

INTERNATIONAL AFFAIRS & BEST PRACTICE GUIDELINES



INTERNATIONAL
AFFAIRS & BEST PRACTICE
GUIDELINES

Engaging Youth in Mental Health Promotion: Mental Health and Addictions Champions

Acknowledgements: RNAO Team


- Sabrina Merali, RN, MN
 - Program Manager
- Kyle Dieleman, BA
 - Project Coordinator
- Irmajean Bajnok, RN, MScN, PhD
 - Director

Learner Objectives

The learner will be able to:

- Identify strengths and challenges of inter -sectoral collaboration (i.e. public health, social services, education and youth) to support youth mental health
- Discuss effective youth engagement principles and strategies in mental health promotion and stigma reduction

RNAO is the professional association of Registered Nurses in Ontario, Canada



Professional association of Registered Nurses in Ontario, Canada

The strong, credible voice leading the nursing profession to influence and promote healthy public policy, and clinical excellence

The Best Practice Guidelines Program is a flagship program of RNAO



RNAO

Registered Nurses' Association of Ontario
L'Association des infirmières et infirmiers
autorisés de l'Ontario

Speaking out for nursing. Speaking out for health.

Speaking out for nursing. Speaking out for health.



RNAO

Registered Nurses' Association of Ontario
L'Association des infirmières et infirmiers
autorisés de l'Ontario

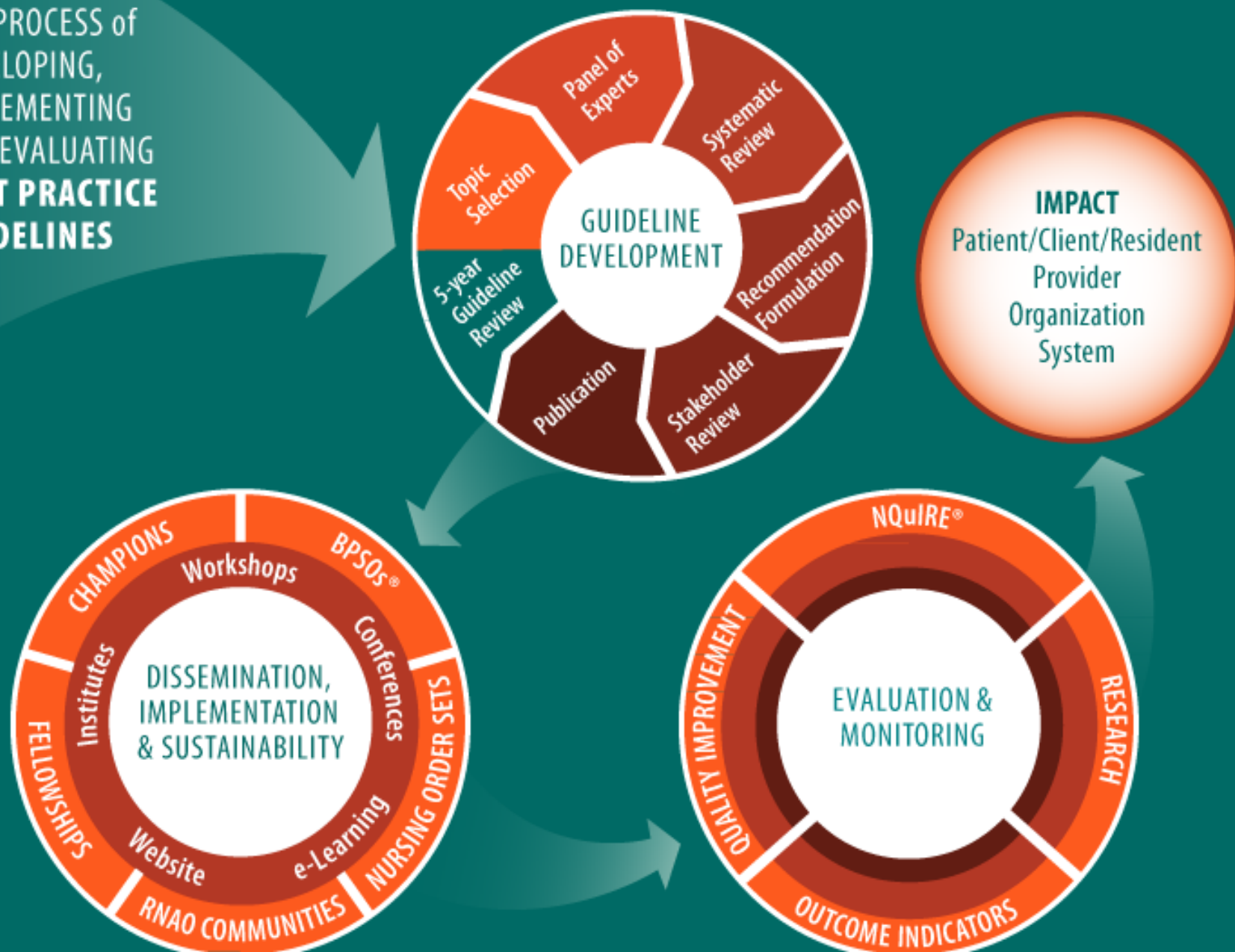
Best Practice Guidelines Program Mandate

