



Missouri Youth Leadership Academy MYLA

'Confidence, Connection & Contribution'

Missouri Leadership Academy Cohort 8

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Dawn Fredrickson, DNR | Jason Isabelle, MDC
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Kayla Ueligger, DSS

Missouri Youth Leadership Academy Team



Kalee Baker
Department of
Labor and
Industrial
Relations |
Second Injury
Fund
Supervisor



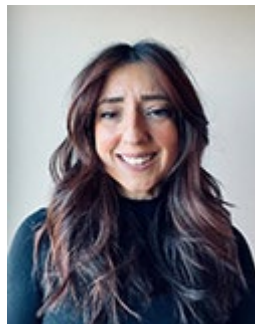
Dawn Fredrickson
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Tim Roling
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Department of
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Program
Coordinator

Three vertical yellow bars of varying heights are positioned to the left of the word 'Proposal'.

Proposal

Make a positive citizen impact by investing in today's youth to develop tomorrow's leaders through a leadership academy providing confidence, connection & contribution.



Invest in Missouri Youth

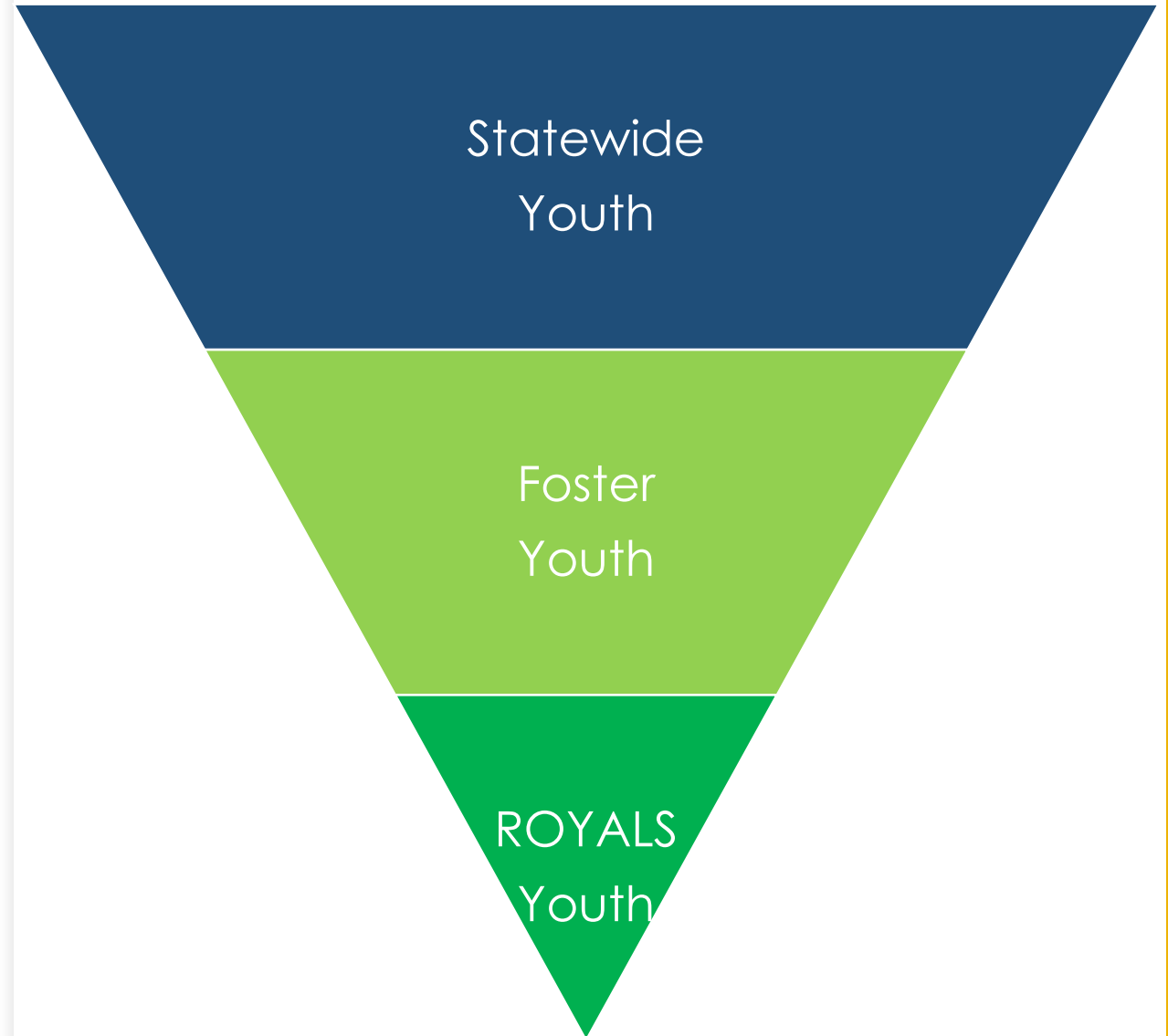


Missouri Youth Leadership Academy

Implement an Adaptable & Adoptable
Leadership Academy for Missouri Youth
Statewide



Identifying Missouri Youth



Engagement

Department of Social Services (DSS)

- ✓ DSS Leadership
- ✓ DSS Communications Team
- ✓ Children's Division Leadership
- ✓ ROYALS Leadership
- ✓ ROYALS Youth
- ✓ ROYALS Conference

