

Welcome to
**Creating Resilient Communities to
Prevent Youth Homelessness: Guidance
to Centering Resiliency Practices and
Models**

2023 National Mentoring Summit

Youth Collaboratory Team



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ABOUT US



We work with
the youth services
community



to innovate,
evaluate, + drive
effective strategies



that assure the
safety + well-being of
youth + young adults,



unlocking
their limitless
potential.

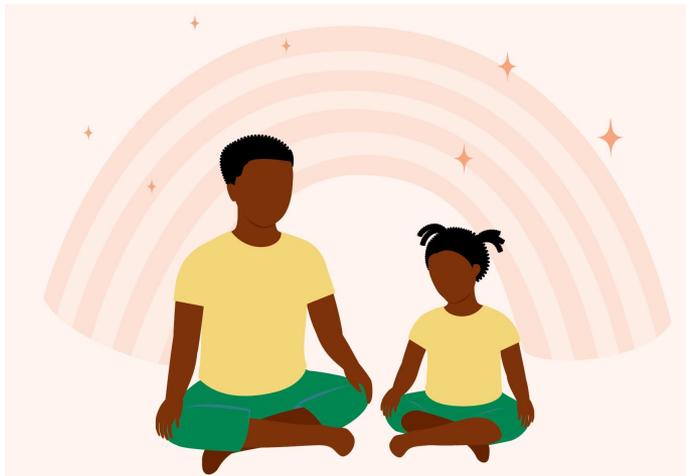
Community Grounding: Body Scan

- Resilience must be developed by both mentor and mentee in a successful mentoring relationship
- Body scan techniques are linked to greater wellbeing and increased resilience
- You can bring this technique back to your team and workspace to foster community-wide resilience

Let's practice mindfulness as a community as we prepare for today's session with this 5-minute body scan mindfulness practice.



Community Grounding: Discussion



How was that for you? Take two minutes to share your responses to the questions below in the chat.

- Did you notice a difference in how you felt before and after the body scan?
- Where did you feel resilience? In your body? In your mind? In your community?
- Why is feeling resilience important?
- How can you integrate this practice into your/your team's routine?

Learning Objectives

- A. Gain an understanding of resilience as a process instead of just an outcome
- B. Establish what role community plays in linking resiliency strategies through mentoring interventions
- C. Learn different approaches and kinds of programming that can be offered
- D. Get access to evidence-based research and practices on how resiliency work impacts the four core outcomes
- E. Absorb first-hand YYA perspective on why this is important

Defining Resiliency



Defining Resiliency

Process vs Outcome



Example: USICH's Four Core Outcomes

Core Outcome Areas Definitions

Stable housing *includes a safe and reliable place to call home.*

Permanent connections *include ongoing attachments to families (as defined by youth), schools, communities, and other positive social networks.*

Education or employment *includes high performance in and completion of educational and training activities, especially for younger youth, and starting and maintaining adequate and stable employment, particularly for older youth.*

Social-emotional well-being *refers to the social and emotional functioning of homeless youth. This area includes the development of key competencies, attitudes, and behaviors that equip a young person experiencing homelessness to avoid unhealthy risks and to succeed across multiple domains of daily life, including school, work, relationships, and community.*

Resilient Communities Raise Resilient Individuals

- Large swathes of expertise instead of relying on one agency/organization to have all the answers/solutions
- The key to ending youth homelessness: PREVENTION
- Mentoring is a powerful prevention tool



Breakout Rooms



Purpose Exercises: Breakout Rooms

Finding meaning in life's experiences, especially when facing challenges, is a key mechanism of resilience. Here are some purpose reflection activities that can improve team resilience. Choose some to discuss with community members in your assigned breakout rooms for five minutes.

1. Why are you here?
2. Why do you get up in the morning?
3. What keeps you awake at night?
4. When are you most alive?
5. What does being successful mean to you?
6. What is your sentence (meaning, if you summarized your purpose in one 140-character sentence, what would it be)?
7. If you say yes to living purposefully, what do you say no to?
8. If you met an older version of yourself, what sage advice would they give you?

