"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

Table of Contents

Event Overview
Keynote Speakers
Equity in Service Design Thinking Projects
Helping the Helpers
Resources to Help You Thrive
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?
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
KEYNOTE SPEAKERS

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

View recording here

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

View recording here
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

EQUITY IN SERVICE DESIGN THINKING PROJECTS
Below are tools to facilitate this activity on your own and insights from the CoYL 2021 event.
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?

Examples of Support Networks:

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

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

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