WAYPOINT TALKS
BUILDING YOUR RESEARCH TOOLKIT
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

Elmirah 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
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 (92%)
- Preference for electronic materials
- Continued experience of literature findings
- Group sizes between 5-15 youth
- Youth Facilitators
- Reducing barriers
- 6:00 - 7:00 PM
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
<table>
<thead>
<tr>
<th><strong>What is POMHPY?</strong></th>
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<tr>
<td>1. WELLBEING PROGRAM FOR: ADOLESCENTS (12-17 YEARS) AND YOUNG ADULTS (18-25 YEARS)</td>
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<td>2. PERKS: 6-WK YMCA MEMBERSHIP, COMMUNITY SERVICE HOURS, POMHPY CERTIFICATE</td>
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<td>3. FOCUS ON PHYSICAL, PSYCHOLOGICAL, AND SOCIAL WELLNESS</td>
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<td>4. SIX LIVE 1-H WEEKLY GROUP SESSIONS LED BY YOUTH FACILITATORS</td>
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<td>5. SELF-GUIDED WELLNESS ACTIVITIES AND ASYNCHRONOUS PEER MESSAGING BOARD</td>
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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
**Program Sessions**

1. **Affirming the Beat**
   - Understand harms of negative self-talk vs. positive affirmations
   - Create a positive affirmation playlist

2. **Bodies in Motion**
   - Explore physical wellbeing consistent with the Canadian 24-hour Movement Guidelines
   - YMCA memberships become active in Week 02

3. **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

Food for Thought
- Explore food literacy among youth
- Grocery kit delivery that includes youth-friendly recipes
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
A Preventative Online Mental Health Program for Youth (POMHPY)

- 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)
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.
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

How do you do, fellow kids?
Discussion (mini FG)

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:

A Preventative Online Mental Health Program for Youth

CONTACT US
OurYouthWellbeing.com
OurYouthWellbeing@waypointcentre.ca

You may be added to our waitlist, depending on the sign up volume.
Do you have any questions or additional suggestions?
Thank you for your participation and valuable contributions!

Visit us at: https://OurYouthWellbeing.com
Program Inquiries: OurYouthWellbeing@waypointcentre.ca

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