REPORT

Integrating Youth Leadership into Mental Health and Psychosocial Support Responses in Humanitarian Emergencies

THE MHPSS COLLABORATIVE

About the MHPSS Collaborative

The MHPSS Collaborative is a global hub for mental health and psychosocial support (MHPSS), research, innovation, learning and advocacy. We connect key academic and humanitarian actors with local civil society to give children, youth and families in fragile and humanitarian settings the possibility to thrive. Our vision is a world that protects and cares for the mental health and wellbeing of children, youth and families. The MHPSS Collaborative is hosted by Save the Children Denmark.

Learn more at **www.mhpsscollaborative.org**

info@mhpsscollaborative.org

Suggested citation: MHPSS Collaborative: *Report on Integrating Youth Leadership into Mental Health and Psychosocial Support Responses in Humanitarian Emergencies*; Copenhagen 2024.

THE MHPSS COLLABORATIVE

CONTENTS

GLOSSARY

FGD   Focus group discussion

IASC   The Inter-Agency Standing Committee

MHPSS Mental health and psychosocial support

UNSC   United Nations Security Council

Youth

The age range for defining young people, youth and adolescents differs across contexts. For this report and to recognize young people in their diversity (Simpson 2018, p. 12), youth is understood broadly as a transitional phase of life from childhood through adolescence to adulthood that does not exceed 35 years.

Youth leadership

Youth leadership refers to the ownership young people exercise over self-initiated actions and programmes throughout all project phases of MHPSS response, possibly involving shared decision making with adults who see youth as equal and autonomous partners. It represents the highest level of youth engagement and participation (IASC 2020, p. 44; UNICEF 1992; UNESCO 2019, p. 12) but does not refer to youth as a target group. Youth leadership can be exercised by young individuals in a community, youth groups and initiatives, and youth-led organizations. Regarding the research question, "integrating youth leadership into MHPSS responses in humanitarian emergencies" can refer to (i) supporting independent youth-led action and (ii) integrating youth into existing institutions and MHPSS mechanisms (e.g., assessment, coordination, decision making, resource allocation, monitoring).

MHPSS response

The Inter-Agency Standing Committee (IASC) (2007, p. 16) defines MHPSS response as "any type of local or outside support that aims to protect or promote psychosocial wellbeing and/or prevent or treat mental disorder", which is extended for the purpose of this report to any mental health condition. The IASC's Intervention Pyramid categorizes MHPSS response as: basic services and security; community and family support; focused non-specialized supports; and

specialized services (IASC 2007 p. 13). According to the IASC's Minimum Service Package (2022, p. 4), MHPSS "provides critical services and supports across the life course to reduce suffering", improving people's abilities to meet their basic needs to survive, recover and rebuild their lives.

Humanitarian emergencies

The IASC (2007, p. 17) defines an emergency as a situation arising from armed conflict and natural disasters (including food crises) where large segments of the population are at acute risk of dying, immense suffering and/or losing their dignity. While various organizations define what they consider an emergency differently, depending on their own mandates, in this project no distinction is made between emergencies emerging from armed conflict, natural hazards, man-made crises or public health emergencies as all are considered to provoke MHPSS needs.

EXECUTIVE SUMMARY

This research, a collaboration between the MHPSS Collaborative and master's students at the Geneva Graduate Institute, shines a spotlight on the often-overlooked role of youth leadership in mental health and psychosocial support (MHPSS) responses during humanitarian emergencies.

Through an extensive literature review, interviews, and focus group discussions with young leaders, practitioners, experts, funders, and policymakers, we found that youth leadership can significantly enhance the impact and sustainability of MHPSS responses. However, several barriers exist, including a lack of trust, limited resources, and exclusion from decision-making processes.

To foster meaningful youth leadership, the report emphasizes the importance of adopting key principles such as intentionality, adaptability, equality, inclusivity, agency, and sustainability in partnerships and collaborations. It also provides practical strategies for organizations and stakeholders, ranging from policy changes and capacity building to ensuring young people's safety and well-being.

This research underscores the urgent need to recognize and harness the potential of young leaders in MHPSS, serving as a call to action for stakeholders to ensure more robust, inclusive, and resilient MHPSS interventions in humanitarian settings.

The Integrating Youth Leadership into Mental Health and Psychosocial Support Responses in Humanitarian Emergencies collection includes this **report from the research**, a guidance note and an assessment scale. They can be accessed at www.mhpsscollaborative.org
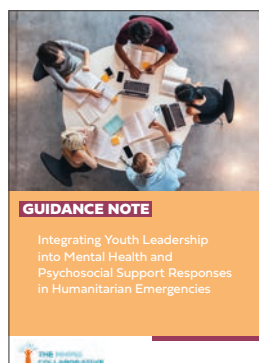
INTRODUCTION

Background

Young people are leaders in and have a positive impact on humanitarian responses (Hoban et al. 2019; Apollo & Mbah 2022). The trend of recognizing their contributions to the humanitarian sector coincides with an increase in attention towards mental health and psychosocial support (MHPSS) responses and active community engagement (IASC 2018; Larrieta et al. 2022). Despite the importance of both developments, the integration of youth leadership in MHPSS responses remains an uncharted territory. Generally seen on the receiving end of MHPSS, young people's agency in MHPSS responses is not yet adequately supported and promoted. Stakeholders engaged in humanitarian and MHPSS sectors seeking to create sustainable, local and effective MHPSS responses in emergencies can unlock the potential of youth, but often lack both the understanding of its importance and practical guidance on *how* to do that.

This report is the result of an applied research project of the MHPSS Collaborative in partnership with master's students at the Graduate Institute for International and Development Studies in Geneva, Switzerland. The question guiding this project was: **How can youth leadership be meaningfully integrated into MHPSS responses in humanitarian emergencies?**

To respond to this question, the research explored the opportunities and potential of, barriers and challenges to, and relevant principles and strategies for integrating youth leadership in MHPSS responses in humanitarian emergencies. The research involved an extensive literature review and data collection via interviews and focus group discussions, followed by data analysis. The outcome of this project is the first-ever guidance document to encourage and assist humanitarian organizations in effectively incorporating youth leadership into MHPSS responses.

First, this report briefly defines the key components of the research, summarizes findings from a literature review, and briefly describes the research methodology. In the following analysis, we discuss the collected data from interviews and focus group discussions in light of the desk research. The analysis is structured to first discuss opportunities and barriers, then principles for meaningful partnership with youth, followed by strategies for promoting youth leadership and ultimately ensuring organizational commitment.

