

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

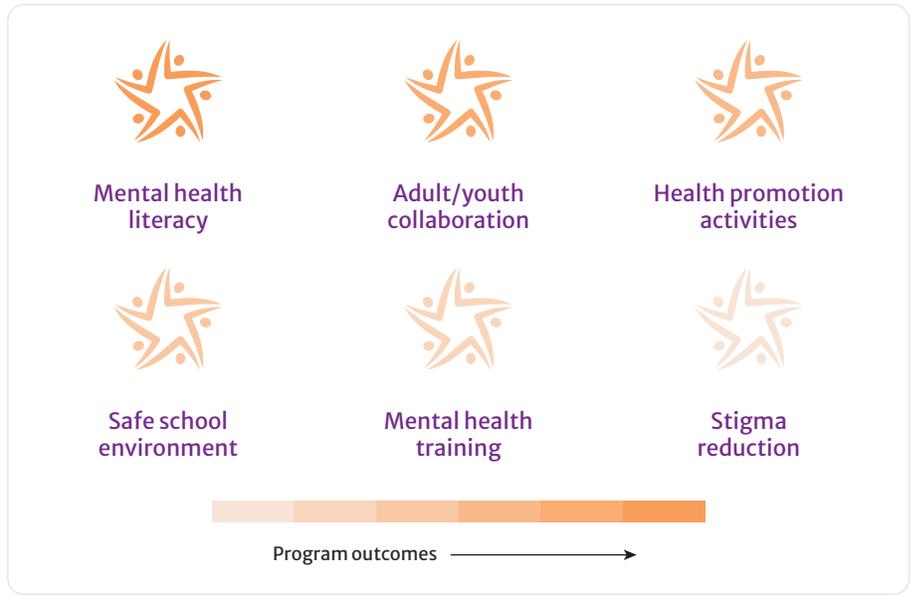
Why we stand out:

- ✓ Free, evidence-based program
- ✓ Strong, accessible expert support and advisory
- ✓ Implementation toolkit based on best practices
- ✓ 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.



substance use resources implementation toolkit program tools de-stress kits safe spaces art based activities school clubs yoda chill zones stress reduction strategies mindfulness activities mental health care packages champion recruitment evaluation tools school murals school clubs school murals mental health week champion led initiatives school clubs champion engagement focus groups school clubs chill zones

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