

Youth MOVE Chapter Activities

Chapters in the Youth MOVE National network are required to participate in at least three projects or activities annually which are directly related to [Youth MOVE National's mission and vision and](#) that center diversity, equity, and inclusion (such activities may involve reducing system harm in the the mental health, juvenile justice, child welfare, substance abuse, and other youth servicing systems - remember all must be youth-initiated, led, and driven)

One of the three required activities must be connected with the promotion of Children's Mental Health Awareness Month, which occurs in May. Any of the following ideas could be used for this activity, but please feel free to look beyond this list for this important awareness raising day.

Beyond this, other activities can be selected from the following list and may occur at any time during the year. Most chapters are involved in many more activities throughout the year and this list should not be viewed as limiting or restrictive. Please also keep in mind that information on these activities will need to be reported in each Chapter's annual report due January 15 each year.

One tool we have created to help with this process is the [Chapter Activity Tracker](#). This tool was created so that you have a quicker and easier way to keep track of your activities, programming, and events throughout the year. It will also aid our team with your status reports at the end of the year.

*Note to only add activities that you have *already* participated in and to only do one activity per form submission.

Activity Ideas and Examples:

Remember young adults have to lead and drive the event planning and programming process.

Recreation and Peer Networking

- Lead/develop drop-in spaces / brave zones
- Table resource fairs, festivals, and other community events
- Collaborate with other youth groups or Youth MOVE Chapters
- Plan and attend group trips
- Promote peer to peer communication
- Attend conferences and community events
- Hold game nights

Community Activism, Involvement, and Advocacy

- Host panel discussions with youth who have experience with the mental health system or other systems
- Develop community resources including brochures and guides for youth

- Complete a community/resource mapping activity
- Collaborate with other youth driven organizations to create change in youth serving systems
- Conduct evaluations of current youth services that are available in your local area
- Attend/plan a youth conference or summit
- Attend a protest, demonstration, rally, or walk

Personal Development and Empowerment

- Participate in community service
- Take part in yoga, meditation, or wellness programming
- Provide a life skills class (cooking, resume building, budgeting)
- Support young people in attending conferences, summits, professional trainings, etc
- Visit a museum or art exhibit

Youth Voice Development and Leadership Training

- Creation of digital stories
- Participate in leadership, advocacy, strategic sharing trainings
- Attend our Youth Advocate Leadership Academy
- Get certified in Mental Health First Aid or eCPR
- Trips to local/state/federal capitals for legislative policy

Social Marketing and Awareness Building

- Design materials to distribute at schools, libraries, youth centers, and other community organizations (such as posters, bookmarks, postcards, etc.)
- Create a public service announcement (PSA) for a local radio or television station
- Write press releases/editorials for local newspapers and newsletters
- Create social media marketing campaigns around important subject areas such as awareness raising and stigma reduction
- Create a website and other digital promotional materials
- Be a guest speaker on a podcast or create a podcast yourself

Peer Service Delivery

- Hold fundraising events
- Facilitate a peer support group or wraparound meeting
- Seek certification for Youth Peer Support Specialist
- Hire youth and young adults (29 years or younger)
- Provide mentorship opportunities

Other Activities

- Be a Chapter Chat Spotlight
- Apply for grants around youth engagement

- Establish other youth groups or potential Youth MOVE Chapters
- Become a Subject Matter Expert (SME), keynote speaker, or panelist for partner organizations
- Consider programming around [Social Justice](#)
- Consider programming around [Environmental Justice](#)
- Consider programming around [Self-care](#)