To develop, implement, evaluate,
disseminate and support the uptake of
clinical and healthy work environment
best practice guidelines.

Funded by the Government of Ontario



THE PROCESS of
DEVELOPING,
IMPLEMENTING
AND EVALUATING
**BEST PRACTICE
GUIDELINES**

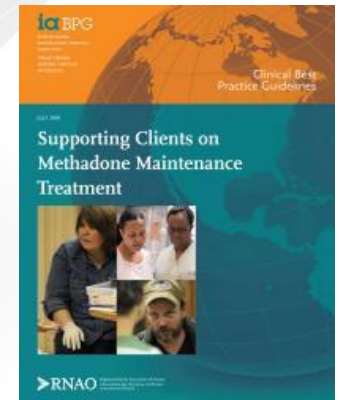
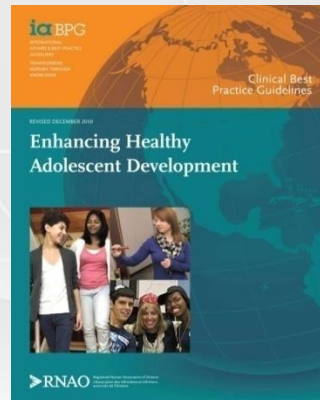


42 Clinical & 10 Healthy Work Environment Best Practice Guidelines



RNAO Mental Health & Addiction Initiative Goal

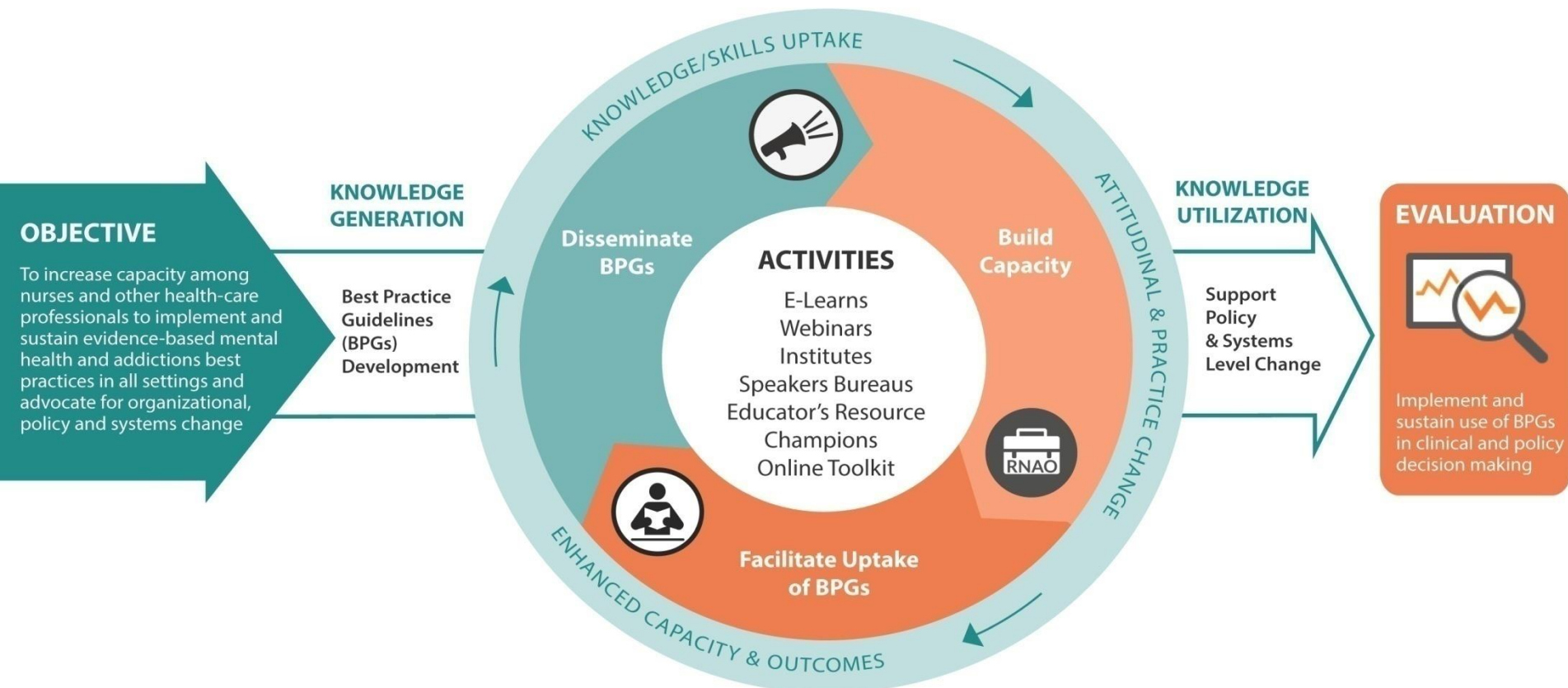
To **build capacity** amongst **nurses** and other health care professionals to **implement and sustain** mental health & addictions best practices in daily nursing practice



