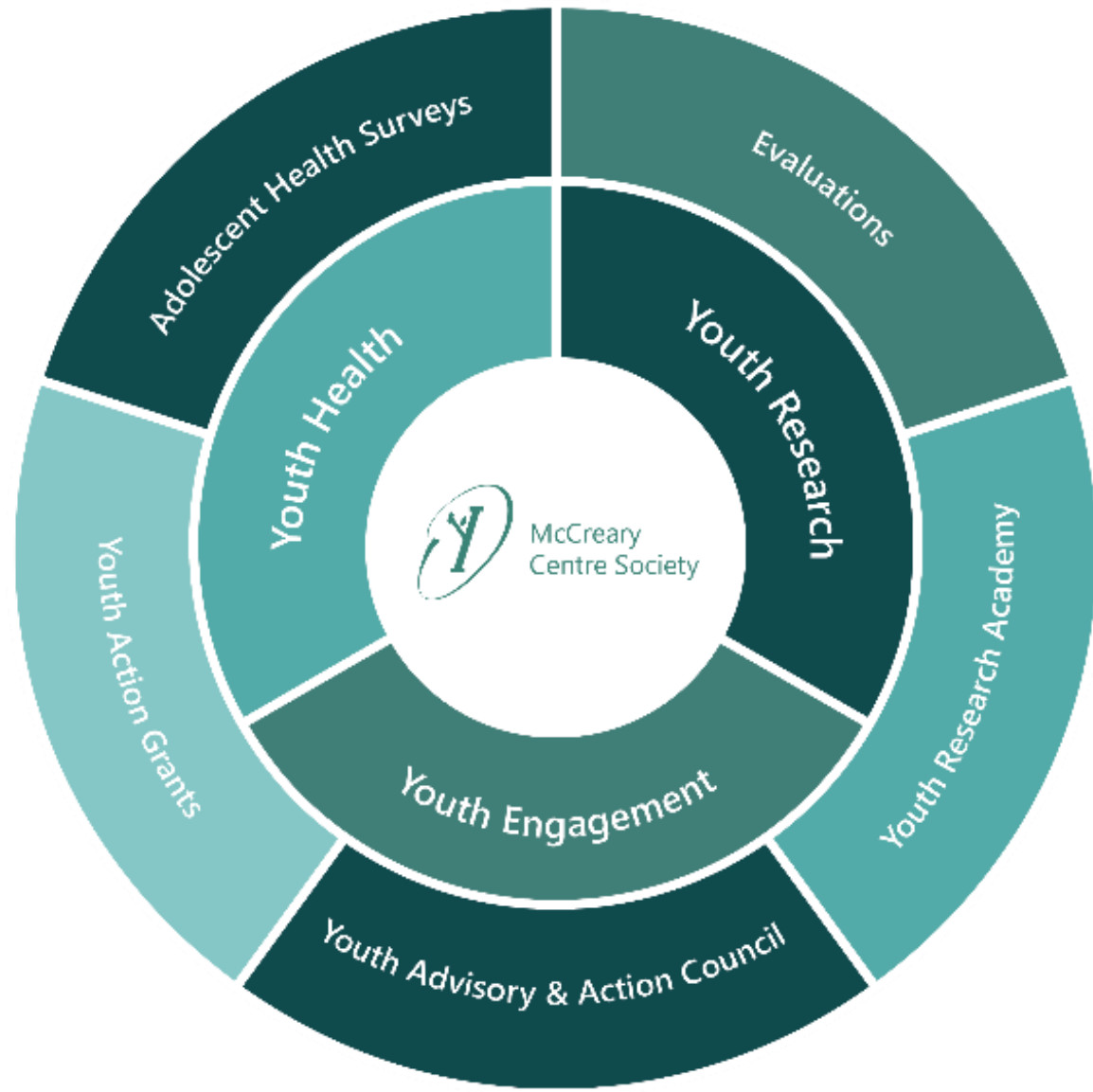


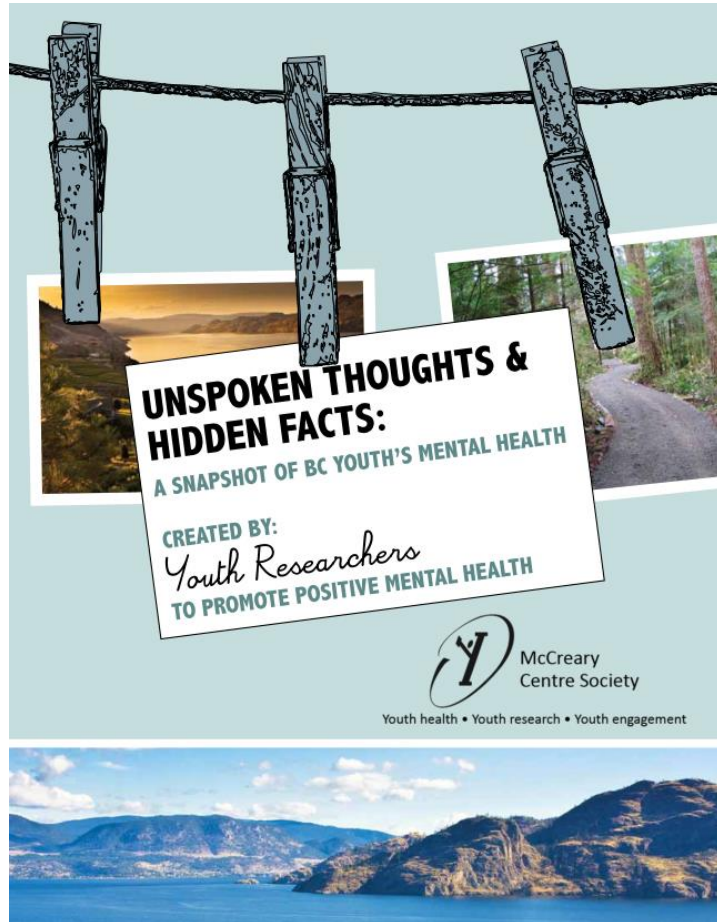
Youth Engagement in Mental Wellness Promotion