ROYALS

Regional Older
Youth Adolescent
Life Skills

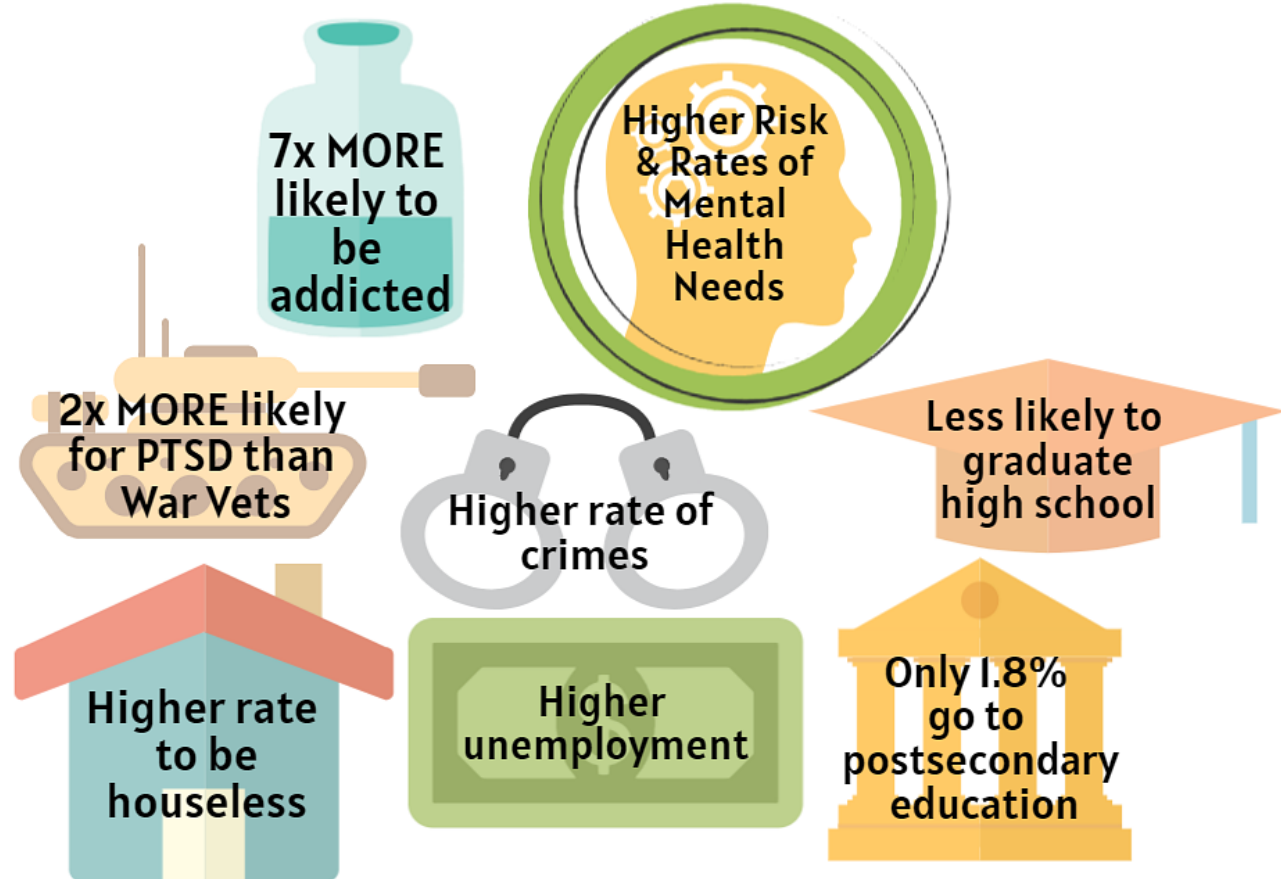
Champions for
Older Youth
Ages 16-20

Lower Case
Manager
Workload

Developed out
of the Show
Me Challenge

Statewide
Reach

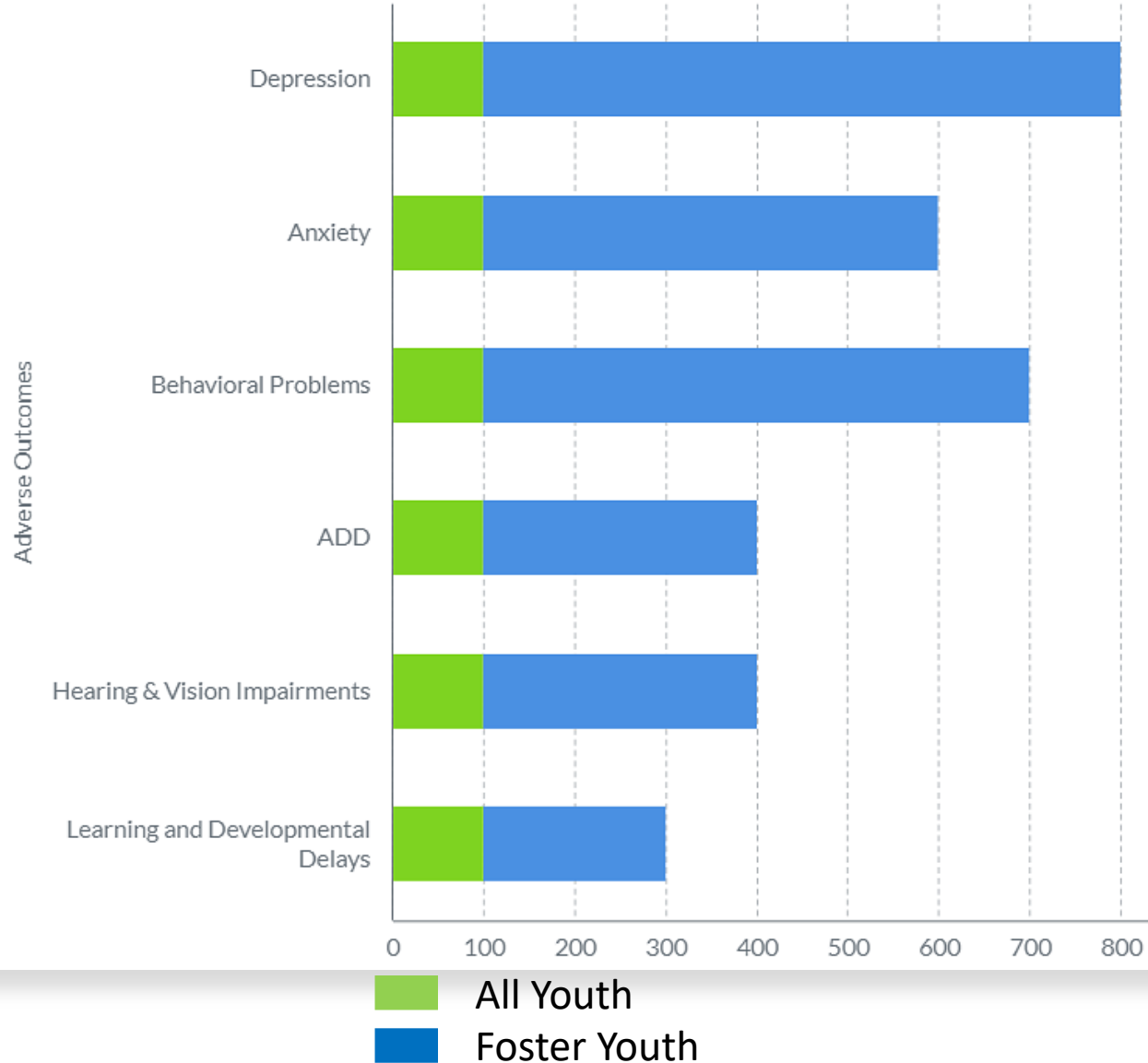
Challenges of Foster Care



Triveldi, 2009; Turney & Wildeman, 2016

Challenges

Health Outcomes for Foster Youth



Outcomes

STATEWIDE ROYALS OUTCOME DATA

	APR-22	MAY-22	JUN-22
# of Youth in the Unit	95	102	98
% of Youth with Permanency Pact Agreements	41%	42%	47%
% of Youth Enrolled in School	68%	63%	63%
