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WAYPOINT TALKS

BUILDING YOUR RESEARCH TOOLKIT

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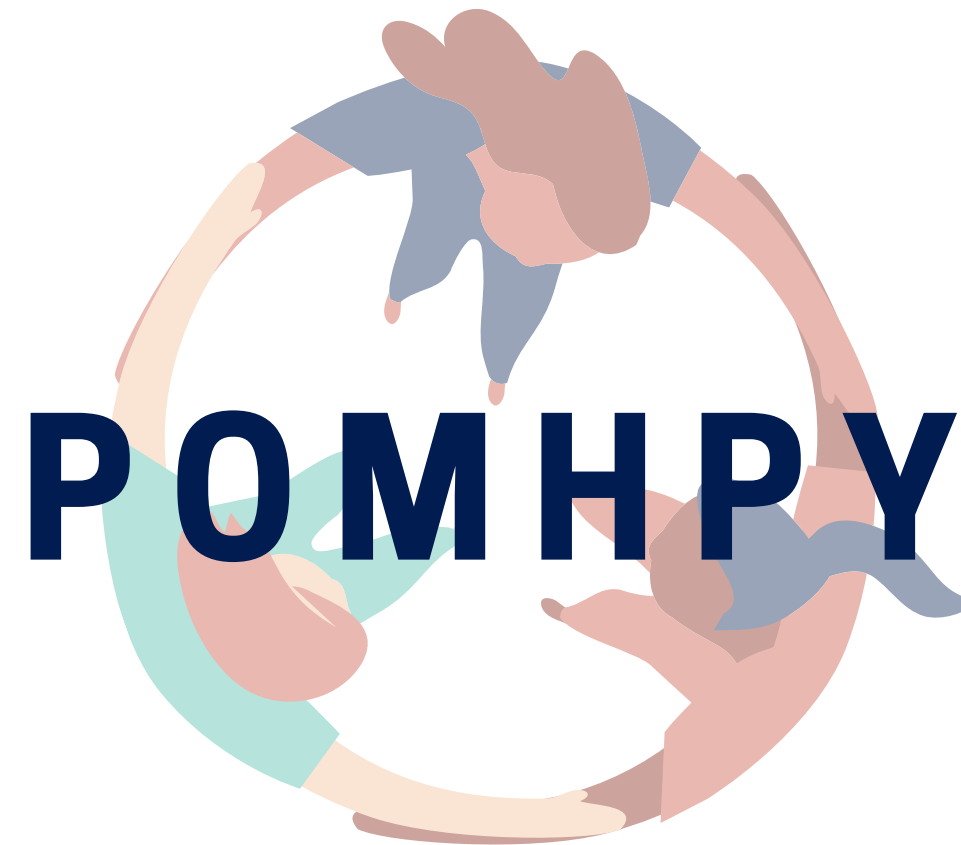
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WAYPOINT TALKS

BUILDING YOUR RESEARCH TOOLKIT

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Developing a Preventative Online Mental Health Project for Youth (POMHPY)



We will begin promptly at 10 AM EST!

Team Introductions

Today's Presenters



Dr. Soyeon
Kim



Dr. Elnaz
Moghimi



Dr. Kim
Belfry



Sarah
Farr



Megan
Brush



Arina
Bogdan

Other Team Members



Elmira
Ahmad



Shavon
Stafford

Agenda

Welcome and introductions



Project overview and program development



Program and experiential activity description



Condensed session participation



Mini focus group



Discussion and Q+A



End of presentation

TODAY'S LEARNING OBJECTIVES



Community engagement

Understand the participatory value of engaging youth, stakeholders, and the community



Equity, diversity, inclusion

Identify how equity, diversity, and inclusion may be embedded into program development



