



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.



Meet Inesha YMHC Director of Member Success

Inesha Williams oversees member experience and engagement and is your point of contact for questions about member support, your YMHC experience, and ways to get involved.

Email: iwilliams@youthmentalhealthcorps.org → [Booking Page](#) to schedule a 1:1

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 nearly 1,000 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?

→ **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.

WANT TO LEAD? BECOME A YMHC FELLOW

Two fellowship programs let you step into a leadership role and earn a \$5,000 stipend: **Leadership Fellows** and **Digital Fellows**. [See next page](#) →

Become a YMHC Fellow

Two ways to step into a leadership role, earn a \$5,000 stipend, and help shape the future of YMHC.

YMHC

Leadership Fellows Program

\$5,000

COHORT SIZE

30 fellows — two fellows from each state — open to active YMHC members ages 18–29.

WHAT YOU'LL DO

Collaborate on national projects, participate in professional development opportunities, expand your network, and help shape the overall YMHC member experience.

HOW TO APPLY

Interested members will be nominated by their program or host site supervisor. Each state service commission will then select two finalists.

LEARN MORE

Contact Inesha Williams at iwilliams@youthmentalhealthcorps.org.

YMHC

Digital Fellows Program

\$5,000

COHORT SIZE

10 fellows — open to active YMHC members ages 18–29.

WHAT YOU'LL DO

Join a youth-led creative team creating social-first content around mental health, peer support, workforce development, digital wellbeing, the YMHC experience, and other topics that matter to you. Pitch your ideas in monthly Creation Labs, learn from creators and industry experts, and connect with YMHC members nationwide.

HOW TO APPLY

Applications open in the fall. Members can apply directly.

LEARN MORE

Contact Daylee Baker at dbaker@youthmentalhealthcorps.org.

Note: Members selected for the Leadership Fellows Program may not also participate in the Digital Fellows Program.

HOW TO GET STARTED

→ **Leadership Fellows:** Let your program or host site supervisor know you're interested in being nominated.

→ **Digital Fellows:** Apply directly when applications open in the fall — have links to your social accounts and examples of your work ready.

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

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

HOW AND WHEN?

- **The Baseline Inventory:** Emailed to YMHC members at the beginning of their service.
- **The Exit Inventory:** Emailed to YMHC members in the last month of their service program.
- **The Alumni Inventory:** Emailed to alumni 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.

The application will be shared once it's available. Stay tuned for more information!

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.