

*March 2021 Webinar*

# **Strengthening Social-Emotional Wellbeing for Youth in Care**

Presenters:

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Chair of Youth Services Advisor Board  
Salt Lake County Mayor's Council on Diversity Affairs



- Identify the Social-Emotional needs of youth you serve and learn how mindfulness exercises provide opportunities to set hopeful intentions.
- Reflect on the experience of a TLP grantee and how they use mindfulness skills and *Mind Matters* in their programs.
- Experience a few self-soothing exercises and ideas in that help build supportive, healthy relationships.

# What are the Social-Emotional needs of youth?





**The Dibble Institute**  
Relationship Skills for Teens and Young Adults

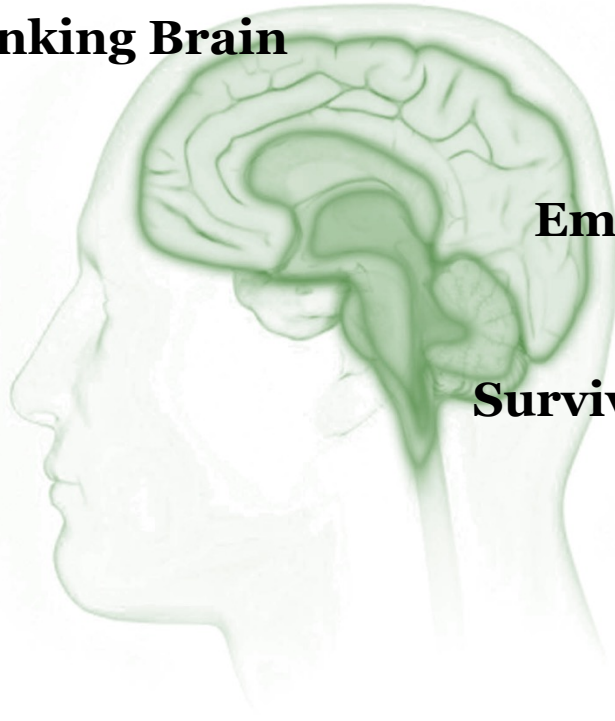


# Mindfulness to build Social-Emotional Wellbeing



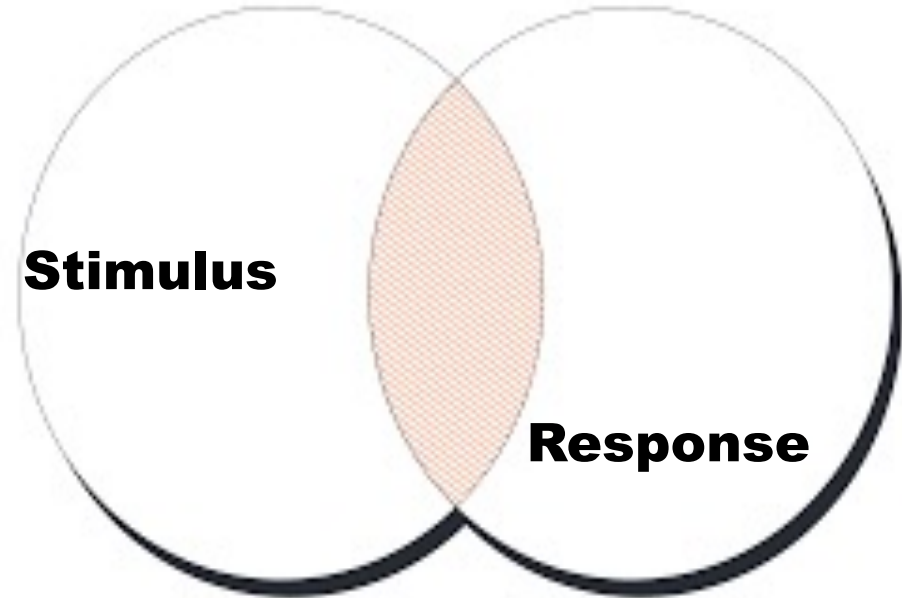
# Growing the Brain

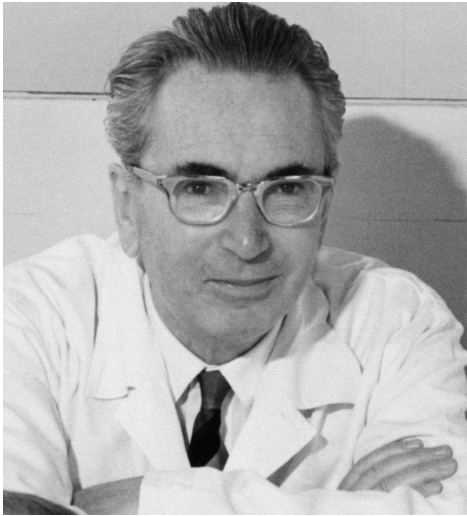
**Thinking Brain**



**Emotional Brain**

**Survival Brain**





“Between stimulus and response  
there is a space.

In that space is our power to  
choose our response.

In our response lies our growth  
and our freedom.”

Victor Frankl

Holocaust Survivor



**The Dibble Institute**  
Relationship Skills for Teens and Young Adults

# Milestone Transitional Living Program

Salt Lake City, UT



**S**  **SALT LAKE  
COUNTY**  
YOUTH SERVICES



## Funding Used to Serve Youth

- Salt Lake County = \$433,391 per year
- Federal Youth Services Bureau Runaway Home Youth Grant = \$250,000 per year
- State Medicaid = \$11,432 per year

# Logic Model for Milestone Transitional Living Program

- Serving Runaway and Homeless youth ages 18-22 in supervised homes and apartments.
- Goals include addressing trafficked youth.
- Enhance permanent connections, enhance education, employment opportunities, and stable housing.
- Enhance social and emotional well-being, and safe and appropriate exits.



## Program Curricula

- The Dibble Institute – *Mind Matters* - Evidence Based Curriculum.
- 2 Groups per month: Offered on Sundays in the afternoon to support schedules and ensure participation.
- All participants in the program are required to attend group.



# Mindfulness can Build Social and Emotional Well-being

- Physical and mental health are assessed at intake.
- MTLP therapist meets with each youth adult that enters the program within 14 days.
- All youth are given a *Mind Matters* participant journal and take the ACEs questionnaire during their mental health assessment.



## Trauma-informed Care at Milestone -

- Emphasis on safety when running groups:
  - MTLP staff provide a safe place – physically and emotionally – for our participants.
  - Staff are aware of potential retraumatization.
  - Expectations are given to ensure privacy, confidentiality, and mutual respect to create an emotionally safe atmosphere.



## Permanent Connections

- MTLP case managers support young adults by helping them identify permanent connections in their lives.
- Upon entrance, every 30 days thereafter (during case management, as needed), and upon exit each young adult completes the Youth Connection Scale (YCS). This scale identifies the quality and quantity of meaningful connections a young adult has with a caring adult(s).





# My Support Map





## Questions for

- Mina
- Maygan
- Lorri



# Self- Soothing Exercises to Grow the Brain

- Focused Breathing
- 5-4-3-2-1 Skill





## Focused breathing and 5-4-3-2-1



**FIVE:** What you see

**FOUR:** What you hear

**THREE:** What you touch

**TWO:** What you smell

**ONE:** What you taste



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