

**HONORING THE  
RAINBOW WITHIN:  
DEVELOPING YOUR PRACTICE  
FOR BUILDING  
YOUTH COMMUNITIES**

**DR. BRIAN RAGSDALE  
CONSULTANT  
LICENSED CLINICAL PSYCHOLOGIST**

**DRBRIANRAGSDALE@GMAIL.COM**

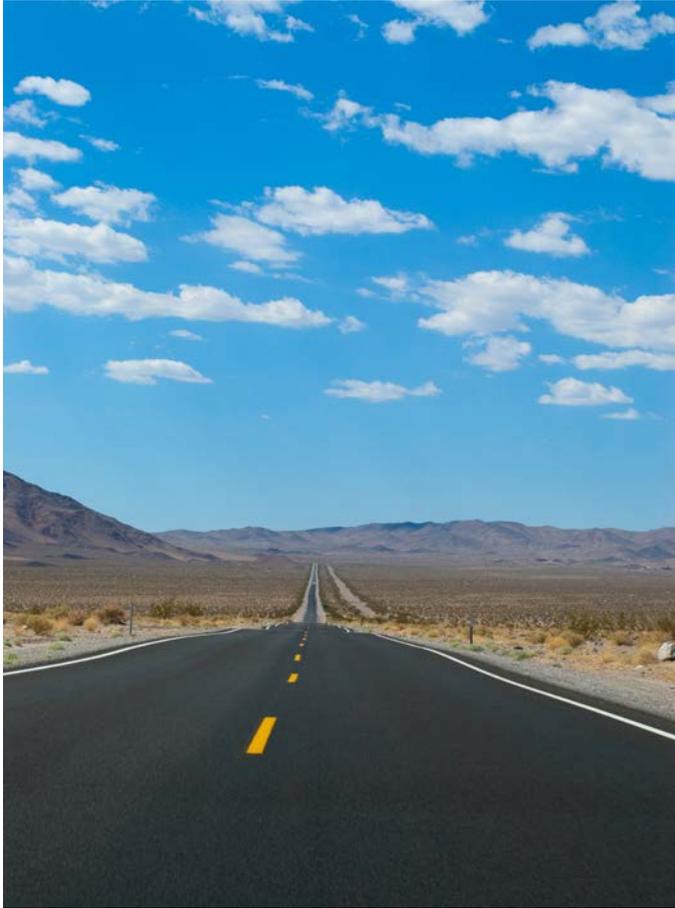
# INTRODUCTION

**BRIAN L. RAGSDALE PHD**

# LEARNING GOALS AND OBJECTIVES

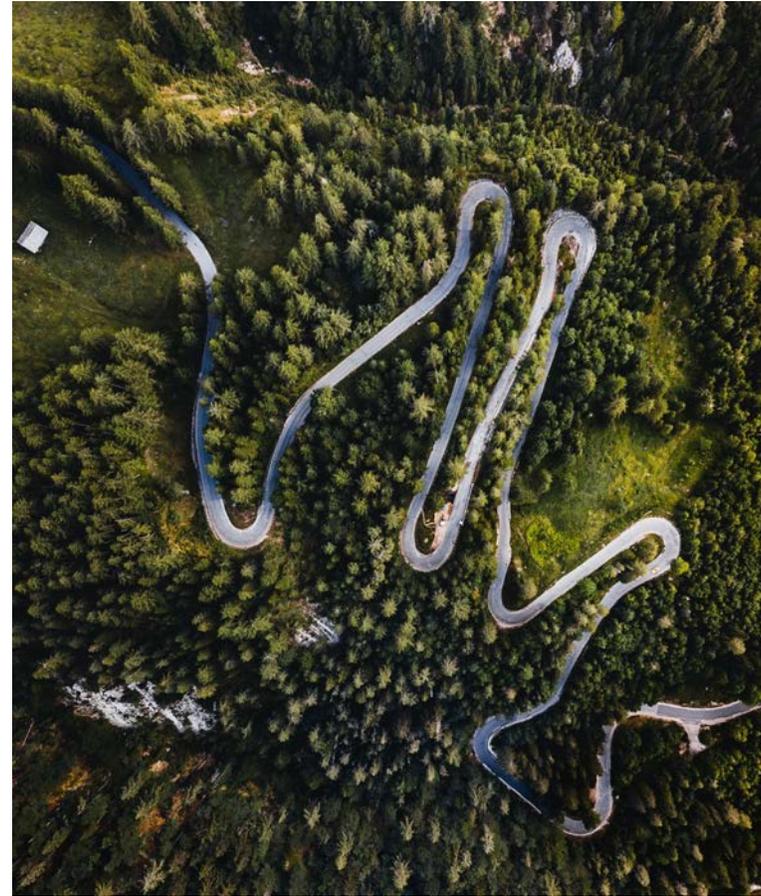
- Understand the relationship between oppression, power, and privilege
- Explore developmental challenges of identity development in today's social political climate
- Findings from "State of Mental Health of Youth of Color" – Aakoma Project
- Tips for active listening and emotional intelligence skills

