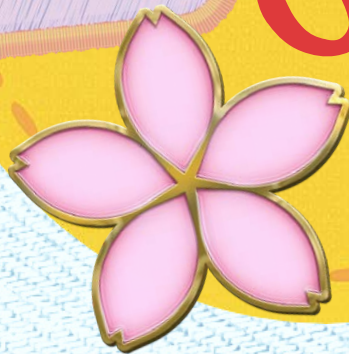
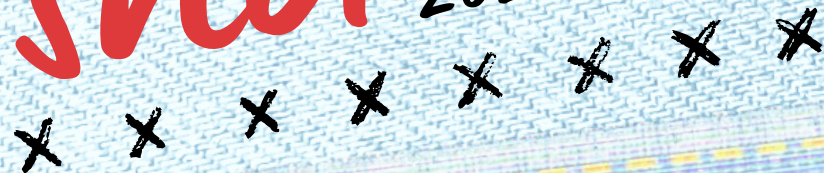


youth hubs Alberta

# IMPACT Snapshot



2021-2023



you are NOT alone



Wood Buffalo Integrated Youth Network

IT'S OKAY to not be OKAY

MENTAL health MATTERS

CHOOSE LOVE



Canadian Mental Health Association  
Alberta  
Mental health for all



Policy Wise  
for Children & Families



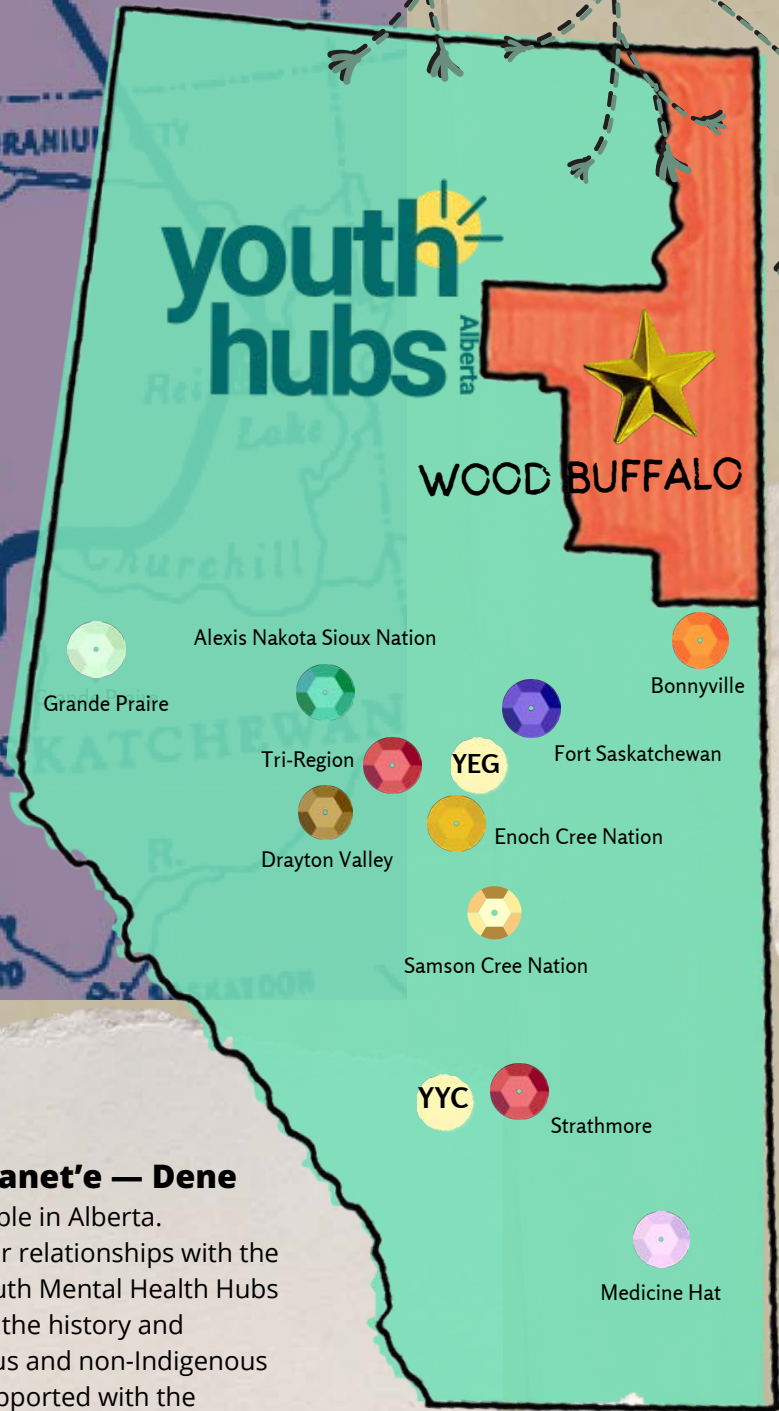
Wood Buffalo Integrated Youth Network serves the Rural Municipality of Wood Buffalo.

Wood Buffalo is located in Treaty 8 territory and the Métis Nation of Alberta Region 6.