Situating the literature

This research project intersects three primary domains: youth leadership, MHPSS response, and humanitarian emergency (see graphic).
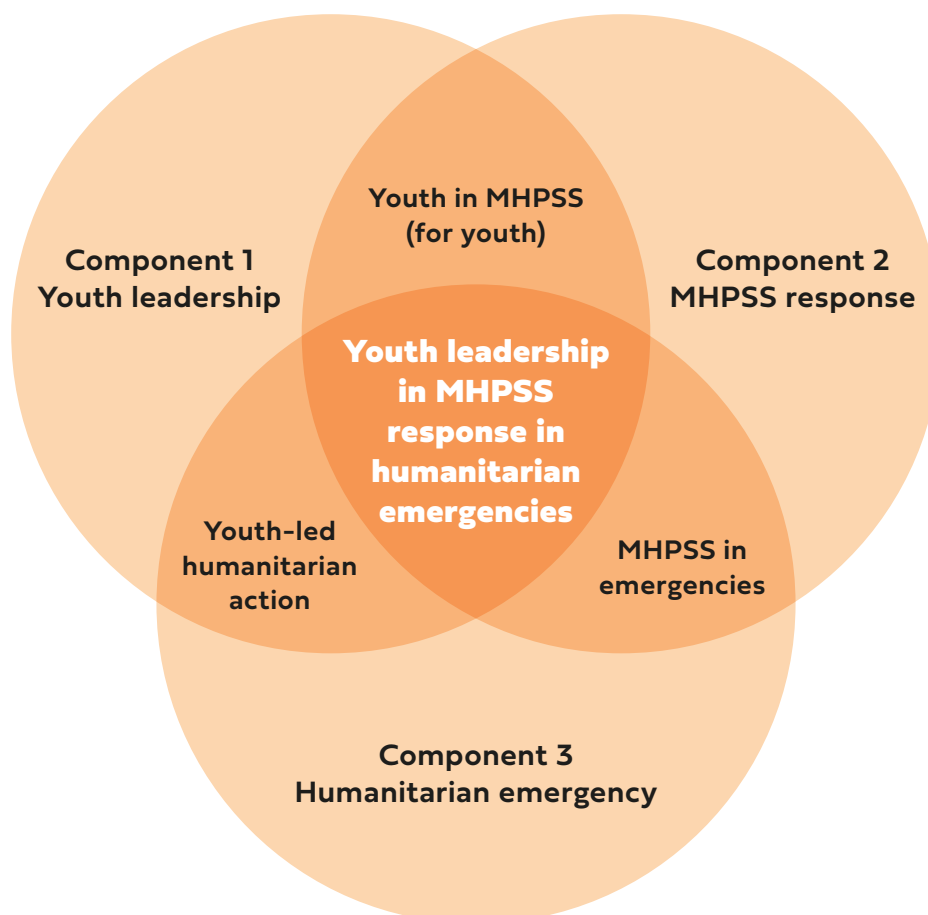
To gain a comprehensive understanding of the broader academic and policy landscape, this research commenced with a literature review of 88 academic and non-academic sources. What follows is a concise synthesis of that review.

While there are general guidelines for youth participation in humanitarian responses and for youth engagement in MHPSS, and guidelines on community based MHPSS, there is currently no specific guidance on integrating youth leadership into MHPSS responses during humanitarian emergencies.

In situating the resources, several observations were made.

- Firstly, there is a growing acknowledgment of, and guidelines supporting, youth-led humanitarian responses, along with success stories. This suggests that youth leadership in humanitarian action is both advocated for and supported.

- Secondly, however, this acknowledgment does not seem to encompass the role of young people in MHPSS responses. We found a predominant perception of youth as "beneficiaries" for whom MHPSS responses are provided rather than as agents leading such responses.

- Thirdly, while the contributions of young people to general MHPSS outside of emergency contexts are gaining recognition, their leadership roles are scarcely mentioned in guidelines on MHPSS in emergencies.

- Fourth, with an increasing trend towards community-based (CB) MHPSS responses, youth can be perceived as sub-actors in the community-based MHPSS approach.

The state of knowledge about integrating youth leadership into MHPSS responses in humanitarian emergencies was split into four distinct areas.

- Firstly, there are the benefits and opportunities that revolve primarily around the untapped potential of young people to enhance MHPSS responses. This enhancement can be seen through increased relevance, reach and capacity, as well as the direct benefits for the young individuals involved in MHPSS responses.

- Secondly, there are challenges and barriers, including a prevailing lack of trust in the capabilities of young people, insufficient funding and resources, time constraints, a dearth of evidence, and various associated risks.

- The third category outlines potential steps and areas for the integration of youth leadership across all stages of MHPSS response, from needs assessment, strategic planning and decision making to resource allocation, implementation, monitoring and, finally, review and evaluation.

- The fourth area emphasizes that partnerships with and support for young people should be based on a set of principles to ensure that the cooperation is meaningful.

Overall, the absence of comprehensive guidance underscores the need for a practical resource to enhance the integration of youth leadership into MHPSS responses during humanitarian emergencies. This research project seeks to fill a gap in the literature by exploring young people's views and experiences on

this topic. Many insights have been sourced from areas not directly addressing the intersection of youth leadership, MHPSS response and humanitarian emergency. This research explores this specific nexus to understand the importance, challenges, strategies and principles of incorporating youth leadership. The questions used for subsequent data collection were informed and shaped by the literature review.

Methodology

Using a qualitative approach, this research included two focus group discussions and ten semi-structured interviews with a selected sample to explore the integration of youth leadership into MHPSS responses in humanitarian emergencies. The focus group discussions (FGD) gathered insights from youth activists from different countries, while the interviews involved experts, practitioners, funders and policymakers. The data collected was analyzed using both deductive and inductive thematic methods. An initial draft based on the main findings of the data analysis was refined after receiving written feedback from all research participants. Throughout the research project, from beginning to end, the highest ethical research standards were upheld.[1]

---

1 Participants in the interviews and focus group discussions were asked to sign a form confirming their consent to participating in the research and granting permission for the conversations to be recorded and their content used for academic purposes (see Annex III). Participants were informed that they could withdraw their consent and participation at any time and were given the opportunity to ask questions concerning the study. Participants' identities were and are kept anonymous to protect their privacy, and all data have been stored solely for the purposes of this study. The research team adhered strictly to the Geneva Graduate Institute's Research Guidelines.

RESULTS

This section discusses the six overall themes identified through the research.

- First, it examines the opportunities for and benefits of integrating youth leadership into MHPSS responses.

- Second, it discusses the barriers, challenges and potential risks of such integration.

- Third, it focuses on strategies for the successful integration of youth leadership.

- Fourth it highlights the essentials for meaningful cooperation with young people.

- Fifth, it introduces the concept of an accountability framework to monitor the integration of youth leadership.

- The discussion concludes with an exploration of the need for a comprehensive guidance document that outlines the process of integrating youth leadership into MHPSS responses.

1. Opportunities and benefits

When considering the benefits of integrating youth into MHPSS responses, we identified advantages both for MHPSS implementing organizations and young people themselves. Research participants unequivocally believed that young people *"should be present in defining and implementing such a response"*, a sentiment that aligns with the broader "call" for youth leadership in humanitarian action (Compact on Young People in Humanitarian Action, 2016; UNSC 2020).

The focus group discussions (FGDs) highlighted that young people themselves **best understand their needs**, *"are more open to speaking about the challenges they face with their mental health"* and are hence **best placed for peer-to-peer support**, e.g. by "finding ways to remotely check on, and support, others' mental health" (Compact 2020, p. 10; also see Metzler et al., 2021). This confirms an important finding of the literature review regarding young people's function as community gatekeepers (IOM 2019, 31). Furthermore, FGD participants confirmed that youth are **easy to mobilize** in local settings: *"In an emergency, you can heavily depend on youth, and they can also mobilize other youth and resources"*.

Young people's motivation and their **innovative ideas and solutions** were particularly highlighted: *"Whether it's designing a chat bot for their peers or it's leveraging best practices for even older people"*, young people can **provide low-intensity solutions** when *"professionals who are therapists and psychologists are unavailable just because of the huge demand that there is"*. Accordingly, youth organizations and groups can be understood as a "social resource" for promoting mental health (IASC 2018, p. 8f.; UNICEF 2016, 56).

