



[i]nspired peer program by notMYkid®

It's a fact that young adults are facing incredible challenges today.

Each day there are too many young adults facing challenges that could have been avoided. It's time to create more of a platform for the right kind of support.


CURRENT PRESSURES FACING TEENS AND YOUNG ADULTS TODAY:

- Mood Disorders, Daily Anxieties and Depression
- Pandemic-Related Trauma
- Social Media Safety, Cyberbullying and Self-Esteem Issues
- Difficulty Identifying Emotions and Body Changes
- Nicotine and Drug Abuse
- Virtual and In-Person Learning Challenges
- Unhealthy Social Settings and School Dynamics



A PEER PROGRAM FOR YOUNG ADULTS

[i]nspired Peer Program is a peer-based program that aims to support teens and young adults navigating daily pressures, substance use disorder and mental health challenges. The program creates peer to peer engagement with the goal of providing drug and nicotine prevention resources, inspiring confidence, creating resilience, and improving overall safety and well-being. The program will foster leadership skills and provide parent coaching and support.



The **[i]nspired Peer Program** utilizes app-based technology that allows peer support staff to have safe, confidential, and constant access to a member's updates on daily challenges. The platform assists in goal setting and completion, recognizing mood and behavior changes, as well as offering virtual support and communication from our Certified Peer Support team. Your teen has the support they need literally at their fingertips!



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For More Information Email: PeerProgram@notmykid.org



BENEFITS

Teens enrolled in peer support report they have a better understanding on the risk/harm of using substances, increased use of positive coping skills, and an increased willingness to ask adults for help.

Parents report an increase in communication with their teen and overall feel more supported.



PROGRAM DETAILS

After an initial evaluation, each member will be paired with a trained & Certified Peer Support Specialist. Together they will focus on current challenges, life skills and communication. Peers will foster relationships built on trust without judgement. They will instill confidence, educate and be an ally. The 90-day program will be tailored to each member's needs and includes virtual and in person meetings. Members will be introduced to the community at the [i]nspired well-being campus and provided access to resources, workshops, and support groups.



ELIGIBILITY

Members are carefully screened to assure they meet the program requirements & safety standards. Parent/Guardian involvement is required. Please inquire about program fees and availability.



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notMYkid's **[i]nspired Peer Program** at the [i]nspired well-being campus is funded in partnership with Blue Cross Blue Shield of Arizona.



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