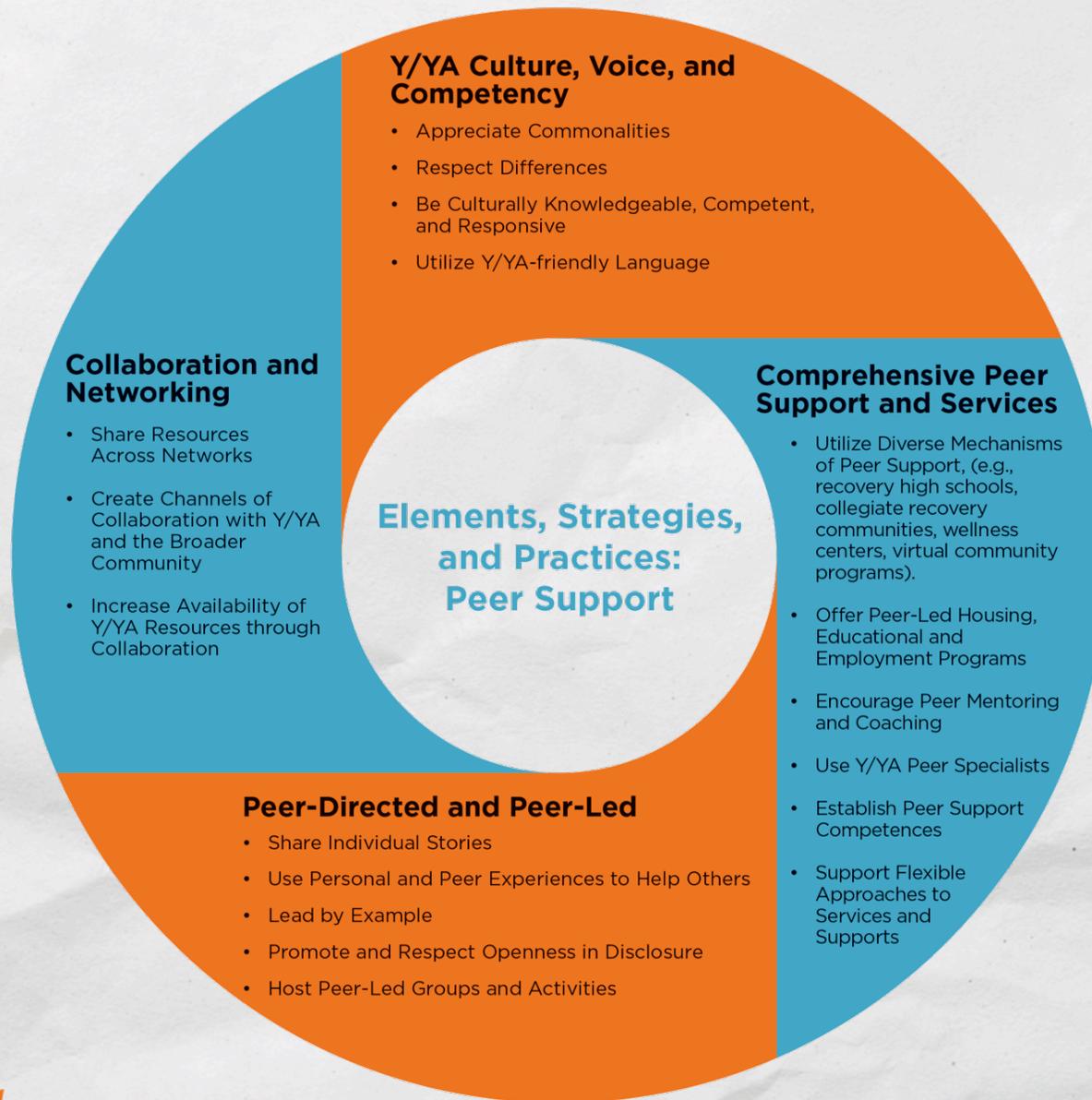


Y/YA Peer Support

- Y/YA and adult leaders discussed what peer support could look like when delivered by the prevention and recovery communities.
- During small-group sessions, participants expressed their thoughts and detailed their experiences on three questions:
 - How do you define peer?
 - What are some of the concrete ways that peers can support youth and young adults in recovery?
 - What do peers uniquely bring to youth leadership development programs?
 - What specific things do peers bring that more traditional providers may not?
- From these discussions, a framework illustrating the elements, strategies, and practices of effective Y/YA peer support was developed.