Co-development

Recognize the importance of the youth co-development model

Background

COVID-19 Pandemic



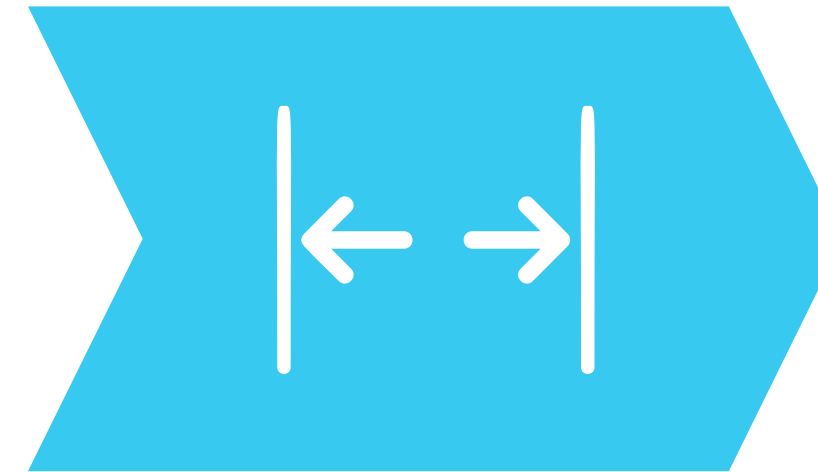
MH crisis in youth largely due to vulnerable development stage

Receive Funding



- TD Ready Commitment Grant
- Drive accelerated, sustained, and equitable recovery to COVID-19 MH crisis

Existing Gaps



- Programs addressing youth MH needs
- Bottom-up approaches, applying co-design, youth/community engagement, and equity, diversity, and inclusion

Program Goals



- **Adapt evidence-based programs** to create a tailored program
- **Engage youth** as co-developers
- **Connect with community** and provincial partners for targeted exposure

