

CRISIS-READY YOUTH MINISTRY

A PRACTICAL MENTAL HEALTH TOOLKIT THAT YOU CAN USE THIS SUNDAY.



EASTSIDE ACADEMY

www.eastsideacademy.org



www.youthcrisis.org



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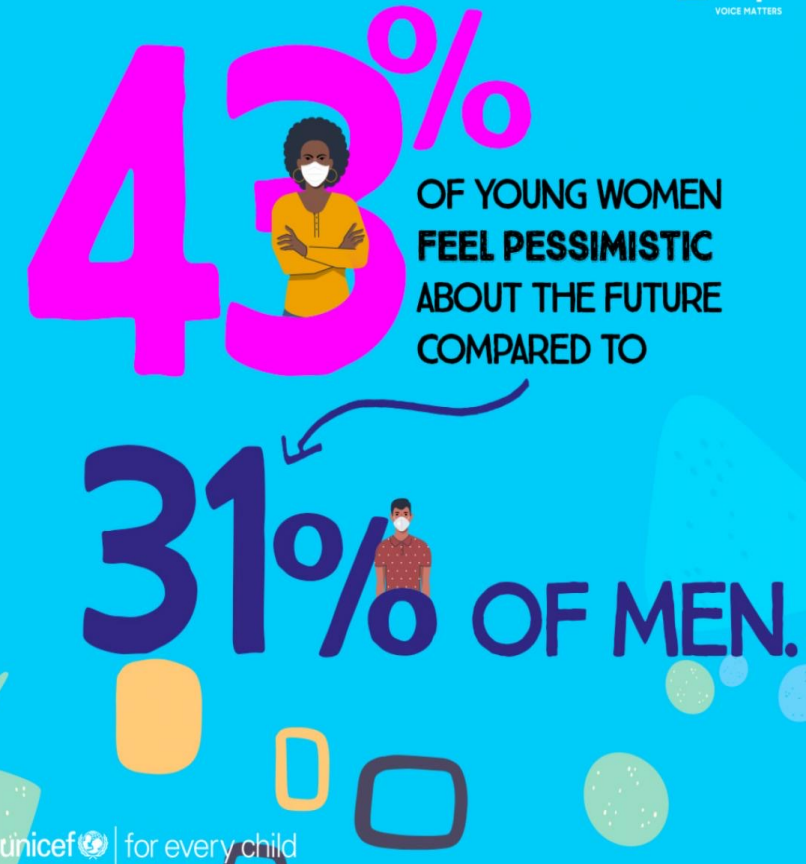


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The impact of COVID-19 on the mental health of adolescents and youth

<https://www.unicef.org/lac/en/impact-covid-19-mental-health-adolescents-and-youth>

3 OUT OF 4

HAVE FELT THE NEED TO ASK FOR HELP REGARDING THEIR PHYSICAL AND MENTAL WELL-BEING.



DESPITE HAVING FELT THE NEED TO DO SO, **2 OUT OF 5** DID NOT ASK FOR HELP.



AMONG THOSE WHO FELT THE NEED TO ASK FOR HELP REGARDING THEIR PHYSICAL AND MENTAL WELL-BEING, **1 IN 3** ASKED FOR HELP FROM THEIR CLOSEST CIRCLE, FAMILY AND FRIENDS.





A RESPONSE TO THE YOUTH CRISIS



**THE RIGHT
TOOL FOR
THE JOB**

S

SAFETY:

Provide a safe and secure place for the student.

O

OPPORTUNITY:

In that safe and secure place, create an opportunity to express any fears, frustrations, trauma, grief or anxiety.

U

UNDERSTANDING:

Offer a non-judgmental validation that this is a significant moment of crisis for the student.

N

NEED:

Try to meet the students needs for real empathetic, compassionate care in the form of time and attention, and ongoing opportunities to share feelings.

D

DEFER & REFER:

Know your own limits. Offer further support and/or referral to a professional(s).

**TOOL #1
A SOUND
FIRST RESPONSE**



TOOL #2

CREATE-A-SPACE

ACTIVITIES



- **PRAYER ACTIVITIES**
- **FAST FOOD MEET UPS**
- **MENTORING**
- **LISTENING ACTIVITIES**
- **JOURNALS**
- **NORMALIZE CONVERSATIONS**
- **CURRICULUM**



FAITH IN AN ANXIOUS WORLD

A 4-WEEK HIGH SCHOOL CURRICULUM

KARA POWELL AND BRAD GRIFFIN,
WITH RACHEL DODD AND AARON ROSALES

CURRICULUM IDEAS

<https://fulleryouthinstitute.org/anxiousworld>

LAMENTATIONS

How Lonely Sits the City

I How lonely sits the city
that was full of people!
How like ^aa widow has she become,
she who was great among the nations!
She who was ¹a princess among the provinces
has become ^aa slave.

² She weeps bitterly in the night,
with tears on her cheeks;
³ among all her lovers
she has ⁴none to comfort her;
⁵ all her friends have dealt treacherously with her;
they have become her enemies.

⁶ Judah has gone into exile because of affliction¹
and hard servitude;
she dwells now among the nations,
⁷ but finds no resting place;
her pursuers have all overtaken her
in the midst of her distress.²

The roads to Zion mourn,
for none come to ¹the festival;
her gates are desolate;
her priests ²groan;
her virgins have been afflicted,³
and she herself suffers bitterly.

Her enemies have become the head;

REDISCOVERING LAMENTS



TOOL #3
NOTE-KEEPING
TEMPLATE



TOOL #4 MENTAL HEALTH SENSITIVE GAMES



- STRESS BALL GAMES
- PUZZLES
- ONLINE GROUP GAMES
- LISTENING GAMES
- ANSWER SHEETS



TOOL #5

WAYS TO FIND A THERAPIST



TOOL #6
KEEPING BUSY IN
CRISIS



- GO FOR A WALK
- PLAYDOUGH
- FIDGETS
- HOT CHOCOLATE!
- GAMING (NO SERIOUSLY!)
- RE-FOCUSING



TOOL #7

**WORK WITH
SCHOOLS AND
SERVICES**



- KNOW YOUR LOCAL SERVICES
- BUILD LINKS WITH SCHOOLS
- WORK WITH THE SUPPORT
- GOOGLE IS YOUR FRIEND!
- SHARE INFORMATION

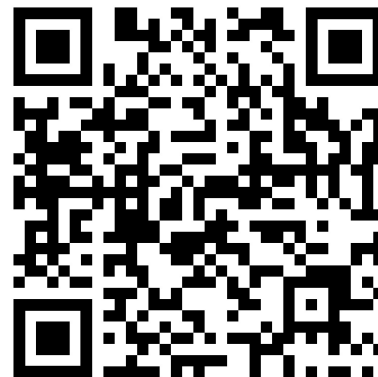


TOOL #8 TRAINING YOU CAN USE



Mental Health FIRST AID

from NATIONAL COUNCIL FOR
MENTAL WELLBEING



www.youthcrisis.org

DISCOUNT CODE: NWMINCON



**THE FINAL TOOL
THE ABILITY TO
ASK QUESTIONS**

