

YOUTH PEER MENTOR PROGRAM

YPMP services are delivered at no cost to our partners through funding provided by a California Department of Health Care Services (DHCS) State Opioid Response (SOR) contract.



This program was developed as a collaboration between the Department of Health Care Services (DHCS), Continuity Consulting (CCI), and the Center for Adolescent Studies (CAS).



What is the Youth Peer Mentor Program?

The **Youth Peer Mentor Program** (YPMP) seeks to address California's substance use crisis by:

- Providing **substance use education and expansive experiences** to young adults across California (with a focus on transition age and justice system-impacted youth)
- Helping individuals, especially those with lived experience, **enter the substance use disorder treatment field**
- **Building capacity** through community partnerships to deliver YPMP

Who is this program designed for?

YPMP is designed for young adults who:

- Want to develop personally – to grow in self-awareness and learn new skills.
- Want to be mindful about their substance use.
- Are in recovery from a Substance Use Disorder (SUD), at-risk of abuse, or with high exposure to drugs.
- Are required to complete mandated programming.
- Desire to grow professionally and to be better prepared for life.

And for community partners who:

- Want evidence-based programming designed for young adults that improves intentionality, self-awareness, focus, resilience, and self-regulation, and shows them how to be mindful about their substance use.
- Know young adults who want to mentor peers to be mindful of their substance use and assist them with prevention and recovery.
- Want their staff, volunteers, or participants to be better equipped in SUD and trauma-informed practices.

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Growth: 2020-present



Transitioned

from an in-person program at Division of Juvenile Justice (DJJ) to a flexible, three-tiered hybrid format



Provided

workshops, training, and technical assistance to community partners on substance use, mindfulness, and peer mentoring



Expanded

to include other youth, including foster, TAY, and justice-impacted youth outside of DJJ throughout California



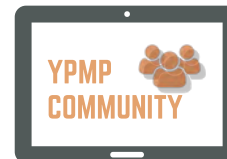
Developed

Natural High Retreats – incorporating mindfulness practice, substance use education, group process, and nature-based experiences



Trained

Over 70 Mindfulness-Based Substance Abuse Treatment (MBSAT) facilitators

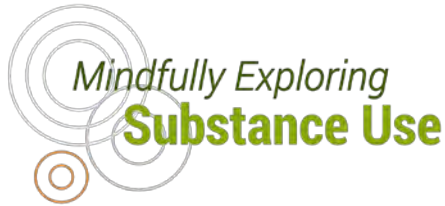


Launched

private, online communities for participants and program facilitators



YOUTH PEER MENTOR PROGRAM



TIER ONE

Certified facilitators at community partners equipped to deliver a small group program -- to help participants grow more mindful about their substance use and recovery through the adopting mindfulness practices and perspective-taking in various areas of their life (typically twelve 90-minute sessions).

TIER TWO

Participants obtain the required skills and knowledge to become Peer Mentors to individuals in recovery services for SUD or other mental health challenges.

A Medi-Cal Peer Support Specialization Program in partnership with Tarzana Treatment Centers College (TTCC).

TIER THREE

Provided in partnership with the Substance Use Disorder Counseling Certificate Program at TTCC, participants receive the educational component, preparation, clinical supervision, and cohort support needed for employment in the addiction counseling field.

Natural High Retreats combine mindfulness practice, substance use education, group process, and nature-based experiences.

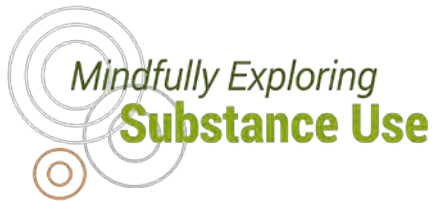


Youth from community partners experience retreats as an integrated part of their YPMP involvement – a group launch or graduation.



What is *Mindfully Exploring Substance Use*?

TIER ONE



Tier 1 of the Youth Peer Mentor Program focuses on an important area of personal development -- learning to be mindful about substance use.