RNAO MENTAL HEALTH & ADDICTIONS INITIATIVE

GOAL

To enhance evidence-based care and services related to mental health and addictions across all settings



Partnerships &
Supporting Stakeholders

YOUTH MENTAL HEALTH AND ADDICTIONS CHAMPIONS PROJECT



**NETWORK of
CHAMPIONS**

Project Goals

- The Youth Mental Health and Addictions Project aims to improve the health & well-being of children and youth thorough a focus on: mental health promotion, acceptance of mental illness, reduction of related stigma and substance misuse prevention
- By preparing youth peer leaders in champion roles, knowledge & awareness of mental health and substance misuse issues will be enhanced and the resiliency of children/youth will be improved through capacity building and youth engagement

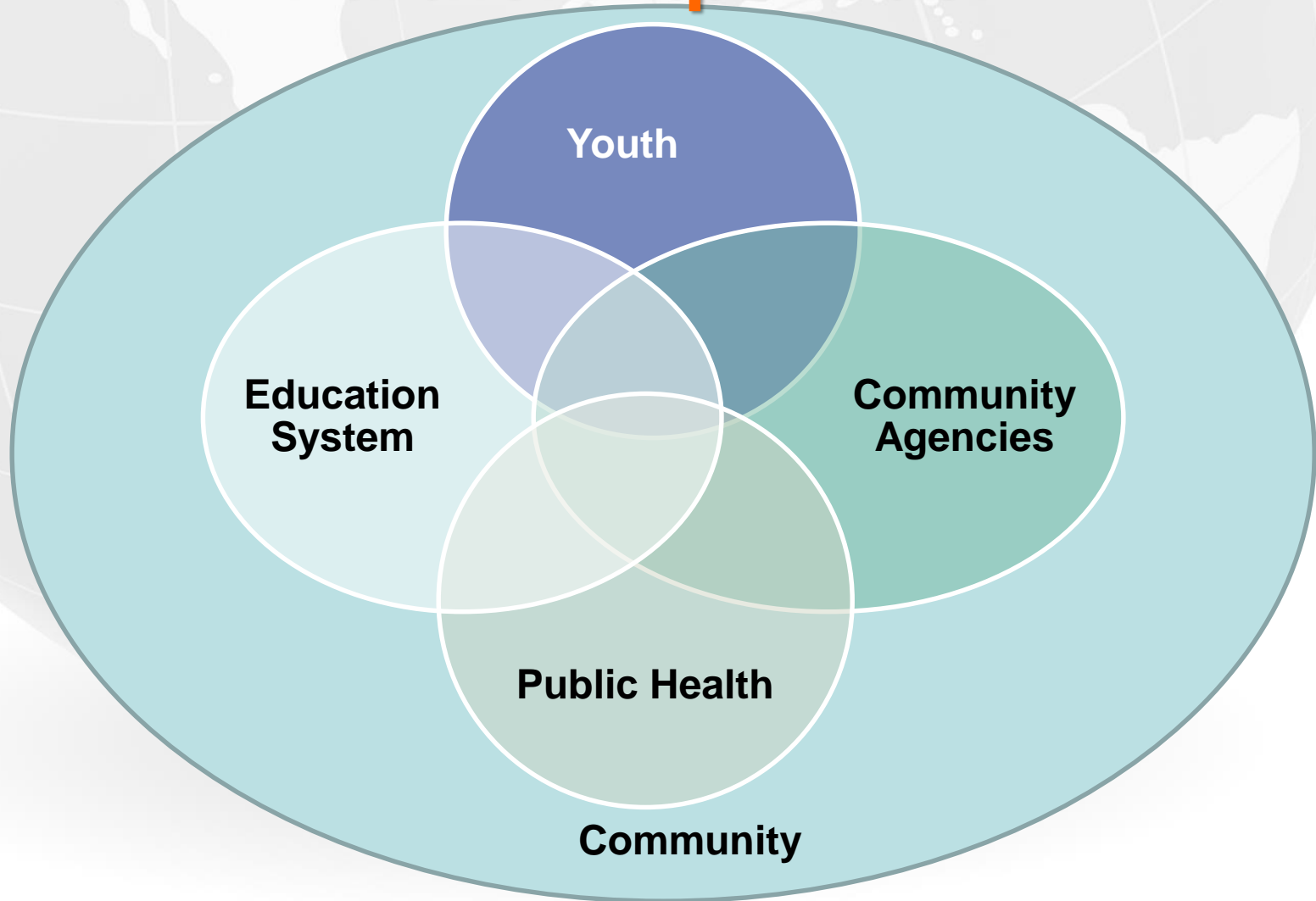
Project Objectives

- Enable a cohort of Youth Mental Health and Addiction Champions to use creative **peer to peer strategies** to **reduce the stigma** of mental health and promote greater **acceptance of mental illness** as a part of the health and illness continuum
- **Raise awareness** among Youth Mental Health and Addiction Champions related to strategies to **prevent substance use and misuse**

Project Objectives

- Provide Youth Mental Health and Addiction Champions with **strategies to assist peers** with substance abuse prevention
- Provide Youth Mental Health and Addiction Champions with strategies to assist peers to begin to **address substance abuse issues through raising awareness of available information and resources/services**