% of Youth Employed	70%	70%	76%
% of Youth with a Bank Account	80%	77%	82%
% of Youth with a Permit or Driver's License	75%	75%	80%
% of Youth with a Birth Certificate	47%	75%	89%
% of Youth with a Social Security Card	46%	74%	83%

**Intensive Case Management =
Increased Positive Outcomes**



Attend local schools

Work with local businesses

Live across the state

Contribute to **OUR** community!

Foster Youth **are** Statewide Youth.

Program Analysis

Current Statewide Youth Programs

MO Youth
Leadership Forum
(MO-YLF)

Leadership
Development
Program for
Deaf/Hard of
Hearing (LDPDHH)

MO Agribusiness
Academy

Jobs for America's
Graduates (JAG
MO)

Division of Youth
Services Pathways
Program

Children's Division
ROYALS Unit

Additional
Programs

Identifying Gaps



Show Me Challenge: ROYALS

Caseworkers and
Youth Need
Curriculum



Leadership Academy: Pathways Program - DYS

Pilot Facilitator
Needs Format and
Support



Missouri Way

Need to Reach
Employees AND
Youth

ROYALS Conference July 20, 2022

Attended by MYLA Capstone Team

Hosted by DSS /
Children's
Division

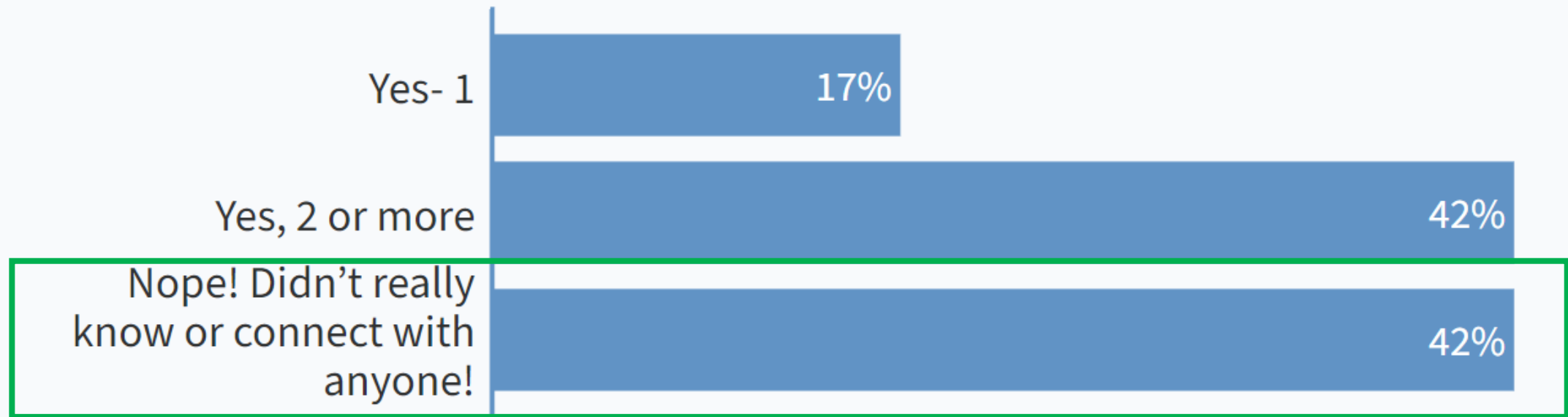
100+ ROYALS
Participants &
Case Managers

