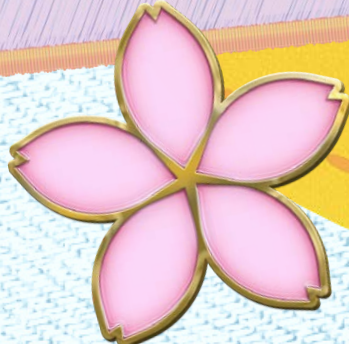
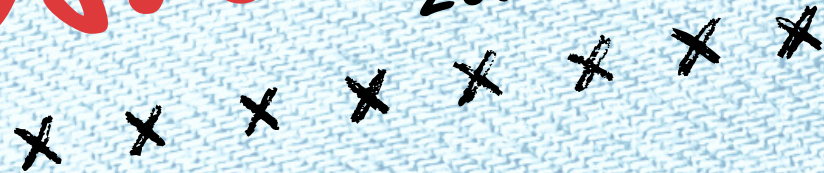


youth hubs Alberta

IMPACT Snapshot

2021-2023



Medicine Hat



Canadian Mental Health Association
Alberta
Mental health for all



Policy Wise
for Children & Families

TREATY 7
1877

Calgary
rt

Red
Deer

Kindersley

SAS

Medicine
Hat

Swift
Current

Moose Ja

TREATY 4

UNITED STATES

Beautiful 

youth
hubs  Alberta

 Wood Buffalo

 Grande Prairie

Alexis Nakota Sioux Nation

 Bonnyville





Grande Prairie

Tri-Region

YEG

Fort Saskatchewan





Enoch Cree Nation

Drayton Valley



Samson Cree Nation

YYC



Strathmore



MEDICINE HAT

Medicine Hat is located in Treaty 7 and 4 territory and the Métis Nation of Alberta Region 2.

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 work of IYS between April 2021 and March 2023 highlighting:

- ★ Youth & Family Engagement Activities
- ★ Impact
- ★ Timeline of Achievements & Aspirations
- ★ Acknowledgements & Partners

Integrated Youth Services Medicine Hat "IYS" aims to build mental health services that are both easy to navigate and receive for youth ages 11 to 24.

- Mental & Physical Health
- Family, Social & Leisure Activities
- Safe Housing & Healthy Environments
- Peer Based Support
- Employment & Resolution of Legal Issues
- Vocational Skills & Educational Development
- Community Integration & Cultural Support
- Meaning of Life



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





MENTAL
health
MATTERS


YOUTH & FAMILY ENGAGEMENT ACTIVITIES

- Participated in the Fresh Start to School, a fair for students where agencies bring an item to donate to support low-income youth to get ready for school.
- Made monthly visits to a High School leadership class to gather youth feedback.
- Made bi-weekly visits to the Be YOUTH Centre.
- Attended the Mental Health Fair at Medicine Hat College.
- Participated in World Kindness Day and World Mental Health Day at a middle school.



Family,
Social & Leisure
Activities

Mental &
Physical
Health



The Community Connector is in homes, in schools, out in community, at events - committed to putting herself out there and not waiting for youth to come to her.
- IYS partner

YOUTH & FAMILY ENGAGEMENT ACTIVITIES

Attended more than 30 events with almost 10,000 attendees

Family, Social & Leisure Activities

Community Integration & Cultural Support



Canada Day



World Mental Health Day

Mental & Physical Health



Canada Day - Beat the Heat



Medicine Hat Pride

Attended community events and connected with youth and parents to share the work of the IYS and community partners.
- Implementation coach

Between 2021-2023, almost 90 new and returning youth accessed IYS

More than 170 visits to IYS over two years

Attended Pride events at Medicine Hat College. There was a flag raising ceremony and information fair. IYS handed out pride flags, stickers and rainbow cupcakes.
- Implementation coach



IMPACT

REQUIRED COMPONENTS

OF YOUTH MENTAL HEALTH HUBS

Made referrals to at least 17 different types of services in community

1. The most important thing the initiative has done in our community is bringing the key stakeholders together and building our capacity to work collaboratively for the youth in our community.

- IYS partner

3. IYS has allowed for easier connections to services between organizations. This has helped the youth and families in the community, because they get a little help in figuring out what organization might have the services they need.

- IYS partner

2. The Community Connector has been meeting with a High School leadership class once a month to get youth feedback and let them have a voice in what youth services they would like to see in our community.

- Implementation coach

4. Going to where youth are at, using a minimal intake process and having free options. They don't need to tell us why, they know what they need. Youth aren't having to tell their story to us before getting services.

- IYS partner

1. Multiple partners across sectors

2. Authentic youth & family

engagement

3. Integration beyond co-location

4. Low-to-no barrier access

5. Stepped care

5. The IYS Coordinator and Community Connector have taken part in all stepped care training offered.

- Implementation coach

Mental & Physical Health

Whole population based activities

Self-directed mental health supports

In person information and peer supports

Services provided by formal health and social systems

Intensive and specialized supports and services

Has IYS improved ...

youth mental health support?*



- Understanding of services and organizations available (71%)
- Community action to respond to youth needs (86%)
- Ability to respond to youth physical, mental, and social health needs (71%)
- Collaboration and coordination among service providers and agencies (100%)

IYS is a great way to connect youth to resources that can be difficult to navigate independently.
- IYS partner



Our partners have shown a commitment to this initiative and value what we have to offer. Youth and families need support and we're making it more accessible by breaking down stigma around asking for help and following through with services.
- IYS partner

IYS has helped youth access physical and mental health care services as they aren't going to one organization and being told "oh, we don't do that, sorry". Now organizations can refer youth to the Hub for help finding the services, and helping the youth actually access them.
- IYS partner

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



TIMELINE OF ACHIEVEMENTS & ASPIRATIONS

April 2021 to March 2023



Fall 2021

Changed fiscal agents and recommitted Steering Committee



March 2022

Hired IYS Coordinator and built new relationships



September 2022

Participated in a Pride event at Medicine Hat College



Spring 2023

Creating a branding and marketing plan

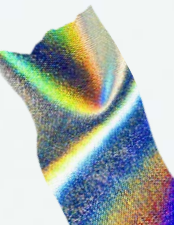
Planning for a physical location.



IYS partners look to the future



-  Increasing staffing
-  Securing long term funding and stability
-  Building community awareness of services
-  Integrating youth perspectives into services
-  Increasing accessibility and ability to navigate the system
-  Earning a reputation as a go-to resource for youth
-  Opening a physical location



ACKNOWLEDGEMENTS & PARTNERS

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



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

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

Integrated Youth Services Medicine Hat has a committed and strong Steering Committee:

- McMan Youth, Family & Community Services
- Alberta Health Services
- Youth Representative
- Canadian Mental Health Association
- Medicine Hat College
- Sanare Centre
- Medicine Hat Public School Division
- Medicine Hat Catholic Board of Education
- Medicine Hat Community Housing Society
- Miywasin Friendship Centre