How We Think Learning is



VS

How Learning Really is



BREAK #1  
GETTING TO  
KNOW YOUR  
STRENGTHS

FIRST NAME, STATE,  
FAVORITE COLOR

DESCRIBE TWO OR THREE  
TALENTS YOU HAD BETWEEN  
AGES OF 10 TO 13



LET'S HEAR BACK  
FROM TWO OR  
THREE OF YOU

# DEVELOPMENT MILESTONES

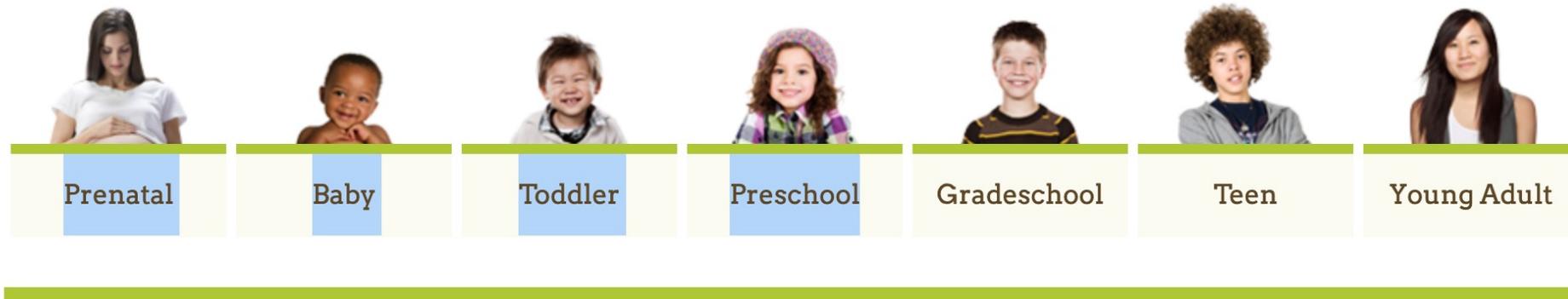


Figure 1: Learning developmental milestones (American Academy of Pediatrics)

# TAKING DEEPER DIVES

From website:

<https://www.healthychildren.org/english/ages-stages/gradeschool/pages/default.aspx>

Examples of how to take deeper dive into existing literature for program development

## Gradeschool

Parents of gradeschoolers have a lot to think about. Trying to encourage healthy living and helping your child develop a positive self-image all while going through puberty can have its challenges. This section will arm you with the information you need along the way.

Is your gradeschooler due for a check-up? See the [AAP Schedule of Well-Child Care Visits](#).

### Featured Article



#### Understanding Your Child's Temperament: Why It's Important

When a child's personality doesn't quite fit or match that of other family members, it can be a challenge for everyone. Here are some tips for understanding your child's temperament.

