



## Healthy Communities Partnership Day Policy Direction Worksheet

Policy Direction: Mental Health - Children and Youth

Draft Policy Direction:

Create policies that support positive mental well being among children and youth.

Target: Children and Youth (6-24 years)

Participants: Children and Youth (6-24 years), families, community organizations, schools

Settings: schools - community

Activities:

Engage schools/community in identifying needed policies

Identify individual assets and understanding of mental health and illnesses

After reviewing the draft policy direction, what would this group add?

Policy: Should be multi-faceted

- model after "quit smoking" policy

- should read – create policies and system practices

Provincial Level - Lobby to create a Ministry of Youth rather than 8 Undefined

Focus Child and Youth to adult system

Risky in how we do it!

Everydoor is the right door policy

Additions to policy :

Include Focus on age transition between systems Plan for this transition

Recognize that problems in family impact child – Parents mental health impacts the child and visa versa

Target: 0-24 years

Birth to 18

Children, Youth and families 0-24

0-6 early learning years centres early learning

Participants: Municipalities, parents

Setting: boards, service providers, French, workplace

Activities: Provide guidance on what a policy is

"An every door is the right door policy - We won't throw a child away"

Policy amongst all service providers

Look at policies that can promote Mental wellness not hinder  
 What policies exist?  
 Mental Illness - Mental Wellness  
 Individual - are we meaning individual people or organization?  
 In collaboratively identifying needed policies Mental health not absence of mental illness - presence of something - what?

#### Action to Advance the Policy Direction

What actions could you do in your organization/workplace or sphere of influence?	What actions could you take in your network?	What actions could be taken to advance the policy direction in the community?
<p>Health Unit – developmental assets framework</p> <ul style="list-style-type: none"> <li>- Youth involvement</li> <li>- Work/life balance</li> <li>- Can be connecting link</li> </ul> <p>Smiths Falls Youth Centre, SFDCI          Inspect yourself/others / environmental (property)</p> <p>Arts &amp; Health in Learning          -Serve youth at any age (18+) at their convenience that is accessible Family &amp; Friends are included if needed flexibility</p> <p>Upper Canada District School Board          “Wellness” is one of 4 focus areas          Work group will be struck to look at delivery of mental health programs</p> <p>Small steps use development assets to identify first steps</p>	<p>Belong to both ERinOk &amp; CCPC and many other networks</p> <p>All Lanark County Youth Centres have adopted similar policies</p> <p>Will work in collaboration with other organizations</p> <p>Will work with supporting agencies</p> <p>Integrally involved. Already try to integrate this in all aspects of our organization.          Build practical partnerships</p>	<p>Communication this is a place where we value youth</p> <p>Planning Council Link to Recreation &amp; Sport</p>

<p>Share information on the developmental assets</p> <p>Create organization culture that promotes developmental assets</p> <p>Have an Ask what are our family / friendly policies</p> <p>Do we have applications for youth to volunteer / right support for youth volunteering</p> <p>Post policy on wall around bullying</p> <p>Communicate policy</p> <p>Respond right away</p> <p>Be as accessible as possible -go to them</p> <p>School Board – wellness policy needs to include mental health</p> <p>Share information developmental assets and encourage using this to develop priorities</p> <p>Publicly display policies</p> <p>Go to where kids are at!</p>	<p>Every kid uses developmental assets to guide work- might help define what mental health is</p> <p>Support a conversation that way</p> <p>Little Things have you hugged your kid today? Have you complemented somebody just because? Done a pass it on?</p> <p>Told somebody : it's awful &amp; I'm here for you – not try to fix it.</p> <p>Tackle idea that someone gets something just because – doesn't have to be earned</p> <p>Transitional policy</p> <p>Participate in existing networks and share your policies</p>	
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## Supports to Advance the Policy Direction

How can we support each other in advancing this policy direction?	What supports would we need from the Health Communities Partnership? (Examples: assessment, training, resources, evaluation)
<p>Sharing successful strategies</p> <p>Identifying what different needs are</p> <p>Supporting agencies as guest speakers</p> <p>Referrals to agencies</p> <p>Immediate Quick response when help is asked for</p> <p>Police trained in Youth Mental Health</p> <p>Website share success stories</p> <p>Support existing Children's tables</p> <p>Communication, communication, communication</p> <p>Centralized location for information</p> <p>All commit to taking conversation back to the work site</p> <ul style="list-style-type: none"> <li>- Small "starts" – 'do- able" not huge</li> </ul> <p>Educate each other – provide speakers</p> <p>Training for front line workers on youth</p>	<p>Develop curriculum</p> <p>Training on mental health</p> <p>Social media training</p> <p>Develop "AP"</p> <p>Youth Council that is resources on mental health in high schools</p> <p>Resources – mobilize the resources that exist</p> <p>Need assistance in promotion</p> <p>Media Communications</p> <p>Leveraging resources and building capacity</p> <p>Developing a Social Media Plan</p> <p>Provide accessible books</p> <p>Training – student teachers</p> <p>Little cards with information for children</p> <p>Development an application for youth</p> <p>Provide youth Councils with training and resources</p>

## Additional Comments

Age limits – 18 cut off for counseling

Multi faceted cross sector policies – TAMI, Mental Health Skills

What policy exists currently?

What policy set in the way?

Ministry of Youth that covers all youth