

Youth Wellbeing Network

Progress, Goals, and Opportunities



Youth Wellbeing Update

**Youth Wellbeing
Conversation
MAY 2023**

01

**Youth Wellbeing
REPORT
AUG 2023**

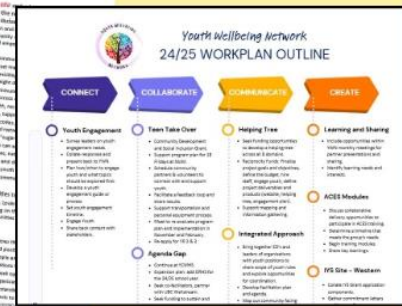
02

**Youth Wellbeing
NETWORK
EST 2023-2024**

03

**YWN Workplan
2024-2025**

04



YWN OUTCOMES

*the
ripple
effects*



1. Establishing a Youth Engagement Plan *connecting*
[SCHOOL - YOUTH - COMMUNITY]



2. Integrated Approach *accountability*
WORKING COLLABORATIVELY
TOWARDS COMMON GOALS



3. Over \$2 million in funding investments
youth programming

IYS Site - 6 full time clinicians
and Youth Hub

Helping Tree and
Improved Service
Navigation

Community Mental Health
Funds for programming
and networking

Social Inclusion Funding (TTO)

What youth need from you...

YOUTH AGED 10-25 YRS

1. Review Strategic Plans with Youth in Mind

Incorporate recommendations from the Wellbeing Report (facilities, decision makers, recreation)

- Do transportation stops / links meet youth needs?
- Have youth been engaged on Active Transportation plans?
 - Are recreation services meeting the needs of youth?
- Is there an action plan to help close recreation gaps for youth 11-15 years?
 - Is council represented at the Substance Use Awareness Partnership?
marketing to youth, substance use policies, healthy school zones, etc.
- Supporting affordable housing, basic income, and food security policies supports families and impacts the community environment youth grow up in.

2. Commitments to Integrated Youth Services

- Is council familiar with the objectives of IYS? If not, what next steps can you commit to?
- Is there flexibility to direct resources to support an IYS Hub? (including recreation services at an IYS site, transportation - e.g. funding a late bus or revising public stops if needed, identifying and addressing programming gaps for youth.)
- Council representation on the IYS Coalition/YWN
- Identifying opportunities and a process to meaningfully engage youth.

Prezi Link - <https://prezi.com/view/dKGWdb4tfPDEUU7jeKx7/>

Additional Documents and Links:

- [Youth Wellbeing Network](#) - TREE Visual: vision, mission and goals of the network established to respond to the needs identified in the wellbeing report. (also attached as PDF)
- [Youth Wellbeing Report \(2023\)](#) - comprehensive overview of youth needs and community solutions across 8 domains of wellbeing.
- More information on Integrated youth Services - <https://iwkhealth.ca/iys>
- IYS Yarmouth news release: <https://news.novascotia.ca/en/2025/01/24/new-integrated-youth-services-coming-yarmouth>
- IYS BGC Site – overview of IYS space (attached)
- IYS Coalition: Lead Agency – BGC Yarmouth. Partner Agencies – Restorative Justice, Southwest Employment Services, SHYFT Youth Services, Youth Wellbeing Network

Feel free to touch base with either myself or Livinus if you have any additional questions.

Thanks,

Denise



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YOUTH WELLBEING NETWORK

Creating communities where youth can thrive

Approach

- Youth centered
- Culturally responsive and inclusive
- Strengths-based

Our Goals

CONNECT

with partners to engage youth and help amplify their voices.

Evidence

- Improved life outcomes
- Sustains community and contributes to its long term success

Strategies

- Support training and professional development
- Tackle problems, not people
- Be trauma-informed
- Improve networking and collaboration

COLLABORATE

with others to reduce duplication and contribute to the effective use of our resources.

Partners

- Schools and Educators
- Decision Makers
- Community organizations with youth-focused interests
- Health, Education, Justice & Community Services

Stance

- Promote social justice, equity and positive change
- Be an advocate
- Safety and belonging for all

COMMUNICATE

and advocate to ensure young people have the necessary supports and resources to thrive.

Outcomes

- Responsive communities
- Improved connections
- Knowledge translation
- Families thrive when communities thrive

Why?

We value families and communities...

- Working towards a brighter future
- Amplifying youth voices
- Building resiliency & protective factors ... to drive solutions for systems change!

Our Mission

A collaboration of youth serving organizations and partners working to engage youth and grow the foundation of community support to enhance wellbeing.

How

- Share, listen and learn
- Work collaboratively
- Meaningful engagement
- Avoid duplication
- Be responsive and flexible

Our Vision

Working together to create communities where youth can thrive.

LEARNING & GROWING

Promoting growth, curiosity and identity development.

SAFETY & SECURITY

Stability and access to the necessities of life.

RELATIONSHIPS

Forming and sustaining supportive interpersonal connections.

PURPOSE

Having a sense of accomplishment.

ROOTS OF WELLBEING

HEALTHY LIVING

Making healthy choices and being active

MENTAL WELLNESS

Coping with adversity and managing emotions in a positive way.