“Mindfully Exploring Substance Use” is an experiential, small group exploration to help youth grow more “mindful” about their substance use and recovery in two ways, through:

- Adopting meditation and mindfulness practices
- Increasing self-awareness and perspective-taking of various areas of their lives

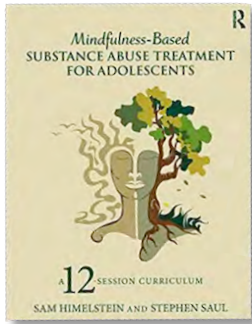




The Evidence Behind *Mindfully Exploring Substance Use*

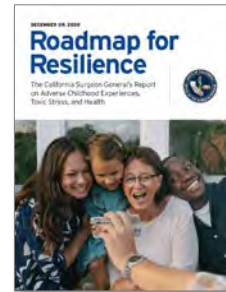
Mindfulness Based Interventions (MBI) | Evidence-Based Practices

TIER ONE



Mindfulness-Based Substance Abuse Treatment for Adolescents: A 12-Session Curriculum, Dr. Sam Himmelstein and Stephen Saul

Roadmap for Resilience, State of California, Dec 2020



The California Surgeon General's Report: *Roadmap for Resilience* includes mindfulness practices as one of seven "evidence-based buffering interventions" effective in interrupting the toxic stress response, breaking the intergenerational cycle of ACEs and toxic stress, and promoting an intergenerational cycle of health.

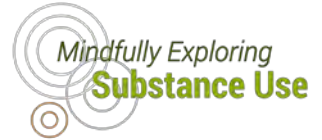
Through a randomized control trial with incarcerated youth, researchers found that MBSAT resulted in:

- Decreased stress
- Decreased impulsiveness
- Improved attitude toward drugs
- Improved self-regulation
- Significant increase in self-esteem
- Significant increase in decision making skills
- Significant decrease in behavioral outburst

Other programs successfully using mindfulness-based interventions to address substance use disorders (SUD) reported the following findings:

Improved symptomatic distress and emotional regulation, significantly lower substance use rate, greater self-control over cravings, increases in acceptance and acting with awareness.

Additionally, they saw significantly improved physiological recovery from stress and drinking-related triggers, greater decreases in post-traumatic stress symptoms, decreases in opioid-wanting and urge, as well as increases in positive affect, meaning in life, savoring, and self-transcendence.



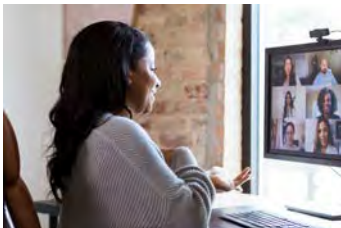
Small Group

MBSAT was designed as a 12-Session, 90-minutes per session program for small groups. In our experience, the preferred group size is 8-12, however, factors such as participants' age and experience with groups, the facilitator's experience, the involvement of other supportive adults, etc. should be considered.



One-on-One

The curriculum can be easily adapted for a one-on-one engagement as well.



Online Group

Due to COVID restrictions, we had to get creative and take "Mindfully Exploring" online. We do have a few recommendations – everyone has a camera, all cameras are on, don't rush – take time to build community, practice mindfulness, and mindfully check-in each time.



Retreat

We have begun incorporating highlights of "Mindfully Exploring" into 3- to 5-day Natural High Retreats. We seek to integrate mindfulness-based and nature-based therapies. It can be a great way to either kick-off or celebrate the completion of a small group.