**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 Youth Hub's work between April 2021 and March 2023 highlighting:

- ★ Wood Buffalo Youth Summit
- ★ Youth Engagement
- ★ Impact
- ★ Timeline of Achievements
- ★ Acknowledgements & Partners

Wood Buffalo Integrated Youth Network **"THE YOUTH HUB"** connects youth ages 11 to 24 with mental health resources at the right time and place. They use a collective community-based approach.



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 YOUTH HUB mean to you?

# WOOD BUFFALO INTEGRATED YOUTH NETWORK YOUTH SUMMIT

To the community?

... being supported and welcomed. I feel safe telling people at the Youth Hub what I am experiencing.  
- Youth participant

... a safe place where anyone can go to find support they need. A place where everyone is welcome, no matter their differences.  
- Youth participant

**Safe Housing & Healthy Environments**

... it represents a welcoming environment that allows individuals to grow/develop in their community. It means youth have a safe place to go when they are struggling.  
- Youth participant

**Peer Based Support**

... it represents a safe space that accepts individuals for who they are. It ensures that community members have access to all of the resources they require.  
- Youth participant

**Mental & Physical Health**

... a place where youth can find someone to talk to, and find people alike. Also a place to begin finding ways to cope and manage mental health.  
- Youth participant



# YOUTH ENGAGEMENT

Peer Based Support



SHE / HER



Between 2021-2023, more than 380 new and returning youth accessed the Hub

Community Integration & Cultural Support

Hosted or attended 130 events with more than 3400 attendees



THEY / THEM

Mental & Physical Health

Family, Social & Leisure Activities

700 visits to the hub over two years

# IMPACT

## REQUIRED COMPONENTS

## OF YOUTH MENTAL HEALTH HUBS

Made referrals to at least 19 different types of services in community

1. The Hub is a place for service providers to reach out for information, or to provide warm hand offs. The Hub is here to provide them with community services and different care options.

- Youth Hub partner

3. Families and service providers have shared that is valuable to have a network of supports. Service providers appreciate having the connection to a network of other community services to refer clients to.

- Youth Hub partner

2. Youth participation in design, development, and operational decisions is essential.

- Youth Hub partner

4. Often times youth fall through the gaps for many reasons and by using different delivery modalities - meeting youth and families where they are at - the Hub is able to provide coordinated support.

- Youth Hub 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. Wood Buffalo has offered stepped care training to their staff and Steering Committee members.

- Youth Hub 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 the Youth 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 (100%)
- Collaboration and coordination among service providers and agencies (100%)

The Hub provides hope and opportunities for youth and their families that there are resources and people who care. They don't have to navigate the sometimes overwhelming system alone.  
- Youth Hub partner

Meaning  
of Life

Mental health systems can be very overwhelming to access, and even more so if you are struggling. Hubs have broken down this barrier by creating connections with agencies who are inclusive and supportive, lessening fear of the unknown.  
- Youth Hub partner

Mental &  
Physical  
Health

The Hub has given youth and families a safe place to connect to local community resources that can help them belong and have a better chance at a higher quality of life. Many service providers are working together more collaboratively, and are better able to serve youth and families.  
- Youth Hub partner

\* 12 responses were collected from a survey sent to Hub staff, steering committee members, and internal service partners, collectively "Youth Hub partners", in January 2023.

IT'S OKAY  
to not be  
OKAY

# TIMELINE OF ACHIEVEMENTS

MENTAL  
health  
MATTERS

## April 2021 to March 2023

### June 2021

Hired a System Navigator and began participating in community events

### Fall 2021

Created information sharing pathways and built relationships with rural and Indigenous communities

### Spring 2022

Opened doors for drop-in and became fully operational

### January 2023

Participated in a Vision Day with the Steering Committee

### March 2023

Hosted a Youth Mental Health Summit

## Youth Hub partners look to the future

-  Creating peer support culture through programming
-  Building stronger connections with service providers
-  Reducing barriers to access
-  Creating sustainability through funding
-  Continuing to support youth in Indigenous communities
-  Increasing awareness and Hub services
-  Continuing to be a safe place for youth and their families

The Youth Hub started as a place where youth can find a safe place and find support.  
-Youth participant

The Youth Hub in the beginning was a new place to be myself and be healed.  
-Youth participant

Now it's a community wide program that allows students to engage online with resources.  
-Youth participant

I hope the Youth Hub continues to grow and reach more communities. I hope more youth keep going.  
-Youth participant



# ACKNOWLEDGEMENTS & PARTNERS

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

A special thank you to the Youth Summit participants 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**

Wood Buffalo Integrated Youth Network has a strong and committed Steering Committee:

Alberta Health Services  
Primary Care Network  
Canadian Mental Health Association - Wood Buffalo  
Red Cross  
Keyano College  
Athabasca Tribal Council  
Northland School Division  
Fort McMurray Catholic School Division  
Pride YMM  
Fort McMurray Public School Division  
Big Brothers Big Sisters  
Some Other Solutions  
YMCA Northern Alberta  
Community representation, includes community advocate/mentors and family members