



Holistic Approaches to Youth Wellbeing:  
Supporting Mental Health as a Strategy for  
Sexual and Intimate Partner Violence  
Prevention

Wednesday January 12, 2022  
11 AM-12:30 PM PT  
2-3:30 PM ET

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CC: I enjoy seeing them excited about learning new skills.

KV: I LOVE how engaged youth are.

HS: I love working with young people because they bring so much energy and enthusiasm.

SR: I love working with the youth, because they're so full of life and eager to learn.

EME: I love how smart and quick to learn youth are!

HS: I love getting to see how strong our kiddos are and the resiliency they show after trauma. They're so strong!

SS: I love how engaged youth are when we present information.

AB: I love how blunt kiddos are.

SS: Youth have so much creativity and passion.

DW: I love the silliness, joy & candor!

AP: I love their passion!

JM: Never a dull moment

TP: I thoroughly enjoy interacting with the middle and high schoolers.

TV: Welcome! As you introduce yourselves in the text chat, please type in one thing you love about working with/in support of young people.

KB: I love the creativity and unbridled energy from youth!

CS: Advocating for children who are having big feelings but don't understand them!

RM: I love working with youth because they have so much energy and great ideas.

KW: I love the enthusiasm and resiliency of youth.

MH: I love the resilience that youth have.

EM: I love working with youth because they are so fun and it means a lot to be a positive impact on their lives.

HK: I enjoy working with youth because they are our future change makers :)

AF: I love just seeing how youth I work with grow and see what I can learn from them.

LH: their desire for a better world, one I would like to live in.

MF: Youth are so creative, inspiring, and want to be part of the conversation & solutions.

BH: Working with youth is invigorating.

LB: Young people are creative, imaginative, and are amazing leaders that I'm always learning from.

AC: Love learning new things from young people, making them feel heard and appreciated.

TR: I am the Youth Educator at this domestic violence resource center in Maine.

EH: The ability to really teach an adult how to be non-judgmental and their resilience.

TV: Welcome! As you introduce yourselves in the text chat, please type in one thing you love about working with/in support of young people.

CT: I love the creative strategies that young people use to navigate complex issues.

AG: I'm a shelter advocate and enjoy learning new ways I can contribute to the healing of those who I serve.

TC: I love working with young people as they are our future and deserve to be well and supported!

SP: kids are amazing, they think they know everything, but really value what you have to tell them, making it hidden that they don't know everything!!

CW: Youth are so energizing, I love to work with them!

JW: I LOVE working with young people, teens especially. They are so insightful and inventive and funny and intelligent. They keep me on my toes in all the best ways.

ED: I love how caring and creative folks are!

RS: Looking to engage immigrant and refugee and other marginalized youth in healthy relationship promotion.

PH: Working with young people feeds and warms my spirit.

AD: love empowering young people to advocate for themselves when they are able to.

DW: I don't specifically work directly with the youth but we do help survivors and their children.

RM: I really enjoy working with young people and following their lead on ideas to address SV in their school or community.

TV: You can download slides for this web conference here:  
<http://www.preventconnect.org/wp-content/uploads/2021/12/Final-January-2022-PreventConnect-slides.pdf>.

RS: The youth I work with are so insightful and smart, and they lead our programs so well.

MH: I enjoy that interacting with Kindergarten-Middle School and those a-ha moments they have when talking about body safety, etc.

HAB: I see the program is being recorded, will it be available for viewing online for those who couldn't attend?

TV: Hi Helen, yes! All who are registered will receive an email when the recording is available, and it will be publicly available on our website.

TC: I love the passion that teens have for wanting to help others and make social norm changes.

LH: I am a high school student in Seattle, WA who is interested in youth mental health and domestic violence prevention.

KK: my focus is working with college campuses in NH and helping them connect with their local DV/SA crisis centers.

MF: Maybe just having a cup.

DW: I was thinking the same thing Megan.

AY: Ann Yellott with Tucson Youth and Peace, a relatively new peace leadership training program for youth and young adults that has grown out of a decade-long tradition of our collaboratively organizing and conducting an Annual Youth and Peace Conference....with a Youth Leadership Team that selects the theme and title for each year's conference.

TV: Please type in one thing you love about working with/in support of young people, if you haven't yet.