Partnership Model

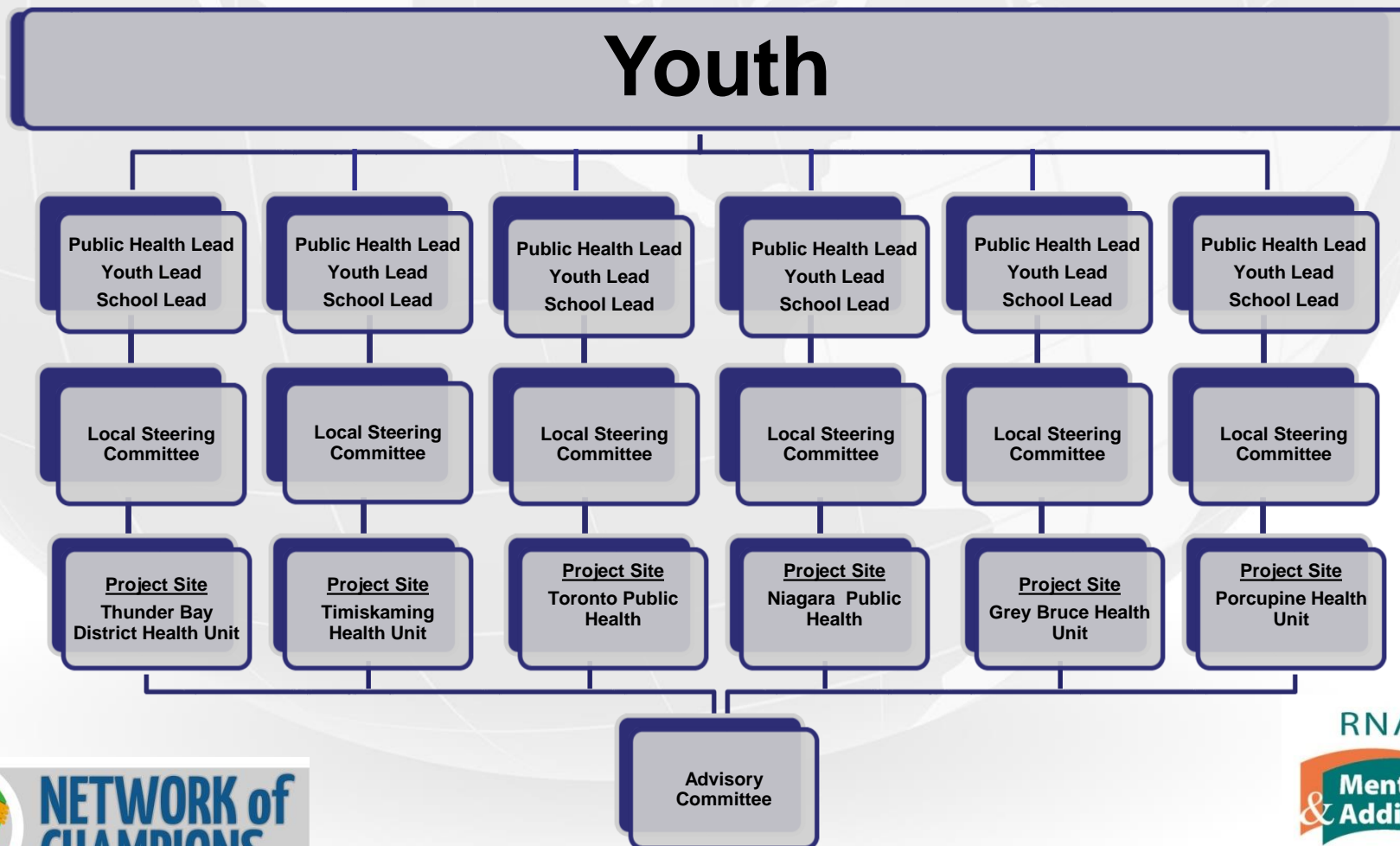


Provincial Representation

North West	Thunder Bay District Health Unit
North East	Timiskaming Health Unit Porcupine Health Unit
Toronto	Toronto Public Health
Central West	Niagara Public Health
South West –	Grey Bruce Health Unit
Education	School Mental Health Assist
Community	Centre for Excellence for Child and Youth Mental Health Mind Your Mind
Youth	Dare to Dream – Youth Coordinator Ottawa Public Health – Youth Facilitator



YMHAC Project Structure



Selection of Youth Leaders

Recruited to support Public Health Units Youth Mental Health & Addiction Champion Steering Committees in each region

- a) Youth Mental Health & Addiction Lead role description created
- b) Nomination process for identification/recruitment of youth leaders
- c) Recruitment strategy for cohort of Youth Mental Health & Addictions Leaders

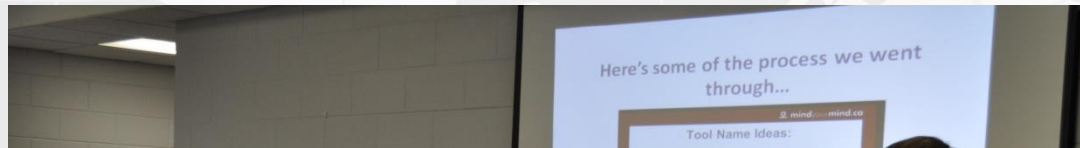
Training: Planning and Delivery

Provincial Training for Youth and Public Health
Leads including:

- a) Curriculum Development (sub-committee)
- b) Orientation (Pre-training for Youth and Public Health Leads)
- c) Centralized Training (Provincial)
- d) Local Champion development (at the school level)



Developing a Logo in Partnership with Youth



NETWORK of CHAMPIONS

Centralized Training









Give light, and the dark will disappear

The "NETWORK OF CHAMPIONS" consists of a group of Youth Leaders and Champions from communities across Ontario. Youth Champions together with adults from your school and local public health department are making an effort to raise awareness about mental wellness, help to reduce the stigma related to mental illness, and discouraging the misuse of drugs, alcohol and other substances. For more information, please talk to your teacher, public health nurse or Youth Champions in your school.

