YOUTH PEER MENTOR PROGRAM
Social Impact Consulting

Keith ALDRICH
President and CEO
Continuity Consulting

Joaquin JORDAN
Social Impact Consultant
SUDCC III-CS, CADC-II-CS CA,
ICADC, SAP
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
California lawmakers target fentanyl as opioid overdoses surge

The opioid epidemic continues to ravage America

“It’s Really, Truly Everywhere”: How the Opioid Crisis Worsened with COVID-19

Substance Use Disorder Symptoms Follow Teens Into Adulthood
— Long-term study finds adolescents do not "recover on their own," as some observers have suggested

A CLOSER LOOK: Meth makes devastating comeback as opioid epidemic subsides
How YPMP Began

Watch video about the first YPMP cohort
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).

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).

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.
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

It is used in one-on-one contexts as well!
“Mindfully Exploring Substance Use” is based on *Mindfulness-Based Substance Abuse Treatment for Adolescents: A 12-Session Curriculum* by Dr. Sam Himelstein and Stephen Saul and the corresponding MBSAT facilitator certification program which is listed on the National Registry of Evidence-Based Programs and Practices (NREPP).
Tier One Facilitator Training

In-Person Facilitator Training

Online Training with Dr. Sam Himelstein

Ongoing Facilitator Support

70+
Mindfulness-Based Substance Abuse Treatment (MBSAT) facilitators trained and certified
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.
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.
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.
In August 2022, Tarzana Treatment Centers College graduated the first Peer Support Specialist Training Certification cohort in the State of California.

All 14 were from our program.
Provided in partnership with the Substance Use Disorder Counseling Certificate Program at TTCC, 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]
“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.”

“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.”

“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.”
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
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