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### **Attachment 8: Multi-Media Project Young Adult Probes**

#### **Directions for submissions:**

This media page is a safe space for young adults involved in Now is The Time (NITT)-Healthy Transitions (HT) activities to share their experiences, both the good and the bad.

- Use any form of media that best represents you, including videos, pictures (with written captions), blogs, poems, and any other forms of media you can think of!
- Please help us make this a safe space by keeping in mind that vulgar language and details about experiences with trauma can be upsetting to others.
- Submissions will be reviewed by a group of young adult peers before posting
- HAVE FUN and GET CREATIVE!!!!

#### **Set 1: (yrs 2,3,4)**

##### **Topic to be covered: Relationships**

###### **Example Questions:**

1. Who are the most supportive people in your life? What do they do to support you?
2. Who have you had the strongest relationship with at your program (insert program name)? What makes that relationship strong?

##### **Topic to be covered: Youth Voice/Youth Involvement**

###### **Example Questions:**

3. Do you feel like your opinions and voice matters in the services you receive? What does that look like? (i.e. my provider lets me lead the conversation about my own goals)
4. What memory sticks out the most when you think about your involvement with (insert program name)? This could be your involvement in your own services, or it might mean your involvement helping others in your NITT-HT programs, or changing the system, or something we haven't thought of!

**Set 2 (yr 5)**

**Topic to be covered: Youth Involvement:**

**Example Question:**

1. What does youth involvement look like where you get mental health services/at your NITT-HT Site?!
2. What keeps you coming back to services? What keeps you involved in NITT-HT activities (i.e. helping others in your NITT-HT Programs, changing the system)

**Topic to be covered: Youth Engagement/Factors for Success:**

3. What do young adults need to be successful in reaching their full potential?

