

What is a TNM Group?



The New Mentality (TNM) is a network of youth-led groups across Ontario that work with partner agencies in their communities to reduce the stigma surrounding mental health. Each group has dedicated youth and adult allies who work together on projects throughout the year.

These projects promote meaningful engagement by empowering youth to concentrate on the work they are most passionate about. We strive to create an inclusive and intergenerational circle of care in which everyone can flow among the roles of helper, supporter and receiver of help.

Each group is unique and runs differently depending on what works best for them. Below is our standard group model.



PURPOSE

Decrease the stigma of mental illness and raise awareness of services and supports available for youth experiencing mental health challenges.

Work directly with service providers to improve and expand treatment options for youth with mental illness.

Increase the frequency and quality of youth engagement opportunities within host child and youth mental health agency.

Create opportunities for youth to learn and build transferable leadership skills such as facilitation, teamwork, and project management.

Facilitate positive relationships between youth, their peers and adult allies to foster personal growth, increased confidence and a sense of belonging.

PROJECT

Each TNM Group develops at least one project or activity per group cycle. Group projects are driven by the youth in the group and the needs of the community.

THE PEOPLE

- 2 youth facilitators
- 1-2 adult allies
- 2+ youth group members

Youth are those between 13 and 25 years old who may or may not have lived experience with mental illness.



Group Roles Overview

YOUTH FACILITATORS

Prepare for meetings (create agenda, make sure there is food, set up the meeting space, send out meeting reminders, etc.) with adult ally support when needed

Lead the group through agenda

Help group members find roles in the group that will be meaningful to them

Work alongside group members to complete project or initiative

ADULT ALLY

Work alongside youth, encouraging and supporting them to take on leadership roles and helping them contribute in different ways

Provide emotional support to the youth facilitators and group members

Help youth facilitators prepare for meeting

Manage relationship with partner agency, support budget management and other administrative tasks

GROUP MEMBERS

Work with other group members to create projects

Participate in projects in a way that is meaningful for them

Respect other group members' thoughts and opinions



Other Roles

Here are some examples of other roles that group members can do.

TIME KEEPER

Keeps everyone on time

VIBE WATCHER

Watches the mood in the room and calls for a break or energizer activity if they think it is needed

COMMUNICATIONS COORDINATOR

Writes blog posts for The New Mentality website

Manages the group's social media accounts

Takes the lead in sharing updates on the group's work with the agency and broader community and TNM at the monthly Youth Community of Practice

RECORDER

Records date, time and location of the meeting, along with attendance and regrets

Summarizes the key points and decisions in meeting notes

Writes the name of the person who has agreed to an activity or project

Records ideas for the next meeting

Optional Instead of writing, the Recorder can draw or take pictures.

Begin the meeting by reading the notes from the last meeting.