Framework: Y/YA Peer Support



Gaps and Recommendations

Y/YA-led Discussion

- During the Summit, participants discussed gaps, needs, and recommendations on specific actions they would like Y/YA, SAMHSA, providers, advocacy groups, and other community organizations to take in support of youth leadership and recovery.
- **Above all, the participants wanted additional opportunities to come together in face-to-face forums and in smaller venues to continue the work they started at the Summit.**
- Based on the discussions, **thematic analysis revealed five areas:**

1. Y/YA leadership development
2. Peer recovery support
3. Messaging
4. Y/YA recovery culture
5. Dedicated community resources



Thematic Area 1:

Y/YA Leadership Development

- **Gap**
 - Insufficient positive Y/YA development opportunities, e.g., retreats, trainings, mentorships
- **Participant Recommendations**
 - Hold more conferences and meetings to gauge the pulse of Y/YA in recovery around the country
 - Expand Y/YA leadership development opportunities so additional individuals can participate, e.g., Y/YA leadership academies held by state or by region would diversify Y/YA recovery representation
 - Include groups and organizations that serve all Y/YA at SAMHSA meetings, state representations, advisory boards, etc. – and include different and diverse representation at meetings
 - Provide mentorship and professional development for young leaders

Thematic Area 2: Peer Recovery Support

- **Gap**
 - Limited peer recovery support for Y/YA
- **Participant Recommendations**
 - Develop and fund Y/YA-focused peer support programs, Y/YA peer support specialist training, and Y/YA peer support within high schools
 - Conduct strategic-planning processes to implement Y/YA peer support initially at the state/community level to later bring Y/YA peer support to scale nationally



Thematic Area 3:

Messaging

- **Gap**
 - Poor messaging related to the unique needs of Y/YA, e.g., discriminatory, exclusive, and out-of-touch
- **Participant Recommendations**
 - Develop and conduct messaging training that promotes individuals as people and does not “label” individuals in a manner that perpetuates social exclusion
 - Develop Y/YA-created curriculum and materials and conduct trainings related to peer support specialists, programs, services, leadership, etc.



Thematic Area 4:

Y/YA Recovery Culture

- **Gap**

- Lack of understanding, knowledge, and skills among adults, Y/YA providers, and the Y/YA community about recovery culture, e.g., vision, language, practices, elements

- **Participant Recommendations**

- Develop partnerships between adults and Y/YA that focus on expanding the understanding and acknowledgement of Y/YA culture
- Foster collaboration among adults, youth, and young adults in the prevention and recovery fields through cross-field meetings and resource development
- Break down language barriers to promote Y/YA recovery



Thematic Area 5:

Dedicated Community Resources

- **Gap**
 - Lack of a dedicated community for Y/YA leaders, e.g., physical and virtual space for sharing, learning community, training, mentorships
- **Participant Recommendations**
 - Integrate multiple technology platforms to engage Y/YA, distribute materials, and create access to resources and information
 - Create a recovery application with resources and information available to Y/YA
 - Increase access to recovery and peer support resources via technology
 - Create a centralized electronic repository of recovery and peer support resources for Y/YA (e.g., a youthrecovery.gov website that serves as a national resource center linking Y/YA to all nationwide and statewide resources)

Impact and Feedback

Data Collection and Analysis Plan

- Multiple methods of data collection were used to assess the degree to which the Summit met its objectives and those of the participants.
- **The objectives of the Summit were to:**
 - Facilitate dialogue and foster collaboration across the prevention and the Y/YA recovery movements
 - Promote the exchange of knowledge and lived experience among Y/YA in the prevention and recovery communities
 - Identify current and emerging models, strategies, and practices related to Y/YA leadership development, outreach and engagement, peer support, and cultural competency

Data Collection and Analysis

- Descriptive quantitative analysis was conducted on the feedback forms and Twitter feed to assess the Summit's impact and reach:
 - across the prevention and the Y/YA recovery movements
 - sharing knowledge and lived experience among Y/YA in the prevention and recovery communities
- Qualitative analysis was performed on the large- and small-group discussions, feedback forms, and wall questions to identify current and emerging models, strategies, and practices related to Y/YA leadership development, outreach and engagement, peer support, and cultural competency. Analysis examined common themes and patterns in the following areas:
 - Use of social media and technology
 - Agenda's four focus areas
 - Gaps, recommendations, and opportunities
 - Impact and feedback

Elements of Data Collection



Impact Overview

- The Summit was **extremely successful** in engaging, promoting knowledge, and fostering collaboration and connections between and among Y/YA in the mental health and addiction recovery communities. It provided a forum to begin developing relationships between the prevention and recovery communities.
- Summit participants focused on **conceptualizing the strategies and practices** that are needed for Y/YA related to leadership, outreach and engagement, and peer support.
- Summit participants also identified **gaps** and **recommendations** to address the gaps and advance the Y/YA recovery field.



Participant Satisfaction

- Participants who responded to the written feedback form were **overwhelmingly satisfied** with all aspects of the Summit.