Project timeline

1. Development: *May 2022-April 2023*

2. Implementation

- *Pilot: Summer 2023*
- *Province-wide: Fall 2023*

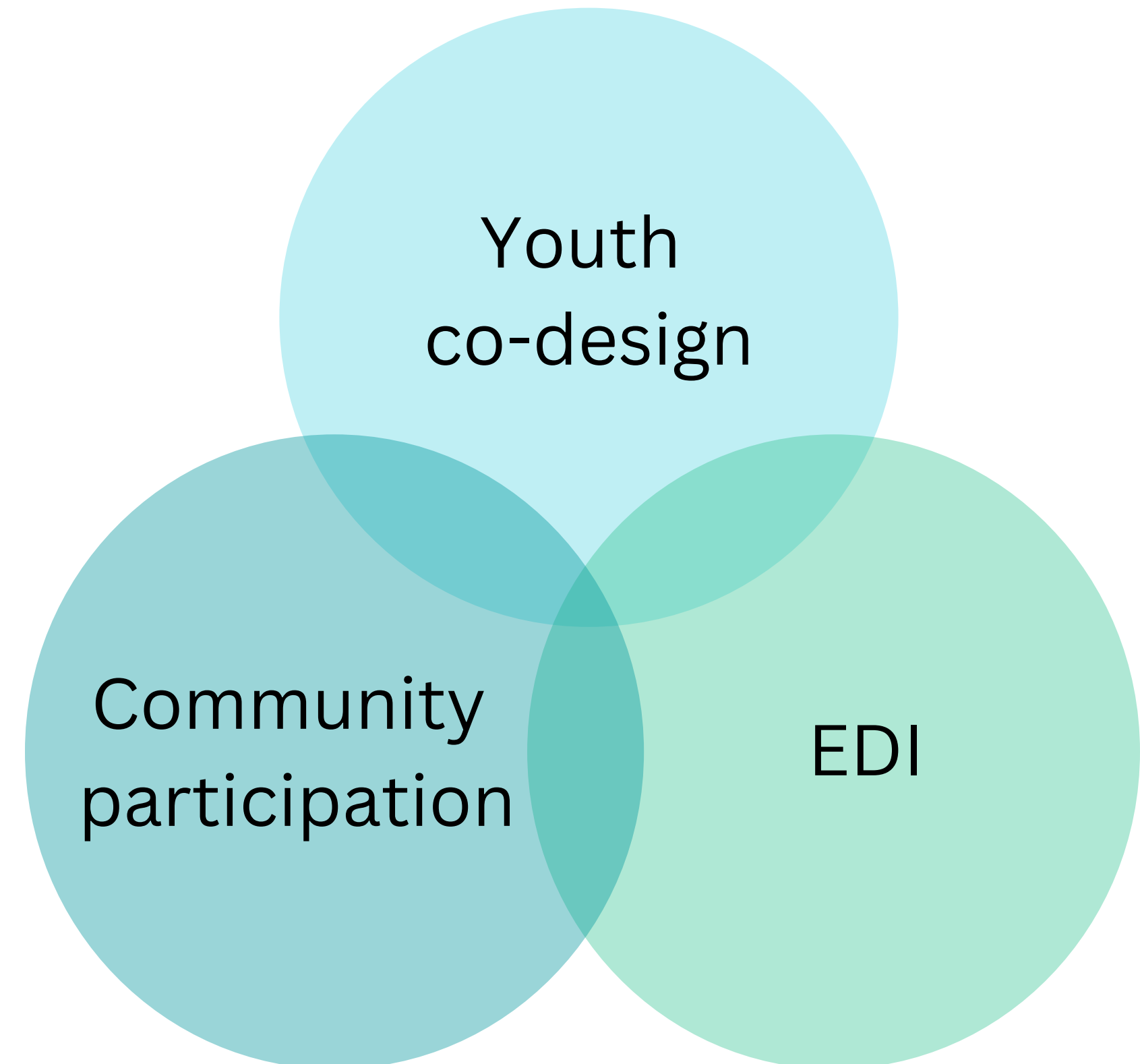
3. Evaluation

Pilot: Late Summer 2023

Province-wide: Fall 2023

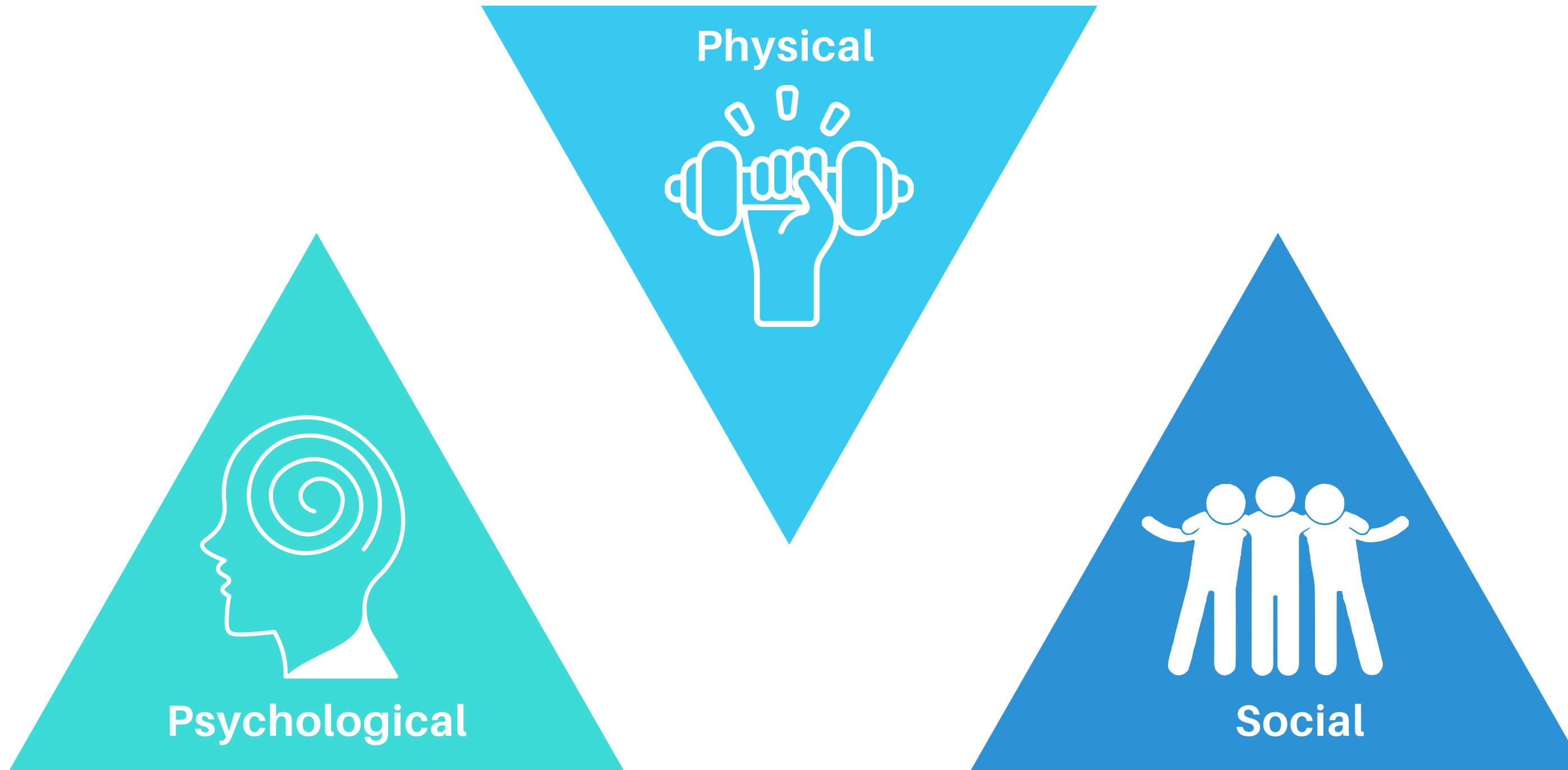
4. Knowledge mobilization

Late Spring 2024- Summer 2024



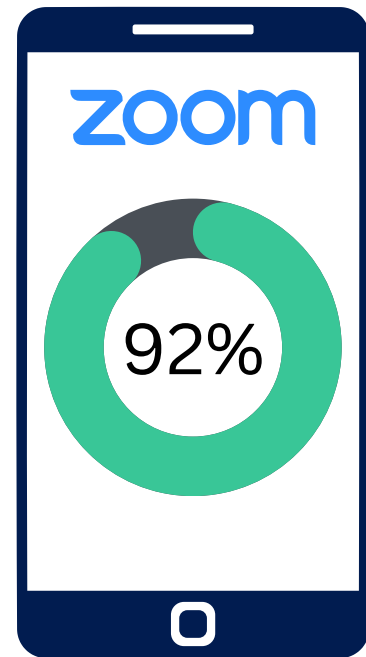
Program Development: Step One

Search the published literature on youth mental health since the onset of the COVID-19 pandemic



Program Development: Step Two

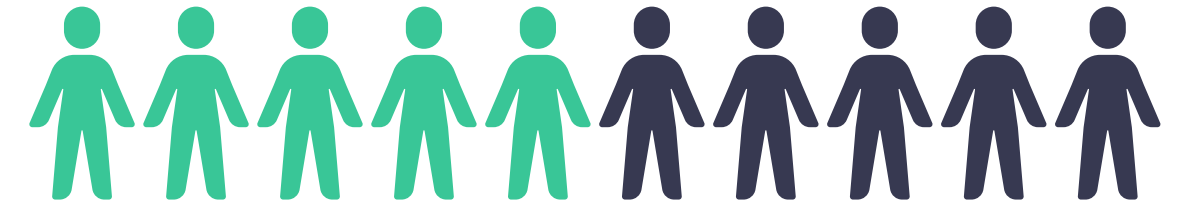
Collect youth feedback through surveys and focus groups to better understand mental health experiences related to literature findings



Have access to a device with internet and video capability



Continued experience of literature findings



Group sizes between 5-15 youth



Youth Facilitators



Preference for electronic materials



Reducing barriers



6:00 - 7:00 PM

Program Development: Step Three

Connect with youth and project partners to adapt a MH program that meets youth needs and includes EDI principles

