

Monthly Gathering Calendar

Purpose: To share experiences, discuss challenges, and celebrate successes while learning about topics such as near-peer mentoring, skills-based mental health educational techniques, behavioral health field exploration, secondary trauma, compassion fatigue, and youth advocacy




Session	Session 0	Session 1	Session 2	Session 3	Session 4	Session 5	Session 6	Session 7
Skill	YMHC X PHE Kick-off Sessions	Intro to Monthly Meetings and Community Logistics	Secondary Trauma, Compassion Fatigue	Intro to MentalHealth Support	Youth Advocacy from a Young Person's View	Intro to Resume and Salary Negotiations	Day in the Life of an MSW Panel	Youth Nutrition and Mental Health
Key Takeaway	Meet Peer Health Exchange and Insidetrack, partners for the Youth Mental Health Corps members	Overview of program logisitcs and be able to locate resources	Know the two types of transference Know three ways to overcome compassion fatigue	Recognize four signs of poor mental health Create and follow a self-care plan	Naming two views young people consider important Identify two action items to support young people	Learn two things recruiters look for in resumes Learn one skill in salary negotiations	Recognize one interesting aspect of social work Learn ways to become become an MSW	Understand how food insecurity impacts youth mental health
Length	1HR Community Building	1 HR skill building 30 MIN community building	1 HR skill building 30 MIN community building	1 HR skill building 30 MIN community building	1 HR skill building 30 MIN community building	1 HR skill building 30 MIN community building	1 HR skill building 30 MIN Community Building	1 HR skill building 30 MIN Community Building
Date	October 2nd 10AM PT 11 AM MT 12 PM CT 1 PM ET	November 13th 10AM PT 11 AM MT 12 PM CT 1 PM ET	December 11th 10AM PT 11 AM MT 12 PM CT 1 PM ET	January 8th 10AM PT 11 AM MT 12 PM CT 1 PM ET	February 12th 10AM PT 11 AM MT 12 PM CT 1 PM ET	March 12th 10AM PT 11 AM MT 12 PM CT 1 PM ET	April 9th 10AM PT 11 AM MT 12 PM CT 1 PM ET	May 14th 10AM PT 11 AM MT 12 PM CT 1 PM ET



peerhealthx



*Calendar subject to change