Question (54 responses)	Average
I gained useful information from the plenary sessions, and the speakers helped explain the topic we discussed in the break-out session that followed.	4.14
During the break-out sessions, I learned about new and promising approaches.	4.05
I think the meeting was a good use of my time.	4.64
During the meeting, I had sufficient opportunity to share my thoughts and perspectives.	4.52
Overall, I thought the Summit was successful in achieving the stated goals.	4.36



Feedback Themes

- Participants identified that the most useful elements of the Summit were:
 - Framing the Summit with Y/YA voices and input
 - Collaboration through face-to-face interactions
 - Open dialogue and problem-solving through breakout sessions
 - Connecting and working with individuals from prevention, mental health, and substance use recovery communities
 - Hearing from passionate Y/YA and adults on a range of issues



Feedback Themes (continued)

- Participants provided some recommendations for improvement, which included:
 - Additional logistical support, e.g., additional logistics information provided to participants prior to the Summit; providing a participant contact list; earlier promotion of the Summit's hashtag (#youthrecover)
 - Agenda modifications, e.g., more breaks; added energizers; additional time for feedback/discussion; more direct questions; additional discussion and planning on next steps; better articulation of Summit goals
 - Participant-related feedback, e.g., additional prevention and veterans' services representatives; more opportunities to make connections between the prevention and recovery participants; presentations of participant's personal stories

Opportunities

Opportunities for SAMHSA

Leadership Development

- Create and hold leadership development academies across the SAMHSA regions or through State policy academies
- Hold a national leadership development conference with topics defined by a Y/YA-led steering committee that includes teams of State representatives
- Leverage existing meetings and conferences that convene Y/YA to further engage and train leaders (e.g., Young People in Recovery, Youth M.O.V.E)
- Work with the Addiction Technology Transfer Center (ATTC) Network to develop and deliver Y/YA leadership training



Opportunities For SAMHSA

Peer Recovery Support

- Develop Y/YA peer specialist core competencies (i.e., similar to the Core Competencies Project under BRSS TACS)
- Release a Targeted Capacity Expansion (TCE) Request for Applications (RFA) for Y/YA peer support programs
- Hold an Expert Panel on key elements of peer support for Y/YA
- Conduct an environmental scan on Y/YA peer support services
- Provide technical assistance for college and university based recovery programs
- Publish a white paper on financing of peer support for Y/YA
- Develop guidelines for peer support using social media



Opportunities for SAMHSA

Messaging



- Conduct focus groups and key informant interviews related to Y/YA mental health recovery language and messaging (similar to groups previously conducted for the Y/YA addiction recovery community)
- Adapt the *Faces and Voices of Recovery* Y/YA addiction recovery messaging training for the mental health community
- Conduct train-the-trainer trainings to teach Y/YA how to conduct messaging trainings to other Y/YA
- Create guidelines for positive messaging related to recovery

Opportunities for SAMHSA

Recovery Culture

- Conduct focus groups with adults, providers, and Y/YA to uncover perceptions, misconceptions and interpretations on youth recovery
- Define key elements of a Y/YA recovery culture
- Develop profiles of various Y/YA recovery cultures, e.g., collegiate recovery programs, Youth M.O.V.E. chapters



Opportunities for SAMHSA

Dedicated Community Resources

- Develop a centralized online repository of information and resources related to Y/YA recovery
- Provide space for Y/YA to connect and further refine and advance their recovery efforts
- Formalize mentorship opportunities between Y/YA and adults
- Create a virtual (online) learning community to share best practices, technical assistance, resources related to Y/YA leadership, outreach and engagement, and peer support



Opportunities for SAMHSA:

Possible next steps

- **Participants at the Summit identified a number opportunities for SAMHSA to further Y/YA recovery. The following recommendations as set forth by the Summit participants represent tangible activities SAMHSA can undertake through the BRSS TACS contract:**
 - Develop Y/YA peer specialist core competencies (i.e., similar to the Core Competencies Project under BRSS TACS)
 - Hold an Expert Panel (and follow-up webinar) on the key elements of peer support for Y/YA
 - Conduct an environmental scan on Y/YA peer support services
 - Publish a white paper on financing of peer support for Y/YA

Conclusion

Conclusion

- The Summit afforded Y/YA the opportunity to meet and engage with others in the prevention and recovery communities.
- It highlighted SAMHSA's commitment and dedication to improving the lives and expanding opportunities of Y/YA.
- It was an extremely positive experience for participants and a successful event in meeting the Summit's objectives.
- The Summit created a venue for recommendations in Y/YA leadership that can be further developed.
- The Summit provided an opportunity for follow up events through the BRSS TACS project to continue collaboration and dialogue on Prevention and Y/YA Recovery



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SPREAD THE KNOWLEDGE!

**SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION (SAMHSA)
BRINGING RECOVERY SUPPORTS TO SCALE TECHNICAL ASSISTANCE CENTER STRATEGY (BRSS TACS)**