

Resources



GLOSSARY

Colonialism

Refers to the policy or practice of acquiring full or partial political control over another country, occupying it with settlers and exploiting it economically. In the process of colonization, colonizers may impose their religion, language, economics and other cultural practices on Indigenous peoples.

Equity

Equity involves fair access to the resources of life. Under equitable conditions, there is an absence of disparities in the circumstances that lead to social advantage or disadvantage.

Inequity

Inequities are avoidable and unjust differences in health or social status between groups. Inequities often arise from unfair distribution and access to the social and structural determinants of good health.

Intersectionality

A theory that describes the way the multiple systems of oppression and privilege are experienced simultaneously. It focuses on how two or more systems of oppression (e.g., race/ethnicity, class, gender) can come together to influence health and social outcomes.

Healthy public policy

Policies that promote equity in all areas of policy to achieve positive health and wellbeing.

Mental health promotion

An “upstream” approach that goes beyond prevention and treatment programs by targeting those experiencing or at risk of mental health challenges. It focuses on enhancing positive mental health for all people through strategies that strengthen individuals and communities, and aims to reduce social barriers (e.g., socioeconomic disadvantage, discrimination) so that groups have the ability and resources to support their best mental health. Factors that can protect against or contribute to inequities that place some groups at greater risk include: healthy child development, income and social status, social support networks, education, and culture, among others.

Policy

Policy is a guide for action. It changes what would otherwise happen. It can change how much attention, money or other resources an issue will get. The amount shows the priorities of decision-makers. Policy sets priorities and guides how resources are divided up.

Positionality

Positionality is a theory that builds on intersectionality — an understanding that our different social identities interact with societal power structures to influence opportunities for mental health and wellbeing — to include broader social processes that are time and meaning specific. It accounts for how a person’s personal values and views, and where and when they live (e.g., country, neighbourhood, society, century, decade) influence their experience of the world and how they act upon it.

Treaty territory

Lands that are defined through historic or modern negotiations of treaties. Treaties are often included in land acknowledgements. It is important to understand that the presence of a treaty does not imply that First Nations title to the land has been extinguished.

Upstream

Upstream is a public health term that refers to actions that aim to improve social and structural conditions in order to remove barriers and enhance supports that allow people to realize their health potential.

Youth engagement

Meaningful youth engagement is an important strategy to improve research and health outcomes. Youth are “key informants,” not merely an afterthought in their health and wellbeing. Youth engagement is gaining attention in many areas beyond research. There is agreement that including youth in the development of health and public policies/initiatives can get positive results.



APPENDIX A: FACILITATOR RESOURCES

Anonymous Workshop Evaluation (AWE) Survey Template

Confidentiality: Your answers are confidential and anonymous.

Consent:

- Your participation in this survey is voluntary. Not participating in the survey won't affect your participation in the program.
- You can choose not to answer any questions if you do not want to. Leave them blank or choose the "No Answer" option.

This survey will take you about two minutes to fill out. It has nine questions. Thank you for your help!

Meeting date:

1 Anonymous Compliment Board: Briefly describe any positive act or words (kind, thoughtful, generous, sympathetic, etc) you've seen a member of our group do — in our sessions, at school or beyond. Feel free to write what you saw and/or heard *without* using your name. This survey is anonymous.

2 On a scale of 1 to 5 (5 being excellent), please rate the meeting. The meeting was:

3 The high point of the meeting was:

Please choose how much you agree with the following three sentences.

(Rating scale: 5 Agree strongly, 4 Agree, 3 In the middle, 2 Disagree, 1 Disagree strongly)

4 I felt contributed a lot in the meeting. It scored:

5 This meeting was productive. It scored:

6 I learned something new. It scored:

Comments:

7 The high point of my day was:

8 The low point of my day was:

9 If you would like to, please give us your feedback, suggestions or comments on this survey:

Alternate Zoom Poll Template

In the poll settings, ensure the zoom poll is set up to be anonymous. Consider using an online survey tool in combination with the poll to collect anonymous compliments (see survey template, Question 1).

- 1 This meeting was:
(Rating scale: 5 Excellent, 4 Above average, 3 Fair, 2 Below average, 1 Poor)
- 2 I contributed a lot in the meeting.
(Rating scale: 5 Strongly agree, 4 Agree, 3 Neutral, 2 Disagree, 1 Strongly disagree)
- 3 I learned something new.
(Rating scale: 5 Strongly agree, 4 Agree, 3 Neutral, 2 Disagree, 1 Strongly disagree)
- 4 The meeting was productive.
(Rating scale: 5 Strongly agree, 4 Agree, 3 Neutral, 2 Disagree, 1 Strongly disagree)

APPENDIX B: SUPPORT RESOURCES

Adapt this table to provide local or other relevant supports for your group that might be available.

For local resources and support, visit Crisis Services Canada and select your region:

<https://www.crisisservicescanada.ca/en/looking-for-local-resources-support>

Consider including supports for violence, substance use and general health resources.

Resource Name	About	Contact Info
Emergency	In the event of an emergency or crises, call this number.	Call (24/7): 9-1-1
Kids Help Phone	For children and youth aged 5 to 20. Call to speak to a professional counsellor, 24 hours a day. It's free, confidential, anonymous and available across Canada. They can also refer you to local services and resources. Kids Help Phone is available in English and French.	Call (24/7): 1-800-668-6868 Online chat (Wednesday–Sunday from 3pm–11pm): https://kidshelpphone.ca/live-chat-counselling
Youthspace.ca (NEED2 Suicide Prevention, Education and Support)	Youthspace.ca is an online crisis and emotional support chat service for young people under 30.	Youth Text (6pm–12am PT): 778-783-0177 Youth Chat (6pm–12am PT): www.youthspace.ca
Canada Suicide Prevention Service	People in suicidal crises can access help through Canada Suicide Prevention Service, which provides free, confidential and 24-hour access by phone. <i>Text messaging is limited to 4pm–12am Eastern Time</i>	Call (24/7): 1-833-456-4566 Text (4 pm to 12 am ET): 45645
Hope for Wellness Help Line	Available to all Indigenous peoples across Canada who need immediate crisis intervention. Experienced and culturally sensitive help line counsellors are available by telephone and online counselling in English and French. On request, telephone counselling is also available in Cree, Ojibway and Inuktitut.	Call (24/7): 1-855-242-3310 Online chat: https://www.hopeforwellness.ca/

APPENDIX C: SOCIAL AND EMOTIONAL LEARNING RESOURCES

For additional social and emotional learning (SEL) activities visit: <https://inspiredstudents.org/activities/>

Activities can be selected according to one of five SEL skills (relationship, decision-making, self-awareness, self-management or social awareness) as well as a desired emotional state (content and balanced, connected and supported, happy and excited, etc.)

Note: Our experience is that youth prefer the facilitators to do the guided activities with them instead of watching a video. However, videos are useful when time is limited and/or can be shared with the youth to view on their own.

Mindfulness

[Mindfulness is a superpower](#) video

[Meditation 101](#) video

[Benefits of mindfulness](#) article

Self-confidence

For moments when you need a reminder of what you are capable of doing in life, [this video](#) has three tips for self-confidence

[The importance of your own inner dialogue](#) video





Wellstream
The Canadian Centre for Innovation in Child & Youth
Mental Health & Substance Use



THE UNIVERSITY OF BRITISH COLUMBIA