



COLORADO CRISIS SERVICES

Youth Leadership Program Overview
2021

CCS YOUTH LEADERSHIP PROGRAM

Make a Difference | Learn New Skills

Submit your Application here for our next session: <https://bit.ly/36hft8x>

Not a student? Help promote student participation by sharing with your network!

Email Thomas@cactusinc.com with any questions.

Who: Young adults 16+. We are accepting passionate students in Colorado to lead the charge for mental health and substance use support and suicide prevention.

What: Research, strategize, and distribute important mental health and substance use resources to your peers
[BelowtheSurfaceCo.com](https://www.belowthesurfaceco.com)

Where: Where it matters most. In your school and community. Sometimes the people who need help the most are the ones closest by

When: January 11, 2021 - March 31, 2021, but you decide when to spend your time. Total estimated time to complete the 11.5-week program is 1-2 hours per week.

How: Think critically. We will provide you with a step-by-step guide and orientation.

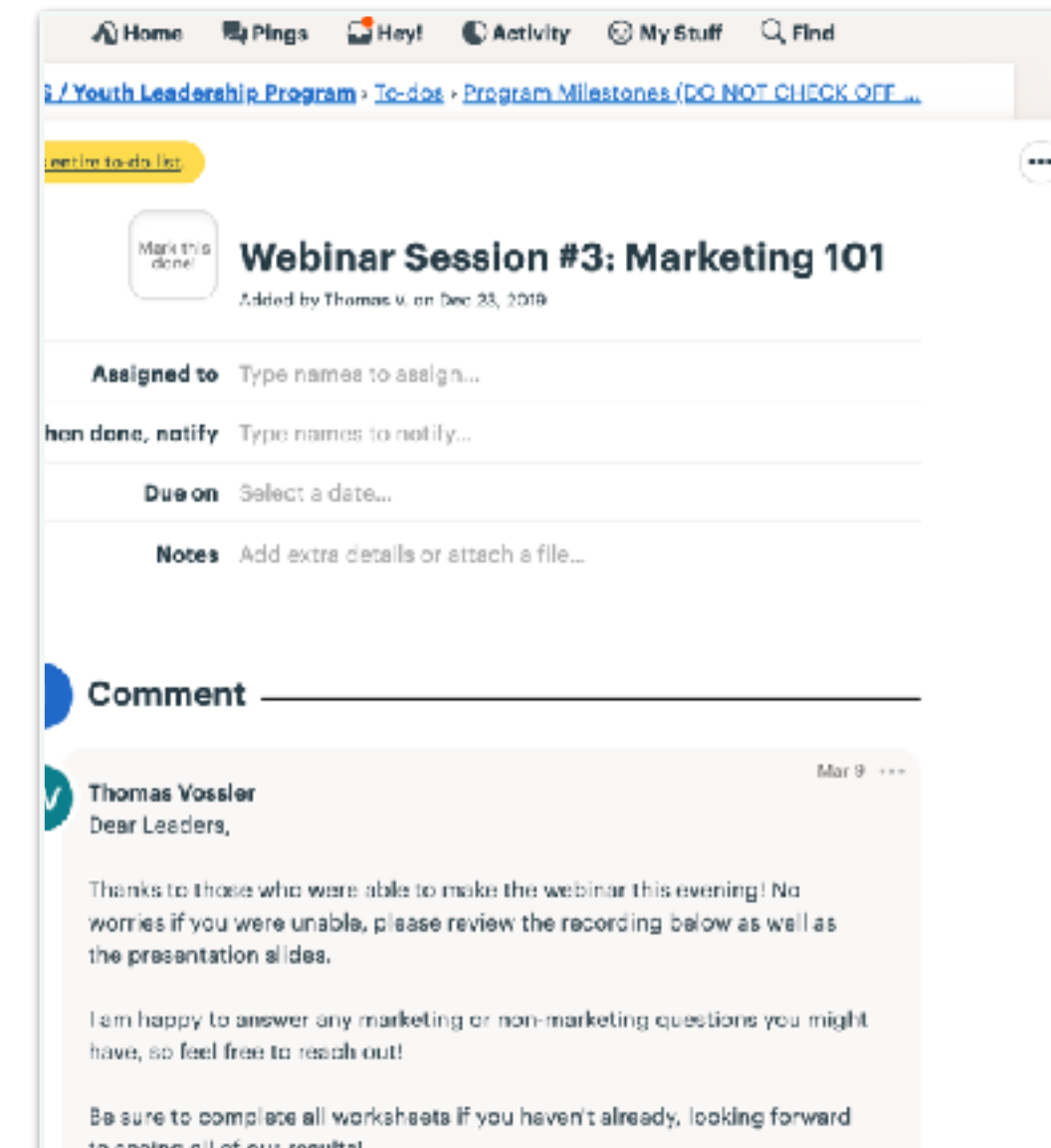
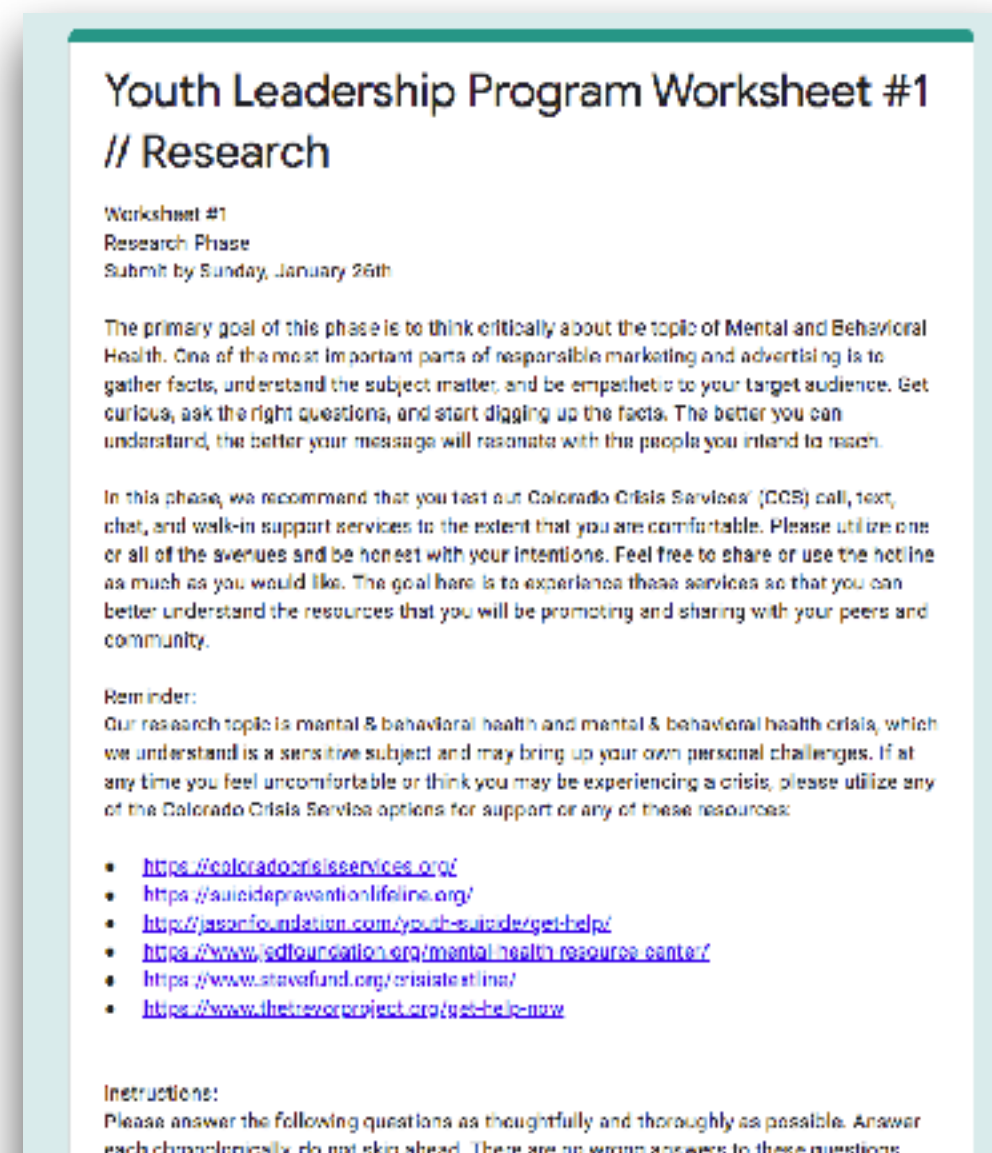
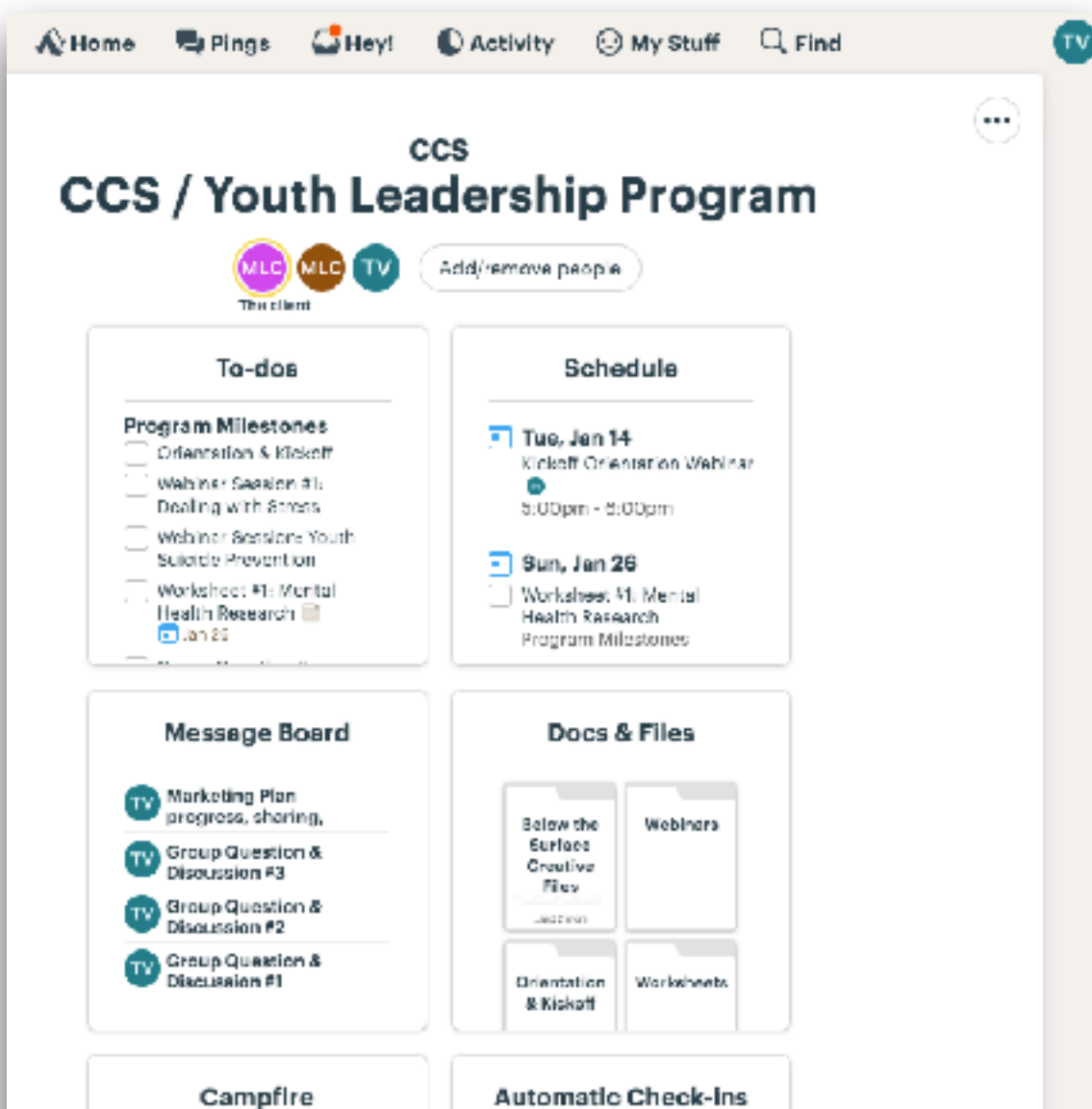
Why: Make a difference. Having a trained counselor just one text away – 24/7 – can make a real difference for a struggling young person. You will receive a letter of recommendation and certificate of completion from Colorado Crisis Services Marketing team and a chance to have your ideas become reality. **Plus a \$75 Amazon gift card.**

