



# Youth Mental Health and Addiction Champions (YMHAC) Workshop



# Welcome



# House-Keeping

- Graffiti wall
- Parking lot/Bike rack
- Agenda (breaks, lunch, etc)
- Chill zone/Safe space
- Cell phones
- Respect
- **Have fun**

# Icebreaker Activity

1. Write your name and an interesting or fun fact about yourself on a piece of paper.
2. Crumple the paper into a ball.
3. Pass all the paper around the group until someone says “stop.”
4. Take turns reading out each paper until everyone has been introduced.

# Mental Well-being

- Balance – everything will work out.
- Feel good about yourself and your relationships.
- Coping with stresses.

Watch “[Promoting Mental Health –Finding a Shared Language](#)” CAMH Health Promotion Resource Centre.

# Mental Illness

- Interferes with daily life.
- Affects social activities.
- Loss of enjoyment.



# Mental Illness and Stigma

## **Commonly held misconceptions of people with mental illness include the following:**

- People with mental illness are all potentially violent and dangerous.
- People with mental illness are somehow responsible for their condition.
- People with mental illness have nothing positive to contribute.

# Mental Illness and Stigma





# Mental Health and Addiction

- What is addiction?
  - The 4 C's
    - craving
    - loss of control of amount or frequency of use
    - compulsion to use
    - use despite consequences
- Often times when we are referring to addiction, we are commonly referring to addictions to substances such as drugs, alcohol or even tobacco.

# Mental Health Promotion

So what is mental health promotion?

Mental health promotion encourages the mental well-being of all individuals, families or communities regardless of their mental health status. Promoting mental health in schools can benefit everyone, as the intent is to build on people's abilities, skills and strengths while promoting resiliency.

Much like we try to prevent obesity, diabetes or high blood pressure by promoting good eating habits and physical activity, we can also promote positive mental health or mental well-being with some basic messages or activities.

# Mental Health Promotion

Within a school community, activities that promote mental health encourage:

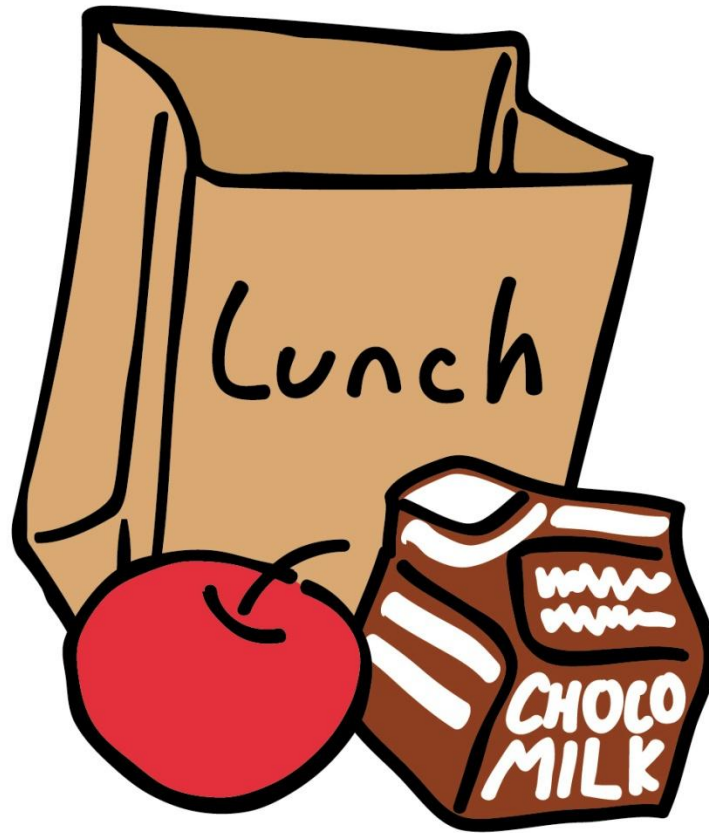
- cultural sensitivity and awareness.
- respect for people's differences.
- inclusion and a sense of belonging or connectedness.

The focus of MHP is to create school communities that are respectful, while promoting people's resilience and ability to deal with life's challenges.

# Network of Champions – Reach Out

Play the “[Network of Champions – Reach Out](#)”  
Interactive Tool and test your knowledge!

# Lunch



# Guest Speaker

**Jane Smith**

(insert photo)

# World Café

## **What is a World Café?**

The concept of a world cafe is to share ideas with people around the world (or around the room)!

# World Café

## Questions for Groups to Consider (Round 1)

1. How can you as youth create positive learning environments within your school or community?
2. How can you raise awareness or improve mental well-being?
3. How can we involve students and school staff within this process?



# World Café

## Questions for Groups to Consider (Round 2)

1. Following today's workshop, what message do you think is most important to bring back to your school or community?
2. When is the best time to send these messages? Consider, when is it most needed?

# World Café

## Questions for Groups to Consider (Round 3)

1. What specific activities can be organized to convey your message?



# Break



# Next Steps

Now that you have lots of ideas, your next challenge is deciding which ideas to pursue!

1. Fill out the action plan on your tables.
2. Each group/school will present their action plans to the larger group.



# Next Steps

## YOUTH MENTAL HEALTH & ADDICTION CHAMPIONS (YMHAC) INITIATIVE

### 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:

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

# Reflection – Head, Heart, Feet

What do you **think** about what you learned today?

What do you **feel** about what you learned today?

What will you **do** with what you learned today?

*Explore how the YMHAC Initiative impacted you in your head, heart and feet, and what your big takeaway messages are!*



What do you **think** about what you learned at the YMHAC Initiative training?

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What do you **feel** about what you learned at the training?

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What will you **do** with what you learned at the training?

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# Wrap-Up