Feedback on
MYLA

Open Discussion



Before you came to this conference, were you connected to other young persons in foster care?



Benefits for the Youth

Provide Valuable Life Skills

Develop State Career
Pathways

Connect Shared Experiences

Create Leadership
Opportunities for Youth

Benefits for the State Workforce

Meet Statewide Efforts to Serve Youth

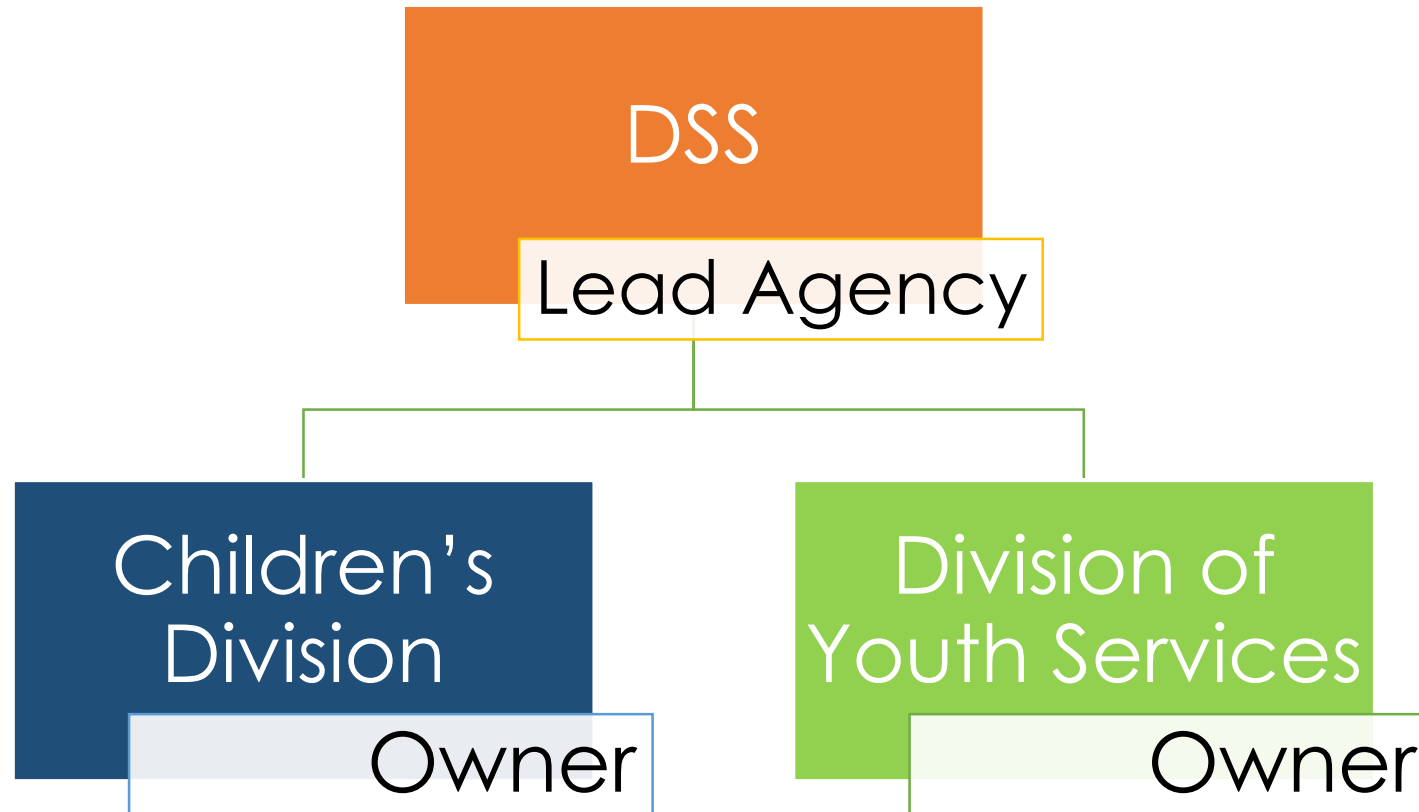
Communicate Future Opportunities with the State