ALL DIGITAL PARTICIPATION

Everything you need in one spot

Complete 4 brief worksheets

Join your peers in educational webinars



PROGRAM ROADMAP



BASECAMP

We'll be utilizing an on-line platform that will house all of the needed files and communication. It's called Basecamp, and each of you will be receiving and invite after this presentation.

In Basecamp there are a few key areas to pay attention to:

1. To-dos (Program Milestones)
2. Schedule
3. Message Board (Group Discussions)
4. Docs & Files (Creative Files)

The screenshot shows the Basecamp interface for the CCS / Youth Leadership Program. At the top, there is a navigation bar with icons for Home, Pings, Hey!, Activity, My Stuff, and Find. Below this, the program title "CCS / Youth Leadership Program" is displayed. Under the title, there are three circular icons labeled "MLC", "MLC", and "TV", with the text "The client" below them. To the right of these icons is a button labeled "Add/remove people". The main content area is divided into six sections: "To-dos", "Schedule", "Message Board", "Docs & Files", "Campfire", and "Automatic Check-ins".

To-dos

Program Milestones

- ☐ Orientation & Kickoff
- ☐ Webinar Session #1: Dealing with Stress
- ☐ Webinar Session: Youth Suicide Prevention
- ☐ Worksheet #1: Mental Health Research

Schedule

- Tue, Jan 14**
Kickoff Orientation Webinar
5:00pm - 6:00pm
- Sun, Jan 26**
Worksheet #1: Mental Health Research
Program Milestones

Message Board

- TV** Marketing Plan progress, sharing,
- TV** Group Question & Discussion #3
- TV** Group Question & Discussion #2
- TV** Group Question & Discussion #1

Docs & Files

- Below the Surface Creative Files
- Webinars
- Orientation & Kickoff
- Worksheets

Campfire

Automatic Check-ins

WORKSHEETS

Every step has its own worksheet of guiding questions for you to answer.

There are no wrong answers, but we are looking for your thoughtful and critical responses.

To complete the program, you will need to submit each worksheet periodically as you complete them.

Estimated Time Commitment: 2 hours total (about 15-20 minutes per worksheet)

Youth Leadership Program Worksheet #1 // Research

Worksheet #1

Research Phase

Submit by Sunday, January 26th

The primary goal of this phase is to think critically about the topic of Mental and Behavioral Health. One of the most important parts of responsible marketing and advertising is to gather facts, understand the subject matter, and be empathetic to your target audience. Get curious, ask the right questions, and start digging up the facts. The better you can understand, the better your message will resonate with the people you intend to reach.

In this phase, we recommend that you test out Colorado Crisis Services' (CCS) call, text, chat, and walk-in support services to the extent that you are comfortable. Please utilize one or all of the avenues and be honest with your intentions. Feel free to share or use the hotline as much as you would like. The goal here is to experience these services so that you can better understand the resources that you will be promoting and sharing with your peers and community.

Reminder:

Our research topic is mental & behavioral health and mental & behavioral health crisis, which we understand is a sensitive subject and may bring up your own personal challenges. If at any time you feel uncomfortable or think you may be experiencing a crisis, please utilize any of the Colorado Crisis Service options for support or any of these resources:

- <https://coloradocrisisservices.org/>
- <https://suicidepreventionlifeline.org/>
- <http://jasonfoundation.com/youth-suicide/get-help/>
- https://www.jedfoundation.org/mental_health_resource_center/
- <https://www.stevefund.org/crisistextline/>
- <https://www.thetrevorproject.org/get-help-now>

Instructions:

Please answer the following questions as thoughtfully and thoroughly as possible. Answer each chronologically, do not skip ahead. There are no wrong answers to these questions.

WEBINARS

We will be providing 4 educational webinars throughout the program. Dates will be shared via Doodlepoll to schedule the best times available. Each webinar will be recorded and posted to Basecamp afterwards for anyone who can't make it or to review as needed.

