

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



**Your Partner in Bringing
Youth Voices to the Table**

**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

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Spreading Wellness Around Town

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

▷ **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