Connect with State Youth

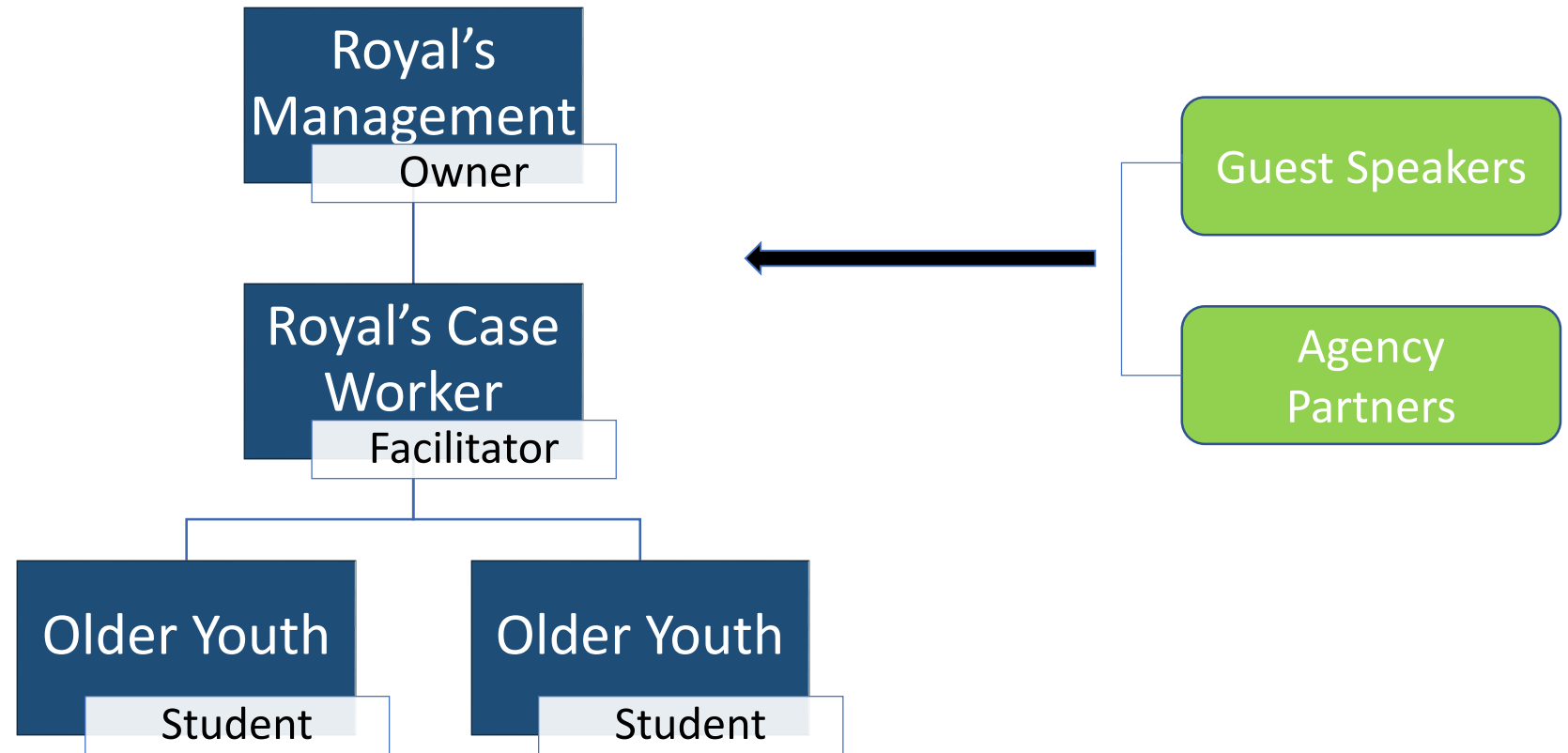
Create Leadership Opportunities for Workforce

Implementation Plan: DSS and Beyond

Organizational Leadership



Organizational Operations




Cross Department Collaboration

All
Agencies
can get
involved!