Overall, youth engagement in MHPSS interventions enhances mental health outcomes, as Dunne et al. (2017) demonstrate. For youth themselves, it was recognized that being involved in MHPSS response is a *"**learning process**"*, which *"helps them to build a more conscious self so that when they are older, hopefully they can think about these mental [health] issues in a more mature way"*. Enhancing resilience and improving wellbeing are positive effects on youth also highlighted by Bennouna et al. 2019, p. 10; Hamber et al. 2022, p. 12) and are a key principle in IASC's guidelines on working with youth (2020a). Interview participants also highlighted that integrating young people can serve as an entry point to their careers, while also boosting their confidence.

Overall, the FGDs and interviews confirmed that "young people can lead and drive solutions in humanitarian action" (ActionAid/Restless Development 2019). This research underscores the importance of integrating youth leadership in MHPSS responses, as it **improves quality, reach and awareness**, while also **increasing capacity** and yielding **benefits for young people** themselves. Building on Apollo & Mbah's (2022) assertion that youth leadership in humanitarian action is "not a matter of if but how", this research project focuses on the *how* of integrating youth leadership into MHPSS responses.

2. Barriers and challenges

While the benefits of integrating youth leadership in MHPSS responses are clear, research participants also identified numerous challenges. The UNSC-commissioned study "The Missing Peace" (2018, p. 42) discusses extensively the pervasive **lack of trust in young people**. This mistrust manifests in two ways: firstly, in young people's skepticism towards policy-makers due to perceived non-representativeness and, secondly, in policymakers and organizations doubting young people's capabilities, often rooted in negative stereotypes, unfamiliarity with youth integration methods and perceived skill deficits. The FGDs highlighted that *"youth have huge capacities"* and expressed the need for spaces where they can showcase their contributions and gradually build trust.

Another significant challenge is mutual **lack of knowledge, experience and capacity**. Organizations often perceive young people as inexperienced, a sentiment echoed by REPSSI (2009, p. 6), which can lead to hesitancy in involving them. This reluctance is compounded by the absence of effective strategies for youth engagement, stemming from internal organizational challenges like bureaucratic hurdles and the broader absence of guidance, which further underlines the relevance of this research project. Additionally, young people need specialized training and technical skills related to the humanitarian sector and common MHPSS interventions, such as psychological first aid. Otherwise *"it can be quite difficult"*, as one young MHPSS responder shared during a focus group discussion.

Funding emerged as a significant challenge both in the literature and empirical data. Desk research highlighted grassroots funding inadequacies (Larriette 2022) and revealed that organizational budgets allocated to youth often fall below 5,000 USD annually (The Missing Peace 2018, p. 42). These findings were echoed in the empirical evidence, with young participants pointing out the difficulties they face in accessing grants and submitting funding proposals. One participant stated that young people and youth-led organizations struggle with obtaining funding since they often have to compete with professionals who are years ahead in experience. This is combined with a lack of recognition of young people's capacity to make successful contributions if only they get an opportunity to *"start somewhere"*.

Young people's **exclusion from decision-making** and difficulty in accessing relevant platforms for coordination of MHPSS responses was an often-mentioned challenge pertaining to **tokenistic rather than meaningful participation**. If young people are included, it is often only *"to give our thoughts on something that has been designed by elders"*. Research participants voiced administrative and legal limitations of large organizations and a resistance to power-sharing, ultimately resulting in a situation where *"[young people] are not there to design the MHPSS that [they] were talking about. So, it's all gone for nothing"*. The FGDs with young people conveyed frustration over the limited possibilities for meaningfully engaging in decision-making. Furthermore, and as underscored by the literature review, such exclusive structures often lead to a marginalization of certain groups of young people, thereby misrepresenting the diversity of youth through the possible reinforcement of pre-existing hierarchies.

The literature review also highlighted potential risks, such as perpetuating existing power imbalances and exacerbating stigmatization (IASC 2018, p. 4). Empirical data further emphasized the risks of harming young people involved in MHPSS responses through a tendency to overwork and exposure to mentally demanding tasks (REPSSI 2009, p. 6). One research participant and young MHPSS responder

in a protracted crisis highlighted the importance of a good system of care, of sufficient time for breaks and of possibilities for supervision for the *"times when everyone is burned out"*. Adapting the International Federation of Red Cross and Red Crescent Societies' (IFRC) Integrated Model of Supervision (2021) to be a youth-specific safeguarding mechanism could be considered for supervision.

Overall, the challenges identified in the literature review were largely confirmed and supplemented with additional insights. These challenges include a lack of trust in and from youth; a deficiency in knowledge, experience and capacity to work with youth; exclusion from decision-making; tokenistic approaches; limited resources available to and for youth; and the potential risk of causing harm.

3. Meaningful partnerships

The data collected underlined the importance of meaningful collaboration with young people, i.e. a form of partnership that allows young people to effectively influence outcomes. While the UN Committee on the Rights of the Child has outlined basic requirements for such collaboration (transparent and informative, voluntary, respectful, relevant, adolescent-friendly, inclusive, supported by training, safe and sensitive to risk, accountable; UN 2020, para 34), participants in this research further tailored these to the context of youth leadership in MHPSS responses.

As a prerequisite, they mentioned that *"having that **intentionality** from the very beginning of how exactly you want to engage young people in a longer-term project"* is important. **Adapting to young people's realities** is something organizations need to learn, particularly with respect to the time availability of young people, identification of existing networks of youth, e.g., by joining their existing platforms, and provision of spaces where young people feel at ease.

Young people should then be perceived as **equal partners**. An FGD participant identified a simple rule: *"Just think about it as how you would engage any other stakeholder group. If it was a panel of experts on the intersections of conflict and health in global disasters, you would never bring that stakeholder group and give them a consultation session where they don't know the agenda until the last minute"*. Partnerships with youth-led organizations and outsourcing certain activities to them can be considered an important step towards allowing ownership and agency over the processes. One research participant described a vision: *"One thing that I think is super great for engaging young people is getting youth to lead ongoing projects or lengthier projects and that again helps build*

that sense of autonomy and agency and I guess an ownership of a longer-term initiative". The aim is to ensure the sustainability of youth leadership through long-term planning.

Creating spaces to actively listen to young people and giving them the floor to talk about what most affects them but also *"which solutions they propose"*, should go beyond *"one-off consultations"*. As one young research participant said, organizations should *"put in the work to actually learn. I'm not going to put in the work to teach them if they're not willing"*. Another means to this end is **including young people permanently in organizational and decision-making structures**, for example, on steering committees, community advisory boards or even *"youth-lived experience committees"*, as one interviewee suggested.

Furthermore, young people can take on leadership roles **throughout the programme cycle** (IASC 2020, pp. 70-85; Pau Pérez-Sales et al. 2011, p. 354; Compact 2020, p. 21). However, research participants emphasized the importance of gradually increasing the amount of responsibility and required expertise to provide easy entry points. Likewise, regarding diversity, young people should freely choose and might have preferences about where and what to engage in. One example of engaging youth meaningfully in funding is to allow young people to decide about funding allocation: *"If young people are responsible in part for determining who gets the money, they're then also responsible for overseeing its implementation. And I think that's a really important safeguard, really empowering young people to determine the course of how financial resources are distributed"*. Another example was monitoring, in which young people should not only collect data but be involved in *"the whole data gathering process from design to analysis and publication"*.