[View](#)

### Articles

[Are You Ready to Be a Babysitter?](#)

[Building Blocks for Healthy Self Esteem in Kids](#)

[Friend or Foe?](#)

[Gender Identity Development in Children](#)

[Gender-Diverse & Transgender Children](#)

[Parenting a Gender-Diverse Child: Hard Questions Answered](#)

[Safety for Your Child: 10 Years](#)

[Safety for Your Child: 6 Years](#)

[Safety for Your Child: 8 Years](#)

[Shyness in Children](#)

[Signs of Low Self-Esteem in Children & Teens](#)

[Strategies and Solutions For Handling A Difficult Child](#)

# YOUTH IDENTITY DEVELOPMENT

Children go through various stages and **needs for belonging grow over time.**

The **socialization process** of children and adolescents is impacted by peers, family, school, and communities.

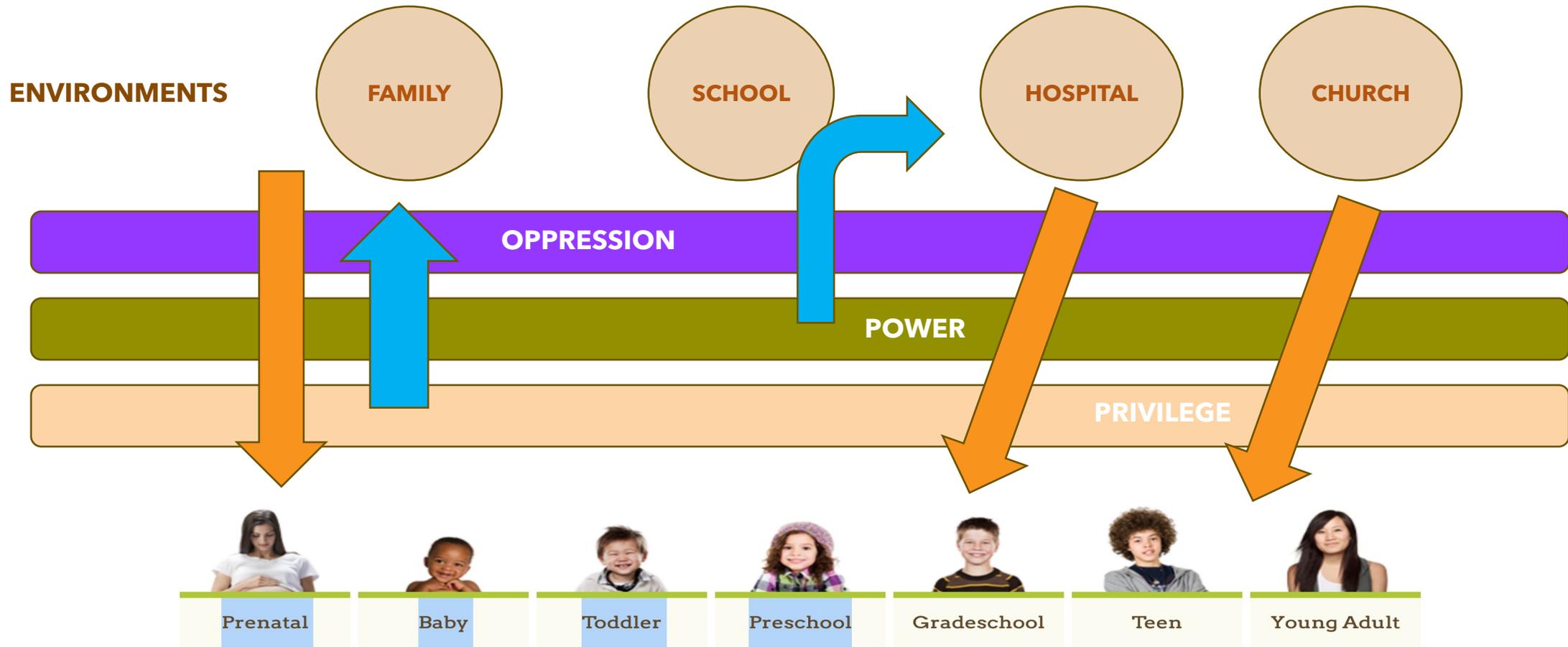
**Social media plays a role in the development** process, and the impact of interacting across historical systems that promote hierarchies, eg., Gender, perceptions of ethnicity/race, learning challenges

- Programs need to be flexible, and strength based
- Activity based not lecture
- Children and adolescent voice must be incorporated in program and group planning.

