

Mindful Continuing Education

Evaluating Interactions Between Youth and Mental Health Professionals

1. Each of the following is an accurate statement about The Youth Aware of Mental health (YAM) Experience EXCEPT:

- A. YAM is a universal mental health promotion program with a non-anticipatory methodology that provides youth with a safe space for reflection, role-play, and discussion
 - B. Addressing everyday mental health, YAM invites the experiences and issues relevant to the youth to influence the program in a slightly different direction every time
 - C. The YAM instructor guides the participants while presenting evidence-based formulas on how to solve their problems
 - D. YAM appeals to some more than others in its intended audience and individuals engage with the program in many different ways
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Conversations About Mental Health

2. During the YAM experience, it was observed that the researchers brought their own expectations and employed a variety of approaches that led to anticipating answers, stating the obvious, or getting along better with some of the youth.

- A. True
 - B. False
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Introduction: Youth and Mental Health interventions

3. The authors propose that to help ensure the relevance of future mental health promotion, professionals must move beyond conceiving of youth as uniform entities and towards accepting them as those who should be listened to by the research community and who are:

- A. Unique and enigmatic
 - B. Complex and fluid
 - C. Pressured and guarded
 - D. Capable and introspective
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Results: Youth and Researchers in Conversation About Mental Health

4. Based on the adolescents' feedback and analysis of YAM as well as what they remembered or did not remember, five different categories of YAM experience were observed among youth, including cooperative, conflicted, immersed, resistant, and uninvolved.

- A. True**
 - B. False**
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Youth Positioning During the Interviews-“Foot in the Door”

5. While some youth seemed particularly indifferent to topics that bordered on generalities, and gave short answers to such questions, more personal or open-ended questions stimulated the sharing of stories.

- A. True**
 - B. False**
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The Researchers' Mode of Interaction During the Interviews

6. Which of the following accurately describes researchers who appeared out of sync with the youth?

- A. Conceivably due to frustration of not getting what they wanted from the responses, the researchers often turned to leading questions or restating the same question in different ways**
 - B. In an attempt to make a connection with the youth, the researchers sometimes asked questions that were off-putting because they were perceived as being too personal**
 - C. The researchers who began to feel insecure about being out of sync with the youth became pushy and began to force the questions**
 - D. Because they used numerous follow-up questions to attempt to make a connection, they sometimes ended up switching the subject too rapidly and not waiting for the youth to respond**
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Dialogue Despite Previously Formulated Definitions

7. Many of the youth struggled to find words that they deemed acceptable to use when speaking to mental health professionals, and usually the overarching word to describe

discomfort or mental health issues by youth was:

- A. Stress
 - B. Pressure
 - C. Trauma
 - D. Worry
-

Discussion

8. For each YAM group, participants are invited to make the program their own, and reflection stands at the core as the youth discuss and compare their different perspectives and think about how to care for themselves and support each other.

- A. True
 - B. False
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9. Factors that play a part in how youth engage with mental health interventions include:

- A. Mistrust of, or bad experiences with mental health professionals
 - B. Ease and willingness to speak with adults
 - C. Shame
 - D. All of the above
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Moving Toward the Youth in Youth Aware of Mental Health

10. The most difficult youth to reach with a program like YAM are youth who are more accustomed to directive teaching styles and interactions and those who prefer to work individually rather than in groups.

- A. True
 - B. False
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YAM, A Universal Program for Youth

11. Awareness of the diversity present in every group of youth on the part of program creators and instructors means noting comfort in interacting with mental health professionals and:

- A. Monitoring reactions when adversity is confronted

- B. Recognizing unique challenges faced by participants**
 - C. Paying attention to the levels of interest and desire to participate**
 - D. Evaluating the emotional competence of the youth**
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Researchers and Youth: A Question of Power Dynamics- The Gap Between Language and Experience

12. A point of contention observed in the interviews was that of contrasting language between youth and researchers, and it was noted that when the researchers were unfamiliar with certain expressions or were faced with youth who would speak few words, the interaction between the two parties was affected.

- A. True**
 - B. False**
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