Wellness is important in maintaining good mental health. It is about feeling well, having good supports and having balance in your life. What does wellness mean to you? What positive activities do you do to keep well? Can you think of additional activities you or your friends could start doing to improve your mental wellbeing?

Centralized Training: Youth Voices

“I feel very happy and lucky to have been chosen to be a part of this program”

“I will try to diminish stigma and help people in my school who have mental illness – whether it is just being there for them or requesting a professional”

“I will hopefully be able to inspire and train others to be youth leaders”

“I feel very moved and inspired and I felt an ambition to go out and help everyone or at least everyday remind at least one person that there is always someone who is there for you and will support you”

Local Youth Champion Training

- Working with *Mind Your Mind* to develop an on-line tool to use during champion workshops
- Curriculum was developed in conjunction with youth and public health leads
- Host 2 Champion workshops per partner site for a total of 12 workshops in the 2014 – 2015 fiscal year



Network of Champions Reach Out

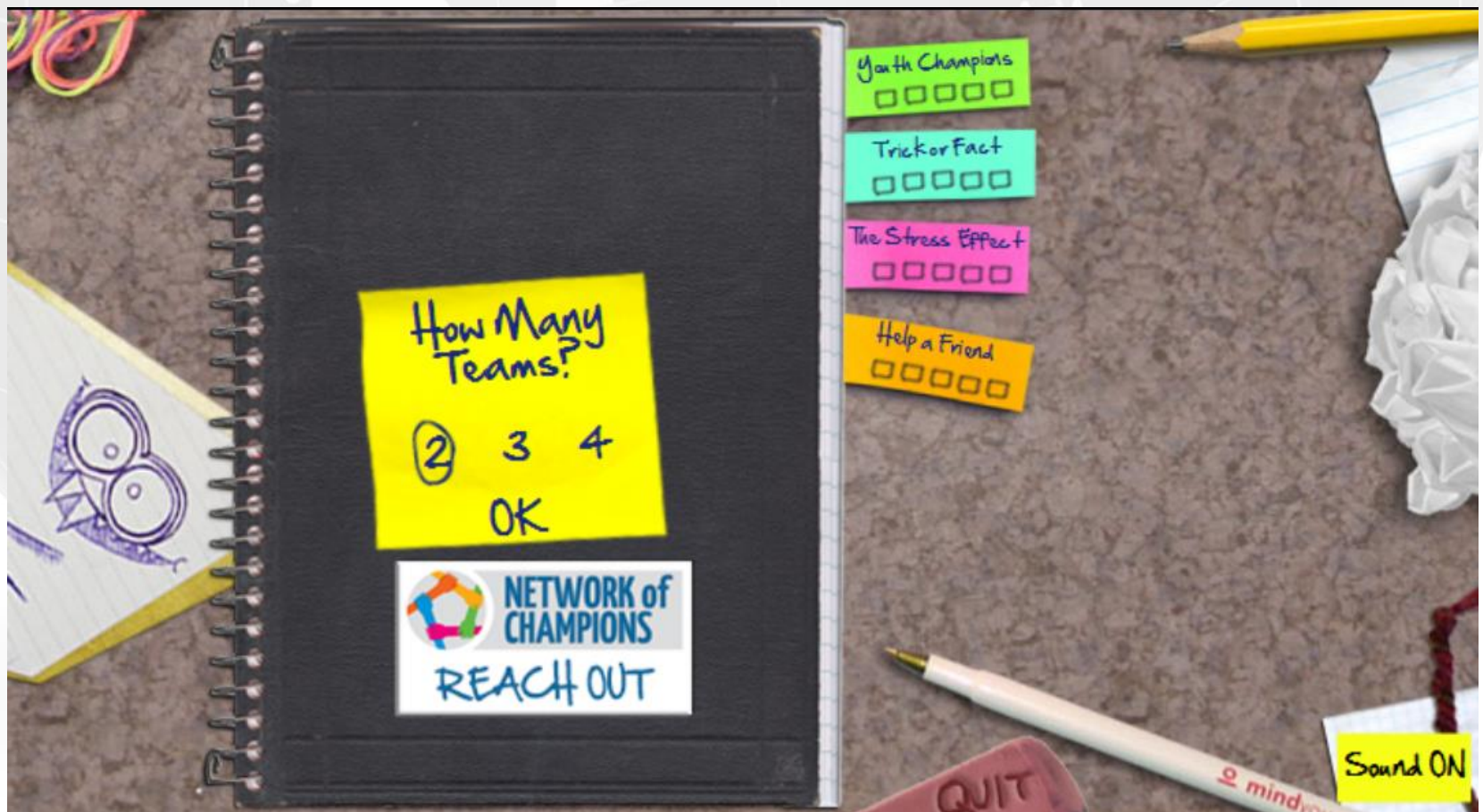
How can you become a
mental health champion in
your community?
Play Network of Champions
Reach Out and find out!