Working with young people cannot be meaningful if the **diversity of youth** is not reflected. *"You have to dig deep and go local, more local, to reach"* different groups of young people. It requires organizations to make an extra effort to invite, mobilize and support marginalized youth, i.e. those who are at a disadvantage in accessing engagement platforms and decision-making processes due to socioeconomic limits, structural inequalities and discrimination. While a humanitarian organization might find it challenging to address structural imbalances directly, it is essential to make every effort to minimize accessibility barriers. This can include, for example, providing travel funding and prioritizing outreach to marginalized youth.

Lastly, young MHPPS leaders should be **informed about the impact** their contributions have had by *"going back to the young people and telling them how their feedback and their advice was used in a very practical sense"*. To avoid

tokenism or at least *perceived* tokenism, the importance of youth contributions should be made sufficiently clear. Another research participant shared an account of belated feedback to a meaningful contribution: *"When I heard back, I think after two years, that what I did resulted in this and that, I finally felt like, okay, so I'm not doing this for nothing. I'm actually doing something that matters"*. Ultimately, a good feedback system towards young leaders also benefits organizations. This not only validates their efforts but also builds credibility for the organization among other young people, addressing the trust issues that often exist.

4. Strategies for promoting youth leadership

The primary focus of the FGDs and interviews was on strategies for integrating youth leadership into MHPSS responses, for which several aspects were identified as important.

A first relevant aspect, which is not sufficiently covered by the reviewed literature, is **training and support**. While young people's inherent capabilities are recognized, there is a distinct need to further strengthen them in specific areas, such as common MHPSS interventions like psychological first aid, as well as more generally in understanding the architecture of humanitarian action. There is also a need for mentorship and guidance, ensuring that they can effectively apply their knowledge in MHPSS responses and decision-making. Young participants suggested training topics, such as dealing with individuals in distress, understanding basic needs, and strategies for approaching individuals in varying emotional states. Additional training areas might include monitoring, evaluation, advocacy, research skills and fundraising. The importance of this was highlighted by an interview partner saying that *"After training camps are held, youth feel more responsible to their communities and are able to notice problems"*. Moreover, proactive training, even outside of emergency contexts, can bolster preparedness (see also, IASC 2020, p. 90).

Secondly, both younger and older research participants emphasized the importance of organizations offering guidance and support to **ensure young people's own wellbeing** when engaging in MHPSS responses, especially given the recognized risks associated with their roles (REPSSI 2009, p. 6). A participant said that a group of young volunteers supporting Ukrainian refugee children were able to overcome their exhaustion thanks to supervision: *"After a while they realized that it was quite exhausting for them. So thankfully we could find someone who provides supervision for them, I think every other week, and they said that it's such a great*

help and they see that it's a crucial part of their engagement". Another participant stressed the importance of structured breaks and teamwork to prevent burnout among young volunteers. The overarching sentiment was that organizational care and supervision are invaluable, with one participant recalling a moment of realization where *"I felt like that was one of the first moments where I actually felt like I was not only taking care of others, but I was also being taken care of"*.

A third aspect relates to **accessibility of funding**. Already identified as a problem above, research participants suggested several solutions. They recommended dedicated funding calls specifically for youth-led initiatives and organizations, a suggestion endorsed by the Compact (2020, p. 21) and Global Youth Mobilization (2023, p. 86). Furthermore, support should be provided for writing funding applications. As one participant highlighted: *"If we could have some question-and-answer forum or some application support services which really help youth-led organizations, I think that would be great – also so that these organizations are not left behind"*. In a similar vein, simplifying reporting requirements for these organizations was another suggestion. Lastly, participants proposed that humanitarian organizations should have funding mandates that prioritize partnerships with and integration of youth-led entities, thereby bolstering financial support for youth-driven initiatives.

As a fourth aspect, **compensating and recognizing** young people for their work was particularly important to young research participants who asked, *"what do you offer in return?"* The fact that this concern is unique to youth is evident from its absence in the reviewed literature. Importantly, research participants made a distinction *"between incentivizing and recognizing, because actually most young people will be incentivized just to know that they're shaping the outcome (...). But making sure then that actually those actions go recognized is an important component (...) for making sure that they're fairly noted for what they have done"*. Despite their enthusiasm and willingness to contribute, organizations should not overlook the tangible and often unpaid work done by young people. At the core, it is vital that young contributors feel acknowledged, valued and seen.

There are different **ways to credit and compensate** young people's contributions. Financial compensation was generally preferred by research participants because *"quite often we find that young people are the ones that bear the cost whereas the contributions of adults are often remunerated"*. Also, *"paying for their expertise can influence how they are they being fully engaged"*, and it increases the diversity of young volunteers, some of whom could otherwise not commit time. The demand for compensation was, however, also linked to a fear that youth would be excluded *"because someone doesn't feel they have the budget"*.

Offering educational opportunities can serve as another form of compensation. For example, by giving young people *"tools they need to be able to give support to their local communities"*, run an organization effectively, and develop *"administrative and other kinds of skills to access funding by international humanitarian funds"*. Networking opportunities can foster a sense of belonging or, in the words of a research participant, feeling *"connected and empowered"*. They can also provide access to other opportunities and improve a young person's standing in their community. Symbolic gestures of appreciation can also have an impact. These can take the form of *"showing them that they are part of something big, of a team and an organization"*, expressing gratitude through letters, or even (with their permission) highlighting their contributions on public platforms, for example, by *"taking a picture of them and posting them on social media; that can really help"*.

Lastly, strengthening the **internal capacity of organizations** was identified as a pivotal strategy to improve collaboration with young people. This can be achieved through establishing youth focal points and implementing clear policies for youth engagement. While certain benchmarks for youth-specific success in humanitarian response have been outlined (as per IASC 2020, pp. 87-91), the research indicates that in practice many organizations have yet to fully adopt these standards.

Overall, the data gathered supplements the initial findings from the literature review, shedding light on practical measures such as compensating young individuals, ensuring their wellbeing, and offering relevant training and supervision.

5. Ensuring organizational commitment and implementation

Research participants stressed the need for organizational commitment to effectively integrate and monitor youth leadership in MHPSS responses. While the IASC guidelines on working with and for young people in humanitarian and protracted crises (2020a, p. 58) provide steps for youth participation, they do not specifically address youth leadership. Although ensuring organizational accountability for integrating youth leadership may be challenging, there were several suggestions on how to guarantee the implementation of youth-led MHPSS responses and bolster organizational accountability.

Participants highlighted the importance of incorporating reporting mechanisms for both organizations and the youth engaged in MHPSS responses. Regular

reporting was deemed crucial to monitor progress, evaluate impact, and maintain transparency in the integration of youth leadership. Adhering to these clear guidelines will ensure organizations can effectively document their endeavors to involve young people, thereby demonstrating the breadth of their youth engagement initiatives. In this regard, the Sphere Handbook's (2018, p. 340) recommendation to report on the number of community support participants could be broadened to include counts of youth-driven and supported MHPSS services.

