

Youth-Led Organizations and Supports

NAME: Youth MOVE Massachusetts

ABOUT: Youth MOVE Massachusetts is youth and young adult-driven, as well as peer-led, from the lived experience of mental health within the Youth Coordinator role, to Young Adult Peer Specialist role. We offer our youth access to leadership skills and training opportunities within our programming, including panel moderation, training facilitation, opportunities to educate providers and other youth-serving entities, as well as statewide and national policy advocacy opportunities. We support an incredibly diverse group of youth and young adults aged 13-35 with diverse backgrounds, including but not limited to youth with lived experience in mental health/behavioral healthcare, who may also experience concerns within the following categories: foster care and adoption, court and probation involvement, medical diagnoses with mental health, co-occurring disorders, LGBTQ+ challenges, homelessness, trauma, school-based issues, displacement due to domestic violence and homelessness, poverty, and concerns around immigration status. Many of the youth we support do not have sufficient familial or community connections, and our current referrals come from the Department of Mental Health, Department of Youth Services, Department of Children and Families, DESE, community medical and clinical/therapeutic providers, and, on a walk-in and word-of-mouth basis, from parents and peers. They co-chair the Statewide Young Adult Council, provide trainings on a variety of topics, and seek blog submissions for their website.

CONTACT INFORMATION:

- **URL:** [Youth Move Massachusetts - Youth Motivating Others Through Voices of Experience](#)
- **EMAIL:** youthmovema@ppal.net or mviano@ppal.net
- **NATIONAL BRANCH:** [Homepage - Youth MOVE National](#)

NAME: The 84 Movement

ABOUT: The 84 represents the 84% of Massachusetts high school youth who did NOT smoke cigarettes when the movement began. As of 2023, almost 97% of MA high school youth do NOT smoke cigarettes, and 84% do NOT vape. They provide grants for youth-led work in the community and youth jobs such as FDA Youth Inspector.

CONTACT INFORMATION:

- **URL:** [The 84 Movement](#)
- **EMAIL:** [Contact Us — The 84 Movement](#)

- **NATIONAL BRANCH:** NA

NAME: Statewide Young Adult Council (SYAC)

ABOUT: SYAC brings together youth and young adults to advise the Department of Mental Health (DMH) and other organizations serving young adults. It is a subcommittee of the MA State Mental Health Planning Council. We are a collective group who work together to find equity and to advocate for each other. We represent youth and young adults ages 16–30 with mental health needs in the Commonwealth of Massachusetts. We believe that mental health is an aspect of character and therefore does not define us. SYAC meetings are currently held on the 4th Tuesday of every month from 3:30–5 via Zoom.

CONTACT INFORMATION:

- **URL:** [The Statewide Young Adult Council – State Mental Health Planning Council](#)
- **EMAIL:** youthmovema@ppal.net or colbyamills@gmail.com
- **NATIONAL BRANCH:** NA

NAME: Coalition for Student Wellbeing

ABOUT: The Coalition for Student Wellbeing seeks to bridge the gap between students and decision-makers through advocacy, collaboration, and education. Our mission is to elevate student voices and empower them to engage with leaders in shaping policies that foster a healthier campus environment. By convening students from across the country, we amplify young voices and ensure their perspectives are heard by educational leaders and policymakers.

CONTACT INFORMATION:

- **URL:** [Coalition for Student Wellbeing | Advocate, Collaborate, Educate](#)
- **EMAIL:** contact@c4sw.org
- **NATIONAL BRANCH:** This is the national branch. Different colleges have their own branches.

NAME: Active Minds

ABOUT: Active Minds mobilizes youth and young adults to lead a transformative movement in mental health, forever changing how it is valued and prioritized in society. By equipping, connecting, and amplifying the collective and diverse voices of youth and young adults, we are building a movement of lasting champions who are improving mental health norms for

all. They have many programs including ASK (acknowledge, support, and keep in touch), community programs, youth leadership resources and trainings, and workforce development.

CONTACT INFORMATION:

- **URL:** [Active Minds | Championing a New Era of Mental Health](#)
- **EMAIL:** [Contact Us | Active Minds](#)
- **NATIONAL BRANCH:** This is the national branch. There are different school chapters in MA: [Chapter Network | Active Minds](#)

NAME: Mind4Youth

ABOUT: At Mind4Youth, we are a dedicated team of passionate individuals striving to make an impact on teens and youth. As a 100% youth-led international 501(c)(3) nonprofit, our mission is to raise awareness about teen mental health and ensure that culturally competent resources are accessible to all young people of color who need them. We want to make mental health an open topic that youth prioritize and can talk about.