JB: Investing in America's youth

SF: Continuously inspired by young people's ability to imagine.

HW: They are so resilient and it brings me joy.

ES: Middle schoolers brutal honesty is amazing/refreshing.

EB: Young people are creative and innovative.

WC: i love the BIG emotions and ideas, less filter. jokes are always funnier, ideas are always more imaginative, gratitude is always so real.

ES: Fresh perspectives and optimism.

KA: Young people are just way more fun to be around than most adults.

ES: And being more in the present.

SB: honored to be able to be a safe space in a child's life.

AB: I love the perspective and creativity that young people bring.

KH: I love it because when I was younger I had someone help me to get past some difficult times.. I wanted to do the same.

AN: I like working with youth because of the hope and outlook that they have.

LFP: I'm not totally sure how to articulate it, but it feels a deep need within my spirit to connect across age groups and generations.

FO: I love that I always get to be surrounded by hopeful people.

CD: Kids are such a source of inspiration and new ideas in life.

RA: I love watching their light bulb moments and the wisdom that they have to share!

VH: I enjoy the creativity and persistence that youth have to advocate for themselves and push for wellbeing for themselves and others.

MP: Lots of hope here! Love it

AY: Working with youth brings hope and inspiration and visions for the social justice changes we need to create.

DB: The power to learn from them when we slow down and "really" talk.

KK: fresh perspectives, creativity, open-mindedness (especially around being inclusive).

TV: Text chat question: What are you noticing in your community and/or school environments related to these topics? What questions or concerns are on your mind as we get started?

CN: I love the many ways they navigate the transitions in their developmental stages. The attitudes, emotions, and all the things!

LH: I like to be support and understanding them!

TV: This text chat will be available on our website after this web conference, too, so you can revisit the chat after we sign off together today.

YC: I personal believed that they are our futures and we need to have good things for our future.

SDW: I love that working with children brings me joy as well as them!

SB: Seeing lots of fights, arguments, dysregulation in middle school students. Schools are struggling with how to respond and re-set to a better school climate/environment.

AY: Much greater focus on mental health and wellbeing....willingness to acknowledge and speak honestly about issues that youth are struggling with in their own lives and seeing happen with friends and peers.

JW: Lots of the youth at NAGLY feel like they have no future and so they sort of have a "whatever" attitude because they feel like there's no hope. It breaks my heart.

KB: Mental health concerns are impacting so many people, and it seems like we are getting a little closer to minimizing the stigma against reaching out for help. I am encouraged every time I hear someone proudly identify as having active counseling sessions in their lives.

TV: Text chat question: What are you noticing in your community and/or school environments related to these topics? What questions or concerns are on your mind as we get started?

TV: The chat is moving so fast! So these are the chat questions we are on now, in case folks missed it.

AN: A lot of the youth I work with believe that violence/fighting is the answer to certain problems.

JW: Also, the Covid isolation has made them more susceptible to online predators.

HS: It seems like the continuous disruption is causing a lot of emotional dysregulation in young people and many of the caregivers have nothing left to give so the young people are just floundering with little support.

CH: Yes, Ashley! Violence in schools has entered a lot of my conversations lately. And threats of violence if anyone reports the violence.

LFP: I am noticing that many adults are very tired and struggling to be present. Staff shortages mean that there aren't enough people for the needs. Conflicts erupting because people are hurting. A sense of needing a lot of restoration and recalibrating our nervous systems.

RS: I am especially interested in addressing the needs of young folks who have ADHD and other learning challenges AND with young people from immigrant/refugee families in which dating/intimacy is prohibited.

VH: Our community is seeing a lot of increased gun violence and other types of violence in schools as well as gender based violence/bullying incidents. Conversely, youth have been advocating for more inclusive and trauma informed policies and resources.

TV: @Bernita, yes, you will receive an email when the recording is available.

KH: One thing for me is that it is very close to home. My daughter shared that his pronouns are They/Them. Many of my children's friends as well.

SB: What's the name of the organization that created the SEM graphic?

SF: Concerned that we aren't leaving space enough each day to allow young people to explore their big feelings and there isn't enough educator support or institutional flexibility to slow down.



SK: Sounds awesome @Radhika.

AY: Can we get a copy of this PowerPoint or whatever format this information is in.

MdLLT: I am interested in addressing mental health challenges in the Latino young people.

