YOUTHBUILD USA AMERICORPS CONFERENCE OF YOUNG LEADERS

Resource Guide

"When I was a boy and I would see scary things in the news, my mother would say to me, 'Look for the helpers. You will always find people who are helping.'"

Fred Rogers

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EVENT OVERVIEW

Event Summary

- Hybrid modality via Zoom with virtual facilitation and small group work
- Representation and participation from the global YouthBuild network, including youth from South Africa and Brazil
- Translations for non-English speaking participants
- Focus on youth "assets" as the key to creating equitable and restorative service

Workshop Topics

- Helping the Helpers
  - Who is serving?
  - What are the needs of helpers?
- Healing our Divided Society
  - The Kerner Commission
  - Call to Action for Healing our Divided Society
- Design Thinking Challenge: Equity in Service

Participant questions answered throughout conference

Monday: What strengths and abilities do young people possess?

Tuesday: How can these strengths and abilities be leveraged to help communities heal, build, and rebuild, especially related to Covid-19?

Wednesday: What supports do young people need from adult allies, peers, programs, and institutions?

Thursday: How might we more effectively promote and create service opportunities that are equitable, restorative, and accessible?

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KEYNOTE SPEAKERS

DAY 1
John Valverde
President and CEO
YouthBuild USA

View recording here

Matt Clerico
Senior Portfolio Manager, AmeriCorps
YouthBuild USA

View recording here

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KEYNOTE SPEAKERS

DAY 2
Tulaine Montgomery
Board Member, YouthBuild USA
Co-CEO, New Profit

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DAY 4
Alfred Sigo
Co-Founder and CEO
Pwani Youth Network

View recording here

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EQUITY IN SERVICE DESIGN THINKING PROJECTS

Below are tools to facilitate this activity on your own and insights from the CoYL 2021 event.

What is Design Thinking?

- Non-traditional, creative problem solving process that integrates empathy, collaboration, ideation, and experimentation

- Human-centered (or user-centered) approach to innovation

- Fast-paced process that consists of a series of steps in solving challenges with no clear solution faced by programs

- Culminates in a solution to the challenge, which includes a visual representation of the idea and the pitch to describe the solution

Design Thinking Steps

Stage 1: Empathize
Research your users' needs.
Stage 2: Define
State your users' needs and problems.
Stage 3: Ideate
Challenge assumptions and create ideas.
Stage 4: Prototype
Start to create solutions.
Stage 5: Test
Try your solutions out.

Common Problems

- Support for single parents
- Gang violence
- Mental health awareness
- Homelessness
- Financial education
- Substance abuse
- Food insecurity

Solutions

- Productive youth outlets
- Financial Capability courses
- Accessible mental and wellness resources/reduce stigma of needing help
- Community engagement to spread awareness
- Amplify youth voice and perspective

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HELPING THE HELPERS

Below are tools to facilitate this activity on your own and insights from the CoYL 2021 event.

Common Problems

Compassion Fatigue: a condition characterized by emotional and physical exhaustion leading to a diminished ability to empathize or feel compassion for others, often described as the negative cost of caring

Apathy: absence or suppression of passion, emotion, or excitement; lack of interest in or concern for things that others find moving or exciting

Burnout: a state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress; occurs when you feel overwhelmed, emotionally drained, and unable to meet constant demands

Solutions

- Work on your own projects (What is something that you are passionate about?)
- Make a plan (How are you keeping up with your personal goals? Where are they written down?)
- How much time do you give to yourself?
- Take at least 20 minutes out of your day to plan your goals.
- How do you keep yourself accountable? (Knowing your preference can be very helpful; Are you a pen and paper type of person, or do you prefer technology to help you stay on top of your to-dos?)
- How often are you on your phone? (Check your screen time activity, and try to use your phone less.)
- What style of learner are you? (Visual, auditory, kinesthetic, or reading/writing?)

Questions to Ask Students:

What are your self-care strategies?
Who is in your support network?
How do you identify your support network?

Self-care Strategies:

- Listen to music
- Create a checklist of weekly goals
- Journal
- Go for a walk
- Exercise
- Talk to friends
- Take a day off social media
- Draw or be creative
- Watch a familiar show or movie
- Spend time with family
- Set aside alone time for yourself

Examples of Support Networks:

- Family
- Friends
- Teacher
- Mentor
- Therapist/counselor
- Support group

Download this Jamboard activity to facilitate this exercise on your own or at your YouthBuild program.

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RESOURCES TO HELP YOU THRIVE

*Created by the Alumni Service Department at YouthBuild USA

Mental Health and Wellness Self-Inventory Quiz

Resource: Mental Health and Wellness Toolkit*

Antiracism Toolkit

Workforce Discrimination Toolkit*

Alumni Resource Guide*

Healing our Divided Society Resource Guide*

Financial Capability Resource Guide*

Share your contact information with CoYL 2021 participants using this form.

Contact us at alumni@youthbuild.org.

Visit the For Alumni page on YouthBuild.org.

STAY CONNECTED