COMMUNITY

Belongingness to people, cultures, and places.

PLACES & SPACES

Connections with nature and community.

YOUTH WELLBEING NETWORK: GOALS & OBJECTIVES

CONNECT, COLLABORATE, COMMUNICATE, & CREATE

CONNECT with partners to engage youth and help amplify their voices. Giving young people a voice in community empowers them and makes them feel like they belong, they are valued, and their contributions matter. This means listening to what matters most to them and taking their views seriously.

- Connect youth champions across systems and build relationships for meaningful youth engagement.
- Establish partnerships and develop a process for youth recruitment in engagement activities and events.
- Create a guide (or process) for decision makers on how to meaningfully engage youth.
- Define frequency and form of youth engagement and host engagement sessions on a regular cycle.
- Amplify youth voices by sharing data, information and their perspectives with other adults and decision makers.
- Promote this network as a place to support youth engagement.

COLLABORATE with others to reduce duplication and contribute to the effective use of our resources. By pooling resources and expertise, different systems can develop more effective interventions and services that are tailored to the needs of young people. Collaboration can also help to reduce duplication of services and resources, which can lead to more efficient and effective use of resources.

- Collaborate on emerging issues impacting youth across the Tri-Counties.
- Share and act on current data; including facilitating the collection of data on issues impacting wellbeing and developing a process to communicate results with community partners.
- Seek funding opportunities that support youth wellness initiatives and assist partners to respond quickly to new funding applications.
- Address issues important to youth.
- Foster partnerships to address identified gaps.

COMMUNICATE and advocate to ensure young people have the necessary supports and resources to thrive. Through effective communication and advocacy efforts we can help to create a community where young people feel valued, supported, and empowered to succeed.

- Improve communication across stakeholders through asset mapping; identify community strengths, existing gaps, and available resources across the eight domains of wellbeing.
- Develop communication tools to facilitate system navigation across common topics (e.g., food, mental health, recreation). This could include a helping tree, supports and services guide, website, QR codes, Q&A page, place to host resources and network connections using a platform like “sugar health”, “padlet”, or “slack” that everyone can access.
- Share resources, network priorities and actions across sectors and disciplines.
- Communicate youth voices from engagement sessions with community.

CREATE opportunities to nurture resilience and support wellbeing. Looking beyond the immediate response and working on the foundational conditions that keep our communities healthy, strong, and resilient.

- Advocate for policies that create healthy environments and positively impacts systems change young people and their families.
- Facilitate conversations to support the concept of a Youth Hub and seek opportunities to bring back a youth serving organization to Yarmouth.
- Develop our understanding of current policy windows and contexts to inform our work as we engage in policy advocacy.



Overview of IYS-NS Site Staff Roles

At each IYS site, the following core site staff members will be employed and supervised by the Lead Agency:

Position	Minimum post-secondary education	High-level overview of role-specific responsibilities	# of positions
Community Outreach Worker	Bachelor of social work and eligible for registration with NS College of Social Workers	<ul style="list-style-type: none"> - Assess and triage youth mental health and addiction needs. - Collaboratively establish goals, and support youth to access services. - Provide collaborative case management for youth as needed. - Engage youth in community who would benefit from IYS supports. 	1.0
Youth Support Worker	Diploma in child & youth care from a recognized college/university and/or univ. degree in healthcare with equivalent child & youth experience	<ul style="list-style-type: none"> - Provide individual support and mentoring to youth experiencing challenges related to mental health and addictions. - Co-facilitate groups, programs and activities for youth. - Organize and support the site Youth Advisory Committee, in conjunction with the provincial Youth and Caregiver Engagement Coordinator. 	1.5
Family Support Worker	Degree or diploma in child and youth care studies, family studies, or equivalent healthcare degree with experience in family work	<ul style="list-style-type: none"> - Support and guide families/caregivers as they navigate their youth's MHA journey. - Lead peer support and programming initiatives for families/caregivers. - Organize and support the site Caregiver Advisory Committee, in conjunction with the provincial Youth & Caregiver Engagement Coordinator. - Facilitate caregiver groups and programs. 	1.0
Mental Health and Addictions Clinician	Master of social work or clinical psychology, and eligible for registration with professional body	<ul style="list-style-type: none"> - Lead the IYS site team's clinical decision-making, programming and response. - Provide clinical support and oversight of the core site staff members. - As needed, provide bridge treatment and coordination to Tier 3 MHA services for youth. 	1.0
Occupational Therapist or Recreation Therapist	Bachelor of OT or RT and eligible for registration with relevant professional body	<ul style="list-style-type: none"> - Create and implement individual RT/OT treatment plans for youth. - Develop and facilitate group programming related to skill development and well-being, appropriate to the needs of youth. - Support youth to improve functioning and wellness in the community. 	0.5
Administrative Assistant	Diploma in office administration or equivalent	<ul style="list-style-type: none"> - Greet clients and other visitors and create a welcoming atmosphere. - Provide administrative support and services as needed. - Collect client information, book appointments, etc. - Handle all administrative details and processes for the site team. 	1.0
Total FTEs (full-time equivalent positions)			6.0