Purpose Exercises: Discussion

What are some key takeaways from your breakout room discussions?



Approaches to Resiliency: Examples from the Field



breaktime

What the Research Shows

- The Foyer Model
- Housing First 4 Youth
- Healing Centered Engagement
- Studies of Resilience
- Resilience and Resistance



The Importance of Resiliency: YYA Perspective

- Importance of inclusivity in the mental health services intake process
- Role of implicit bias in community response
- Desired intervention: community-level resiliency
 - Empowers direct service providers, service users, and prospective service users alike to take an active role in advancing equity
 - Organizations receptive to constructive criticism, in dialogue with and seeking feedback from service users
 - Concrete changes shared and implemented



Contact Information

Youth Collaboratory

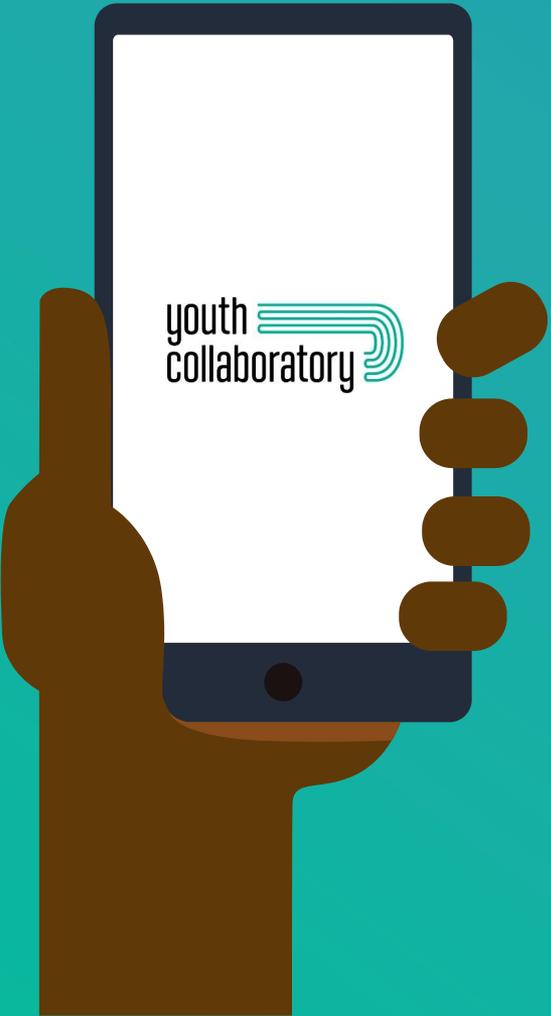
Joining our mailing list [here!](#)

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Resources

- [The Future of Healing: Shifting From Trauma Informed Care to Healing Centered Engagement | Shawn Ginwright Ph.D.](#)
- [This is Housing First for Youth \(HF4Y\): A Program Model Guide | Canadian Observatory on Homelessness](#) HF4Y can be considered both as an intervention or program model, as well as a philosophy guiding a community's response to youth homelessness
- [The Foyer Model | Homeless Hub from the Canadian Observatory on Homelessness](#)
- [Studies of resilience among youth experiencing homelessness: A systematic review | Courtney Cronley & Rosalind Evans](#)
- [The Safe Haven Foundation of Canada](#)
- [I'm more driven now: Resilience and resistance among transgender and gender expansive youth and young adults experiencing homelessness | Shelton et al.](#)
- [Risk and resilience among young adults experiencing homelessness: A typology for service planning | Narendorf et al.](#)
- [Coping and resilience among ethnoracial individuals experiencing homelessness and mental illness | Paul et al.](#)
- [Childhood homelessness, resilience, and adolescent mental health: A prospective, person-centered approach | Herbers et al.](#)
- [Haven's Way Evaluation Report | Homeless Hub from the Canadian Observatory on Homelessness](#)

Thank You!