LFP: Ann, yes the PPT is available on the PreventConnect websites.

BW: Thank you. Will the chat be available also?

TV: @sally, I think that's available in the U.S. Surgeon General's report.

TV: You can download slides for this web conference here:  
<http://www.preventconnect.org/wp-content/uploads/2021/12/Final-January-2022-PreventConnect-slides.pdf>.

TV: Yes, the chat transcript will also be available!

HAB: Is there a link to these reports that could be shared in the chat?

TV: Protecting Youth Mental Health: The US Surgeon General's Advisory-  
<https://www.hhs.gov/surgeongeneral/reports-and-publications/youth-mental-health/index.html>

TR: Students are talking about these topics and they are taking stands. I want to be able to support them so they do not feel alone.

TV: Uniting Isolated Voices: Girls and Gender Expansive Youth during COVID-19 by Alliance for Girls: [https://www.alliance4girls.org/wp-content/uploads/UnitingIsolatedVoices\\_FINAL\\_ForUpload.pdf?utm\\_source=Blue+Shield+of+California+Foundation&utm\\_campaign=15dc186b29-Intersections\\_11\\_23\\_2021&utm\\_medium=email&utm\\_term=0\\_37f6a30344-15dc186b29-538165438](https://www.alliance4girls.org/wp-content/uploads/UnitingIsolatedVoices_FINAL_ForUpload.pdf?utm_source=Blue+Shield+of+California+Foundation&utm_campaign=15dc186b29-Intersections_11_23_2021&utm_medium=email&utm_term=0_37f6a30344-15dc186b29-538165438)

HAB: Thank you!

PH: Slide link: <http://www.preventconnect.org/wp-content/uploads/2021/12/Final-January-2022-PreventConnect-slides.pdf>

BW: Thank you so much as the chat is not accessible with the "dots".

ES: I love this diagram

ES: It's so powerful

TV: Anytime and thanks Paige for the chat link assist!

MV: Holistic Services are FOR SPANISH SPEAKING COMMUNITY

- Master in Hypnotherapy in Medical, Clínica and Advanced – PASOH
- Certified in Past Life Regression Therapy– Dr. Brian Weiss – The Weiss Institute.
- Active Professional Member of the Consejo Latinoamericano de Hipnoterapeutas CLH
- Active Professional Member of the Association for Transpersonal Psychology & Hypnotherapy
- Certified in German Medicine, diagnosis and Therapeutic Holistic Techniques.
- Certified in Social Work and Human Services

Martha Vasquez 650 518 0808 TRANSFORMACION offices are located in San Francisco Bay Area.

BW: Great information and sharing!!! Thank you.

LH: Go SDSU!

SDW: Yes, We house a afterschool program for New Americans @ the YWCA.

WC: caretaking responsibilities and norms - such an important point, Fardosa.

RS: Yes and home can be oppressive when families are living in very crowded housing situations with little quiet space.

BH: The issues were already there and have been extremely magnified making it difficult for people to function - everyone is tired of this pandemic - this multiplies for the youth on another whole level.

RS: Yes @Barbara, absolutely.

HS: I love that your work makes the transition from a collective culture to our individualistic culture in America.

HS: \*makes the transition easier

RS: Yes Mohamed, we need to build up the ability of anyone whom the youth trust so that we can listen and support and encourage youth and respond effectively.

BW: Wonderful lesson there in Kobe's words!!!

DL: Love that! "Love is the only evidence based program"!!!

LFP: Thanks for the chats! Everyone, please feel free to put in the chat what's resonating and what questions or comments you might for Fardosa and Mohamed.

NA: What is your general foundation for the healing circles?

HG: Wondering how Fardosa and Kobe address mandated reporter requirements?

SH: Great job Fardosa and Kobe! I commend you both.

BH: Thank you so much for the wonderful work you do Fardosa and Mohamed.

SX: I'm curious of how Mohamed & Fardosa manage conflict amongst their participants, particularly youth, knowing that external altercations can occur from standing relationships out in community! Thank you all so much for your impactful and transformative work.

TV: Text chat question: What resonates for you about what Fardosa and Kobe have shared about strategies supporting wellbeing for young people?

EPW: Suggestions on healing circle formats and guides? Want to use with university trauma center.

JW: Yes, also wondering about healing circles.