# OPPRESSION, POWER, + PRIVILEGE

- Definitions
  - "A person of the non-dominant group can experience oppression in the form of limitations, disadvantages, or disapproval. They may even suffer abuse from individuals, institutions, or cultural practices.  
**"Oppression" refers to a combination of prejudice and institutional power that creates a system** that regularly and severely discriminates against some groups and benefits other group".
- **Privilege** - "**a special right, advantage, or immunity granted** or available only to a particular person or group:..."
- **Praxis** ", "action, practice" such as **exercise or practice of an art, science, or skill**, customary practice or conduct, practical application of a theory"

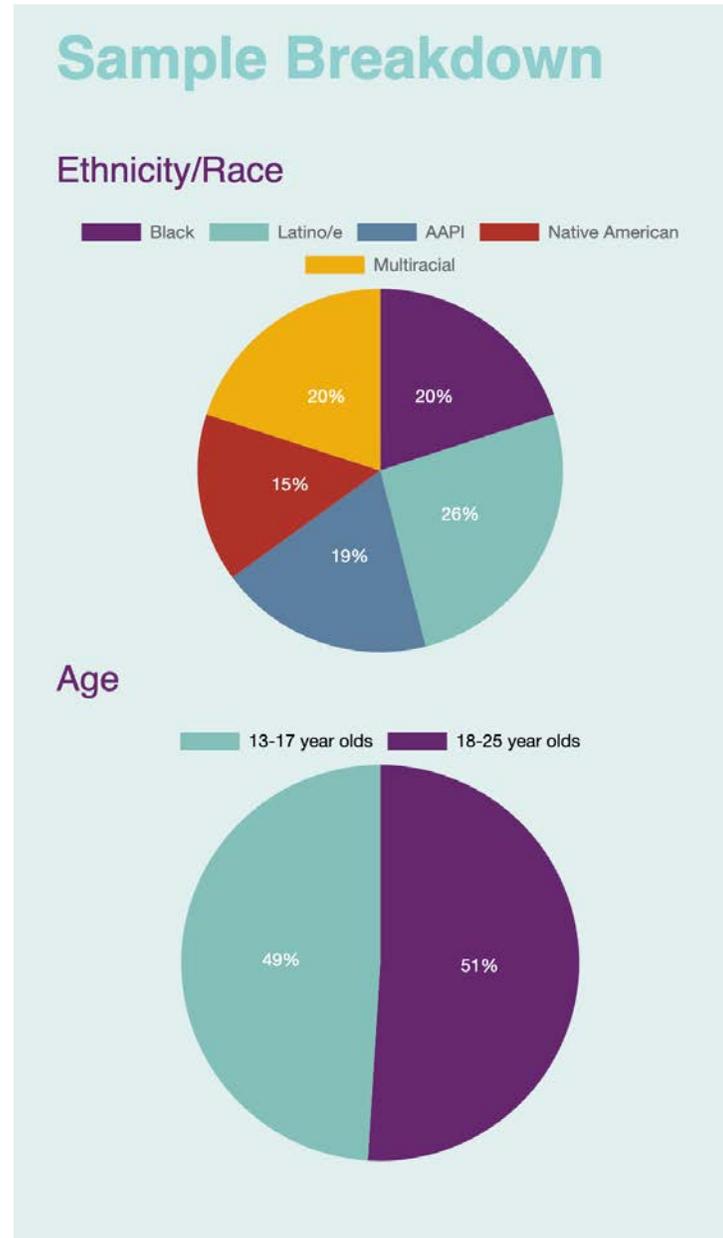
# SYSTEMS INFLUENCE ON DEVELOPMENT



# ZOOMING IN ON BLACK QUEER, AND POC YOUTH

AGE RANGE 13 TO 25

- Dr. Alfiere Breland-Noble, large N= 2,095 State of Mental Health Youth of Color report, 2022  
<https://aakomaproject.org/somhyoc2022/>



