



AHCCCS

Youth Tip Sheet



Release Date

IN THE PAST 10 YEARS,
YOUTH LEADERS IN
ARIZONA HAVE
SUCCESSFULLY:

1. Developed prevention programs
2. Created trainings for youth and adults
3. Developed substance abuse prevention curriculum
4. Written and obtained grants
5. Drafted Arizona legislation which became law
6. Co-chaired community coalitions and committees

Why Youth Involvement?

The Arizona Behavioral Health System promotes youth involvement. Youth involvement serves two purposes:

- 1) Developing healthy life skills, and
- 2) Bringing about positive change for communities and systems.

Youth should be provided with opportunities for success. This is done by identifying and building on their unique strengths. Involving youth promotes hope which in turn promotes resiliency, recovery, and empowerment. Youth

should be given opportunities to contribute to their communities, gain experience in decision making, form important youth-adult partnerships.



GET INVOLVED

- Join a youth group
- Join a community substance abuse prevention coalition
- Participate in committees, board meetings, or commissions focused on youth issues
- Find a coalition or club that represents an issue that you care about
- Organize fundraisers or community wide events
- Participate as a public speaker at an assembly

*"Be the change
you
want to see in the
world."*

Youth are agents of change... not just kids receiving services

Ways to be involved in your Child and Family Team

(CFT) Meeting: *THE SIX TIPS*

1. Write or help draft the agenda.
2. Meet before the CFT with your case manager to discuss or prepare for the meeting.
3. If you feel ready, ask to run the meeting.
4. Invite members to join your CFT. These people might include extended family members, friends, coaches, a representative from your church, synagogue, or mosque, or a mentor.
5. Provide feedback: let adults know how you feel about the process. Share what you like and do not like.
6. Create goals (maybe behavioral health related, maybe not) for yourself and share ideas on how you think you can attain them.



Advocate for Yourself!

- ◆ Choose a goal about an issue or idea you care about
- ◆ Do research to clearly understand the issue or topic
- ◆ Speak with a trusted adult for guidance (you may want to be coached or discuss what might happen)
- ◆ Think about and practice how you will convey your message
- ◆ If there are any groups or organizations also working on your goal or issue, look into joining or partnering with them
- ◆ Follow through with your plans and talk with those involved in how it went—what went well and what you would like to improve