



RNAO'S

**Youth Mental Health and Addiction Champions
(YMHAC) Initiative**

Adult Leads Orientation Training Workbook

TABLE OF CONTENTS

Welcome Letter	3
YMHAC Overview	4
Foundations for Healthy Schools	5
Youth Leads Orientation Training Materials	9
Other Supplementary Resources	10

Welcome YMHAC Initiative Adult Leads

Welcome to the Youth Mental Health and Addiction Champions (YMHAC) Initiative! The YMHAC Initiative is an initiative between the Registered Nurses' Association of Ontario, Public Health sites across the province, and School Mental Health ASSIST. We are extremely happy to work with each and every one of you as a YMHAC Lead!

The YMHAC Initiative aims to improve the health and well-being of children and youth by emphasizing mental health promotion, reducing stigma related to mental illness, and highlighting strategies to prevent substance misuse.

The objectives of the YMHAC Initiative are to:

1. Raise awareness about the mental health continuum to support overall well-being of youth and decrease stigma related to mental illness.
2. Develop leadership and facilitation skills of participating youth.
3. Develop a cohort of Youth Mental Health and Addiction Champions.
4. Engage Youth Mental Health and Addiction Champions to develop, implement and evaluate creative youth engagement strategies to promote mental health, reduce the stigma of mental illness and explore strategies to prevent substance use.
5. Provide opportunities for health and education professionals, to collaborate with youth to implement mental health promotion initiatives in their local school communities.

As part of your role as a Public Health Lead, you will receive support from your public health unit, mental health leads, schools and the Registered Nurses' Association of Ontario. The following five activities will help familiarize you with the YMHAC initiative, its guiding principles, and key objectives.

ACTIVITY #1

Youth Mental Health and Addiction Champions (YMHAC) Initiative Overview

Length of Module: Approximately 2 hours to complete

Background:

The YMHAC Initiative presentation aims to provide Public Health Leads with an overview of the Initiative. The presentation may be used at the pre-training session with Youth Leads/School Staff to develop a common understanding of the YMHAC Initiative and Youth Lead roles.

Learning Goals:

1. To provide background information about the YMHAC Initiative goals, objectives and process.
2. To provide information about the Youth Lead role/

Resources:

To complete these modules you will need:

1. Access to a computer
2. YMHAC Presentation.
3. YMHAC Webinar on overview of Initiative (link below).

Instructions:

The attached presentation can be presented to Youth Leads during a pre-training workshop. Slides may be added according to local needs and context.

Link to Resources:

1. YMHAC Webinar on overview of Initiative
<https://youtu.be/i8m9nCofE58>

ACTIVITY # 2

Foundations for Healthy Schools

Length of Module: Approximately 3 hours to complete

Background:

There is evidence that health and learning are interdependent; healthy children make better learners and better educated children are healthier. The Healthy Schools approach is a strength-based, internationally recognized health promotion model used to create a healthy school environment and improve student learning. This approach is based on the Ministry of Education's Foundations for a Healthy School framework, and supports improvements in students' educational outcomes while promoting resilience by addressing school health in a planned, integrated and holistic way. The effectiveness and sustainability of this approach relies on a partnership between health, education, parents, students and community stakeholders working together on a school health committee.

The information discussed in the Healthy Schools presentation and Healthy Schools Toolkit explores the Healthy Schools approach. The Healthy Schools Toolkit is designed to guide schools through the steps of creating a healthier school. It also provides specific tools and strategies to support school staff and Youth Lead in forming a planning committee to assess, implement and evaluate mental health initiatives related to the YMHAC Initiative.

Learning Goals:

1. To provide an overview of the Healthy Schools approach.
2. Introduce the Healthy Schools Toolkit.
3. Learn how to comprehensively implement the Healthy Schools Approach to support and sustain YMHAC mental health and well-being initiatives in schools.

Resources:

To complete these modules you will need:

1. Computer and internet.
2. Webinar on Foundations for a Healthy Schools Presentation (Toronto Public Health Resource # 1) (link below).

Instructions:

This module can be done alone or with your colleagues involved in the YMHAC Initiative. Please review the accompanying Power Point slides and Healthy Schools Toolkit content covered in the resource section.

Link to resources:

1. Foundations for a Healthy Schools Presentation (Toronto Public Health)
<https://youtu.be/jED4TRLOWAw>
2. Healthy Schools Toolkit (Toronto Public Health)
http://www1.toronto.ca/city_of_toronto/toronto_public_health/healthy_communities/files/pdf/toolkit.pdf
3. Healthy Schools, Healthy Communities Video (OPHEA)
https://www.youtube.com/watch?v=QDXeq5S_J8A
4. Foundations for a Healthy School (Ministry of Education)
<http://www.edu.gov.on.ca/eng/healthyschools/foundations.html>

Other supplementary resources:

1. Comprehensive School Health Framework
<http://www.jcsh-cces.ca/index.php/about/comprehensive-school-health>
2. Pan-Canadian Joint Consortium For School Health: Positive Mental Health Tool Kit
<http://www.jcshpositivementalhealthtoolkit.com/>
3. Joint Consortium on for School Health: Healthy School Planner
<http://www.healthyschoolplanner.uwaterloo.ca/?page=102>
4. Healthy Schools Toolkit (Toronto Public Health Interactive Resources)
<http://www1.toronto.ca/wps/portal/contentonly?vgnextoid=64a4745467332410VgnVCM10000071d60f89RCRD>

