

Create Resilience Youth Mental Health Campaign
Summary Guide for Mental Health Professionals and Organizations

1. Receive FREE “Create Resilience” Poster and “If My Words Could Make A Difference” Essay
2. Schedule FREE Mental Health Presentation by Dr. Diane Kaufman
3. Free & Easy Implementation
 - Share “If My Words Could Make a Difference” Essay
 - Share “Don’t Give Up,” “Hold On,” and “Lift You Up” Songs
 - Share “Create Resilience” Poster
 - Ask Clients/Patients for Creative Ideas
 - Clients/Patients Share their Creative Ideas
 - Organization Displays the Client/Patients Creative Ideas
 - Clients/Patients Can Share their Creative Ideas with the Campaign
 - The Create Resilience Youth Mental Health Campaign Shares Creative Ideas with Mental Health Organizations across the USA
4. Visit the ASHA International Website to Learn More about the Campaign
<https://myasha.org/create-resilience-youth-mental-health-campaign/>
5. Contact Dr. Kaufman for the “Create Resilience” Poster, “If My Words Could Make A Difference” Essay, to schedule a meeting to discuss implementing the Campaign and to also schedule the mental health presentation by Dr. Kaufman. drdiane@mindmatterspc.com or call 503-352-0468
6. See the next 2 pages for the How to Guide for Mental Health Professionals and Organizations



Create Resilience Youth Mental Health Campaign
How-To Guide for Mental Health Professionals and Organizations

1. May is Mental Health Awareness Month. Bring the Create Resilience Youth Mental Health Campaign to your youth clients/patients. It is Free & Easy to Implement.
2. The Create Resilience Youth Mental Health Campaign offers youth a creative way to engage around mental health in May and throughout the year.
3. The Create Resilience Youth Mental Health Campaign is funded by the Oregon Council of Child and Adolescent Psychiatry in collaboration with ASHA International and the Arts & Healing Resiliency Center at Mind Matters, PC.
4. The Create Resilience Youth Mental Health Campaign focuses a positive light on youth's ideas, experiences, and creativity on how to improve youth mental health.
5. Participating mental health providers and organizations receive free of charge Create Resilience posters, as well as if the organization would want, Diane Kaufman, MD, a child psychiatrist who has Bipolar II Disorder, is a humanism in medicine awardee, creativity and suicide prevention activist, and an ASHA International storyteller, present at your organization on mental health and the campaign.
6. Mental Health Providers may begin by sharing the "If My Words Could Make A Difference" essay by Diane Kaufman, MD with their clients/patients. This essay can be used as a prompt for reflection and discussion on what can be done to improve youth mental health.
7. Mental Health Providers share the songs, "Don't Give Up," "Lift You Up," "Hold On," and/or "Be Still" which are featured on the Create Resilience Youth Mental Health Campaign website with clients/patients to further understanding that creativity can play an important role in bringing awareness to youth mental health and how it can offer help.
8. Organizations can share these songs and promote the Create Resilience Youth Mental Health campaign on their website, social media and/or email communications.
9. The Create Resilience poster is shared with clients/patients. The poem can be a writing prompt on resilience in terms of necessary skills and lends itself to discussion on how there can be obstacles to achieving resilience, and what we can do to help ourselves and others.
10. Clients/Patients are asked for their creative ideas on how to improve youth mental health. This can be a paragraph, an essay, a story, poem, song, play, painting, collage, and/or even performing a dance. The contribution is any creation that shares their ideas and connects with the theme on how to improve youth mental health.
11. Clients/Patients share their ideas and creative works with their mental health provider. Organizations decide on whether they might want to display these creative works onsite at the program.
12. Mental Health Providers let clients/patients know they can send in their creative works to the Create Resilience Youth Mental Health Campaign at the ASHA International website. With permission, their creative ideas will be shared with mental health organizations across the United

States. They may also be invited to share their works at ASHA International events and will receive a stipend for doing so. <https://myasha.org/create-resilience-youth-mental-health-campaign/>

13. What to do next? Please reach out to Diane Kaufman, MD at drdiane@mindmatterspc.com and/or call her at 503-352-0468 to have the Create Resilience posters delivered to your organization, schedule a time to meet online or in person to discuss implementing the campaign, and to schedule the mental health presentation given by Dr. Kaufman.

Website and Contact Information

<https://myasha.org/create-resilience-youth-mental-health-campaign/>

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