

## What's Up Cruise--What's *that*?

Before you can start coming to YAHOO Support Groups, you need to meet with a Youth Coordinator for a What's Up Cruise Interview. The Youth Coordinator will schedule an appointment with your parent or guardian and go over the questions that you'll be asked during the interview. Plus, they'll be asked to sign a permission slip for you to ride in the agency car. Then, you'll go for a ride, grab a soda, and talk about the purpose of YAHOO Support Groups. The Youth Coordinator will also ask you questions about your interests, background, family, school, and hopes for the future. You don't have to answer any questions you don't want to, and everything you say will be kept confidential (just between you and the Youth Coordinator), unless you say that you or someone you know is in danger.

### YAHOO Support Group Rules

- One mic (one speaker at a time)
- No throwing things
- What's said in group stays in group
- No sexual contact
- No name calling
- Step up step back (say what you have to say, then give someone else a chance)
- RRR: respect yourself, respect others, take responsibility

## When are YAHOO support groups?

YAHOO Support Groups happen in the evenings so that youth can fit it in their schedules. They are also at the same time as OFSN Family Support Groups. Dinner is provided, and transportation can be arranged for youth who need a ride!

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|-------------------|--|
| Wasco County      | <ul style="list-style-type: none"><li>• First and Third Mondays</li><li>• 6:00-8:00 pm</li><li>• Life In Christ Center</li></ul>   |
| Hood River County | <ul style="list-style-type: none"><li>• First and Third Thursdays</li><li>• 6:00-8:00 pm</li><li>• Mid-Columbia Center for Living Community Room (Middle and High School aged youth go to Vineyard Church at 6:30)</li></ul> |
| Sherman County    | <ul style="list-style-type: none"><li>• Second and Fourth Thursdays</li><li>• 6:00-8:00 pm</li><li>• Moro Teen Center</li></ul>  |
| Gilliam County    | <ul style="list-style-type: none"><li>• Second and Fourth Thursdays</li><li>• 3:30-5:00 pm</li><li>• Currently one-on-one mentoring is available. Support Group available if enough youth are interested.</li></ul>          |

## YAHOO

YOUTH ADVOCATES HELPING OTHERS OVERCOME

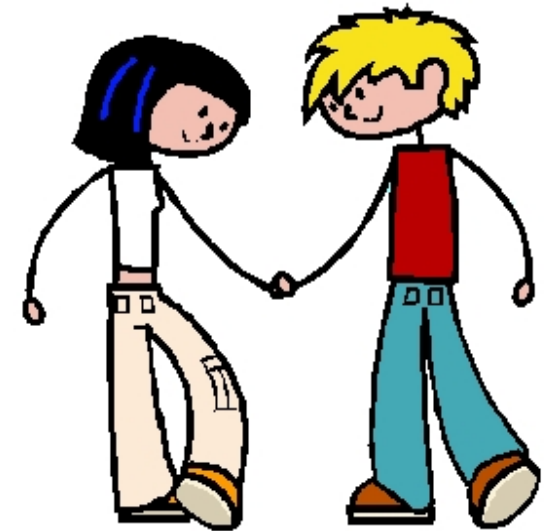
For information on YAHOO Leadership, YAHOO Support Groups, or other Youth Advocacy Services, contact Youth Coordinator

**Robert Salazar**  
**(541) 980-5698**

## Youth Advocates Helping Others Overcome

# YAHOO

Find your voice...



For more info, call  
**(541) 980-5698**

# What are we about?

YAHOO stands for Youth Advocates Helping Others Overcome. We are youth who are involved with Columbia River Wraparound, a program for young people with mental health difficulties and their families. Some of us have our own mental health challenges. Some of us are friends, brothers, or sisters of someone with mental health issues. We **all** want to be heard. We advocate for youth who don't have a voice, and we help them find a voice of their own.

## As YAHOO members we...

- Attend and lead **YAHOO support groups**
- Go on **field trips**
- Attend **trainings**
- Serve on the **YAHOO Leadership Board**
- **Represent youth voice** on Columbia River Wraparound's Governance Council and subcommittees



# YAHOO Support Groups

YAHOO members lead YAHOO Support Groups twice a month in Sherman, Wasco, and Hood River counties. YAHOO Support Groups give us a chance to talk about problems and things that have been going on for us, and get support from our peers. Each support group focuses on a youth-chosen topic, like teen life, relationships, self image, anger management, etc. We give and get support, plus we do activities and play games that relate to the topic.

## Who Can Come to YAHOO Support Groups?

Anyone ages 11-21 can come to support groups! The groups are designed for youth involved in Columbia River Wraparound, young people who have mental health difficulties, or siblings and close supportive friends of youth in need of support for mental health difficulties.

"It's cool when you realize that there are other people out there going through the same things that you are."

# Why would you want to be in a support group?

- "We can empower others by sharing our own stories and successes or experiences."
- "I can talk about stuff that's happened to me without worrying about people judging me."
- "Somebody told me to go at first, then I found out I can help other people because I have gone through the same things and know how it feels."



# Want to know how to join?

There are lots of ways to get involved:

- A friend in the support group could invite you to join
- You could be referred by a counselor, probation officer, or Wraparound team
- You can check it out by going to one support group to see if you like it
- Then, take a What's Up Cruise with a Youth Coordinator to learn more about the Support Group, rules, confidentiality, and expectations