



# Action Plan



The Youth Mental Health and Addiction Champions (YMHAC) Initiative Action Plan is designed to help you bring your mental health promotion ideas to life.

This template should be filled out with the Youth Lead, Public Health Lead and others who are involved in bringing this Initiative to life in your school (i.e., School Staff Leads, Mental Health Leads). This template will help you keep track of your goals, think through some of the resources you will need and map out what you hope to achieve.

An action plan is a living document, and it's just the first step. To make your action plan work, communication with those involved in the Initiative will be key as you revisit and revise the goals regularly. Please complete the template below, reflecting on your Initiatives goals, what you learned from the orientation and foundational training and what you know about the needs of your local community.

## Example of Action Plan:

Youth Mental Health & Addiction Champion Initiative: Action Plan School: Initiative: (briefly describe your planned mental health promotion Initiative)
Initiative Goals <b>Specific:</b> what will we do? <b>Measurable:</b> how will we know we've been successful? <b>Attainable:</b> is it achievable (e.g: do we have the resources)? <b>Relevance:</b> will it make a difference? <b>Time-bound:</b> what is our timeline?





### EXAMPLE

School: Ontario High School

Goal #1: To train 4 youth champions from Ontario High School by the end of the semester

Activity (what do we need to do to reach our goal?)	Desired Outcome or hopes and dreams (what to we want to see happen?)	Resources (what do we need to make it happen?)	How will I know if I achieved success?	Responsible & Date of completion (who is responsible and when will it happen?)
1 Conduct Champion Training	Train a minimum of four champions in my school	Champion recruitment flyer  Training interactive resource	Sccessfully recruit four champions  Conduct Training  Trained four youth	Youth Leads: Recruitment completed by Nov 15 2014  All: Training completed by Nov 30, 2014



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## YOUTH MENTAL HEALTH & ADDICTION CHAMPION INITIATIVE: ACTION PLAN

School:

Goal #1:

Activity (what do we need to do to reach our goal?)	Desired Outcome or hopes and dreams (what do we want to see happen?)	Resources (what do we need to make it happen?)	How will I know if I achieved success?	Responsible & Date of completion (who is responsible and when will it happen?)
1				
2				
3				



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