Cost Benefit Analysis

- ✓ No Additional FTE
 - ✓ No Platform Management
 - ✓ No Organizational Change
 - ✓ No Outside Consultants
 - ✓ Minimal Travel Expenses
 - ✓ Training incorporated
-



Sample Schedule

Session 1: February – May (2023: Feb. 6 – May 19)

- Week 1: Meet and Greet & Intro to Leadership
- Weeks 2-13: Modules
- Week 14: Graduation & Field Day

Break: June – July (2023: May 20 – Aug. 13)

Session 2: August – November (2023: Aug. 14 – Nov. 17)

- Week 1: Meet and Greet & Intro to Leadership
- Weeks 2-13: Modules
- Week 14: Graduation & Field Day

Break: December – January (2023: Nov. 18 – Feb. 4)

Delivery Format

- ✓ Hybrid - Virtual / in-Person
- ✓ Schedule - 14 weeks
- ✓ Timeline - 2x / Year
- ✓ Modules - Concise

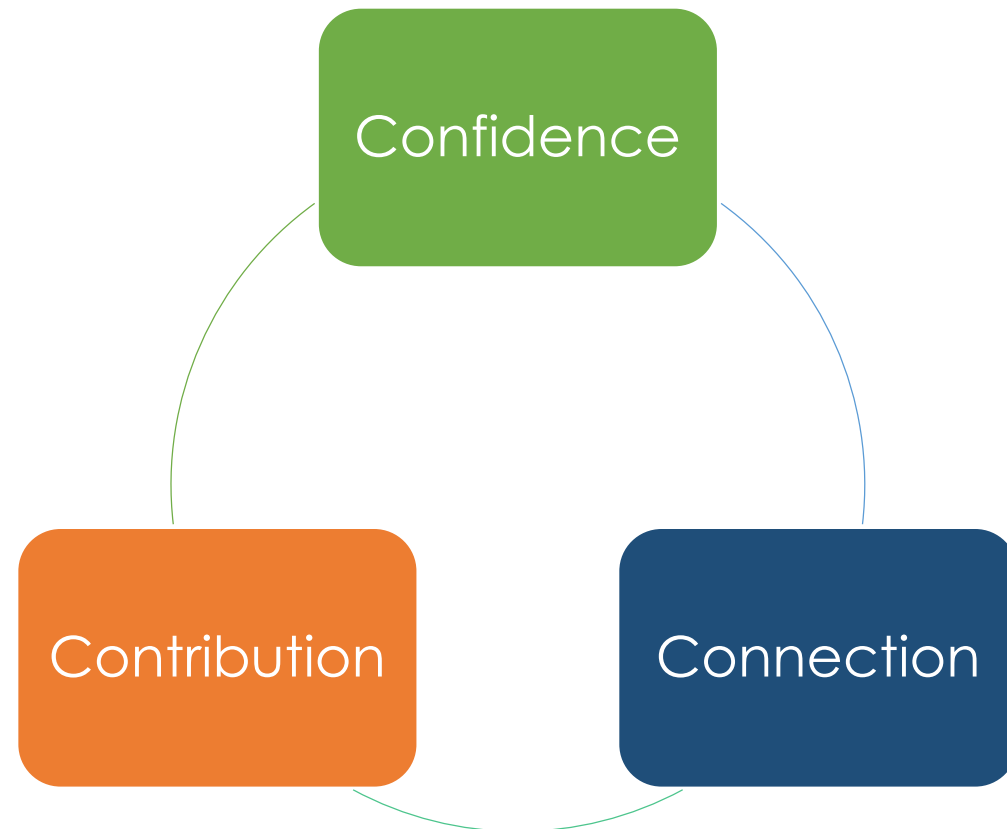
Training Content

Curriculum Goals

'Lead Self'