Best Brains Exchange: Strengthening the Mental Wellness of Children
and Youth in BC





Mental health of youth in Grades 7-12



- 28 youth with MH challenges
- Hired as youth researchers
- Created a range of resources
- Conducted workshops of their findings



Mental health of youth with care experience



- Youth Research Academy report
- Highlighted disparities
- Focused on protective factors
- Provided reflections



Mental health during covid



- 37 youth hosted conversations
- 252 youth provided suggestions
- Focused on community needs & resources



BENEFITS OF ENGAGING YOUTH IN MENTAL WELLNESS PROJECTS

- Know the issues
- Think differently to adults
- Can connect with other youth
- Bring energy and creativity
- Can make change
- Benefit from opportunities

LESSONS LEARNED

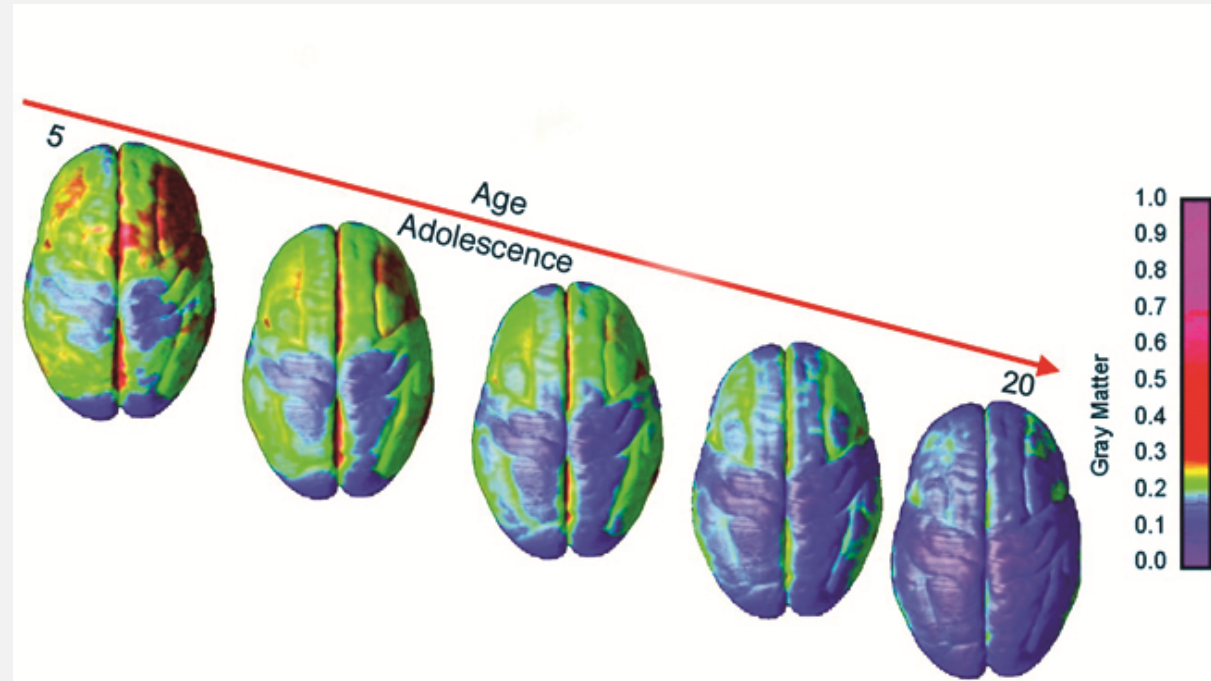
REACHING THE 'HARD TO REACH'

- Targeted advertising
- Through word of mouth
- School counselors & other adult allies
- Find out what they need to be able to participate

PROVIDE FOOD



DEVELOPMENTALLY
APPROPRIATE ENGAGEMENT



TRAUMA INFORMED



CULTURAL SAFETY & HUMILITY



RELATIONSHIP BUILDING

- Can't rush it
- Eat first, business later
- Make an effort & speak first
- Ice breakers & check-in's
- Be non-judgemental

SAFE PHYSICAL SPACE



SAFE EMOTIONAL SPACE



CHECKLIST

Creating a safe emotional space	Examples of questions to consider
Welcoming	Is there someone to greet youth?
Diverse	Is diversity represented in adults? Peer-mentors?
Inclusive	Are instances of discrimination addressed? Are cultural practices respected?
Skilled adults	Do adults have the skills to support youth's ideas and initiatives?
Co-creating	Are youth included in creating rules and practices?

YOUTH FRIENDLY MEETINGS

- Flexible meeting times
- Provide orientation materials
- Avoid jargon and acronyms
- Provide short breaks
- Provide opportunities for relationship development
- Have a community agreement
- Have skilled facilitators
- Host meeting in a youth-friendly space
- Have an evaluation in place
- Have clear objectives and goals
- Have fun!

THANK YOU

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