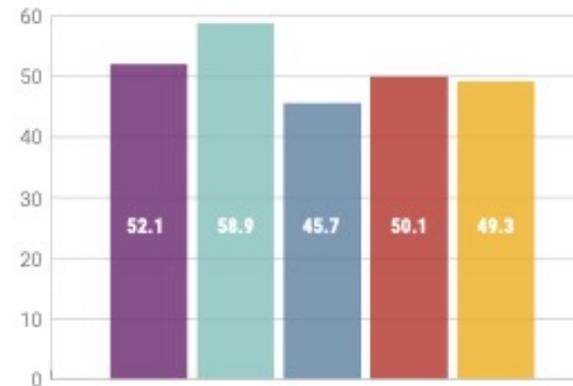
# ANXIETY



## State of Mental Health for Youth of Color 2022

### Percentage that Experienced Mild to Severe Anxiety

Black Latino/e AAPI Native American Multiracial



#### KEY FINDING:

#### What were the most common symptoms of anxiety in different groups?



For all Youth of Color in our sample, feeling anxious, worried or nervous was the most common symptom of anxiety but each group showed slightly different additional signs of anxiety as follows:

**Black youth:** Struggling with decision-making and worrying about bad things happening.

**Latino/e youth:** Struggling with decision-making.

**Asian American Pacific Islander and Native American youth:** Avoiding situations they worried about.

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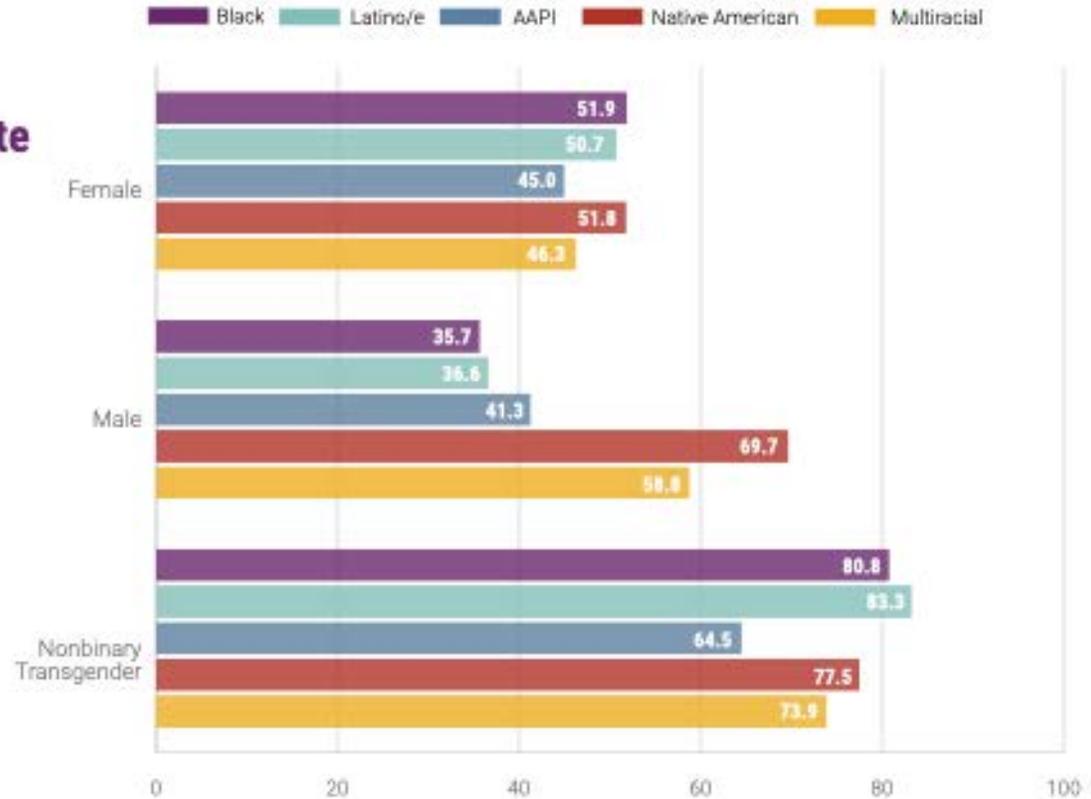
The **AAK**  **MA** Project  
[www.aakomaproject.org](http://www.aakomaproject.org)

