

Are you ready to take the “next step” in your personal journey?



Your Partner in Bringing Youth Voices to the Table



Spreading Wellness Around Town

*Amplifying the voice of youth to break down barriers and to make real change.*

**What to expect as a SWAT Youth Council Member:**

- 1 Attend S.W.A.T Meetings
- 2 Develop Leadership Skills
- 3 Attend Regional Conferences
- 4 Plan Educational Opportunities
- 5 Meet with Public Officials
- 6 Participate in Outreach and Stigma Reduction Activities

Monroe County System of Care

S.W.A.T. Youth Council

Monroe County  
Office of Mental Health  
1099 Jay Street, Building J  
Rochester, NY 14611

**Kat Arat**

Youth Engagement Specialist  
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▷ Are you someone that would like to see change?

▷ Do you have experience dealing with frustrating systems?

▷ Are you interested in making social connections?

▷ Do you want to help your fellow youth?

## What is SWAT?

SWAT is an empowered group of young adults with shared experiences united in a mission to include youth voice in child-serving systems and community-based agencies throughout Monroe County by promoting and facilitating the **Youth Guided Approach**. SWAT youth work towards a better future for young adults in Monroe County through advocacy.

## What do we mean by Youth Guided Approach?

Young people have the right to be empowered, educated on the issues, and given a decision-making role in the care of their own lives as well as the policies and procedures governing the care of all youth in the community, state, and nation.

## Who is SWAT?

SWAT is made up of a group of young people, ages 14-24, that:

- ▶ Have experienced mental health, child welfare, and juvenile justice systems.
- ▶ Their experience provides valuable insight and perspective to specific programs and the child welfare system.
- ▶ Their perspective, along with professional support and resources, place these youth in a unique position to provide specific recommendations, and insight about what works and what needs to change.

## Follow us on Social!



**@SWATYouthCo**

## How does it work?

- ▶ By building relationships with community and agency leaders.
- ▶ By sharing stories of struggle and success.
- ▶ By advocating for self, peers, families, and the community.

### **Open Mic Night**

1st Thursday of the month,  
6-8pm  
Boulder Coffee, 100 Alexander St.

### **SWAT Youth Council**

2nd & 4th Thursday of the month,  
4:30-6pm  
1099 Jay St., Building J, 3rd Floor