FRAMEWORK FOR YOUTH WELLNESS

Mental Health & Inclusivity



Through a 'by youth, for youth' model youth are engaged in leadership training to impact meaningful change on issues that are important to them

Quality Standard for Youth Engagement

By aligning with the quality standard for youth engagement, YouthSpeak is ensures that youth are involved in decision-making processes and that they are empowered to create positive change in their communities.



(Ontario Centre of Excellence, 2019)





Youth Engagement

- ✓ Employment space where barriers, special needs and/or circumstances are supported and/or accommodated
- ✓ Lived experiences are respected as an asset to inform programming

Skill Development

- ✓ Equity-informed and Trauma-informed program content and facilitation
- ✓ Brief Intervention and Safe Talk training
- ✓ Speaking and Facilitation skills training



350K+ **STUDENTS REACHED**

3250+ **SPEAKING EVENTS HELD**

110+ YOUTH LEADERS **TRAINED**

YOUTHSPEAK PROGRAMMING ALIGNS WITH



Social Determinants of Health Standards

Meaningful youth employment for youth who have been impacted by a range of inequities to help them to reach their full potential



Ontario's Roadmap to Wellness Indicators

- Early identification for early intervention in youth who are aged 10 to 25
- Awareness and/or successful navigation of mental health and addictions services





- Strength-based mental health promotion
- Parent, caregiver, community connections
- Mental health literacy and stigma reduction

FOCUS AREAS FOR CONTINUOUS IMPROVEMENT

