

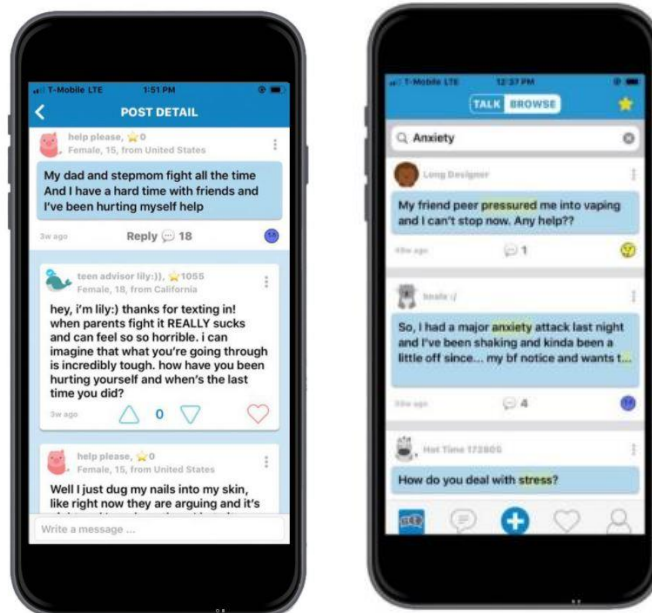


Teen Talk Mental Health Fellowship



The Teen Talk App

Teen Talk App provides a free, anonymous, safe space for teens to request support from trained peers and learn from others with similar experiences. The free app is available to download on iOS and Android devices to teen users 13-19 years old who can post 24 hours a day, 7 days a week. Posts range from a bad breakup or first panic attack, to self-harm, suicidal ideation, and child abuse or sexual assault. Posts can only be responded to by our trained volunteer Teen Advisors, who are supervised during app hours (nightly 5-10 pm PST) by licensed mental health professionals.



The Fellowship

This unique Fellowship will provide you with the training you need to not only be an Advisor on the app, but also provide skills that you can use in your daily life.

The Fellowship includes three parts:

1. Training: 40 hours of training in teen mental health (October-December 2021)
2. Volunteer Commitment: Volunteering 2x per month as a Teen Advisor on the app
3. Continuing Education: 1 session per quarter

1. Training

Prior to signing up for shifts throughout the month, Teen Advisors undergo an extensive application and interview process followed by a 40-hour training. With a focus on understanding values and bias, the Teen Talk training will expose you to the variety of experiences you will encounter on the app and in working with your peers at school and in your community. Led by mental health experts and master facilitators, advisors learn reflective communication skills, crisis intervention and how to recognize the signs of mental health struggles. Teen Advisors are trained to provide a nonjudgmental space for teens to vent and feel seen by their peers. Teen Advisors learn coping skills throughout their training to support app, users as well as to utilize in their own lives.

Through role-playing, discussion, and reflection, the training includes topic such as:

- Reflective Communication
- Family Relationships
- Anxiety and depression
- Bullying
- Sexuality and gender
- Implicit biases, privilege and equity
- Coping skills including tapping, breath work, thought stopping and distraction

2. Volunteer Commitment

Once you complete the 50-hour training, you will commit to two shifts per month on the app for at least one year. These shifts are two hours long and done remotely from home via the Teen Talk App dashboard that is utilized by all Teen Advisors and Supervisors. You will be able to plan these volunteer hours around your own schedule.

3. Continuing Education

A variety of continuing education opportunities are available, and you will be able to choose the ones each quarter that are the most interesting to you. These sessions are facilitated by Teen Talk App Staff or guest speakers to further enhance teens knowledge around the topics discussed on the app. Fellows must attend at least one continuing education program per quarter (and are welcomed to attend more if they would like!)

Apply Today!

Please note that space is very limited in this program and unfortunately we cannot accept everyone who applies.

- **Applications are due by Sunday September 19th.**
- If invited, interviews will be held on **Sunday, September 26th.**
- **If accepted, training will be held on Sundays from 10:00-2:00 pm PT/1pm-5pm ET during the following days – 10/3, 10/10, 10/17, 10/24, 10/31, 11/7, 11/14, 11/21, 12/5, 12/12**
- Due to the generous funding of the Jewish Teen Funders Collaborative, this program is offered with no participant fees

To begin your application, scan the below QR code.



If you have any questions, please reach out to teentalkappsupport@jbbbsla.org or msabraham@urj.org