Alfiee Breland-Noble and The AAKOMA Project, Inc. (2022). The AAKOMA Project's State of Mental Health for Youth of Color. Executive Summary, 2022. Arlington, VA: The AAKOMA Project

# ANXIETY AND GENDER IDENTITY



## Anxiety & Gender Identity: Youth with Moderate to Severe Anxiety



Presented by

The **AAKOMA** Project  
[www.aakomaproject.org](http://www.aakomaproject.org)

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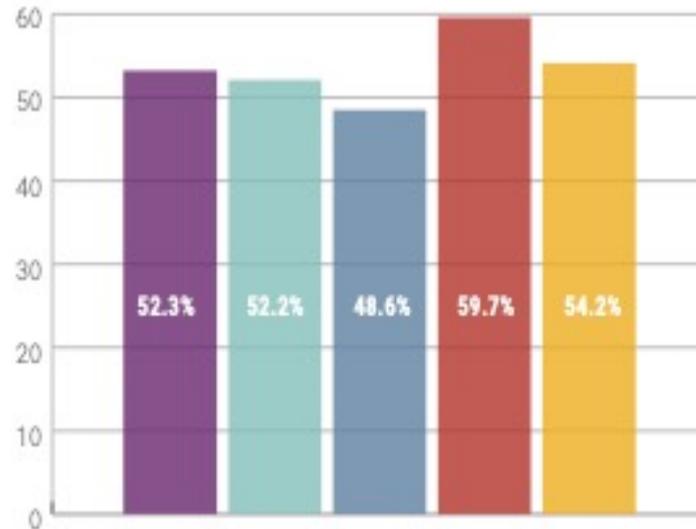
# MODERATE TO SEVERE DEPRESSION



## State of Mental Health for Youth of Color 2022

### Percentage that Experienced Moderate to Severe Depression

Black Latino/e AAPI Native American Multiracial



#### KEY FINDING:

53.3% of Black youth experienced moderate to severe depressive symptoms.

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Alfree Breland-Noble and The AAKOMA Project, Inc. (2022). The AAKOMA Project's State of Mental Health for Youth of Color. Executive Summary, 2022. Arlington, VA: The AAKOMA Project.

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# POVERTY RATES AND IMPACT OF COVID

- In 2022, the **county-level poverty rate** for school-age children (ages 5 to 17) ranged from 2.1% to 55.2%, with a **median rate of 17.1%** (<https://www.census.gov/newsroom/press-releases/2023/saipe.html>)
- An [early study](#) has found that students are about **five months behind in math and four months behind in reading**, compared with students prior to the pandemic.

(<https://www.whitehouse.gov/briefing-room/statements-releases/2022/03/01/fact-sheet-president-biden-to-announce-strategy-to-address-our-national-mental-health-crisis-as-part-of-unity-agenda-in-his-first-state-of-the-union/>)