In addition, some participants pointed out potential incentives to motivate organizations to engage with young people and youth-led organizations in MHPSS responses. Suggestions included tax exemptions or financial benefits for organizations that show genuine youth involvement. Such financial incentives were accentuated by Perez-Sales et al. (2011, p. 353) as a sustainable approach for ensuring lasting outcomes. This approach, according to one participant *"would not only recognize and reward organizations for their commitment to youth leadership but also serve as a motivator for increased involvement"*. Another effective strategy to ensure accountability might be making integrating youth leadership a stipulation for donors. Making it a funding prerequisite would allow donors to emphasize and allocate resources to projects that genuinely integrate young people in decision-making and leadership roles. This would prompt organizations to place youth leadership at the forefront of their MHPSS efforts to obtain necessary funding and backing.

Participants underscored the value of creating a platform to share successful strategies and best practices, aiming to inspire and guide others. This platform could fulfill various roles, including consultation, participation and advocacy (IASC 2020, p. 87). The envisioned space would allow organizations, experts and youth leaders to present effective methods of incorporating youth leadership into MHPSS responses. Facilitating knowledge sharing and collaboration, the platform could encourage the adaptation of these strategies in diverse settings. Through the dissemination of these best practices, stakeholders might be more inclined to embrace similar methods, promoting a broader inclusion of youth leadership in MHPSS initiatives.

Overall, participants' feedback highlights the importance of establishing an accountability framework for the successful integration of youth leadership into MHPSS responses. Through including reporting mechanisms, offering incentives and promoting the exchange of best practices, such a framework would bolster transparency, stimulate collaboration and cultivate a sense of responsibility among both organizations and the youth engaged in MHPSS.

6. Guidance

Research participants highlighted the absence and necessity of a comprehensive guide on integrating youth leadership into MHPSS responses. They stressed that such a guide would be invaluable for young individuals, practitioners and organizations engaged in MHPSS. It would offer practical advice on promoting genuine youth involvement and elevating young people's voices in decision-making processes.

Several participants stressed the need for the guidance resource to offer clear, practical directives for stakeholders, especially for youth and organizations involved in MHPSS responses. One participant stated, *"I would like to see something which is not just generic guidance but something which is a little bit more prescriptive with examples of how you can actually put this into practice"*. Thus, a directive approach with practical suggestions would effectively connect theoretical advice with actionable steps.

Furthermore, participants stressed the importance of a guidance document that avoids jargon and complex terms. They emphasized the need for clear and concise language that resonates with diverse audiences. Using plain language enhances the document's accessibility, making it easier for a wider range of users to understand and effectively implement the recommended strategies.

Participants also wanted the guidance document to outline the advantages organizations would gain from incorporating youth leadership into MHPSS initiatives. They stressed that organizations should be made aware of the positive impacts of involving young people as leaders. Highlighting these benefits can help organizations recognize the value and importance of youth leadership in MHPSS, encouraging their active involvement and endorsement. Additionally, many participants felt that including success stories of youth-led projects from diverse environments in the guidance would motivate and inspire other stakeholders. Other key aspects emphasized by participants included the recognition of youth contributions, particularly through financial compensation, and the crucial role of training programmes for young leaders.

Lastly, participants highlighted the importance of distributing the guidance document widely and testing it before fully operationalizing it, including sharing it on social media platforms. They stressed the importance of ensuring broad dissemination of the document to reach a diverse range of stakeholders. Overall, both the collective feedback from research participants and the insights from the existing literature underscore the importance of a comprehensive guidance document for integrating youth leadership into MHPSS responses.

CONCLUSION

The humanitarian sector has undergone a significant shift, viewing young people not just as beneficiaries but as catalysts for change. While this understanding has improved humanitarian responses, the MHPSS sector still needs to fully embrace it. As the humanitarian sector moves from mere acknowledgement to genuine collaboration and partnership with young people, youth leadership offers transformative possibilities for MHPSS responses in humanitarian emergencies, which organizations should be eager to unlock. Adopting the insights from this research allows organizations to enhance the impact and longevity of MHPSS initiatives, fostering communities that are inclusive, resilient, and better equipped to respond to crises.

This study signifies a shift from perceiving young people only as target groups of MHPSS responses to recognizing young people's agency in driving positive change. The findings reveal that, while young people possess the skills, capacities and willingness, they often lack the supportive environment needed to translate their abilities into meaningful contributions to MHPSS responses. Addressing obstacles to their full participation, especially the prevalent underestimation of their potential stemming from mistrust, limited funding opportunities and exclusion from decision-making, should be priorities for working with young people as valued partners.

This collaborative research effort has also culminated in the first-ever guidance document designed to help humanitarian organizations effectively integrate youth leadership into MHPSS responses effectively. This roadmap, co-developed with young people, offers strategies and principles for forging meaningful partnerships with youth leaders, aiming to enhance the overall effectiveness of MHPSS interventions in emergencies. However, while the potential benefits are exciting, any effort to harness the potential of young people in MHPSS responses becomes counterproductive if their involvement isn't genuine, adequately funded, and does not prioritize their safety and wellbeing.

Young participants involved in this research were passionate about advancing their role in MHPSS responses. They called for greater recognition and sustainable partnerships that offer genuine support. We encourage all relevant stakeholders to do justice to those young leaders and to youth worldwide by taking them and their contributions seriously.

Despite the valuable insights gained from this research, several limitations must be acknowledged. The qualitative nature of the study, while providing in-depth understanding, may limit the generalizability of the findings. The sample size, though diverse, was relatively small, and participants were primarily those already engaged in MHPSS or humanitarian work, which may introduce selection bias. Additionally, the rapidly evolving nature of humanitarian crises means that the relevance and applicability of the findings may change over time. Future research should consider larger, more diverse samples and explore longitudinal impacts to build on the findings presented here.

In concluding this research report, our paramount recommendation for those aiming to enhance their organization's focus on youth leadership is this: Directly consult young individuals and youth-led organizations for their guidance and suggestions.

REFERENCES

Afifi, R. A., Makhoul, J., Hajj, T. E., & Nakkash, R. (2011). Developing a logic model for youth mental health: participatory research with a refugee community in Beirut. *Health Policy and Planning*, 26(6), 508–517. https://doi.org/10.1093/heapol/czr001.

Altiok, A., & Grizlej, I. (2019). *We Are Here: An Integrated Approach to Youth-Inclusive Peace Processes*. https://youth4peace.info/book-page/global-policy-paper-we-are-here-integrated-approach-youth-inclusive-peace-processes.

Apollo, A., & Mbah, M. (2022). Engaging local youths in humanitarian response is not a matter of if but how. *Journal of International Humanitarian Action*, 7(1). https://doi.org/10.1186/s41018-022-00118-x.

Arega, N. (2023). Mental Health and Psychosocial Support Interventions for Children Affected by Armed Conflict in low-and middle-income Countries: A Systematic Review. *Child and Youth Care Forum*. https://doi.org/10.1007/s10566-023-09741-0.

Barbelet, V., Lough, O., & Njeri, S. (2022). *Towards more inclusive, effective and impartial humanitarian action*. Humanitarian Policy Group Policy Brief. London: ODI. https://cdn.odi.org/media/documents/Inclusive_effective_impartial_vviudDi.pdf.

Bennouna, C., Khauli, N., Basir, M., Allaf, C., Wessells, M. G., & Stark, L. (2019). School-based programs for Supporting the mental health and psychosocial wellbeing of adolescent forced migrants in high-income countries: A scoping review. *Social Science & Medicine*, 239, 112558. https://doi.org/10.1016/j.socscimed.2019.112558.

