

Youth Wellness Champions Program Memorandum

The Youth Wellness Champions (YWC) Program aims to improve the health and wellbeing of youth through a focus on mental health promotion, acceptance of mental illness and reduction of related stigma, and prevention of substance use.

The Registered Nurses' Association of Ontario (RNAO) – in partnership with public health units across Ontario – will jointly prepare a cohort of youth champions, using youth engagement strategies, to help increase knowledge and awareness of mental health and substance use issues in communities across Ontario.

Program Objectives Include

1. Develop a cohort of Youth Wellness Champions to use creative peer to peer strategies to reduce the stigma of mental illness and promote greater acceptance of mental health and wellness as a part of the health and illness continuum.
2. Raise awareness and work with Youth Wellness Champions to develop locally based peer-to-peer strategies to combat stigma, create awareness of mental health issues and raise awareness of available information and resources and supports.

Role of the Mental Health Leader: How can you support YWC?

1. Raise awareness of the program amongst your school board and partners.
2. Help provide linkages with existing programs .
3. Provide support to partnering Public Health Units.
4. Collaborate with Public Health Unit sites to plan and implement this exciting program!

For more information, please contact _____.

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