Address Youth Needs

Psychological wellness

- Self-regulation
- Self-esteem
- Sustainable goals

Physical wellness

- Provide access
- Positively encourage movement

Social wellness

- Foster peer-to-peer connections

Include EDI Principles

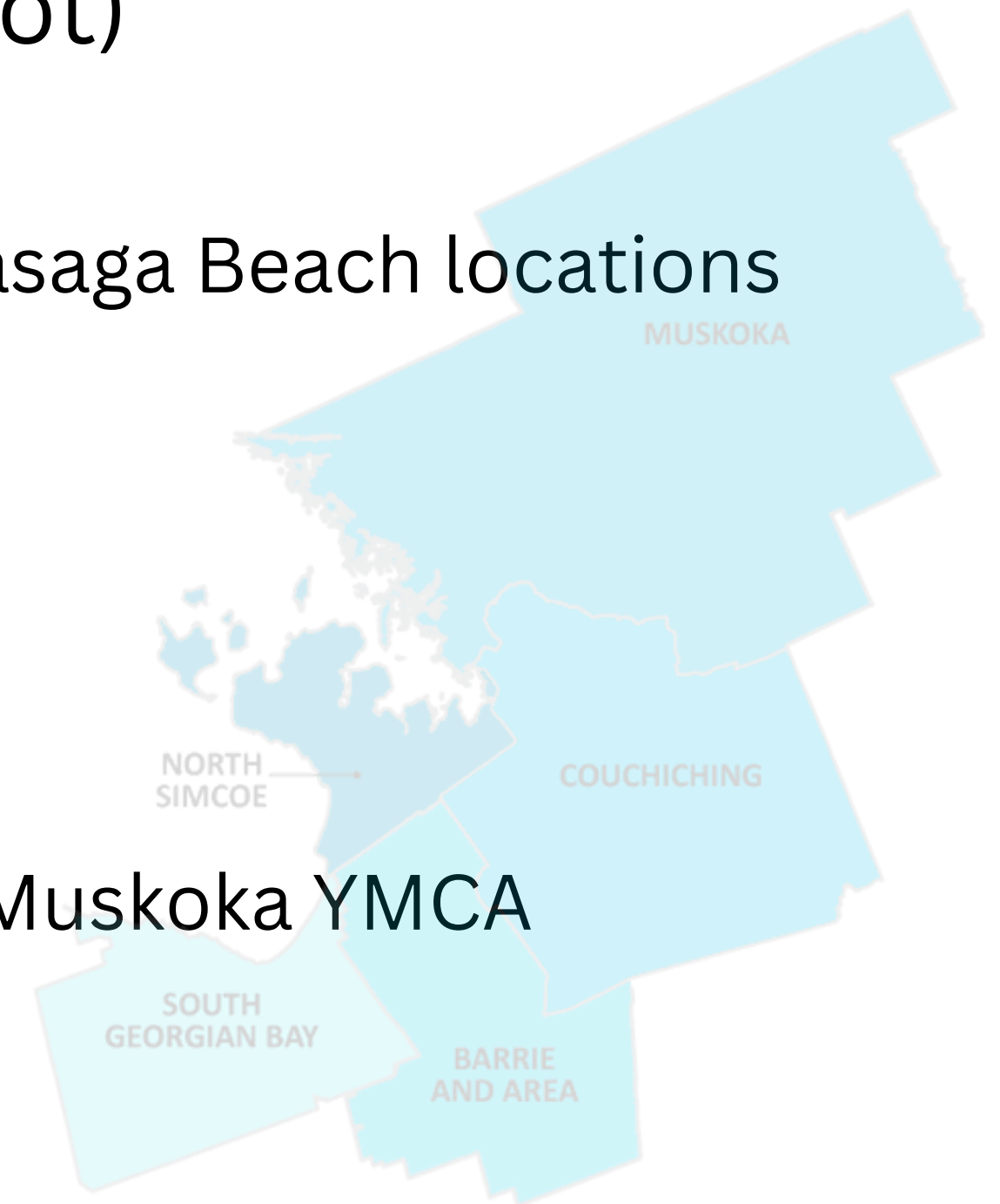
- Use of pronouns
- Use preferred names
- Land acknowledgement
- Create safe spaces
- Accessibility (i.e., website, slides, resources)
- Youth voices

What is POMHPY?