Booysen, C., Pavarini, G., Gatera, G., Jimenez, I., Muhia, J., Omar, D., Qureshi, O., Ryan, G., Eaton, J., & Singh, I. (2018). *Young People Will Transform Global Mental Health: A call to prioritise global action on mental health for young people*. Young Leaders for Global Mental Health Policy Brief. Mental Health Innovation Network. https://www.mhinnovation.net/sites/default/files/downloads/resource/Youth%20Leaders%20Brief%20for%20Policy-makers_FINAL%202019%20%282%29.pdf.

Budosan, B., O'Hanlon, K. P., & Aziz, S. (2014). Improving access to community-based mental health care and psychosocial support within a disaster context. *Disaster Health*, 2(1), 25–34. **https://doi.org/10.4161/dish.27805**.

Canas, E. (2019). *Working with Youth as Stakeholders in Mental Health System Transformation: An Institutional Ethnography of a Service Organization.* ACCESS Open Minds [Thesis]. The University of Western Ontario. **https://ir.lib.uwo.ca/etd/6327/**.

Compact for Young People in Humanitarian Action. (2016). *Call to align strategies, approaches and programmatic responses with the principles outlined in the Agenda for humanity in view of reaching all young people and empowering young women, young men, girls and boys to be agents of positive transformation.* **https://static1.squarespace.com/static/5b2d24e39d5abbe187e75234/t/5bbd5b40 c8302522e6a7d092/1539136321855/COMPACT-document+May+2018.pdf**.

Compact for Young People in Humanitarian Action. (2018). *Igniting Hope.* **https://www.unfpa.org/sites/default/files/pub-pdf/UNFPA_PUB_2018_EN_ Compact_Report-Igniting_Hope.pdf**.

Compact for Young People in Humanitarian Action. (2020). *COVID-19: Working with and for young people.* **https://www.unfpa.org/sites/default/files/resource-pdf/COMPACTCOVID19-05.pdf**.

Currie, V., Lee, L., Wright, L. (2022). *Working in Partnership with Children and Young People on the Move: Strategies & Tools for Meaningful Participation.* Destination Unknown. **https://destination-unknown.org/news-and-events/new-guide-working-in-partnership-with-children-and-young-people-on-the-move/**.

De Jong, J. T. V. M., Berckmoes, L. H., Kohrt, B. A., Song, S. J., Tol, W. A., & Reis, R. (2015). A Public Health Approach to Address the Mental Health Burden of Youth in Situations of Political Violence and Humanitarian Emergencies. *Current Psychiatry Reports*, 17(7). **https://doi.org/10.1007/s11920-015-0590-0**.

Dickson, K., & Bangpan, M. (2018). What are the barriers to, and facilitators of, implementing and receiving MHPSS programmes delivered to populations affected by humanitarian emergencies? A qualitative evidence synthesis. *Global Mental Health*, 5. **https://doi.org/10.1017/gmh.2018.12**.

Dunne, T., Bishop, L., Avery, S. K., & Darcy, S. (2017). A Review of Effective Youth Engagement Strategies for Mental Health and Substance Use Interventions. *Journal of Adolescent Health*, 60(5), 487–512. **https://doi.org/10.1016/j.jadohealth.2016.11.019**.

Elshazly, M. B., Alam, A. M., & Ventevogel, P. (2019a). Field-level coordination of mental health and psychosocial support (MHPSS) services for Rohingya refugees in Cox's Bazar. *Intervention*, 17(2), 212–216. **https://doi.org/10.4103/intv.intv_38_19**.

Elshazly, M. B., Budosan, B., Alam, A. M., Khan, N. S., & Ventevogel, P. (2019b). Challenges and opportunities for Rohingya mental health and psychosocial support programming. In *Intervention*, 17(2), 197–205. **https://doi.org/10.4103/ intv.intv_49_19**.

Global Youth Mobilization. (2023). *Unstoppable Together: Celebrating 2 years of Youth-led Global Action.* **https://globalyouthmobilization.org/wp-content/ uploads/2023/03/GYM-Final-Report-2023.pdf**.

Grimes, K. E., Schulz, M. F., Cohen, S. P., Mullin, B., Lehar, S. M., & Tien, S. (2011). Pursuing cost-effectiveness in mental health service delivery for youth with complex needs. *Journal of Mental Health Policy and Economics*, 14(2), 73–83. PMID: 21881163.

Groves, J., Fawaz, D., & Olenik, C. (2021). *Integrating Mental Health and Psychosocial Support into Youth Programming: A Toolkit.* USAID & YouthPower. **https://www.youthpower.org/sites/default/files/YouthPower/files/resources/ MHPSS%20TOOLKIT_EDIT%20OCT%2011_%20FIXED%20VERSION.pdf**.

Hamber, B., Martinez, D., Stappers, M., Taylor, D., & Unger, T. (2022). *Youth, Peace and Security: Psychosocial Support and Societal Transformation.* Interpeace. **https://pure.ulster.ac.uk/en/publications/youth-peace-and-security-psychosocial-support-and-societal-transf**.

Harrison, S., Chemaly, W., Hanna, F., Polutan-Teulieres, N., & Ventevogel, P. (2021). Engagement of protection actors in MHPSS: the need for cross-sectoral cooperation. *Forced Migration Review*, 8(66), 8–11. **https://www.fmreview.org/ sites/fmr/files/FMRdownloads/en/issue66/harrison-chemaly-hanna-polutan teulieres-ventevogel.pdf**.

Harrison, S., Ssimbwa, A., Elshazly, M. B., Mahmuda, M., Islam, M. I. H., Sumi, H. A., & Rebolledo, O. A. (2019). Strategic priorities for mental health and psychosocial support services for Rohingya refugees in Bangladesh: a field report. *Intervention*, 17(2), 206. **https://doi.org/10.4103/intv.intv_40_19**.

Harsch, L., Van Der Ven, C., & Wilkinson, O. (2021). Faith-sensitive MHPSS for humanitarian practitioners. *Forced Migration Review*, 66, 21–23. **https://www.fmreview.org/sites/fmr/files/FMRdownloads/en/issue66/ harsch-vanderven-wilkinson.pdf**.

Haynes, K. and Tanner, T.M. (2015). Empowering Young People and Strengthening Resilience: Youth-Centred Participatory Video as a Tool for Climate Change Adaptation and Disaster Risk Reduction. *Children's Geographies*, 13, 357–371. https://doi.org/10.1080/14733285.2013.848599.

Hart, R. (1992). Children's Participation: From Tokenism to Citizenship. *UNICEF Innocenti Essays*, 4. https://www.unicef-irc.org/publications/100-childrens-participation-from-tokenism-to-citizenship.html.

Hoban, A., Lister, R., Bowie, J., Aspinall, L., & Proefke, R. (2019). *Shifting Power to Young People: How young people can lead and drive solutions in humanitarian action.* ActionAid & Restless Development. https://actionaid.org/sites/default/files/publications/Shifting%20power%20to%20young%20people%20ActionAid%202019.pdf.

IASC. (2007). *Guideline: Mental Health and Psychosocial Support in Emergency Settings.* https://interagencystandingcommittee.org/system/files/2020-11/IASC%20Guidelines%20on%20Mental%20Health%20and%20Psychosocial%20Support%20in%20Emergency%20Settings%20%28English%29.pdf.

