

## YOUTH WELLNESS CHAMPIONS

# 10 years of provincial success 2014-2024

### Program goal

It is to Improve the health and wellbeing of children and youth through:

- ✓ Focus on enhancing mental health
- ✓ Increase mental health literacy and awareness of mental illness
- ✓ Stigma reduction
- ✓ Enhancement of supportive, inclusive and resilient environments for youth
- ✓ Increase in youth engagement



### Provincial partnerships - driving goals together



14

provincial partnerships: public health units (PHU) + health organizations



20+

funding grants



15

returning advisory members



120+

hrs advisory committee meetings

### Partners in action



258

PHU Staff



10,527+

hours invested



21

school boards



167+

schools



4

youth  
communities



3622+

Youth  
Champions



2418+

implementation  
activities



Learn more

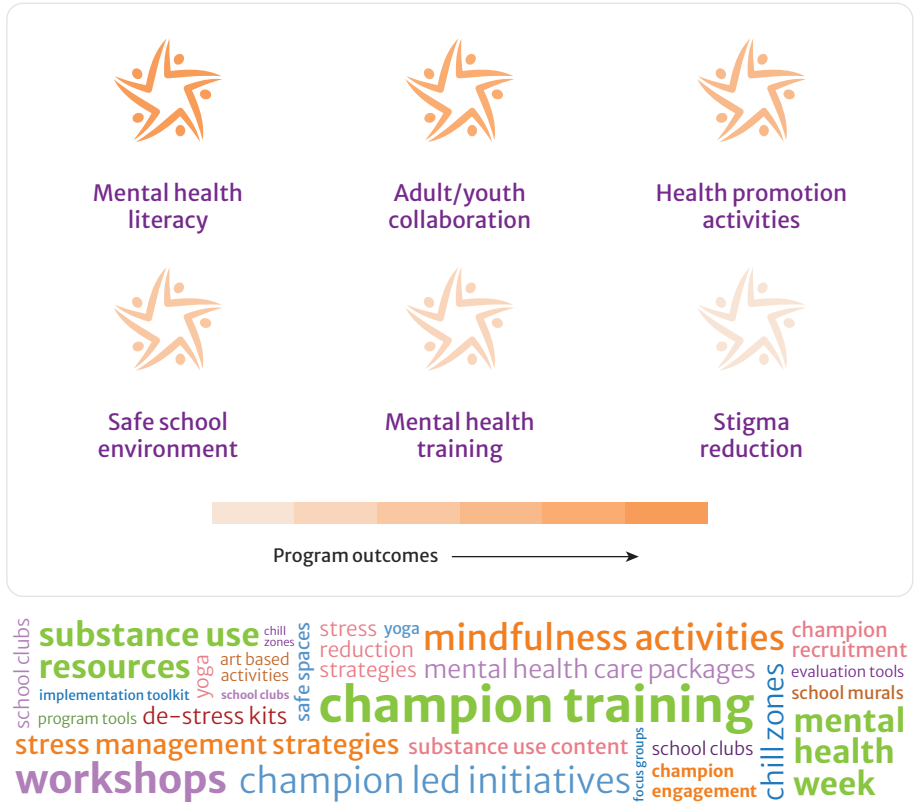
## Why we stand out:

- ✓ Free, evidence-based program
- ✓ Implementation toolkit based on best practices
- ✓ Strong, accessible expert support and advisory
- ✓ Program is adaptable to your local context
- ✓ Complies with Ontario ministry requirements in health and education

## Our impact over the past 10 years

**Achieved outcomes:** Our partners report that the YWC program has made a notable impact by promoting **mental health literacy**, fostering **adult-youth collaboration**, and creating **safer school environments**, among other positive results.

**Implementation activities:** Our youth champions have led various wellness activities, focusing on **stress management**, promotion of resources, **physical and mental wellness**, and the creation of **safe spaces**. These activities include Mental Health Week, chill zones, art, music, and yoga classes, school murals, school clubs, physical activities, mindful coloring, and meditation.



## What our partners say

We are **thrilled** with the positive reception we had with YWC in the community. The **flexibility** and **customizability** of the program not only supported our partners to **increase youths' knowledge** of mental health and substance use health but also was a **pathway to further engagement** with community services.

-Public Health Nurse

It's okay, you can talk  
to people about it  
(mental health)

-Student Champion

Lowered my stress level  
(YWC Activities)

-Student Champion

I believe the most significant change was with an individual lead who because of the training and support of the Champions program was able to take a **broader role** in mental health promotion at the high school level. This student became **more confident** and **aware** and was able to execute some great activities at the school.

- School Teacher Ally