Tier One Facilitator Training

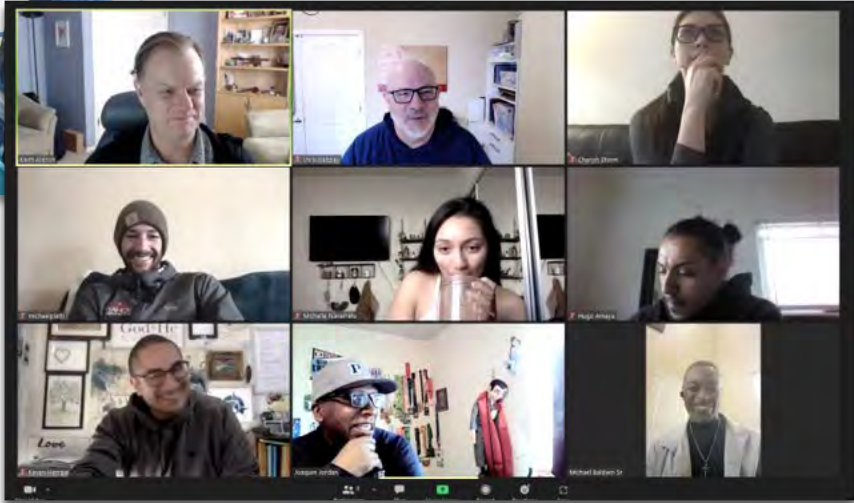
TIER ONE



In-Person Facilitator Training


70+

Mindfulness-Based Substance Abuse Treatment (MBSAT) facilitators trained and certified



Ongoing Facilitator Support



Online Training with Dr. Sam Himmelstein



- Dr. Sam Himmelstein, Center for Adolescent Studies and Family Spring
- Online portal for resources and support
- Regular online sessions with the Heart Spring, Trauma Toolkit, and MBSAT facilitator communities



- Personal connection with Continuity trainers: Joaquin, Keith, and Chris
- Mighty Network online group for MBSAT facilitators



Medi-Cal Peer Support Specialization Program in partnership with Tarzana Treatment Centers College.

The Core Competencies Covered:

1. The concepts of hope, recovery, and wellness.
2. The role of advocacy.
3. The role of consumers and family members.
4. Psychiatric rehabilitation skills and service delivery, and addiction recovery principles, including defined practices.
5. Cultural and structural competence trainings.
6. Trauma-informed care.
7. Group facilitation skills.
8. Self-awareness and self-care.
9. Co-occurring disorders of mental health and substance use.
10. Conflict resolution.
11. Professional boundaries and ethics.
12. Preparation for employment opportunities, including
13. study and test-taking skills, application and résumé preparation, interviewing, and other potential requirements for employment.
14. Safety and crisis planning.
15. Navigation of, and referral to, other services.
16. Documentation skills and standards.
17. Confidentiality.

PLUS: peer cohorts, clinical supervision, mentoring, internship and job placement, online community, and support from us.



Provided in partnership with the Substance Use Disorder Counseling Certificate Program at Tarzana Treatment Centers College, participants receive an online, experiential six-month completion program and integrated field experience, including clinical supervision and cohort and Continuity support.

Courses Include:

- Introduction to Addiction Theory and Practice
- Physiology and Pharmacology of Alcohol and Other Substances
- Law and Ethics
- Case Management and Patient Navigation
- Individual, Group, and Family Counseling
- Personal Growth and Professionalism
- Supervised Practicum
- Supervised Field Work Practicum [Internship]



What Participants Are Saying

“It has been a life changing experience. I am becoming more aware of who I am and not letting labels of the past define me... **When I look back at the past, I am proud of myself, what I am doing and who I am becoming.** I never thought I would ever be able to say that.”



“YPMP has provided me with tremendous support, encouragement, and growth. **It has been a spiritual awakening for me, I have never been this connected to myself.** I am learning to help myself, and continue to grow in mindfulness, and in deeper connection with others.”

“I wanted to start on career path in a field that was about helping people. **YPMP felt like a great opportunity to grow and provided the motivation to go back to school.**”