'Lead Others'

'Lead Change'



Program Guide

- Cover Page
- Overview
- Schedule
- Facilitator Tips
- Modules
- Module Outline
- Graduation & Field Day
- Guest Speaker List
- State of Missouri Training
- Youth Welcome Letter
- References

Modules

Week 1: Intro to Leadership

Week 2-3: Mental Health

Week 4-5: Financial Literacy

Week 6-7: Community Engagement

Week 8-9: Career Development

Week 10-11: Communication & Collaboration

Week 12-13: Natural Environment

Week 14: Field Day | Graduation

Module 2

Title

Mental Health

Overview

Each training session consists of preparatory work and a follow-up discussion. The content should be reviewed, and assignments completed before the facilitated session. Discussion questions should provide an opportunity to think about the topics in advance and prepare everyone to engage in the conversation. The assignment will allow participants to select a topic they are interested in and share findings during the session. Additional resources are available for further research, if desired.

Content

- Links include videos, articles, websites, and other relevant content to be reviewed ahead of the session
- Discussion questions can be answered using the provided links will be discussed in class
- TED Talk assignments include review and summary of a selected TED Talk to share in the session
- Additional topics may be referenced to help the discussion
- Additional resources may be reviewed

Description

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Topics

- Identifying Mental Illness
- Therapy / Treatment
- Suicide Awareness
- Bullying/Cyber-Bullying
- Mental Illness Stigma

Discussion

- [Youth Advocate to Advocate for Youth: The Next Transition \(pdx.edu\)](#)
 - How do you think you could help other youth in your community struggling with mental illness? What will be the barriers to reach others?
- [Suicide Prevention Facts & Resources | dmh.mo.gov](#)
 - How do you feel our current society speaks about suicide? Is it an open conversation in your community or taboo to discuss?
- [Mental Health Myths and Facts | MentalHealth.gov](#)
 - Select a myth regarding mental illness you learned about in the Myths and Facts review. Were there any additional myths you feel should have been addressed?
- [What Kids Can Do | StopBullying.gov](#)
 - What are some tactics to stop bullying in your community or online?
- [MissouriStateFactSheet.pdf \(nami.org\)](#)
 - What were some facts and statistics that stood out on the NAMI fact sheet? Were you surprised at the results?

Assignment

Choose one Ted Talk on Mental Health to review and bring a one-paragraph summary to present during the session. The link below already has a filter applied, but you can manually search.

TED is dedicated to researching and sharing knowledge that matters through short talks and presentations. Our goal is to inform and educate global audiences in an accessible way.

[TED Talks: Mental Health](#)


Additional Resources [Optional]

- [The Substance Abuse and Mental Health Services Administration's Youth Engagement Guidance \(samhsa.gov\)](#)
- [Home | dmh.mo.gov](#)
- [Homepage - Missouri Mental Health Foundation \(missourimhf.org\)](#)
- [Home | MentalHealth.gov](#)

Example Module

Field Day & Graduation – Celebrating Youth!





Program Owner's Next Steps



Pre-Implementation

*August 2022-
January 2023*



Identify Case
Managers



Identify Youth Cohorts



Plan Schedule & Guest
Speakers

Implementation

*February 2023-
November 2023*



Support Case
Managers



Deliver Curriculum



Finalize Schedule &
Guest Speakers

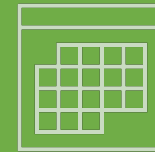
Measuring Success



Leadership Academy
Survey



Focus Groups with
Participants,
Facilitators & Partners



Long-term Outcome
Tracking Plan



Potential Expansion

Children of
Incarcerated
Parents

Division of
Youth
Services

All Foster
Youth

Other Youth
Subsets

Proposal

Make a positive citizen impact by investing in today's youth to develop tomorrow's leaders through a leadership academy providing confidence, connection & contribution.



Help us *invest* in Missouri Youth Today!

Thank you

Missouri Leadership Academy

Capstone Project Mentors

Fellow Colleagues

ROYALS Unit

Missouri Youth

All Involved!





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