

Timeline of Implementation

Objectives

1. Raise awareness of the importance of mental health promotion and substance use prevention for improving health and wellness, or preventing chronic disease and injury.
2. Train professionals and lay health educators who can implement programs and facilitate activities for behaviour modification and education/awareness.
3. Enable a cohort of Youth Wellness Champions (YWC or Champions) to use creative peer-to-peer strategies to reduce the stigma of mental health and promote greater acceptance of mental illness as a part of the health and illness continuum.
4. Raise awareness among Champions related to strategies to prevent substance use.
5. Provide Champions with strategies to assist peers with substance use prevention.
6. Provide Champions with strategies to assist peers to begin to address substance use prevention issues through raising awareness of available information and resources/services.

Deliverable	Target audience	Timeframe	
		Start	End
Initiation and Recruitment			
Recruitment of Public Health Unit	Public Health Unit Managers	January	March
Recruitment of Internal Team – Public Health Leads and Supports	Public Health Units	January	March
Identification of YMHAC Advisory Members	Public Health Units RNAO	January	April
Connecting with School Mental Health Leads	Public Health Units	January	April
Recruitment of School Boards & Schools	Public Health Units Mental Health Leads District School Boards	April	Sept

Adult Allies recruitment and training

Recruitment of Adult Allies	Public Health Units MH Leads and School Support Staff (may include)	April 1	October 13
Planning for Local Champions Workshops	Public Health Units Public Health Leads MH Leads and School Support Staff (may include)	September 15	November 21
Recruitment of Youth Champions	Public Health Units Public Health Leads MH Leads and School Support Staff (may include)	September 15	November 28
Review/Edits of workshop material for adult allies	Public Health Units Mental Health Leads	July 23	August 6
Delivery of workshop to Adult Allies	Public Health Units Mental Health Leads	September	October



Facilitation of Youth Champions workshops	Public Health Leads MH Leads and School Support Staff (may include)	November 21	January 31
Meet Youth Champions to discuss youth engagement strategies i.e. walk about in schools, school assessment/opportunity analysis	Youth Champions Public Health Leads MH Leads and School Support Staff (may include)	November 21	January 31
Plan youth engagement initiatives with Youth Champions	Youth Champions Public Health Leads Mental Health Leads School Support Staff	January 19	March 6
Implementation youth engagement initiatives	Youth Champions Public Health Leads Mental Health Leads School Support Staff	January	March

Evaluation & lessons learned

<p>Conduct evaluation</p>	<p>Youth Champions Public Health Leads Mental Health Leads School Support Staff</p>	<p>March</p>	<p>June</p>
<p>Plan Celebration Event</p>	<p>Public Health Leads Mental Health Leads School Support Staff</p>	<p>March</p>	<p>May</p>
<p>Hold Celebration Event</p>	<p>Youth Champions Public Health Leads Mental Health Leads School Support Staff</p>	<p>May</p>	<p>June</p>
<p>School Support Staff post-survey</p>	<p>Evaluator MH Leads and School Support Staff</p>	<p>February</p>	<p>February</p>



Key findings & dissemination

Analyze evaluation findings	Evaluator	February	March
Finalize evaluation report	Evaluator RNAO Public Health Units	February	April
Disseminate key findings	Public Health Units RNAO	March	Ongoing

Youth Wellness Champions Implementation Timeline – updated Feb. 24, 2024

