

Welcome to
**Approaches for
Exploring and
Addressing Community
Mental Health Using
Restorative Practices**

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and get more
resources!**



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.

Overview of Our Time Together

Breakdown

- Platform Conversations: Mental Health and Well-being
- Restorative Practices
- Practice!
- Questions + Close

Goal

Goal: a practical exploration of restorative practices to strengthen a mentoring program's ability to support the mental health needs of their program community.

Dimensions of Mental Health



Mental Health

Spectrum of well-being in which an individual realizes their abilities, can cope with normal stresses of life, and can contribute to their community productively and meaningfully



Mental Health Challenge

Broader term that includes both mental health disorders and symptoms of mental disorders that may not be severe enough to warrant diagnosis



Mental Disorder/Illness

Diagnosable illness that affects a person's thinking, emotional state and behavior and disrupts the person's ability to work or carry out daily activities and engage in satisfying personal relationships

A Baseline of Well-being: The 4 L's

Live

What lets them know they are well?
(thoughts, feelings, behaviors)

Love

Who or what makes them feel valued?
How do they let others know they value them?

Laugh

What brings them joy?

Learn/work

What stimulates their curiosity? At their best, how do they respond to mistakes?

Linteractions with
Law enforcement*

Mental health crises are often met with criminalizing responses.

Approaches and Responses

Weingarten's Witnessing Windows adapted from *Common Shock*, 2003.

	AWARE	UNAWARE
EMPOWERED	Aware + Empowered Effective, competent	Unaware + Empowered Misguided, possibly harmful
DISEMPowered	Aware + Disempowered Ineffective, stressed	Unaware + Disempowered Misplaced, abandoning, possibly harmful

Restorative Practices

Rooted in wisdom traditions handed down **to navigate harm, healing, and belonging through relationships and community.**

Integrating bio-psycho-social dimensions of human **well-being and belonging through meaningful re/connection.**

These can be used to facilitate¹:

- Changes in human behavior
- Strengthen civil society
- Provide effective leadership
- Restore relationships after harm
- Address and reduce violence

Core qualities²:

- Inner work (checking yourself)
- Self-knowledge
- Self-care

¹ Adapted from the International Institute for Restorative Practices

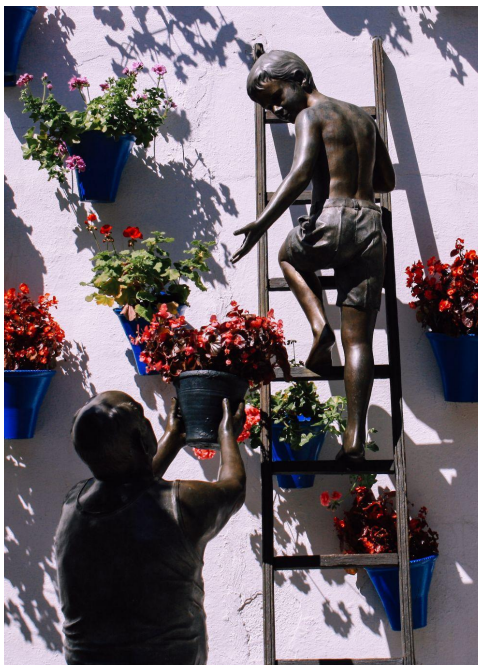
² Adapted from Center for Restorative Justice Suffolk University

Continuum of Restorative Practices



More formal RP require preparation. These facilitate ongoing cycles of (1) getting acquainted, (2) building relationships, (3) addressing issues, (4) developing action plans.

