

Youth Wellness Initiatives (YWI)

Implementation Funding 2023-2024



Overview of program

The Youth Wellness Initiatives (YWI), previously known as the Youth Mental Health and Addiction Champions (YMHAC) initiatives founded in 2014, has been implemented in partnership with public health units and schools across Ontario.

The initiative uses a youth-led, peer-based model, that aims to provide youth with the opportunity to become agents of change and have a voice in the decisions that affect their health and well-being. With the support from adult allies, youth leaders implement and evaluate health promotion and substance use prevention activities within their local schools.

These youth-led activities promote mental health, reduce stigma, and improve knowledge and awareness of substance use and prevention, supporting the creation of a resilient and supportive school environment. **We encourage the use of the [YWI toolkit](#) to support you along the way.**

Opportunity

- ✓ We want teams to CREATE, PUT INTO ACTION and EVALUATE inspiring and innovative projects and initiatives that will increase wellbeing in YOUR school community!

Timeline

The following are suggested timelines you may wish to consider when planning project activities.

Month 1

Adult ally lead(s) are identified at each school.

Adult ally lead(s) complete an **orientation/refresher** facilitated by the public health lead(s).

Month 1 - 2

A group of students identified as **Youth Champions**.

Youth Champions **complete a Youth Champion workshop** led by an adult ally lead(s).

Youth Champions and adult ally lead(s) work together to **fill out the workplan template and submit the application form**.

Month 2 - 4

Youth Champions and adult ally lead(s) **implement and evaluate their planned activities** in the school.

If applicable: Adult ally lead(s), mental health lead and public health lead(s) attend **regular online meetings** to share progress.

Month 4 - 5

Celebrate your team's success with a year-end gathering.
Complete the outcomes section of the workplan template and send to the public health lead(s).

Application process

HOW TO APPLY?

- ✓ Get familiar with the application process.
- ✓ Complete an orientation/refresher with the public health lead.
- ✓ Establish the team of youth and adults that will work on this project.
- ✓ Set a meeting to fill out this application form with your team.
- ✓ All applications will be reviewed and assessed by your public health unit.

Get started today!

WHEN?

- ✓ Orientation/Refresher by **February 9, 2024**
- ✓ Application deadline **February 28, 2024**
- ✓ Letter of agreement and funding allocation to successful applicants by **March 8, 2024**
- ✓ Reporting timelines to the Porcupine Health Unit (PHU) **June 7, 2024**

FUNDS:

- ✓ Teams will be eligible to receive a one-time grant in the **minimum amount of \$225** (depending on the number of applications received).

Submit your application to Wendy Legros by February 28, 2024.

Email – wendy.legros@porcupinehu.on.ca

If you have any questions about the application or if you need support along the way, please contact *Wendy Legros* at wendy.legros@porcupinehu.on.ca.



Youth Wellness Initiatives (YWI) Implementation Funding Application Form 2023 to 2024

1. Contact Information

School/Community Organization Name:

School/Community Committee Name (if any):

Adult ally lead Name:

Phone:

Email:

2. The initiative must touch upon one or more of the following topics:

Which topics do you anticipate addressing? (*Select all that apply*)

Mental health awareness and resources

Stigma education and awareness

Substance use prevention and resources

Identify and belonging

Supportive relationships

Coping strategies and stress management

Cultural awareness and safety

Sleep health

Healthy eating and nutrition

Recreational screen time and social media

Physical activity

Resources – where to go for support

3. Complete and submit **WORKPLAN TEMPLATE** with your application (page 4).

4. How were youth and adults both involved in the application process?

Adult completed application

Youth were consulted to complete application

Youth and adults completed application together

Youth completed the application

WORKPLAN TEMPLATE

Objectives of initiative:

- To prepare a cohort of local Youth Champions.
- To support planning, implementing, and evaluating local youth health promotion activities in their school environments.
- To support the health and wellbeing of youth.

Application				End of activity submission	
Activity and description	Desired impact <i>What do you want to see happen?</i> <i>(Make it a SMART goal – Specific, Measurable, Achievable, Relevant and Time bound)</i>	Evaluation plan <i>How will you measure your desired impact?</i> <i>(e.g., survey, activity profile, interviews, focus group, tracking form, SWOT analysis)</i>	Budget <i>(Amount, items purchased)</i>	Outcomes <i>How will you know you're successful?</i> <i>(e.g., earned media, items distributed, trainings delivered, # of adult allies, # of youth champions, # of participants, change in knowledge, skills and attitudes, successes, lessons learned, satisfaction level, resources developed, barriers/challenges, objectives achieved, partnerships created)</i>	Other information
<p>🎉 CELEBRATE GOOD TIMES! 🎉 How will you celebrate your hard work?</p>					



EXAMPLE

Application				End of activity submission	
Activity and description	Desired impact <i>What do you want to see happen?</i> <i>(Make it a SMART goal – Specific, Measurable, Achievable, Relevant and Time bound)</i>	Evaluation plan <i>How will you measure your desired impact?</i> <i>(e.g., survey, activity profile, interviews, focus group, tracking form, SWOT analysis)</i>	Budget <i>(Amount, items purchased)</i>	Outcomes <i>How will you know you're successful?</i> <i>(e.g., earned media, items distributed, trainings delivered, # of adult allies, # of youth champions, # of participants, change in knowledge, skills and attitudes, successes, lessons learned, satisfaction level, resources developed, barriers/challenges, objectives achieved, partnerships created)</i>	Other information
<p>Mindfulness week Youth Champions and Adult Allies will distribute coping tip sheets and organize a variety of coping activities during exam week for all five senses:</p> <ul style="list-style-type: none"> • Sight: funny videos, beautiful art, cute photos • Hearing: calm music • Taste: mints, tea, nutritious snacks • Touch: therapy dogs, sensory objects • Smell: essential oils • Movement: stretching 	Encourage at least 40 students and 5 school staff to try at least one mindfulness technique or coping strategy during exam week.	Tracking form Informal interviews with participants	\$150 for smoothie sample ingredients \$75 – sensory objects (tangles, sequin pillows, bubble wrap)	<ul style="list-style-type: none"> • 3 Youth Champions and 1 adult ally organized and hosted the booth. • Coping activities for each of the senses (movement, sight, hearing, taste, touch, smell) were available throughout exam week. • 35 students and 6 school staff tried at least one mindfulness technique or coping strategy. • 12 students identified trying a coping activity for the first time. • Participants enjoyed the therapy dogs, bubble wrap and smoothie samples the most. • Coping tip sheet was created and 52 copies were distributed. 	Many students arrived 10 mins before their exams which limited their opportunity to try a mindfulness or coping activity.
<p>🎉 CELEBRATE GOOD TIMES! 🎉 How will you celebrate your hard work? Have a board game and pizza night with everyone who helped with the event. Make a school announcement to thank all those involved in organizing the activity.</p>					