Local Youth Champion Training (School Level): Objectives

1. Gain knowledge and understanding about **Mental Health, Stress and Wellness** through the use of an interactive web-based resource, other resources and reflective activities
2. Learn about **local community resources** and support to support mental health and wellbeing
3. Learn about the YMHAC project and your **role as a Youth Champion**
4. Start assessing and **planning for local youth engagement initiatives** to promote mental health in your community and school

Network of Champions: Reach Out



How did the YMHAC Project Effectively Engage Youth: Provincially

- Members of the Provincial Advisory Committee
- Co-created “Network of Champions” name, logo and design and resources
- “Reach Out” Interactive tool/game
- Co-facilitated training of Youth Leads at Provincial Training



How did the YMHAC Project Effectively Engage Youth: Locally at the School Level

- Members of local YMHAC Steering Committees at their schools
- Co-chaired the YMHAC planning meetings at their schools
- Co-facilitated training of Youth Champion Workshops
- Mental health promotion initiatives



“Chill Rooms”
Puppy Rooms
“Worry-Free Wednesdays”
Tree of Life
Health Symposium
“Caught You Caring”
Pink Shirt Day
Guest Speakers
Yoga
School Wide Mental Health
Week
Wall Mural

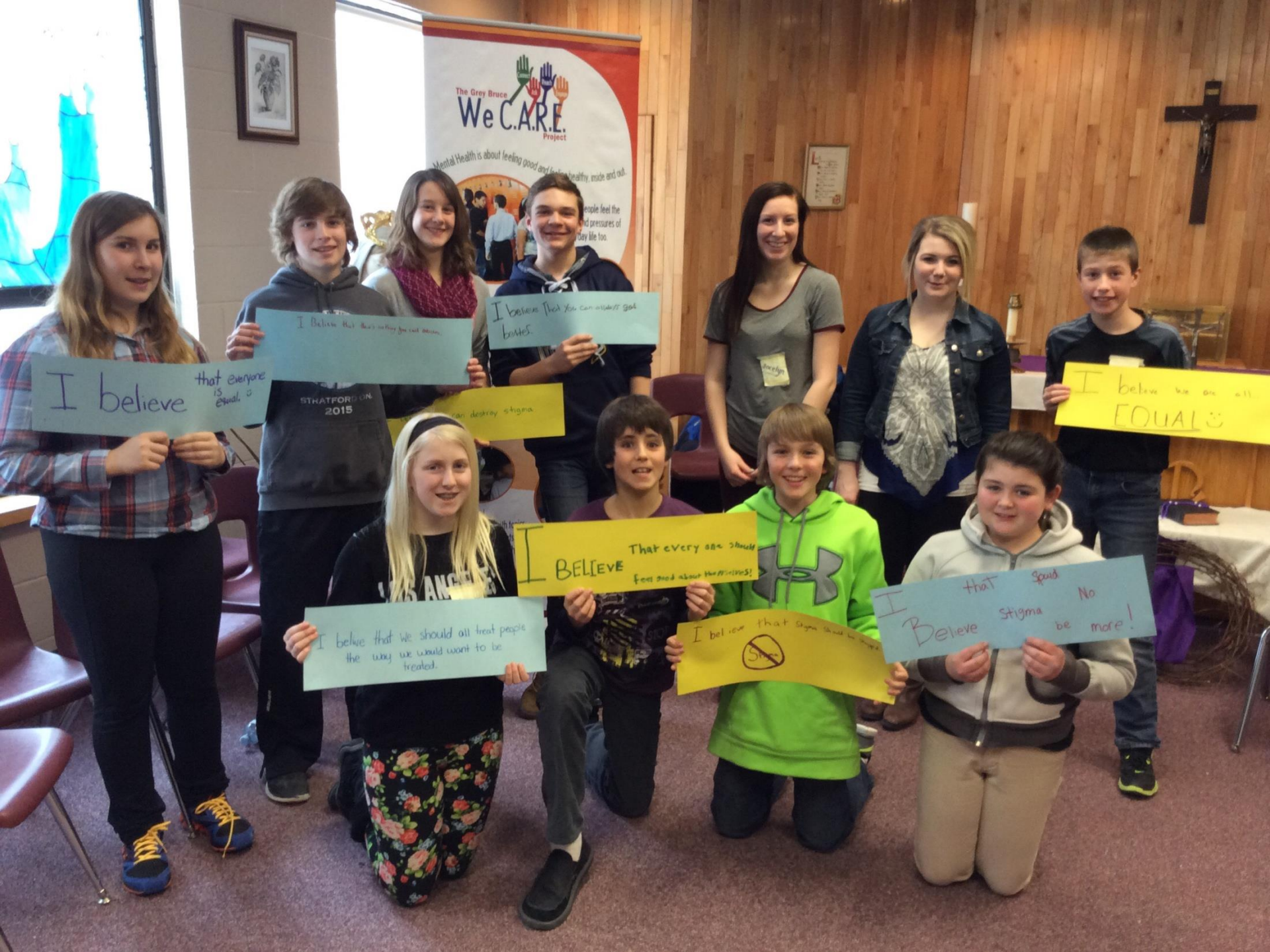


Caught You Caring Voucher

Student Name: _____

This student was caught caring when they...





The Grey Bruce
We C.A.R.E.
Project
Mental Health is about feeling good and feeling healthy, inside and out.

I believe that everyone is equal.

I Believe that there's nothing you can do about.

I believe that you can overcome your battles.

STRATFORD ON 2015
can destroy stigma

I believe we are all EQUALS

I believe that we should all treat people the way we would want to be treated.

I BELIEVE That every one should feel good about themselves!

I believe that stigma should be more!

I Believe that Stigma be more!

YMHAC Inter-sectoral Collaborations

Who: Public Health, School Mental Health ASSIST Leads, School Boards, Community Partners, Youth, Parents

Key Learnings:

- Learning needs to occur in a collaborative space
- Conflict is a good thing
