

youth hubs Alberta

# IMPACT Snapshot

2021-2023

YOUTH ON THE RISE  
GRANDE PRAIRIE



Canadian Mental Health Association  
Alberta  
Mental health for all



Policy Wise  
for Children & Families

Youth Hub





Grande Prairie Youth Hub is located in Treaty 8 territory and the Métis Nation of Alberta Region 6.

Area covered by Treaty 8



youth hubs Alberta



GRANDE PRAIRIE

- Wood Buffalo
- Bonnyville
- Fort Saskatchewan
- Enoch Cree Nation
- Samson Cree Nation
- Strathmore
- Medicine Hat
- YEG
- Tri-Region
- Drayton Valley
- Alexis Nakota Sioux Nation

**Tansi — Cree | Oki — Blackfoot | Abawashded — Stoney (Nakota) | ?edlanet'e — Dene**

We respectfully acknowledge that we are on the traditional lands and territories of Indigenous people in Alberta. Generations from past, present and future. In doing so, we want to recognize the significance of our relationships with the land and the peoples who call this 'home.' As we reflect on supporting community design in the Youth Mental Health Hubs initiative, we will engage and embrace the teachings we are gifted from the First Peoples regarding the history and connection to the land. As treaty people, we commit to a reciprocal relationship between Indigenous and non-Indigenous worldviews that honour and respect ways of knowing and being, ones that can be reflected and supported with the communities in building strong foundations for all youth and families to learn, work and play.

# Welcome

This **IMPACT SNAPSHOT** celebrates the Hub's work between April 2021 and March 2023 highlighting:

- ★ Grand Prairie Youth Voices
- ★ Youth Engagement
- ★ Impact
- ★ Timeline of Achievements
- ★ Acknowledgements & Partners

Youth on the Rise **"THE HUB"** connects youth aged 11 to 24 to local mental health services.

The Hub is currently operating as a pop-up service in-person or online. A physical location is on the way!



The Hub's work aligns with the 8 **RECOVERY ORIENTATED SYSTEMS OF CARE** capital domains above. Look out for these colorful stickers highlighting examples throughout the snapshot.

What does  
the HUB mean  
to you?

# GRANDE PRAIRIE YOUTH VOICES

To the community?

**Mental &  
Physical  
Health**

... a healthy distraction  
from my life. A place I  
can feel safe in my  
most vulnerable space  
at day or night.  
- Hub youth

... a safe place to  
escape from the  
struggles of life that  
is a non-judgmental  
environment.  
- Hub youth

... it's like WD-40,  
it makes life easier.  
- Hub youth

**Safe Housing  
& Healthy  
Environments**

**Vocational  
Skills &  
Educational  
Development**

... a place where I feel  
listened to and allows  
me to explore my  
passions and interests  
in a safe environment.  
- Hub youth

... crutches:  
It helped me get  
back on my feet.  
- Hub youth

**Meaning  
of Life**

• Metamorphosis,  
change for the better.  
- Hub youth

**Family,  
Social &  
Leisure  
Activities**

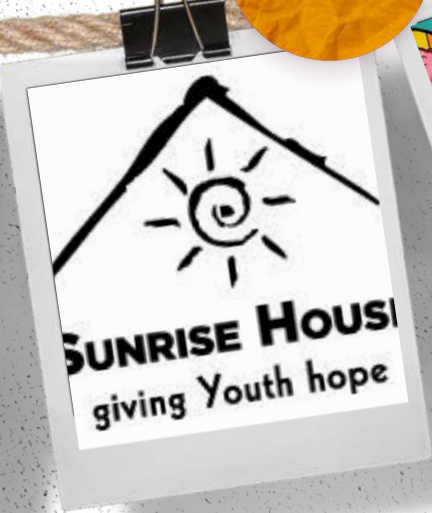


# YOUTH ENGAGEMENT

Community Integration & Cultural Support

Safe Housing & Healthy Environments

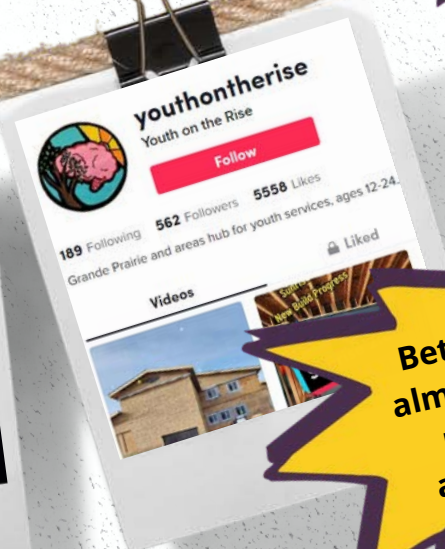
More than 1400 visits to the Hub over two years



Hosted or attended more than 50 events with more than 1800 attendees

Mental & Physical Health

Family, Social & Leisure Activities



Between 2021-2023, almost 1000 new and returning youth accessed the Hub

# ★ IMPACT

## REQUIRED COMPONENTS

# 5

## OF YOUTH MENTAL HEALTH HUBS

Made referrals to at least 15 different types of services in community

### Mental & Physical Health

1. Increased referrals (warm hand-offs especially), health and wellness clinic created, and increased knowledge for families, youth, and service providers around health services.  
- Hub partner