RM: I'd also love to hear more about the healing circle!

WC: wow, that sounds like powerful work, Elizabeth - love that idea.

CD: being authentic and transparent, meeting people where they are.

EPW: I liked the way they address social barriers and provide resources. I also love the healing circles and the good boundaries around that and the readiness to give resources for that as well.

SH: Definitely so important to have healing circles and giving youth a safe, comfortable space to release inner trauma or unhealthy feelings.

ER: providing a variety of safe spaces for them is amazing.

DW: It is so important that the kiddos have positive role models to look up to, especially when their home life isn't a very positive environment. It is so awesome that there are organizations out there that do so much for these children!

LH: It's so important to have a community, have a sense of belonging, I wish I had had that when I was younger, I think it can really help make it easier to have a sense of self and empowerment.

JLL: It is so important and makes a huge difference when those who work in communities have buy in.

CN: I love how you both are a safe adult for the kids you support. That's so special and important.

DW: Contact tracer in schools.

SB: Hey Oregon friends! Just saw you yesterday. So happy to see you here too! Congrat!

TV: At any time feel free to send comments or questions to Marcia and Denise in the chat.

FO: General Foundation for Healing Circles: A safe space for men and women to talk about issues that affect them.

BW: Just think what could be accomplished if Fardosa and Kobe understandings could be immediately adopted.

RM: Fardosa ~ what website is that on?

TT: Sharing heavy heart as well Denise. Sending you Strength for your work.

FO: Hi I just to clarify one thing. Our work does not make the transition from a collective culture to an individualistic one. We try to stay strongly rooted in the collective. It is the foundation of our organization as people from collectivist backgrounds :D I think most if not all our success in our community is due to this mindset.

LFP: Agree, Bernita! I think everyone needs and would benefit from that kind of holistic community support...

DW: Over 90 deaths. The highest previously was in about 70 in the early 80's

LFP: I appreciate your point, Fardosa! Perhaps you are modeling and helping more individualistic cultures understand the benefit of collectivist cultures. And helping us grow and evolve to a more pluralistic collectivist oriented society.

KV: LOVE what you just said

WC: ^ +1 !!!

EPW: love this model! that last quote is perfect "ensuring that power is shared with those most impacted" WOW

RS: is this the healing circle guide you use? <https://healingcirclesglobal.org/wp-content/uploads/2018/03/The-Practice-of-Healing-Circles-Module-1-How-to-host-a-circle-1.pdf>

FO: For the conflict question, yes young people fight. I work more with the young women. We work so closely with them, it's obvious to me and my coworkers when they are fighting. Sometimes it comes up in the healing circles. I have not seen violence amongst the young women fortunately, but bullying can have a deeper damage to people. We talk to the students in the situation one on one. I usually take on a big sister role with them. I make sure they know they are supported and their experiences are validated. Because we come from religious backgrounds, sometimes we end up having a conversation about God and forgiveness when it is appropriate. We also talk about certain workshops we've had with them about boundaries and friendships. Once they are in a head space where they processed the events that led to the conflict and are ready to take responsibility for their part, we have a group meeting and resolve the issue that way.

JN: ^^ <3

TV: Othering & Belonging Institute: <https://belonging.berkeley.edu/>

FO: Hi Radhika, that guideline is very similar to what we do. We re-invented our healing circles to meet our cultural and religious needs.

SX: So appreciative of your conflict-resolution model, Fardosa. It takes incredible thought and awareness to guide youth through such processes that feels culturally competent and centering of transformative justice - knowing that those who cause harm have to be held accountable and also given room for reconciliation.

TV: Text chat question: What resonates for you about what Denise and Marcia have shared about strategies supporting wellbeing for young people?

LH: That having an understanding and supportive adult available can make a lot of difference in the lives of youth.

BH: It is important to have support for the staff so they are able to fully support the youth.

KV: the systems impact social determinants of health.

JK: The county wide board of partners is such an important concept. One of the counties I work in has one for education professionals, but the other does not. Do you have any advice as to how I can go about encouraging that?

ES: I would love to hear more about how the speakers see the connection between supporting mental health as a strategy to prevent domestic violence

RL: Will we be getting a certificate?

LH: Wish we could get more funding for mental health both for school counselors, but also for all community members through a strong Department of mental health and more therapists available.