The Relational Care Ladder

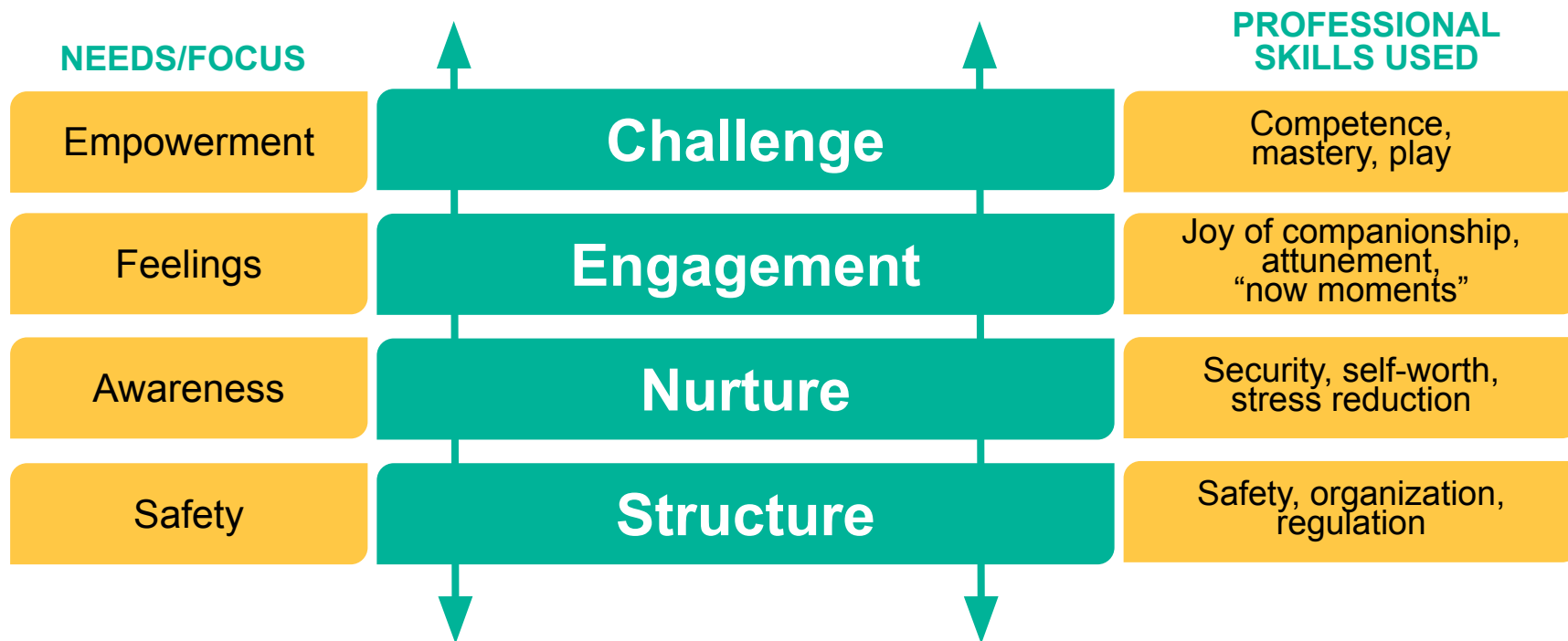


The Relational Care Ladder is a restorative and developmental structure guiding youth-serving professionals and youth/young adults through **safety into awareness, awareness into feelings, and feelings into empowerment.**

The relational care ladder builds on four chronological rungs. One can move up and down the ladder at different times throughout a long period and even within a single day.

The Relational Care Ladder

Adapted from Rundell, 2017



Restorative Questions



These questions aim at externalizing all affect and processing negative affect into positive or neutral affect.

These questions are asked with minimal edits until you are comfortable asking them verbatim.

If you need to use a small post-it to reference and remember the sequence, that's fair.

Practice!

In groups of two, take some time to practice running through the sequence.
Be mindful: this is not a therapy session!