IASC. (2012a). *Mental Health and Psychosocial Support in Emergency Settings: What Should Camp Coordination and Camp Management Actors Know?* https://reliefweb.int/report/world/mental-health-and-psychosocial-support-emergency-settings-what-should-camp-coordination?gclid=Cj0KCQjw_r6hBhDdARIsAMIDhV-cFzG8suqknmi24j9kd2yXr-JkKDSOiymbXHkwiixDGgwIS7Xg_ngaAuVWEALw_wcB.

IASC. (2012b). *Mental Health and Psychosocial Support in Humanitarian Emergencies: What Should Humanitarian Health Actors Know?* https://reliefweb.int/report/world/mental-health-and-psychosocial-support-humanitarian-emergencies-what-should.

IASC. (2018). *Guidance Note on community-based approaches to MHPSS in emergencies.* https://www.humanitarianresponse.info/sites/www.humanitarianresponse.info/files/documents/files/community_based_approaches_to_mhpss_programmes_a_guidance_note.01.pdf.

IASC. (2020). *With Us & For Us: Working with and For Young People in Humanitarian and Protracted Crises.* UNICEF & NRC for the Compact for Young People in Humanitarian Action. https://interagencystandingcommittee.org/system/files/2021-02/IASC%20Guidelines%20on%20Working%20with%20and%20for%20Young%20People%20in%20Humanitarian%20and%20Protracted%20Crises_0.pdf.

IASC. (2021). *Mental Health and Psychosocial Support in Emergency Settings: Monitoring and Evaluation with Means of Verification.* https://app.mhpss.net/ ?get=393/iasc-common-monitoring-and-evaluation-framework-for-mental-health-and-psychosocial-support-in-emergency-settings-with-means-of-verification-version-2.0.pdf.

IASC. (2022a). *Handbook: Mental Health and Psychosocial Support Coordination.* https://www.mhinnovation.net/sites/default/files/downloads/resource/IASC%20 Handbook%2C%20Mental%20Health%20and%20Psychosocial%20Support%20 Coordination.pdf.

IASC. (2022b). *Minimum Service Package.* https://mhpssmsp.org/sites/default/ files/2023-01/IASC%20MHPSS%20Minimum%20Service%20Package.pdf.

IFRC. (2018). *Youth Policy.* https://www.ifrc.org/sites/default/files/2021-07/ Youth_Policy_2017_reviewed_April_2018_FINAL%5B1%5D.pdf.

IFRC. (2021). *Integrated Model for Supervision: For Mental Health and Psychosocial Support.* https://pscentre.org/wp-content/uploads/2021/11/IMS-Handbook-Web.pdf.

Finn Church Aid. (2018). *Improving Well-being through Education – Integrating Community based Psychosocial Support into Education in Emergencies.* https://www.kirkonulkomaanapu.fi/wp-content/uploads/2018/10/Improving WellbeingThroughEducation_web.pdf.

International Medical Corps. (2017). *Mental Health & Psychosocial Support for Youth.* https://cdn1.internationalmedicalcorps.org/wp-content/uploads/2017/08/ IMC_MHPSS_YouthAdolescentSummary.pdf.

IOM & USAID. (2019). *Manual on Community-Based Mental Health and Psychosocial Support in Emergencies and Displacement.* https://www.iom.int/ sites/g/files/tmzbdl486/files/mhpss/v3_-_manual_on_cb_mhpss_in_ emergencies_and_displacement.pdf.

James, A. A. (2007). Principles of youth participation in mental health services. *The Medical Journal of Australia*, 187(S7). https://doi.org/10.5694/j.1326-5377.2007. tb01339.x.

Kitzinger, J. (1994). The Methodology of Focus Groups: The Importance of Interaction between Research Participants. *Sociology of Health and Illness*, 16, 103–121. http://dx.doi.org/10.1111/1467-9566.ep11347023.

Krueger, R.A. and Casey, M.A. (2014). *Focus Groups: A Practical Guide for Applied Research*. SAGE Publications, Thousand Oaks.

Larrieta, J., Esponda, G. M., Gandhi, Y., Simpson, N., Biriotti, M., Kydd, A. C., Eaton, J., & Ryan, G. (2022). Supporting community-based mental health initiatives: insights from a multi-country programme and recommendations for funders. *BMJ Global Health*, 7(5), e008906. **https://doi.org/10.1136/bmjgh-2022-008906**.

Lasater, M. E., Flemming, J. A., Bourey, C., Nemiro, A., & Meyer, S. (2022). School-based MHPSS interventions in humanitarian contexts: a realist review. *BMJ Open*, 12(4), e054856. **https://doi.org/10.1136/bmjopen-2021-054856**.

McCarty, S., Pacque, K., Gatto, A. J., Hill, K., & Charak, R. (2021). Youth-led resilience promotion during disaster recovery: A proposed framework, innovative program, and lessons learned. *Psychological Trauma: Theory, Research, Practice, and Policy*, 14(S1), 32–40. **https://doi.org/10.1037/tra0001142**.

Metzler, J., Gabriel, A., Mwebe, F., & Savage, K. (2021). From place to space: field insights on adapting child-friendly spaces during COVID-19. *Forced Migration Review*, 66, 40–43. **https://ora.ox.ac.uk/objects/uuid:528ede1e-4e20-4b35-be2c-74b60bb44819**.

Morgan, D. L. (1997). *Focus Groups as Qualitative Research*. SAGE Publications, Inc. **https://doi.org/10.4135/9781412984287**.

Nersisian, D., Ragueneau, M., Rieder, H., & Schinina, G. (2021). Community-based approaches to MHPSS. *Forced Migration Review*, 66, 31–33. **https://ora.ox.ac.uk/objects/uuid:906e784a-4f25-40bd-83f1-fd9bbcbea499**.

Orrnert, A. (2019). *Implications of not addressing mental health and psychosocial support (MHPSS) needs in conflict situations*. K4D. **https://core.ac.uk/download/pdf/237087079.pdf**.

Oxfam International. (2023). *Inclusive Langauge Guide*. **https://oxfamilibrary.openrepository.com/bitstream/handle/10546/621487/gd-inclusive-language-guide-130323-en.pdf;jsessionid=7F5659D0D036B026D2D56EACC3DFE388?sequence=4**.

Patel, P. M., Russell, J. M., Allden, K., Betancourt, T. S., Bolton, P., Galappatti, A., Hijazi, Z., Johnson, K. F., Jones, L., Kadis, L., Leary, K., Weissbecker, I., & Nakku, J. (2011). Transitioning Mental Health & Psychosocial Support: From Short-Term Emergency to Sustainable Post-Disaster Development. Humanitarian Action Summit 2011. *Prehospital and Disaster Medicine*, 26(6), 470–481. **https://doi.org/10.1017/s1049023x1200012x**.

Perez-Sales, P., Fernandez-Liria, A., Baingana, F., & Ventevogel, P. (2011). Integrating mental health into existing systems of care during and after complex humanitarian emergencies: rethinking the experience. *Intervention*, 9(3), 345–357. https://www.mhinnovation.net/sites/default/files/downloads/resource/P%C3%A9rez-Sales%2C%20P%2C%20et%20al%20%282011%29.%20Integrating%20mental%20health%20into%20existing%20systems%20of%20care%20during%20and%20after%20complex%20humanitarian%20emergencies_rethinking%20the%20experience.pdf.

