



## Youth Peer Support and Trauma

Peer support for Transition Age Youth (TAY) allows adolescents and young adults to explore pathways to recovery from their mental health condition and strive to reach their fullest potential. Trauma informed peer support presents a unique opportunity for peers to connect with peers in a trauma informed environment where two TAYs with lived experience enter into a healthy and supportive relationships to learn new ways to see the world in which they live. Through trauma informed peer support TAYs will have the opportunity to take the lead in their recovery and gain the tools they need to be successful, in addressing areas such as:

- \* Self-identity
- \* Locating family members
- \* Accessing benefits
- \* Communication Skills
- \* Independent living
- \* Transition supports
- \* Education and employment supports
- \* Food, shelter, and basic needs
- \* Substance abuse, mental health, and/or co-occurring education and supports
- \* Risk taking behavior
- \* Gaining community supports
- \* Poverty
- \* Social and physical recreation
- \* Financial literacy/responsibility
- \* Self and systems advocacy
- \* Healthcare and wellness
- \* Family Planning
- \* Parenting
- \* Military
- \* Voice and engagement
- \* Gang involvement
- \* Violence, dating violence, and domestic violence
- \* Bullying
- \* Children of incarcerated parents
- \* Youth Culture
- \* Community resources
- \* Adult partnerships
- \* Recovery and self-care
- \* Trauma healing
- \* Crisis intervention
- \* Building healthy relationships



Nebraska's Network of Care: [www.dhhs.ne.gov/networkofcare](http://www.dhhs.ne.gov/networkofcare)

Nebraska Family Helpline: 888-866-8660

Suicide Prevention Lifeline: 800-273-TALK