ACTIVITY # 3

Understanding and Adopting Youth Engagement Principles

7

Length of Module: Approximately 2 hours to complete

Background:

Youth engagement can be defined as the meaningful and sustained involvement of youth in an activity, with a focus outside of themselves (Centre of Excellence for Youth Engagement, 2003). Youth Engagement embraces youth-adult partnerships models of working toward an agreed upon outcome, where youth are seen as partners, rather than clients (RNAO, 2010). This way of working honours young people's rights to participate in decisions that impact them and acknowledges their skills and strengths. It is this type of youth participation that leads to the development of the protective factors, promote positive youth development, and prevent youth from engaging in risk taking behaviours (Search Institute, 2006).

There is mounting evidence to suggest that young people who take active roles have fewer problems, are better skilled and tend to be lifelong citizens (Irby, Ferber, Pittman, Tolman, & Yohalem, 2001). Current research indicates that youth engagement offers a variety of positive outcomes for youth, including lower rates of substance use, lower levels of depression, a significant reduction in dropout rates in school, higher academic performance and lower rates of conflict with the law, particularly for youth who have been categorized as "high risk" (Centre of Excellence for Youth Engagement, 2007).

Learning Goals:

1. Identify benefits of adopting youth engagement principles.
2. Understand challenges and effective solutions to implementing youth engagement principles.
3. Apply youth engagement principles in mental health, illness and addiction.
4. Understand why youth use substances and apply evidence-based strategies using youth engagement principles to prevent and/or reduce substance use.

Resources:

To complete this activity, you will need:

1. Computer and internet.

Instructions:

This two-part activity can be done alone or with your colleagues involved in the YMHAC Initiative. Please review the “Ontario Centre of Excellence for Child and Youth Mental Health – Youth Engagement in Mental Health Care” learning module as well as the hour long “Engaging Youth who use Substances” e-Learn module.

Link to Resources:

1. Ontario Centre of Excellence for Child and Youth Mental Health – Youth Engagement in Mental Health Care Learning Module
<http://www.excellenceforchildand youth.ca/youth-engagement-mental-health-care>
2. Registered Nurses’ Association of Ontario. Engaging Youth who use Substances e-Learn Module
<http://rnao.ca/bpg/courses/engaging-youth-who-use-substances>
3. Registered Nurses’ Association of Ontario. (2010). Enhancing Healthy Adolescent Development (2010).
<http://rnao.ca/bpg/guidelines/enhancing-healthy-adolescent-development>

Additional Resources

- a. Ontario Centre of Excellence for Child and Youth Mental Health – Walking the Talk: A toolkit for engaging youth in mental health <http://www.yetoolkit.ca/>

ACTIVITY # 4

Youth Leads Pre-Training Materials

Length of Module: Approximately 1 hour to complete

Objective:

To gain familiarity with the Youth Lead Pre-Training materials

Resources:

To complete these modules you will need:

1. Access to Youth Lead Pre-Training Workshop Materials.
2. Access to a computer with internet.

Link to Resources:

Youth Lead Pre-Training Workshop
Materials.

ACTIVITY # 5

Other Supplementary Resources

Background:

The following resources may be of additional assistance.

Link to Supplemental Resources:

A) SUBSTANCE USE PREVENTION

1. Ontario Student Drug Use and Health Survey
http://www.camh.ca/en/research/news_and_publications/ontario-student-drug-use-and-health-survey/Pages/default.aspx

CAMH About Series

About Alcohol

http://www.camh.ca/en/hospital/health_information/a_z_mental_health_and_addiction_information/alcohol/Pages/about_alcohol.aspx

About Marijuana

http://www.camh.ca/en/hospital/health_information/a_z_mental_health_and_addiction_information/marijuana/Pages/about_marijuana.aspx

About Tobacco

http://www.camh.ca/en/hospital/health_information/a_z_mental_health_and_addiction_information/tobacco/Pages/about_tobacco.aspx

About Cocaine

http://www.camh.ca/en/hospital/health_information/a_z_mental_health_and_addiction_information/Cocaine/Pages/default.aspx

About Gambling

http://www.camh.ca/en/hospital/health_information/for_children_youth/Pages/about_gambling.aspx

2. Canadian Centre For Substance Abuse – Xperiment
<http://www.xperiment.ca>
3. Peel Public Health – Don't Drive High
<http://www.dontdrivehigh.ca/index.htm>

B) MENTAL HEALTH

1. Canadian Mental Health Association
<http://www.cmha.ca/>
2. Ontario Centre of Excellence for Child and Youth Mental Health – Resource Hub
<http://www.excellenceforchildandyouth.ca/resource-hub>
3. Mental Health Commission of Canada
<http://www.mentalhealthcommission.ca/>

C) OTHER

1. RNAO Enhancing Healthy Adolescent Development Best Practice Guideline
<http://rnao.ca/bpg/guidelines/enhancing-healthy-adolescent-development>
2. Connex Ontario
<http://www.connexontario.ca/>