TV: @Rushell, a certificate is available at the end of our survey. You will be emailed a link to complete the survey shortly after the end of this web conference.

A: @Rushell following a brief evaluation survey there is a link to download an attendance certificate.

MP: and lives under a MOU-- memorandum of understanding.

JK: Yes, thank you!

BW: Yes, very important to meet where they are,

ES: I think In the DV field, many of us think of mental health support as a response strategy to survivors of violence but I think so much from mental health field can be applied in domestic violence prevention programming to strengthen mental health to prevent further violence. This is where I think the point of bridging silos is so key.

WC: that's such an important perspective, Erin! so grateful for that.

VH: Providing preventative mental health services can help to increase an individual's sense of self-worth and self-awareness. This can then lead to increased confidence in setting boundaries, healthy communication, and recognizing red flags.

BH: Our organization has an educational department that goes out to the schools and educates them about violence and sexual assault. One for young children and one for teens.

LFP: Connections between supporting mental health and SDV prevention: 1) responding to the concerns that people are bringing up is the start of healthy relationship upon which addressing SDV can be developed; 2) relational and sexual health are components of mental health; 3) we can address shared risk and protective factors; 4) we can emphasize the importance of equitable gender norms, nonviolent problem solving, power-with rather than power-over, consent, etc. in all that we do, thereby modeling and fostering healthy and safe relationships and sexuality, regardless of what we are calling our work.

ES: Especially since we have a lot of evidence that poor mental health can be a risk factors for both perpetration and experiencing of domestic violence.

LFP: Great points everyone! Appreciate your sharing!

SDW: I love it!

BY: Yas! Love it! Paving the path; showing the way.

SDW: The support and guidance!



TV: That was beautiful Mohamed, thank you!

FK: Inspiring.

BW: Mental health is strongly connected to the issue of DV/IPV. The exposure to trauma and the lack of it being addressed truthfully causes a slower recovery from DV/IPV experience. We have work today.

SX: Thank you for all the parting wisdoms and reinvigoration in crafting a better world together

LL: A common thread is how unhelpful isolation is. It hurts mental health, it hurts mutual aid, it contributes to not finding support and resources. Reducing isolation has many different forms so I find this a helpful way to think about the common issues.

TP: We have a middle school program where we go in and teach about personal boundaries, relationships, and respect. Our high school program takes it to the next step and shows students how to step up and help others in need where the issues deal with power-based personal violence..

LH: Thank you all!

RS: Such a great session -- thank you I am so inspired and impressed.

SH: Great presentation and webinar Thank you to all the speaker!

MP: thank you so much everyone!

TV: Protecting Youth Mental Health: The US Surgeon General's Advisory-  
<https://www.hhs.gov/surgeongeneral/reports-and-publications/youth-mental-health/index.html>

Uniting Isolated Voices: Girls and Gender Expansive Youth during COVID-19 by Alliance for Girls: [https://www.alliance4girls.org/wp-content/uploads/UnitingIsolatedVoices\\_FINAL\\_ForUpload.pdf?utm\\_source=Blue+Shield+of+California+Foundation&utm\\_campaign=15dc186b29-Intersections\\_11\\_23\\_2021&utm\\_medium=email&utm\\_term=0\\_37f6a30344-15dc186b29-538165438](https://www.alliance4girls.org/wp-content/uploads/UnitingIsolatedVoices_FINAL_ForUpload.pdf?utm_source=Blue+Shield+of+California+Foundation&utm_campaign=15dc186b29-Intersections_11_23_2021&utm_medium=email&utm_term=0_37f6a30344-15dc186b29-538165438)

LL: Thank you speakers and organizers! Great session!!

MO: Thank you. Great presentation.

BY: Thank you!

DW: Being in this space is super inspiring!

SF: Thank you all! Powerful community building.

JB: Is there a link for the "Safe & Connected Schools" resource?

TC: Thank you everyone, very inspiring.

MP: We are working on a new Safe and Connected Website!

MP: stay tuned

JB: Got it- thanks, @Marcia!

BW: Thank you so much!!

AM: this was great, thanks!

ML: Thank you so much!!

TV: We will add that to this web conference's website when the Safe and Connected Schools site is ready!

TL: Thank you guys! That was so informative!

CD: thank you, very informative.