

Complete Description of Workbook, "I AM"

I AM was developed as a resource to help our youth build essential skills in reaching out for mental health support. This specific workbook focuses on identifying who you are, how you feel, what support you are looking for, and how to advocate for yourself.

Section 1: Who Am I? is built upon the idea that you do not have to fit into a specific box or label. Through practice exercises, the reader distinguishes who they are from who they are not to create "I am more than...I am...I am not" statements. The intention is for the reader to recognize that they are the only ones who can define who they are and that they are enough as they are.

Section 2: How Do I Feel? is built upon the idea that how you feel is not connected to your identity. Through practice exercises, the reader can identify the emotions' origin and how it connects to how they are currently feeling. The reader then has the opportunity to determine coping skills they can use based on the emotion they are feeling. The intention is to validate their feelings and help them develop the tools they need to cope with intense emotions before they need them.

Section 3: What Support Am I Looking For? is built upon the idea that there are different types of support available, like encouragement, community, emotional, informational, and physical. Through practice exercises, the reader learns to distinguish the support they currently have from what they want and/or need. The reader then has the opportunity to connect their feelings to the support they want before identifying where they can get that support from. The workbook briefly explains the typical therapy or crisis support process to help remove stigma and fear of reaching out. The intention is to help the reader connect their feelings to the type of support they want and where they can get it from.

Section 4: How Do I Advocate For Myself? is built upon the idea that you can speak up and ask for help. Self-advocating is broken down into sharing what you are thinking and/or feeling to another person to get the support you want and/or need. Through practice exercises, the reader is able to identify their needs and create goals for the conversation before learning how to express themselves. The intention is to help the reader learn the language they need to advocate for themselves through the provided sample script.