



Mock Session Takeaways

The Need for More Resources Surrounding Mental Health for Youth in Care



1:1 Therapies

100% of participants had previous experience with 1:1 traditional therapies. Participants stated needing more autonomy with providers and privacy within sessions.



Peer Support

Most participants only found peer support from friends at school but this wasn't beneficial. They wished for more interaction with youth who had lived experience with similar situations.



Group Therapy Experience

Only a few participants had experience in group therapies through dialectical behavior therapy (DBT) while 100% of participants agreed that group healing settings would have been beneficial.



Other Mental Health Needs

Participants stated they wished they would have received more group settings, life-enrichment activities, and family supports.



Honorable Mentions for Congress

Participants wanted to make sure youth's voice are being heard to make healing most successful. They also wanted to push for more group setting options to further build a sense of community.
