

# BECOME A LYGHT FACILITATOR



## WHAT IS LYGHT?

Listening and Led by Youth: Grief, Hope, and Transitions (L.Y.G.H.T.) is a peer grief support program for youth in foster care. This unique intervention is based on empirically driven youth-centered research and Dougy Center's evidence-informed peer grief support model. The L.Y.G.H.T. program provides a safe space where youth in foster care can share their experiences of loss and grief and instill hope during significant life transitions.

## WHAT IS THE ROLE OF A LYGHT FACILITATOR?

L.Y.G.H.T. Facilitators serve an essential role in supporting youth in foster care who are grieving, facilitating youth-led conversations, guiding, and mirroring safety guidelines, and creating a safe space where the voices of all youth are welcomed, valued, and heard.

## WHAT QUALITIES MAKE FOR A GREAT LYGHT FACILITATOR?

- Willingness to let youth lead and give input
- Ability to listen & respond without evaluation or judgment
- Capacity to hear stories of loss and grief
- Effective self-care practice and support system (personal and/or professional)
- Recognition that your responsibility is not to "fix" grief but to help youth feel heard, witnessed, and accepted

## DO I NEED CERTAIN QUALIFICATIONS TO BE A LYGHT FACILITATOR?

There are no specific degrees or certifications required to become a L.Y.G.H.T. Facilitator. Any supportive and caring adult staff member or community volunteer who is connected with a SC L.Y.G.H.T. community site can be trained. Adults with the qualities previously identified will likely be the most successful as L.Y.G.H.T. Facilitator.

## WHAT COMMITMENT DO I NEED TO MAKE AS A LYGHT FACILITATOR?

The commitment is 8 hours a month (program delivery = 6 hours; program support = 2 hours). Program delivery is offered twice a month (3 hours/group) and program support meetings (1 hour/meeting) are scheduled twice a month, one meeting between each group. No duties or prep outside of group and support meetings are required.

## I THINK I MAY BE A GREAT FIT AS A LYGHT FACILITATOR...BUT I'M NOT QUITE SURE IF I HAVE ALL THE SKILLS. IS THERE ANY TRAINING INVOLVED?

The three-day L.Y.G.H.T. Facilitator training is being held July 13 - 15, 2022 at Epworth Children's Home in Columbia, SC. Attendance is mandatory for all three days. The training will be provided at no charge to all attendees from community sites.

For more information on being a L.Y.G.H.T. Facilitator, contact Juliette Martinez, MSW, SC LYGHT State Coordinator, at [lyght@dougy.org](mailto:lyght@dougy.org) or 803-403-6940