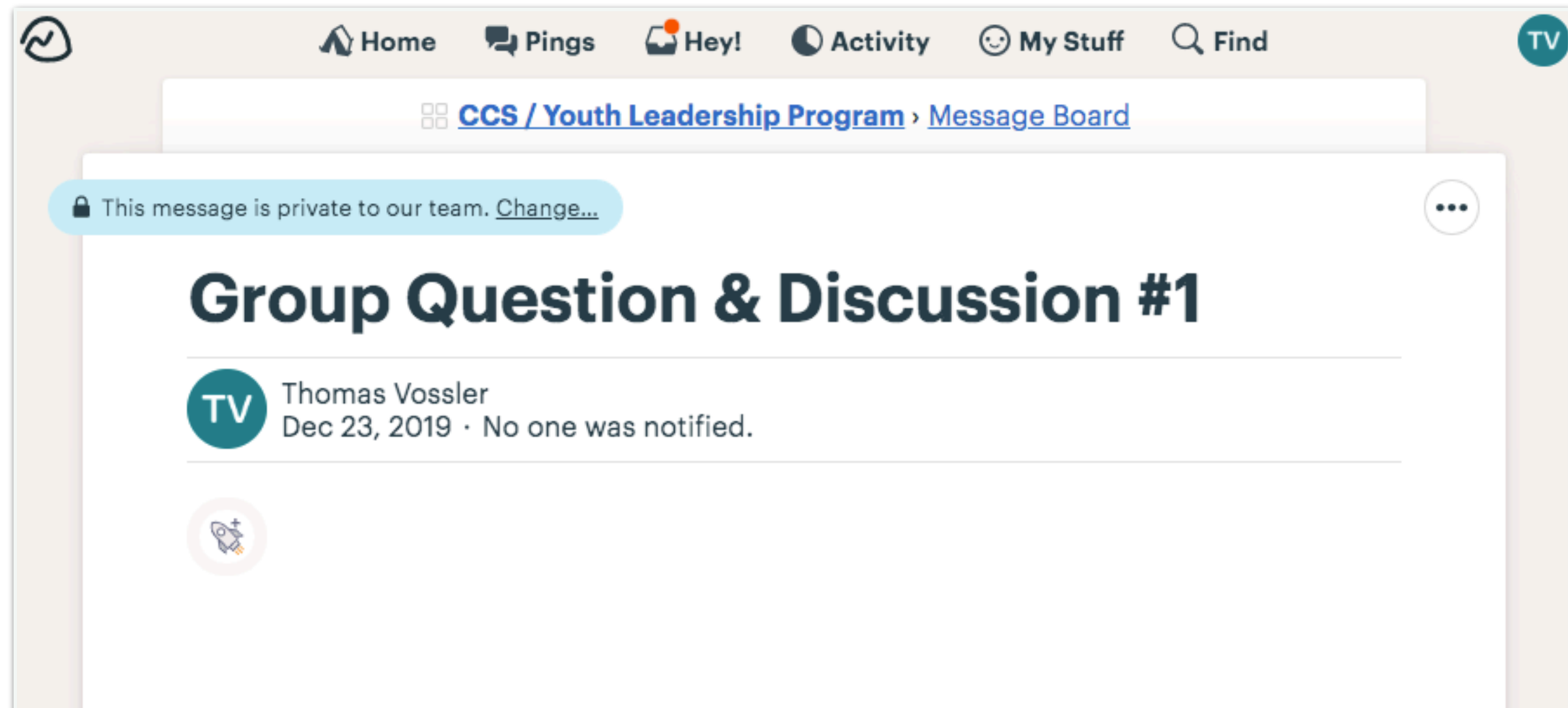
Webinar Topics:

- Dealing with Stress
- Youth Suicide Prevention
- Marketing 101
- Communication Skills

The screenshot shows a Basecamp interface. At the top is a navigation bar with icons and labels for Home, Pings, Hey!, Activity, My Stuff, and Find. Below this is a breadcrumb trail: CCS / Youth Leadership Program > To-dos > Program Milestones. A yellow notification bar states: 'The client can see [this entire to-do list](#).' The main task card is titled 'Webinar Session #1: Dealing with Stress' and includes a 'Mark this done!' button. It was 'Added by Thomas V. on Dec 23, 2019'. Below the title are fields for 'Assigned to' (with a placeholder 'Type names to assign...'), 'When done, notify' (with a placeholder 'Type names to notify...'), 'Due on' (with a placeholder 'Select a date...'), and 'Notes' (with a placeholder 'Add extra details or attach a file...').

GROUP DISCUSSION QUESTIONS

Periodically, we'll be posting questions for you to think about and post responses to. These questions are meant to help us all collaborate and learn from one another as well as help improve the quality of our distribution plans. Your responses are crucial to the group!