Our Partners Across California

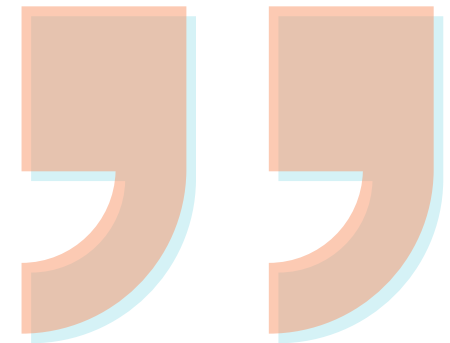
- Inside Circle
- Anti-Recidivism Coalition
- Impact Justice
- Legacy Alliance Outreach, Modesto
- True North Housing Alliance, Chico
- WestCare
- Amity Foundation
- Center for Adolescent Studies
- Project Rebound
- Salvation Army Adult Rehabilitation and Transitional Living Programs, Chico
- Black Youth Leadership Project
- Echo Chamber
- Born Beast Academy, Los Angeles
- Somali Family Services, San Diego
- County of Santa Barbara, Behavioral Wellness
- Valley State Prison, Chowchilla
- Stanislaus State University
- Tarzana Treatment Centers College
- Gateway Mountain Center
- Woodland Community College
- Department of Health Care Services
- Division of Juvenile Justice
- Youth for Change
- Inner Circle: Find Your Way Home
- Butte County Probation Department
- Glenn County Office of Education
- Tahoe Truckee Unified School District
- Chico State University
- AmeriCorps
- Shasta County Youth and Family Programs
- Young People in Recovery
- CA Foster Youth Initiative AmeriCorps (CA FYI)
- Child Abuse Prevention Center
- Mental Health First Aid and the National Council for Behavioral Health
- California Consortium of Addiction Programs and Professionals (CCAPP)
- California Association of DUI Treatment Programs (CADTP)
- National Association for Alcoholism and Drug Abuse Counselors (NAADAC)
- ...*And growing!*

What Partners Are Saying



The program is the missing piece for youth recovery that we have needed in our county. It provides youth a safe space to mindfully explore substance use. The material is presented in a way that the youth can relate to. **This is one of the most successful programs we have to offer for the youth in our county, and we look forward to growing it.**

– TAY Specialist, Glenn County Office of Education



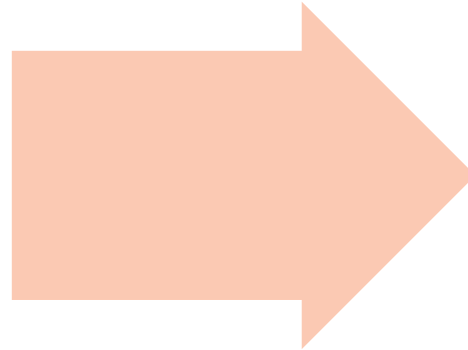
Watch video of Michael Baldwin, Founder and Executive Director
of Legacy Alliance Outreach, Modesto, CA



Watch video of Jodene Setera, Program Director
Adult Rehabilitation and Transitional Living Programs, Salvation Army,
Chico, CA



How We View Our Role



**Collaborative
Partners**
Throughout
California



Continuity Social Impact Consulting Provides:

- Overall Program Management
- Partner Capacity Assessment and Development
- Training, Workshops, and Technical Assistance
- Supplementary Mindfulness-Based Substance Abuse Treatment (MBSAT) Training

Just as (or maybe more) importantly, we seek to:

- Create critical connections with our partners and program participants
- Provide safe, generative space to encourage greater awareness and innovation
- Be the “connective tissue” between community partners and in the lives of participants

Collaboration Opportunities



Get Trained

Become a Mindfulness-Based Substance Abuse Treatment (MBSAT)-certified facilitator to lead your own “Mindfully Exploring Substance Use” groups.



Start a Group

Start a 12-session “Mindfully Exploring Substance Use” group – in-person or virtual.



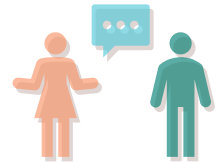
Youth on Retreat

Take youth on a Natural High Retreat to experience mindfulness practice, highlights from “Mindfully Exploring,” relationship deepening, and nature-based adventure experiences.



Host a Workshop

Invite us to deliver a workshop or training to your staff on the brain and the biology of addiction, mindfulness and substance use, or peer mentoring.



Let's Talk!



Social Impact Consulting

Our aim is to drive transformative, evidence-based solutions that produce measurable outcomes. We partner with a range of leading social innovators in the nonprofit, public, and private sectors that are seeking to create significant, positive changes that address pressing social challenges in our communities.

Team up with our experienced, multidisciplinary team of consultants to develop, stand up, and manage programs and collaborative partnerships designed to address systemic social issues and disparities. Find out more about our Social Impact Consulting [here](#).



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