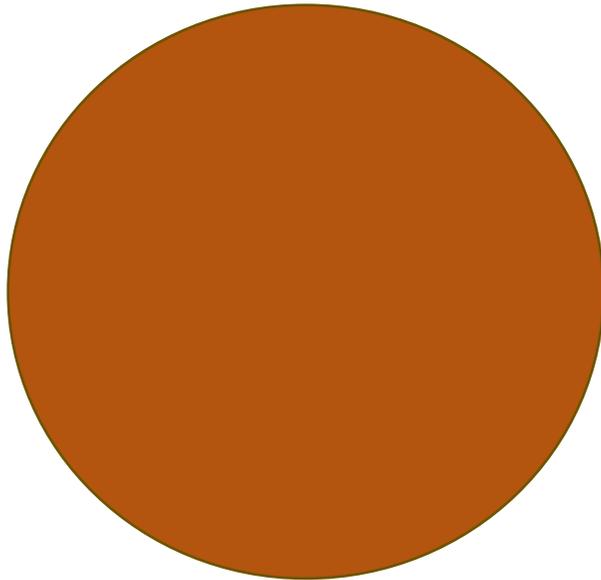


PROGRAM  
DEVELOPMENT

# HOLD TWO THINGS AT ONCE

## **Strengths**

Best to start here

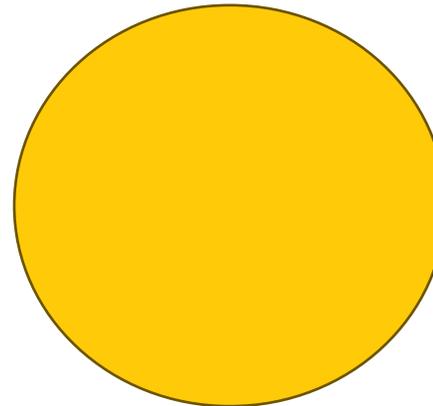


Fosters sense of mastery

Positive

Builds capabilities

## **Areas to work on (commonly referred to as Weakness)**



Tend to exhaust children

Adds to frustration

No one is good at everything

# HELPFUL PROGRAM TIPS

-Remember your youth experiences as you build.

-Approach youth from a positive and strength-based perspective

-Build in time to check with youth.

- **Positive, connection, belonging**
- Break up youth into small groups
- Build in reflection and breaks



# BREAK #2

**TAKE SOME TIME TO  
BEGIN SKETCHING OUT  
IDEAS YOU HAVE TO  
BUILD OR EXPLORE IN  
YOUR COMMUNITY**

# ACTIVE LISTENING AND EMOTIONAL AWARENESS

## **Active Listening**

- “Engaging with mindfulness
- Give your full attention to your child
- Make eye contact and stop other things you are doing
- Get down on your child’s level
- Reflect or repeat back what she is saying and what she may be feeling to make sure you understand”

<https://www.cdc.gov/parents/essentials/toddlersandpreschoolers/communication/activelisting.html>

## **Emotional Intelligence - early childhood**

- “ Recognizing emotions in oneself and others;
- Understanding the causes and consequences of emotions;
- Labeling emotions accurately;
- Expressing emotions in ways that are appropriate for the time, place, and culture;
- Regulating emotions. ”

<https://www.naeyc.org/resources/pubs/yc/mar2017/teaching-emotional-intelligence>

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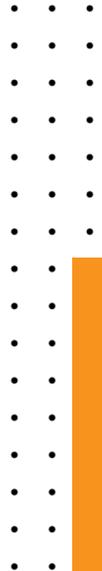
# OVERVIEW AND SUMMARY

## Development

- Remember age group-milestones
- Influence of systems on youth identity development
- Build on youth positives and strengths
- Incorporate youth ideas frequently and dynamically as groups change
- Use existing resources from web, school, and youth generated

## Youth Building Community Ideas

- Incorporate your own experience of positive youth experiences in program development
- Remember the impact of COVID, and societal challenges - social media
- Know your community resources and youth landscape
- Incorporate working knowledge you gained about some Black, POC, and Transgendered youth



# Presentation and Consultation Services

DRBRIANRAGSDALE@GMAIL.COM

## Behavioral Health Topics

- Combatting Anti Black Racism
- Child and adolescent development, Adult identity
- Black and BIPOC clinical supervision concerns
- Multicultural and Humanistic approaches in psychotherapy
- LGBTQIA2S
- Statistics and Research Methods
- Program development and evaluation

## Visionary Scientists Research Group, L3C

<https://www.vsrg.life/>

## Online psychotherapy practice - IL/NH

<https://www.psychologytoday.com/us/therapists/brian-l-ragsdale-dublin-nh/1222364>

## Mixed Media Artist, Musician, Writing

<https://www.drbrbrianragsdale.com/>