REPSSI. (2009). *Mainstreaming Psychosocial Care and Support through Child Participation: For programmes working with children and families affected by HIV and AIDS, poverty and conflict.* https://drive.google.com/file/d/1h17ufDa6rv8i25ZnzD14Oldqwk4evAoG/view.

Restless Development & UNFPA. (2018). *Youth Leadership, Participation and Accountability 2.0: Part 3. The "Unofficial Handbook".* https://esaro.unfpa.org/sites/default/files/pub-pdf/Youth%20Leadership%20Participation%20and%20Accountability%20-%20The%20Unofficial%20Handbook%203.pdf.

Schwartz, L., Nakonechna, M., Campbell, G., Brunner, D., Stadler, C., Schmid, M., Fegert, J., & Bürgin, D. (2022). Addressing the mental health needs and burdens of children fleeing war: a field update from ongoing mental health and psychosocial support efforts at the Ukrainian border. *European Journal of Psychotraumatology*, 13(2). https://doi.org/10.1080/20008198.2022.2101759.

Sharma, G. (2017). Pros and cons of different sampling techniques. International *Journal of Applied Research*, 3, 749–752.

Simpson, Graeme. (2018). *The Missing Peace: Independent Progress Study on Youth, Peace and Security.* UNFPA & PBSO. https://youth4peace.info/system/files/2018-10/youth-web-english.pdf.

Small, M. L. (2009). 'How many cases do I need?': On science and the logic of case selection in field-based research. *Ethnography.* https://doi.org/10.1177/1466138108099586.

Snider, L., & Hijazi, Z. (2020). UNICEF Community-Based Mental Health and Psychosocial Support (MHPSS) Operational Guidelines. *Springer EBooks*, 101–119. https://doi.org/10.1007/978-3-030-45278-0_7.

Soltan, F., Cristofalo, D., Marshall, D., Purgato, M., Taddese, H. B., Vanderbloemen, L., Barbui, C., & Uphoff, E. (2022). Community-based interventions for improving mental health in refugee children and adolescents in high-income countries. *The Cochrane Library*, 2022(5). **https://doi.org/10.1002/14651858.cd013657.pub2**.

Sphere Association. (2018). *The Sphere Handbook: Humanitarian Charter and Minimum Standards in Humanitarian Response* (4th ed.) [Online]. Sphere Project. **https://spherestandards.org/wp-content/uploads/Sphere-Handbook-2018-EN.pdf**.

The Alliance for Child Protection in Humanitarian Action. (2020). *A Reflective Field Guide: Community Level Approaches to Child Protection in Humanitarian Action.* **https://alliancecpha.org/sites/default/files/technical/attachments/ccp-_reflective_field_guide.pdf**.

Tol, W. A., Ager, A., Bizouerne, C., Bryant, R. A., Chammay, R. E., Colebunders, R., García-Moreno, C., Hamdani, S. U., James, L. E., Jansen, S., Leku, M. R., Likindikoki, S., Panter-Brick, C., Pluess, M., Robinson, C., Ruttenberg, L., Savage, K., Welton-Mitchell, C., Hall, B. J., Shehadeh, M. H., Harmer, A. & Van Ommeren, M. (2020). Improving mental health and psychosocial wellbeing in humanitarian settings: reflections on research funded through R2HC. *Conflict and Health*, 14(1). **https://doi.org/10.1186/s13031-020-00317-6**.

Trinidad, A. C., & Castro, E. (2020). The institutionalization of mental health and psychosocial support in emergencies in Indonesia. *International Journal of Disaster Risk Reduction.* **https://doi.org/10.1016/j.ijdrr.2020.101918**.

UNDRR. (2020). *Words into Action: Engaging Children and Youth in Risk Reduction and Resilience Building. A companion for implementing the Sendai Framework for Disaster Risk Reduction 2015-2030.* **https://www.undrr.org/sites/default/files/2021-09/WiA-Children-Youth-singlepage.pdf**.

UNESCO. (2019). *Meaningfully Engaging with Youth: Guidance and training for UN staff.* **https://www.un.org/development/desa/youth/wp-content/uploads/sites/21/2021/05/Meaningfully-engaging-youth-Guidance-training-UN-staff.pdf**.

UNHCR. (2017). *Community-Based Protection & Mental Health & Psychosocial Support.* **https://www.refworld.org/docid/593ab6add.html**.

UNICEF. (2007). *The Participation of Children and Young People in Emergencies: A guide for relief agencies, based largely on experiences in the Asian tsunami response.* http://iin.oea.org/boletines/boletin8/publicaciones-recibidas-esp/the_participation_of_children_and_young_people_in_emergencies.pdf.

UNICEF. (2013). *Actions for Children and Youth Resilience: Guide for Governments.* https://www.unicef.org/lac/sites/unicef.org.lac/files/2018-06/CandY_guide_for_governments.pdf.

UNICEF. (2018a). *Operational Guidelines: Community Based MHPSS in Humanitarian Settings: Three-Tiered support for children and families.* https://www.unicef.org/media/52171/file.

UNICEF. (2020a). *Engaged and Heard!: Guidelines on Adolescent Participation and Civic Engagement.* https://www.unicef.org/media/73296/file/ADAP-Guidelines-for-Participation.pdf.

UNICEF. (2020b). *Meaningful Adolescent Participation in Community Engagement, Behavioural and Social Change : Venezuelan migrant flow response in Colombia.* https://www.unicef.org/media/91761/file/Meaningful-adolescent-participation-in-community-engagement-and-behavioural-and-social-change.pdf.

UNICEF. (2022). *Strengthening Mental Health and Psychosocial Support Systems and Services: For children and adolescents in the East Asia and Pacific Region.* https://www.unicef.org/eap/media/11761/file/Regional%20Report%202022%20-%20Strengthening%20Mental%20Health%20and%20Psychosocial%20Support%20Systems%20and%20Services%20.pdf.

UN MGCY. (2017). *Principles and Barriers for Meaningful Youth Engagement.* https://sustainabledevelopment.un.org/content/documents/20522UNMGCYPrinciplesandBarriersforMeaningfulYouthEngagement.pdf.

WHO. (2019). *mhGAP Community Toolkit: Mental Health Gap Action Programme (mhGAP).* https://drive.google.com/file/d/1HZu9MINCqvvMqWesYztxQdF0Wh554qYN/view.

WHO. (2020). *Guidelines on mental health Promotive and Preventive Interventions for adolescents.* https://www.who.int/publications/i/item/9789240011854.

Wood, B. A., & Kallestrup, P. (2021). Benefits and Challenges of Using a Participatory Approach with Community-based Mental Health and Psychosocial Support Interventions in Displaced Populations. *Transcultural Psychiatry*, 58(2), 283–292. https://doi.org/10.1177/1363461520983626.

World Humanitarian Summit. (2016). *Doha Youth Declaration on Transforming Humanitarian Aid.* https://agendaforhumanity.org/sites/default/files/resources/ 2017/Jul/[WHS%20Global%20Youth%20Consultation]%20Doha%20Youth%20 Declaration-%20Reshaping%20the%20Humanitarian%20Agenda.pdf.

WOSM & UNICEF. (2023). *UAct: Scouts in Humanitarian Response for Ukraine.* https://members.scout.org/sites/default/files/library_files/UNICEF%20Mid%20 Report_final.pdf.