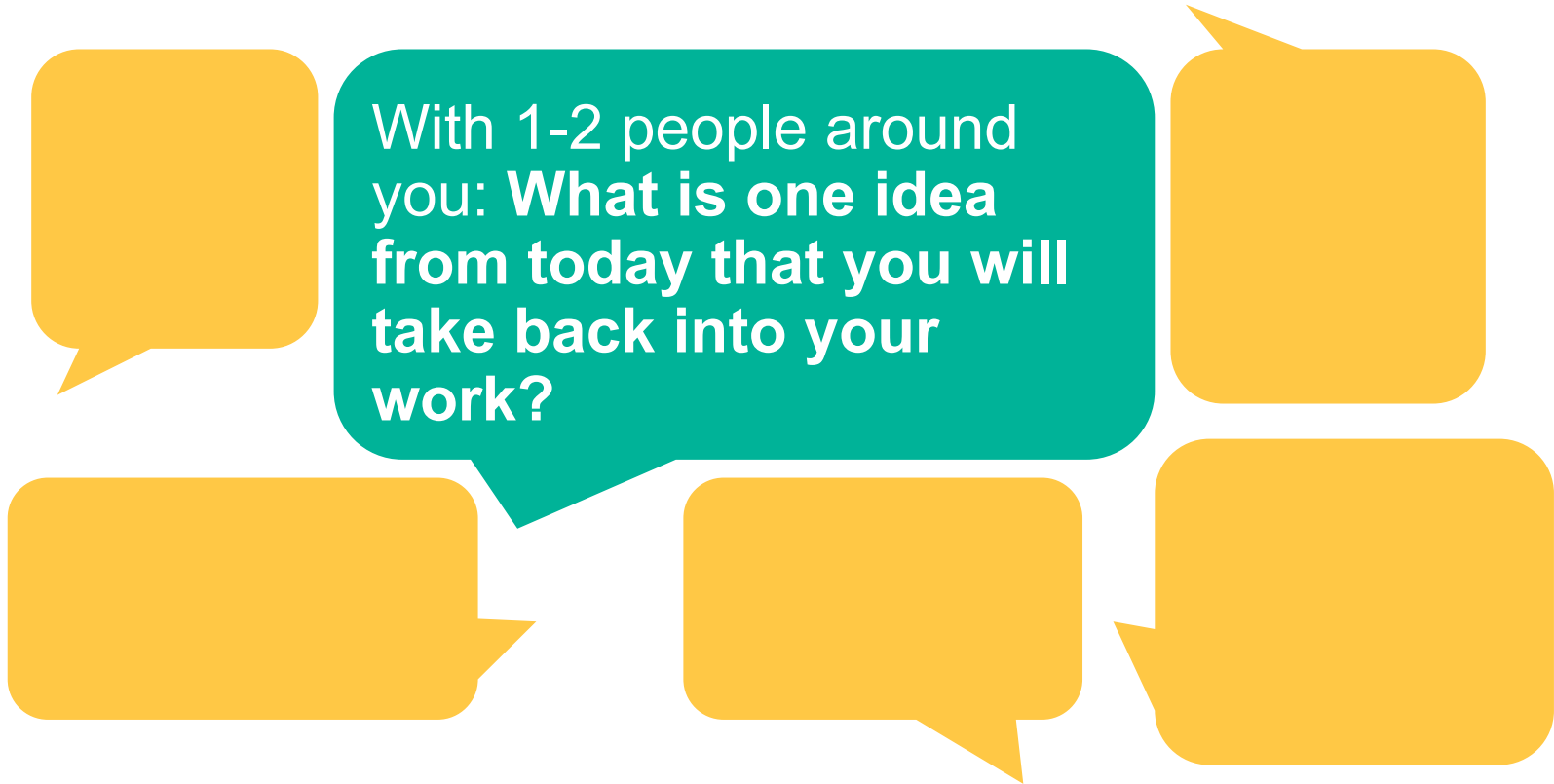
Responding to Interpersonal Harm

1. What happened?
2. What did you think when you realized what happened?
3. What impact did it have on you and others?
4. What has been the hardest thing for you?
5. What needs to happen to make things right?

Responding to Challenges

1. What happened?
2. What were you thinking at the time?
3. What have you thought about since?
4. Who was impacted? How?
5. What needs to happen to make things right?

Check Out



With 1-2 people around you: **What is one idea from today that you will take back into your work?**

QUESTIONS?



Contact Us

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