



Member Support Catalog

Welcome to the Youth Mental Health Corps

We are thrilled to have you join us in our mission to empower young adults across the nation to address the mental health crisis in their communities.

Our Commitment to You

At Youth Mental Health Corps (YMHC), we are dedicated to fostering a vibrant and supportive environment where members can connect, learn, and grow. Our aim is to equip you with the tools, skills, and experiences necessary to overcome challenges during your service and thrive in your future career.

To achieve this, we've partnered with leading organizations such as Peer Health Exchange (PHE) and InsideTrack to offer comprehensive services that focus on your well-being, personal growth, and career development.

This Member Support Catalog highlights the key services and resources available to you through YMHC.

Our YMHC partners

Peer Health Exchange: Building Community and Supporting Your Well-Being

Looking to connect, grow, and make an impact? As a YMHC member, you are part of a unique community of up to 700 young people serving across diverse states, programs, and community settings. PHE provides you with the opportunity to connect with others who share your passion for mental health and community engagement. Together, you'll find support, share experiences, and learn from one another as you work toward making a difference.

WHAT'S IN IT FOR YOU?

→ **Become a YMHC Leadership Fellow:**

YMHC Leadership Fellows Program offers a unique opportunity to step into leadership roles within the YMHC. Fellows will:

- ✦ Receive a stipend for participating in the program.
- ✦ Collaborate on national projects
- ✦ Engage in professional development opportunities.
- ✦ Help shape the overall member experience.
- ✦ Strengthen your skills, expand your network, and contribute to the broader impact of the YMHC.

Nomination Process

Prospective fellows must first be nominated by either their program or host site supervisor. Following the nomination, each state service commission will review the

nominations and select two finalists to represent their state.

If you have any questions or want to learn more, please reach out to Inesha Williams, YMHC Engagement Manager, at iwilliams@youthmentalhealthcorps.org, or check out the YMHC Leadership Fellows Overview for more details!

→ **Shape Your Experience:** Got ideas or need extra support? Use our feedback platform to share your needs and help shape future training and resources just for you.

→ **Virtual Networking Gatherings:**

Meet and connect with YMHC members from across the country! Share your experiences, celebrate successes, and find support from peers who understand your journey.

→ **Learning and Mental Health Resources:**

Access PHE's digital platform, the Learning Management System, packaged with tools to support your well-being and professional growth, including:

- ✦ On-demand training modules you can access anytime.
- ✦ Recordings from monthly meetings to keep you in the loop.

HOW AND WHEN?

→ **Flexible Learning:** Access the LMS anytime for asynchronous training and valuable tools.

→ **Monthly Trainings:** Learn about topics like mental health education, youth advocacy, and handling secondary trauma from mentors and experts.

InsideTrack: Your Path to Career Success

WHAT'S IN IT FOR YOU?

- **Personalized 1:1 Career Coaching:** Work with your very own InsideTrack success coach who's dedicated to helping you succeed. Whether it's figuring out your next step or creating a plan to get there, your coach has your back.
- **Career Assessments and Goal Setting:** Discover your strengths, define your goals, and create a road map for your future.
- **Soft Skills Development:** Build essential skills like communication, teamwork, and leadership—skills you'll use in any career.

HOW AND WHEN?

- **1:1 Coaching:** Once you begin your service, your InsideTrack career coach will reach out to start your 1:1 coaching.
- **Flexible Scheduling:** Set up sessions that work for you—via phone, email, or Zoom.

InsideTrack is here to help you navigate your professional journey with personalized coaching and tools to set you up for long-term success.

CRISIS SUPPORT SERVICES

- Support for members navigating basic needs challenges, including:
 - ♦ Referrals to health and support resources on an as-needed basis.
 - ♦ Supports to address safety, food, housing, and financial issues, emotional distress, and more.
- You will first need to meet with your InsideTrack career coach, who will then refer you to the Crisis Support Services team for additional support.

National Science & Service Collaborative: Evaluating Your Experience in the YMHC

WHAT'S IN IT FOR YOU?

- **Baseline and exit Surveys:** Enable members to reflect on their growth and inform program improvement.
- **Alumni Surveys:** Gather insights six months post-service to understand long-term outcomes.

For the YMHC, the National Science & Service Collaboration will use career surveys to measure the impact of member career data in the YMHC and inform workforce development programming.

HOW AND WHEN?

- **The baseline survey:** Emailed to YMHC members at the beginning of their service.
- **The exit survey:** Emailed to YMHC members in the last month of their service program.
- **The alumni 6-month post-service survey:** Emailed to members 6 months after their service program ends.

Member Assistance Fund: Helping You When It Matters Most

HOW IT WORKS

Thanks to the YMHC Collaborative, the YMHC Member Assistance Fund will ensure that financial barriers don't stand in the way of your ability to serve and succeed. We understand that unexpected challenges can arise during your service, and we're here to help. Whether it's an emergency expense or unexpected need, the fund is here to support you.

Full-time and part-time YMHC members are eligible to apply. There is no minimum service hour requirement.

Eligible members can apply for up to \$1,000 in direct cash assistance to address unexpected expenses around transportation, housing, medical, and family loss.

EASY ACCESS

Members will be able to access the Fund through a streamlined digital platform for submitting applications, getting approvals, and receiving funds quickly. Applicants will be notified of their application approval status within one week.

YMHC Monthly Member Newsletter Includes:

♦
Member spotlights:
Learn about your peers
and their experiences.

♦
Updates from Peer
Health Exchange and
InsideTrack.

♦
Career resources
and tips.

♦
Important news and
program updates.

♦
Member Support/
Welcome Kit.