

Youth Wellness Champions Program

Logic Model

Objective	To improve the health and wellbeing of children and youth through a focus on mental health promotion, acceptance of mental illness, reduction of related stigma and substance use prevention.			
Target Population	Public Health Lead Public Health Nurse	Mental Health Lead School Staff Other Adult Allies	Youth Champions	All partners

<p>Activities</p>	<p>Obtaining Buy-in from health unit (director or manager)</p> <p>Onboarding of public health nurse</p> <p>YWC Advisory Committee Meetings</p> <p>Connecting with School Mental Health Lead</p> <p>Recruitment of School Board and/or Schools</p>	<p>MHL/Principal Meeting</p> <p>Recruitment of school staff to support YWC (i.e. teacher champion)</p> <p>Adult Ally training</p>	<p>Student Champions Recruited</p> <p>Student Champion Training</p>	<p>School Assessment</p> <p>Implementation Plan Developed</p> <p>Communication Plan developed</p> <p>Implement Health Promotion Initiative(s)</p> <p>Evaluate Health Promotion Initiative(s)</p> <p>Celebration event</p>
<p>Outputs</p>	<p>Public Health Unit and Staff recruited</p> <p>Mental Health Lead onboarded</p> <p>School Board and School recruited</p>	<p>School staff recruited</p> <p>Adult Ally satisfied with training</p>	<p>Student Champion recruited</p> <p>Student Champion satisfied with training</p>	<p>School assessment completed</p> <p>Implementation plan developed</p> <p>Health promotion initiatives are planned and delivered</p> <p>School events evaluated</p> <p>Youth Champions and Adult ally satisfied with involvement in YWC</p>

Primary: Short Term Outcomes (1- 2 years)

<p>Public Health Unit buy-in to program</p> <p>Public Health Staff assigned to YWC</p> <p>Mental Health Lead engaged in program</p> <p>School board(s) and schools recruited</p>	<p>Adult allies have greater understanding of: a) YWC program; b) awareness of the importance of mental health and wellbeing; c) awareness of mental illness and substance use prevention in youth; and d) youth engagement principles</p> <p>Increased awareness of available information and resources/services in local community and system navigation</p> <p>Increase interest and engagement amongst school staff in YWC</p>	<p>Increased knowledge and awareness of mental health and substance use prevention</p> <p>Increase awareness of strategies to prevent substance use prevention</p> <p>Increase understanding of the impact of stigma</p> <p>Increased awareness of available information and resources/services in local community and system navigation</p> <p>Increase youth leadership skills</p> <p>Student Champions feel in control and engaged with YWC projects</p> <p>Increased intention of youth champions to continue their roles</p>	<p>Events support increase capacity building amongst youth</p> <p>Increased satisfaction in events held</p> <p>Increased knowledge and awareness of mental health and substance use prevention</p> <p>Increase understanding of the impact of stigma</p> <p>Increased awareness of available information and resources/services in local community and system navigation</p> <p>Increased awareness of available information and resources/services in local community and system navigation</p>
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Secondary: Short Term Outcomes (1-2 years)

Positive relationships developed with youth and adults in school community

Opportunities for youth to be engaged in creating positive school environments – decision making and voice.

Increase youth leadership skills

Greater understanding of mental health and greater acceptance of mental illness and addiction as part of the health and illness continuum.

Sustainability: Long Term Outcomes

Increased resiliency, reduced mental health stigma, and improved health and well-being amongst youth.