CONTACT INFORMATION:

- **URL:** [Mind4Youth – Teen mental health organization dedicated to spreading awareness about mental health issues.](#)
- **EMAIL:** [Mind4Youth](#)
- **NATIONAL BRANCH:** This is the national branch. Current chapters are here: [Active Mind4Youth Chapters List - Google Sheets](#)

NAME: Mental Health America Youth Programs

ABOUT: MHA has multiple programs for youth which include Young Leaders Council, Youth Policy Accelerator, and the Evolving Impact Network.

The Young Leaders Council (YLC) is made up of young people (18-25) who have created programs and initiatives to fill gaps in mental health support and resources in their communities. Each year, 10 leaders are selected and participate in this six-month leadership development program where they build connections, receive mentoring, share their ideas, and expand their knowledge, skills, and network. The YLC has a 3% acceptance rate with over 2,000 applicants since the program launched in 2017.

The Youth Policy Accelerator partners with young people to identify and create policy solutions that are most important to them. In this two-month intensive program, participants build confidence, explore their interest areas, gain policy knowledge, and

develop skills like storytelling. They then co-create a campaign and resources to advance their collective priorities.

The Evolving Impact Network is an ongoing personal and professional development community for the more than 100 graduates of MHA's youth leadership programs. It includes monthly learning sessions across a wide range of topics in mental health advocacy, including community care, mental health rights, and media, as well as ongoing internal and external leadership opportunities.

CONTACT INFORMATION:

- **URL:** [Youth programs | Mental Health America](#)
- **EMAIL:** [Youth programs | Mental Health America](#)
- **NATIONAL BRANCH:** This is the national program.

Some Additional Youth Resources

NAME: YouthConnect

ABOUT: YouthConnect partners with young people and families to create safer, stronger communities through free, trauma-responsive mental health and advocacy services. Working alongside the Boston Police Department, our licensed clinical social workers offer immediate support, essential resources, and lasting connections that help families build stable, hopeful futures. In addition to police-referred young people, the program also offers services to their siblings and parents. This comprehensive approach allows YouthConnect to focus on the individual while also recognizing the need to provide overall support to families. This is through the Boys & Girls Club of Boston.

CONTACT INFORMATION:

- **URL:** [YouthConnect | Mental Health Youth Program in Boston | BGCB](#)
- **EMAIL:** [Contact Us - BGCB](#)
- **NATIONAL BRANCH:** This is Boston based and the main website lists the neighborhoods that are the focus.

NAME: Young Adult Access Centers

ABOUT: Young Adult (YA) Access Centers are unique community spaces that allow young adults with mental health concerns to access services and supports in a timely and effective manner. The services are free and available to all young adults. No diagnosis is required. Centers are affirming and inclusive spaces that promote an environment that specifically and effectively engages Black, Indigenous, People of Color (BIPOC) and Lesbian, Gay, Bisexual, Transgender, Queer/Questioning (LGBTQ) young people. Note, this is not youth-led but could be a resource.

Centers provide opportunities to be a part of community activities and receive individual support including: peer supports, social activities, linkages to healthcare, housing, employment, education, and other resources, mental health and substance misuse support, individual support to identify and achieve goals in critical areas such as mental wellbeing, education, employment and housing, and amenities such as showers, laundry, kitchens, and computer/Wi-Fi access.

CONTACT INFORMATION:

- **URL:** [Access Centers - Speaking of Hope](#)
- **EMAIL:** Info@speakingofhope.org

- **NATIONAL BRANCH:** NA

NAME: Cambridge Health Alliance's Youth Initiatives

ABOUT: Community Health Youth Initiatives (CHYI) offer life skills for healthy living and working. Programs also provide training and support for people working with youth. Programs include Career Pathways Program, PhotoVoice, Youth Mental Health Ambassadors Program, Teens in Everett Against Substance Abuse (TEASA), and training and professional development opportunities.

The Mental Health Ambassador program provides youth with training, education, and opportunities to be community change agents who work to reduce stigma and create a positive perception toward mental health and raising awareness of common mental health issues in the community. Youth earn a stipend for participation, and develop leadership, communication and professional development skills. This program runs during the school year and summer, and is open to youth that live or go to school in Everett, Malden, Somerville, Cambridge, Medford, Revere, Winthrop, and Chelsea.

Teens in Everett Against Substance Abuse (TEASA) is a program to develop leadership and advocacy skills while learning about mental health and substance use prevention. Engaged teens provide peer education and are a voice for teens in Everett. They earn community service hours and connect with other teens across the state on important issues around substance use, mental health and more. Founded in 2005, the group's core values are: Youth, Community, Leadership and Advocacy.

CONTACT INFORMATION:

- **URL:** [Youth Initiatives](#)
- **EMAIL:** jlederer@challiance.org
- **NATIONAL BRANCH:** NA