Youth MOVE (Motivating Others through Voices of Experience), a program of NAMI Virginia, is a youth led national organization devoted to improving services and systems that support positive growth and development. They do this by uniting the voices of individuals who have lived experience in various systems including:

- Mental health
- Juvenile justice
- Education
- Child welfare
- Special education
- Substance use/recovery services

Youth MOVE has state and local chapters across the country, all united by a shared mission to give youth and young adults a voice. Youth MOVE Virginia is Virginia’s Statewide Youth Network and voice for young people with systems experience. We focus on uniting the youth voice and raising awareness around issues that affect this specific population and advocates for youth rights and voice in mental health and the other systems that serve them, for the purpose of empowering youth to be equal partners in the process of change.

**Our mission** is to support a grassroots peer network for youth and young adults to be empowered, active guides in their own care while advocating for mental health policy and programs that are specific to their unique needs and experiences.

**We envision** a culture that emphasizes community engagement, resiliency, and unconditional support for youth and young adults throughout the state. Learn more about resources and activities that parents, youth, and communities can take advantage of throughout Virginia.

If you are interested in getting involved;

- Our Facebook page: [www.facebook.com/YouthMOVEVA](http://www.facebook.com/YouthMOVEVA)
- Our Instagram: [www.instagram.com/youthmove_va](http://www.instagram.com/youthmove_va) or @YouthMOVE_VA
Our Programs

We offer a variety of programs that offer support, community, and education. Our programs are open to youth and young adults ages 14 – 29. You can learn more about these programs and register through our website – [www.namivirginia.org/youth-move-virginia/](http://www.namivirginia.org/youth-move-virginia/)

- **Youth and Young Adult Groups**: Peer support youth groups are activity-based and led by trained young adults with lived experience. Groups are “youth-guided,” meaning the participants are the ones who collectively decide on group activities and discussion. Youth Groups ultimately serve as a place where young people can come and be themselves while interacting with and meeting others who have similar experiences.
  - **When**: 2nd and 4th Thursdays of the month
- **Resiliency Training**: This free, online workshop has been designed for youth and young adults by youth and young adults to educate on what resiliency is and how to identify it in yourself, how to support others, and provides practical, real-life resiliency skill-building. Ideal for any youth or young adult that wants to learn more about the foundations of resiliency, how to use it in their personal lives, and how to use it as an effective leader.
- **Advanced Youth Leadership Training**: This training is for youth and young adults who want to be leaders in their community. Ideal for any young person who would like to use their lived experience to help others, the training is also a great way to introduce the concepts of self-efficacy to the next generation of mental health advocates. The Advanced Youth Leadership Training is an effective tool for any community or affiliate to increase their youth engagement in a culturally competent and strengths-based way.
- **Young Adult Leadership Retreats**: This one-day retreat is an opportunity for professional development and networking for young adults serving in a peer leadership role around mental health or co-occurring substance use disorder. This retreat offers unique and personalized growth and development for young adults as they use their lived experience to offer support, education, or advocacy to other youth and young adults.
- **NAMI Ending the Silence**: NAMI Ending the Silence is a 50-minute presentation designed to give students an opportunity to learn about mental illness through an informative PowerPoint and short videos. The presentation educates students about the signs and symptoms of mental illness and gives them ideas about how to help themselves, family members, or friends who may need support.
- **NAMI on Campus**: NAMI on Campus clubs work to end the stigma that makes it hard for students to talk about mental health and get the help they need. Clubs hold meetings, host awareness-raising events, and offer signature NAMI programs through partnerships with NAMI State Organizations and Affiliates across the nation.