



RNAO'S

**Youth Mental Health and Addiction Champions
(YMHAC) Initiative**

Youth Leads Orientation Training Workbook

TABLE OF CONTENTS

Welcome Letter 3

YMHAC Overview 5

Mytoolkit.ca A to Z 6

Scavenger Hunt Activity 8

Welcome YMHAC Initiative Youth Leads

Welcome to the Youth Mental Health and Addiction Champion (YMHAC) Initiative! The YMHAC Initiative is an initiative between the Registered Nurses' Association of Ontario Public Health sites across the province, and School Mental Health ASSIST. We are extremely happy to work with each and every one of you as YMHAC Youth Leads.

The YMHAC Initiative is a program that supports students to become mental health champions in their schools. As a Youth Lead, you will work to improve the health and well-being of your peers by promoting mental health initiatives in your school community. You will also have the chance to work with other Youth Leads from across Ontario.

In preparation for your role as a Youth Lead, you will receive training and support from your public health unit, your schools and the Registered Nurses' Association of Ontario. Preparation for your new role will include: pre-training materials, a local pre-training session and local training.

Pre-training:

- a) Materials: This booklet provides you with some pre-training materials you need to review, before attending the local training.
- b) Workshop: There will also be a pre-training workshop organized to review some materials prior to attending the local training and to meet other local members in this Initiative.

Local Training:

- a) Local training will also occur for Youth Leads, Public Health Leads, School Staff Leads, and School Mental Health ASSIST leads.

This booklet will help you prepare you for the local training. The materials in this package will help you:

1. Gain background knowledge and understanding about mental health, stress and wellness through the use of an interactive web-based resource, videos and reflective activities.

2. Learn about local community resources available to support mental health and well-being.
3. Learn about the YMHAC Initiative and your role as a Youth Lead.

Please remember we are here to support you. If you have any questions, please contact your School Staff Lead. We look forward to working with you on this new and exciting Initiative!

Materials to Review & Complete

Activity # 1: Mytoolkit.ca A to Z interactive learning modules and videos

Length of Module: Approximately 1 hour to complete

Background:

The A to Z learning modules found at www.mytoolkit.ca were created with youth input and include several videos and interactive tools. There are three modules to complete: (1) A to Z Wellness, (2) A to Z Stress, and (3) Substance Use. The A to Z Wellness module focuses on what is emotional health, what can get in the way of being well and strategies for self management. A to Z Stress module explores the concept of stress and gives youth concrete suggestions and tools for how to manage it. The final module, Substance Use, provides context regarding the continuum of substance use, effects of substance use and provides strategies to prevent and manage substance use issues.

A to Z Module Learning Goals are:

- ★ Learn about mental health and well-being.
- ★ Learn about the role of stigma in mental illness.
- ★ Learn about stress and strategies for self-management.
- ★ Learn about substance use.
- ★ Learn about resources that can support youth mental health and well-being.

Resources:

To complete these modules you will need:

- ★ Paper and pen.
- ★ Computer and internet access.

Instructions:

- ★ This module can be done alone or in a group with other Youth Leads. Please complete all content covered on the mytoolkit.ca website (videos, wellness module, and stress module sections) and experiential activities within the modules. Youth Leads may also want to read and/or try out some of the activities listed in the “Activities” pages of the modules if they have time.

Link to Module:

- ★ Please visit www.mytoolkit.ca to access A to Z modules

Activity # 2: Scavenger Hunt Activity

Length of Module: Approximately 1 hour to complete

Background:

The scavenger hunt is designed as a fun activity to help Youth Leads learn about resources to support youth mental health and well-being.

Scavenger Hunt Learning Goal:

To learn about resources that support mental health and well-being of youth.

Resources:

To complete this module, you will need access to:

- ★ Paper and pen.
- ★ Question list (below).
- ★ Map of your local community from your Public Health Lead.
- ★ Access to a computer with internet and phone.

Preparation: Obtain a map of your local community from your Public Health Lead.

Instructions: See next page.

Community Mental Health Resource Scavenger Hunt Activity

Congratulations, you are going on a scavenger hunt! In your role as Youth Lead, there are many important community agencies that support youth mental health and well-being! To help you in your new role, let us explore some of these community resources together. Follow me...let's take a journey in your community to learn more!

Instructions:

This scavenger hunt can be done alone or in groups with other Youth Leads. You also have the option of searching for resources on the internet and/or calling community agencies to learn more about the services they provide.

Remember, you may want to write down websites, phone numbers, and addresses of agencies where your peers can get support. As you explore what's available in your community, complete the questions below and plot the location of the agency or resource on your community map.

When you have completed your journey, please share your findings with other Youth Leads, Public Health Leads and school staff supporting this Initiative. Please also bring your findings to share with other Youth Leads from across the province.

Remember to have fun!!!

Questions

1. Where could a young person go or call if they needed credible and reliable information about mental health and well-being?

Name of Support or Community Agency/ Organization	Service Provided	Contact Information

2. Where could a young person go or call if they are feeling stressed or overwhelmed, and talking to friends or family isn't helping?

Name of Support or Community Agency/ Organization	Service Provided	Contact Information

3. Where could a young person go or call if they want more information about eating disorders?

Name of Support or Community Agency/ Organization	Service Provided	Contact Information

4. Where could a young person go or call if they are feeling harassed or bullied at school?

Name of Support or Community Agency/ Organization	Service Provided	Contact Information

5. Where could a young person go or call if they want more information about substance use (i.e., legal and illegal drugs, tobacco and alcohol supports)?

Name of Support or Community Agency/ Organization	Service Provided	Contact Information

6. Where would a young person go or call to get immediate help for themselves or a friend who is experiencing a crisis? **Crisis could mean that they are in immediate danger of hurting themselves or someone else, that there is an intense feeling of helplessness or hopelessness that their life may be in danger.*

Name of Support or Community Agency/ Organization	Service Provided	Contact Information

7. Where could a young person go to if they would like to make friends and get social support?

Name of Support or Community Agency/ Organization	Service Provided	Contact Information