RESOURCES FOR HELP

You are our #1 priority, and we want you to be safe and feel supported. If at any time you feel uncomfortable or think you may be experiencing a crisis, please utilize any of the Colorado Crisis Service lines for support or any of these resources:

<https://coloradocrisisservices.org/>

<https://suicidepreventionlifeline.org/>

<http://jasonfoundation.com/youth-suicide/get-help/>

<https://www.jedfoundation.org/mental-health-resource-center/>

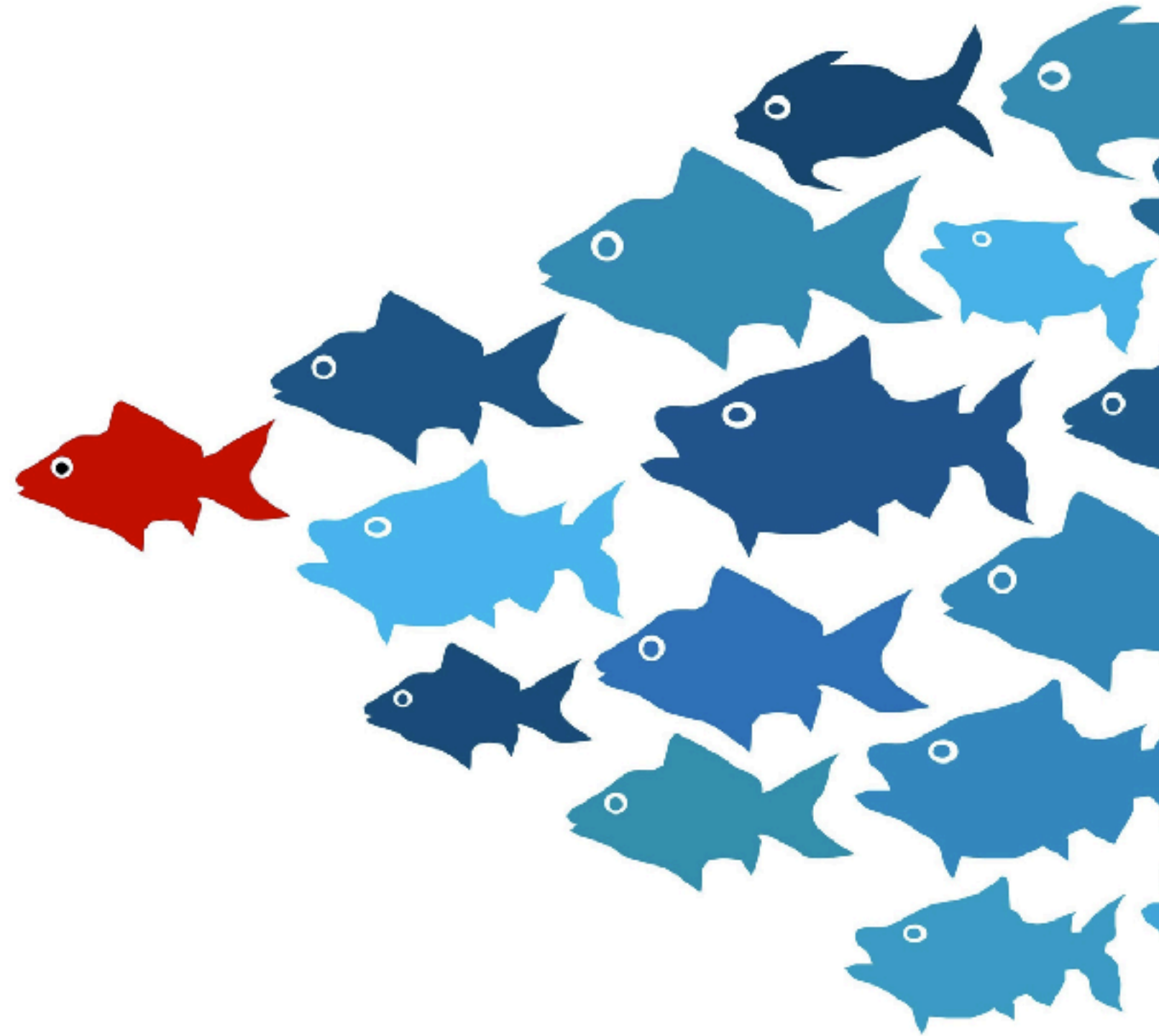
<https://www.stevefund.org/crisistextline/>

<https://www.thetrevorproject.org/get-help-now>

THIS IS AN OPPORTUNITY TO
HELP CONNECT A PEER IN
NEED TO THE HELP THEY
MIGHT NOT KNOW IS THERE.

MAKE A DIFFERENCE.

LEAD THE CHARGE.



APPLY TODAY!

<https://bit.ly/36hft8x>