- Need for similar languages across sectors
- Respecting diversity within each community (i.e. trends within community, school boards, mandates/policies that guide practice)

YMHAC Project Successes

- Increase in inter-sectoral partnership between health, education and community as a direct result of YMHAC
- Shifts in attitudes from mental illness focus to mental health promotion
- Youth have been provided with tools to address issues including mental health and illness, stigma, substance use
- Integration of Champion initiatives into school programming
- Active use of Youth Engagement/Peer Led Models
- Supporting and Expanding Role of PHNs in Mental Health Promotion
- Plans among the partners to integrate such a program into existing structures for long term sustainability

“ We are *making a difference in people’s lives*. I was struggling with having people to talk to when I was young [and was diagnosed with a mental illness]. Now *we are there for them*.” - Youth Lead

“The people on our committee *shifted their understanding away from mental illness toward promotion*. At first it was the mental illness framework that was driving the thinking. It’s been *nice to see that shift in understanding* – from illness to promotion and health.” – Public Health Lead

“One of the *greatest impacts* so far is certainly our *partnerships with our mental health leads* and our *school boards*. We had a bit of a relationship before, but *this project provided a platform* to catapult that relationship.” – Public Health Lead

YMHAC Project Challenges

- Lack of long-term dedicated resources both provincially and locally
- Lack of consistent standards for mental health promotion work at the health unit level
- Evolving knowledge of best practices in youth mental health promotion



Future of YMHAC

- Expansion of sites to 6 more PHU and 12 more District School Boards across Ontario
- Work with current 6 PHU as mentors to new sites
- Continue to support Provincial Advisory and Local steering committees
- Continue to work with Provincial partners to develop resources to support YMHAC, youth engagement, youth mental health and substance use work
- Develop a process to support youth in implementation of youth based initiatives in local communities