2. It's a place that takes youth feedback and ideas and turns them into actual events that benefit so many of us.  
- Hub youth

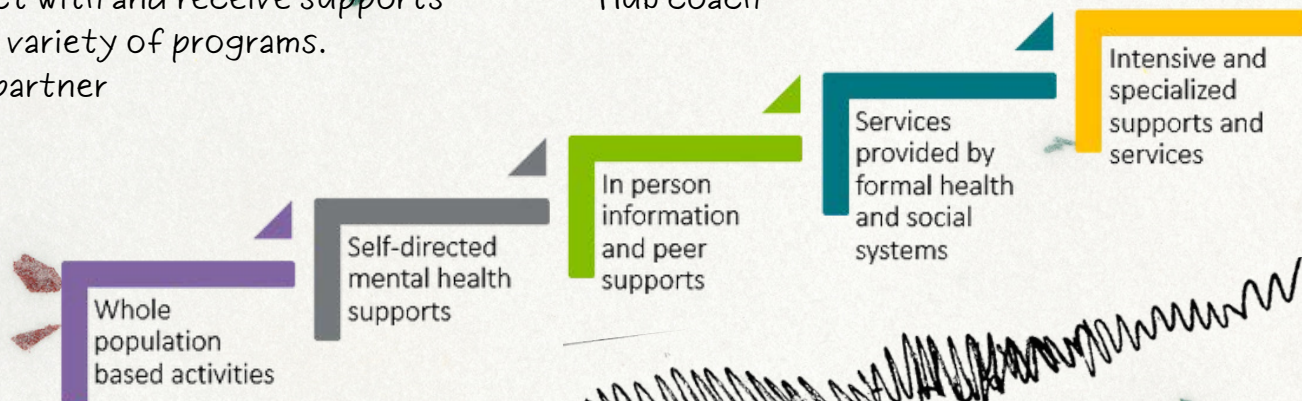
### Family, Social & Leisure Activities

3. Connected service providers that otherwise wouldn't be on a first name basis. Provided preventative supports and wrap around supports for youth.  
- Hub partner

4. Hubs are a low cost, low barrier site for youth across demographics. It allows youth to interact with and receive supports from a variety of programs.  
- Hub partner

5. Stepped care training has been completed by staff and some steering committee members.  
- Hub coach

- 1. Multiple partners across sectors
- 2. Authentic youth & family engagement
- 3. Integration beyond co-location
- 4. Low-to-no barrier access
- 5. Stepped care



# Has the Hub improved ... **IMPACT** youth mental health support?\*

- Understanding of services and organizations available (100%)
- Knowledge of youth mental health needs (100%)
- Community action to respond to youth needs (100%)
- Ability to respond to youth physical, mental, and social health needs (89%)
- Collaboration and coordination among service providers and agencies (89%)

Having the youth agencies connect regularly has increased the collaboration in our community which has allowed youth and families to access services easier and quicker.  
- Hub partner

It allows youth to interact with and receive supports from a variety of programs; most of which they may not have connected with previously.  
- Hub partner

Hubs are able to be very collaborative, and creative to meet the needs of a community. One project with a big impact.  
- Hub partner

\* 9 responses were collected from a survey sent to Hub staff, steering committee members, and internal service partners, collectively "Hub partners", in January 2023.

# TIMELINE OF ACHIEVEMENTS

April 2021 to March 2023

Pop-up, only a few of us back in 2021.  
- Hub youth

Temporary space in 2022 and lots of people joined after that to hang out.  
- Hub youth

Now it has diverse activities and tries to incorporate as many youth as possible.  
- Hub youth

In the future... being able to visit their new space.  
- Hub youth

May 2022

Surveyed 125 youth for feedback on the hub

November 2022

Hosted a youth leadership summit with partners

August 2022

Broke ground on a physical space

January 2023

Implemented the first youth Health Clinic with several partners

February 2023

Physical site being built

Hub partners look to the future

- Physical space and a mobile unit
- Including more mental health supports
- Increasing parent involvement and engagement
- Medical clinic
- Collaborating with new services
- Providing drop-in counselling
- Increasing educational opportunities for Hub partners to access





# ACKNOWLEDGEMENTS



PolicyWise for Children & Families would like to acknowledge the privilege it has been to work alongside and learn from Youth on the Rise Hub staff, partners, youth, and families who contributed their wisdom, experience, and perspectives to this project.

A special thank you Brandon and the rest of the Grande Prairie Youth Voices group for truly inspiring this snapshot with your stories, experiences and creativity.

Youth Hubs Alberta Initiative Sponsor:  
**Ministry of Mental Health and Addiction**

Project Implementation and Operational Lead:  
**Canadian Mental Health Association, Alberta Division**

# PARTNERS



Grande Prairie has a large and diverse Steering Committee:

Northreach

John Howard Society

Alberta Health Services

Mountain Plains

Family Education Society

Sunrise House

Resource Centre for Suicide Prevention

City of Grande Prairie

Probation

Friendship Centre

Woods Home

Youth representation