- 1 WELLBEING PROGRAM FOR: ADOLESCENTS (12-17 YEARS) AND YOUNG ADULTS (18-25 YEARS)**
- 2 PERKS: 6-WK YMCA MEMBERSHIP, COMMUNITY SERVICE HOURS, POMHPY CERTIFICATE**
- 3 FOCUS ON PHYSICAL, PSYCHOLOGICAL, AND SOCIAL WELLNESS**
- 4 SIX LIVE 1-H WEEKLY GROUP SESSIONS LED BY YOUTH FACILITATORS**
- 5 SELF-GUIDED WELLNESS ACTIVITIES AND ASYNCHRONOUS PEER MESSAGING BOARD**

6-Week Simcoe/Muskoka YMCA Membership for each Registered Participant (Pilot)

- Midland, Collingwood, Innisfil, Gravenhurst, and Wasaga Beach locations
- Group orientation hosted at the Y (during scale-up)
 - Tour of facility
 - Introduction to safe exercise
 - Opportunity to meet other group members
- Memberships become active on Week 02
- Supported through a partnership with the Simcoe/Muskoka YMCA



**YMCA of
Simcoe/Muskoka**

Program Sessions



Affirming the Beat

- Understand harms of negative self-talk vs. positive affirmations
- Create a positive affirmation playlist



Bodies in Motion

- Explore physical wellbeing consistent with the Canadian 24-hour Movement Guidelines
- YMCA memberships become active in Week 02



Balanced Bodies and Minds

- Evaluate our mental and physical states as a function of energy and tension (Thayer, 1996)
- Find creative ways to check-in with ourselves



Creative Minds

- Practice mindful art to calm the mind and foster creativity
- Art kit delivery for asynchronous creative activity

OR

Food for Thought

- Explore food literacy among youth
- Grocery kit delivery that includes youth-friendly recipes



Program Sessions



Finding your Center

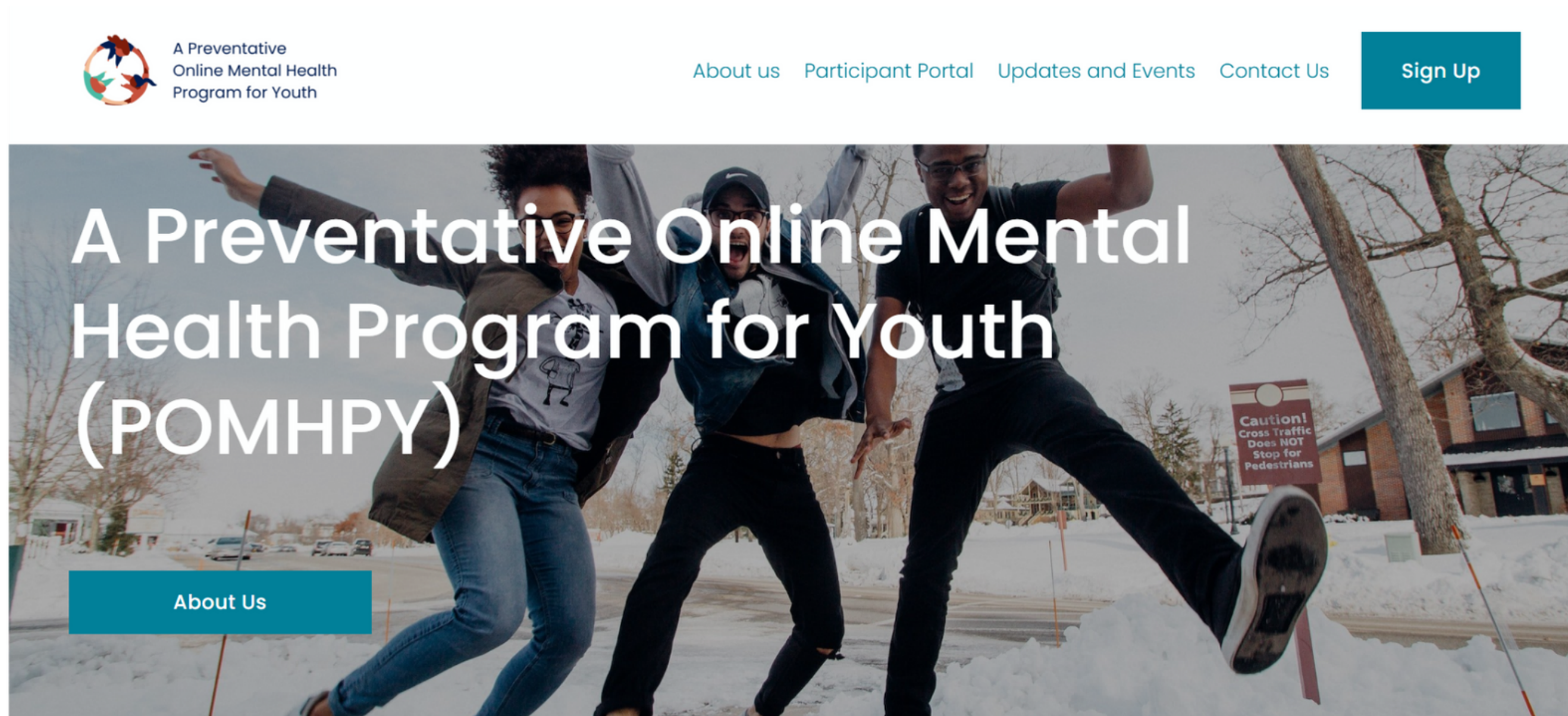
- Explore self-regulation activities to improve resilience
- Engage in humming and qigong practices

