



Starting a You Can NOT Be Replaced® Community Chapter?

- ❑ While we began in response to a suicide cluster, we are not a typical mental health organization. We noticed an information gap between mental health organizations and community. YCNBR serves as a bridge to already mental health and substance prevention groups and or counseling centers. It is important to establish relationships with those groups in your area, as a chapter, from the beginning.
- ❑ What makes YCNBR different from other organizations is that we are about the power of human connection. Kindness instead of shame- that under all diversity is sameness. Our focus is the value of each irreplaceable person. Each of us has an opportunity to break isolation and reduce stigma through education, strong communication and service to others in a powerful when coming from authenticity. That type of community building is done through intentional interactions with others grounded in sincerity; honesty, kindness, empathy and compassion.
- ❑ Because YCNBR uses a mentoring- peer to peer model, we are insistent that first: Leaders are emotional sound and in a place to give back. Leaders are willing to say no when overwhelmed, ask for help and are honest and transparent with one another. Healthy boundaries are essential to this work as it aids in knowing our limits and when to refer young people. Team members should be asked to apply to be a member of the core team, and review that commitment yearly.
- ❑ Active listening. Make sure as the advisor you are modeling strong listening to the student. Try not to talk over them, avoid 'stop phrases' i.e. *'don't cry' 'it's all good'etc...* Ask guided questions and respond back what you have heard them say to you so they feel guided in their thoughts and decision making.
- ❑ Conflicts need to be resolved quickly and face to face. Put a stop immediately to a student that comes to speak about another. Triangulation is unhealthy and damaging. Encourage the student to go to the one they have an issue with. A 3rd party if necessary to communicate clearly.
- ❑ Modeling healthy boundaries for many students will be their first experience with clear communication. We have an honesty policy that precedes all other requirements because we feel young people need mentors of integrity in their lives to encourage them to live the same way.

- ❑ Our team will work with you. Our mission and our message trickles from the top. We hope by working with you we alleviate your burden and help make working on our chapter a joy. We will provide you with materials, films, music, social media, and phone or skype sessions with your group to help keep them engaged and moving toward their goals.
- ❑ FOOD: Food is important. We know statistically that family dinner reduces destructive decisions by over 80%. Young people crave that familial community and a home base. Family table allows time for eye contact, facial expression and healthy fun that can happen at a table. Make those times tech free. Have a basket for phones. Our team meetings have a family dinner quality always. And there is always food.
- ❑ Have fun!! Play games, do ice breakers and go places! Laughing increases serotonin, endorphin and oxytocin which are the bonding hormones. It is essential to a strong group and students being accountable and engaged. Remember, the pattern you create will be what the student's model in their outreach.
- ❑ Your chapter will be listed with contact information on our website for other people in your community to find you.

If you are committed to the above, the following guidelines must be agreed to:

- YCNBR should not affiliate with any specific politics or religion and does not discriminate.
- You may not use an YCNBR materials to raise funds for other organizations- only your own group events and efforts.
- If you want to introduce new material or host an event with other organizations, you must have the approval of your event by the YCNBR team.

I _____, agree to the above stipulations and understand that violating the terms could result in losing the established community chapter. Date _____

Emily, Chip, Melissa and YCNBR team

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