



# YOUTH

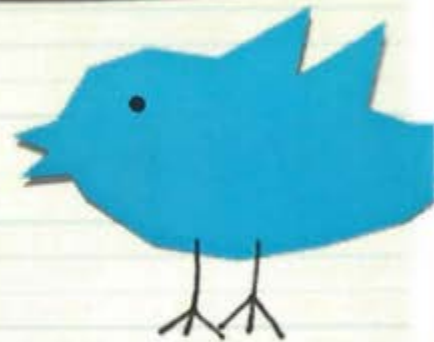
## “ALL”

# MIGHTY



A COLLABORATIVE EFFORT  
from the various  
System Of Care !

*“We may be RARE but  
we’ve got a ROAR!” -  
Julie FlyGare*



### Mission

Youth “ALL” Mighty or YAM is a small network of youth in Putnam County who have been “labeled” and are seeking change. By utilizing the gifts of compassion, knowledge, and experience to help not only ourselves but others stand up, speak up, and empower. To help others see the value of living a more purposeful life. To support the youth in developing positive group norms and in making healthy decisions.

### Vision

To be the voices of action. To encourage, promote, develop and implement community based solutions. To express freely. To shatter stigma!

### Goals

- To promote academic achievement, self esteem, self-confidence, competence.
- To promote knowledge about health, healthy lifestyle choices, knowledge about health services.
- To spread awareness.
- To empower by speaking up for myself and confronting negative beliefs.
- To empower by creating goals.
- To empower by getting connected with the peer movement.
- To continue learning :
  - communication skills,
  - about my rights,
  - how to reach out for help,
  - how to create plans to get my needs met,
  - where to seek support

## MEMBERSHIP



A member is someone who supports the mission of the group. It encourages individual insight - allowing you to be the voice that allows the movement to grow. It will allow you the opportunity to learn and expand your knowledge of the movement to implement change in the system and in the community.

Being a member means you are age 12 - 24, live in New York State, and have been labeled in a state system. For example,

with having a disability, mental health issue, being a foster care youth, substance abuser, or a juvenile offender. Become a member by

filling out the membership form and allowing us to create a network of youth advocates.

## Days/Hours of Program

Saturday 4:00 - 6:30 PM

## By Appointment

Wednesday / Friday : 9:00 - 12:00PM

## Location

Towne Center , 2nd Floor  
1620 RT-22  
Brewster, NY 10509

\*\* Location/Times are Subject to Change

\*\* Please check your Emails / Facebook / Youth Group Website

## Sample Activities Ideas

- |               |                   |
|---------------|-------------------|
| *Dinners      | *KNOWLEDGE NIGHTS |
| *Movie Nights | *Miniature Golf   |
| *Mall Trips   | *Trip to the Park |
| *Pizza Night  | *Art/Music/Games  |

COME  
CHECK  
US  
OUT!



Mental Health Association in Putnam County

1620 NY-22 Brewster, NY 10509

T: 845-278-7600 ext. 255

E: [cptak@mhaputnam.org](mailto:cptak@mhaputnam.org)

W: <http://www.own-your-self.com>

W: <https://www.facebook.com/YouthAllMighty>

## WHAT IS ADVOCACY?

Latin : ad (to) and vocare (to call, to vocalize for, or to give evidence)

To advocate means to please or argue in favor of something - a cause, idea, or policy

There are three kinds of advocacy ...

### 1. Self-Advocacy

Self-advocacy is about taking control of your own life. You know who you are, you know your rights, you know your supports. **UTILIZE THAT AND SPEAK UP!** Self-Advocacy is all in the name. It is advocating for the self. Speaking up for yourself, for your views and interests. It is about knowing your supports whether it is a parent, a teacher, friend - someone who is there to help you. It is about educating yourself - knowing where to get information, understanding that information to better assist you in your responsibilities.

### 2. Systems Advocacy

Systems advocacy is an effort to change policies, rules or laws, which determine how services are provided. These efforts can be directed toward local, state, national, or international agencies. The focus can be changing laws, policy, regulation, and practice. What is targeted depends on the type of problem and who has authority over that problem.

### 3. Peer Advocacy

Peer advocacy is helping your peers learn to speak up for themselves and being a support to them. A peer advocate speaks for those who have not yet found their voice. You are a peer advocate because you have lived similar experiences and understand the struggles your peer is going through. You are the model that encourages another individual to begin using their voice.