Dream, Plan, Do

- Share key takeaways of 6-week program
- Create sustainable goals that promote overall wellbeing



Visit our website



scan QR for website

- Project website: <https://OurYouthWellbeing.com>
- Online hub for program updates, KT materials, and partnership opportunities
- Participants can log on through the portal to access program materials, messaging boards, and wellness resources
- Optimized for desktop and mobile browsing

POMHPY Pilot: May 2023!

Pilot in Simcoe County (May 2023 - Summer 2023)



- Goal to recruit 25-50 youth participants
- 5-15 youth per group
- Program evaluation for pilot run
 - Using participant surveys and focus group discussions
 - \$25 for completion of each Post and Follow-Up survey & \$40 for focus group discussions
- Optimize POMHPY and prepare for provincial rollout (Fall 2023)

Experiential Activity



Affirming the Beat

- Harms of negative self-talk vs. positive affirmations
- Create a positive affirmation playlist

Your Youth Facilitators



Sarah



Megan



Arina

Things to note

1

How EDI was addressed (or not)

2

Thoughts about including youth facilitators, co-development, and community engagement

3

How the sessions address wellbeing in youth



We will discuss these points after the activity

BREAKOUT ROOMS

CONDENSED SESSION 1: Affirming the Beat



THE IMPORTANCE OF PROGRAM EVALUATION (FOCUS GROUPS)

What we want to capture | Why it's important



Expectations going into the program



Opinions on the program



Thoughts about facilitation



Program experiences



Additional feedback



Gives a voice to our target population, facilitating learning and knowledge sharing



Identifies areas of improvement



Enhances program efficacy and accessibility



Engaging Youth

Youth were heavily involved in our FG development

 Mentimeter



Discussion (mini FG)

Join at [menti.com](https://www.menti.com) use code 4190 9974

Instructions

Go to

www.menti.com

Enter the code

4190 9974



Or use QR code

We are looking for Recruitment Partners!

What does it mean to be a partner?

- Recruit youth participants
- Promote POMHPY throughout your networks
- Bring POMHPY to your youth-focused organization

What do we provide?

- POMHPY!
- Promotional materials (e.g., recruitment flyers, infographics)
- Youth facilitator training (including materials/resources)
- Administrative support for program implementation (e.g., participant communication, e-gift cards, program evaluation, etc.)
- Access to **OurYouthWellbeing.com**



ELIGIBILITY CRITERIA

To participate in POMHPY, you must:

- Be between the ages 12 to 25
- Live in Simcoe/Muskoka
- Have a device with Internet connection, and a private space
- Be fluent in English

Please note, POMHPY is not a clinical program, so you do not need a medical referral to join.

SIGN UP NOW!

POMHPY is launching May 2023, and sessions will run from 6pm to 7pm, once per week. Session dates are coming soon!

If you meet the eligibility criteria and are interested in participating, please scan the QR code below to go to our sign up page:



You may be added to our waitlist, depending on the sign up volume.



CONTACT US



OurYouthWellbeing.com



OurYouthWellbeing@waypointcentre.ca



A Preventative Online Mental Health Program for Youth



Do you have any questions or additional suggestions?



Thank you for your participation and valuable contributions!



Visit us at: <https://OurYouthWellbeing.com>
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