



September 14, 2011

Dear Principal / School Administrator / Guidance Counsellor,

Attached you will find The Youth Centre's School Information Package. This package outlines the different types of programs and services that are available to your school and teachers to assist them in their classrooms. We hope that you will review this information and forward to the most appropriate contact person within your school.

Should you wish to discuss further, please contact us to arrange an appointment to discuss the complete range of programs and services that The Youth Centre provides and to answer any questions you may have. This package is also available on our website on the "Resources" page at: www.theyouthcentre.ca.

Thank you so much for taking the time to review this information. We look forward to working together to meet the needs of your staff and students.

Sincerely,

The Youth Centre
Health Promotion Team

Amy Nagel, amyn@theyouthcentre.ca
Kelly Ng, kellyn@theyouthcentre.ca
Amy Rukaruck, amyr@theyouthcentre.ca

Secondary School Support

Substance Use

Classroom Presentations *“Under The Influence”* – Substance Use Presentation
“You Are The Target” - Tobacco Denormalization Presentation

In-School Programs Smoking Cessation – Education Session
The Ultimate Mix – Drug Awareness Event

Mental Health

Classroom Presentations *“Stress Management For Teens”*

In-School Programs “Short On Sleep” – Education Session

Healthy Living

Classroom Presentations Healthy Eating
Body image

In-School Programs *“Can The Pop”* – Nutrition Campaign

Character Education

Classroom Presentations Bullying Awareness

In-School Programs Community Helpers

Substance use

Classroom Presentations

Under the Influence Drug Awareness Presentation

This session is suitable for grades 9 and 10 and can supplement Ontario's substance use curriculum guidelines for Health and Physical Education. The session focuses upon marijuana and alcohol; however, it can be tailored to meet the need of your school. The session will engage students to think critically about substance use, it will pose questions such as why do some teenagers use drugs and others do not? What are some risk and protective factors? The session can vary in length to meet needs of the classroom and/or school.

“You Are The Target”-Tobacco denormalization Presentations

This workshop will aim at denormalizing the tobacco industry. The workshop will uncover the truth behind the lies and deception of an industry that has for long preyed on young people to take up their product in order to replace their dying clientele. Students will investigate different tactics used by the industry, examine the history behind tobacco product manipulation and critically analyze the power of mass media as it relates to the tobacco industry.

In-School Programs

Smoking Cessation

A health promoter will visit your school to facilitate an on-site smoking cessation program. The health promoter will talk about the benefits of quitting smoking, different ways to quit, how to set goals and how to get support and find resources. During the program we will provide appropriate resources as well as free Quit Smoking Kits.

The Ultimate Mix Contest

This is a fun competition among youth to develop the best tasting non-alcoholic drinks as well as creative messages regarding safe and sober driving and riding. Each school will host their own 'Mix Off' event with prizes going to first, second and third place winners. The first place winners of each school will then proceed to a Regional 'Ultimate Mix Off'. Each team will be judged on the taste of their drink, on their creative presentation and on their safe partying message. Students will also receive community hours for their participation in the event. Students are encouraged to contact their school office for information.

The event will be launched in schools during Provincial Drug Awareness Week November 14 - 20, 2011. The Regional "Ultimate Mix Off" event will be taking place on Thursday November 24th, 2011.

For more information on any of our substance use presentations, please call Amy Rukaruck at: amyr@theyouthcentre.ca.

mental health

Classroom Presentations

Stress Management for Teens

This interactive presentation explores the topic of effective stress management with students. Teens manage busy lives and juggle many responsibilities including family, school, friends, part-time jobs, and extra-curricular activities. This workshop gives students an opportunity to learn what stress is, and how it can affect their minds and bodies. The workshop also invites students to think about developing some positive coping strategies that will serve them well throughout their entire lives.

Discussion topics include:

- Defining stress
- How stress can affect our minds and bodies.
- Causes of stress
- Healthy and unhealthy coping strategies
- Relaxation and stress management techniques
- Helpful resources

Our experienced Health Promoters facilitate this presentation. Three weeks advance notice is required for bookings. This presentation is best suited for individual classes of **grades 9 through 12**. Time Required: 1 class period.

For more information or to book this presentation, please contact Kelly Ng at: kellyn@theyouthcentre.ca.

TAMI – Talking About Mental Illness

Please see attached information sheet.

In-School Programs

Short on Sleep

The Youth Centre offers an opportunity for secondary students experiencing significant sleeping problems, to come to a presentation/discussion in their school about sleep. The time required is one class period. Students will learn about the impact of poor sleep on personal functioning, the nature and type of sleeping difficulties and strategies to improve sleep.

This offering is not a classroom presentation for the general student population, but rather is targeted to students who self-identify sleeping issues. This presentation could be offered as often as once a semester. We anticipate that the process employed by several high schools this past school year will be suitable for all schools.

The school Guidance office selects a staff member to coordinate the event with our Centre's presenter. A time is selected and is publicized by Guidance within the school. Students register through Guidance for this event. Several days before the event, the Guidance contact informs our presenter as to the number of registrants and room location. The Guidance teacher may attend the event but this is not required, although being available if needed is helpful.

For more information or to book this presentation, please contact Jim Clendinning at: jimcl@theyouthcentre.ca.

healthy living

Classroom Presentations

Healthier Eating

This fun and revealing session is designed to empower youth regarding healthy food choices. Discussion topics may include:

1. *Eating well with Canada's Food guide*
2. *Healthy eating and healthy weight*
3. *Fad Dieting and body image*
4. *Reading food labels*
5. *Importance of having healthy breakfast*
6. *Fuel for school: Healthy lunches and snacks*
7. *Facts on Snacks*
8. *Eating well while eating out*
9. *Why is too much sugar an issue?*
10. *Why is too much fat an issue?*

Other topics can also include: vegetarian diet, sports nutrition or any other nutritional concerns the students may have.

Participants will use group work, games and hands-on techniques to learn about making nutrition a part of everyday life. The class will make and sample a nutritious snack, which is easy to make at home.

Referrals for individual *Healthy Eating 1on1* appointments with a Dietitian at The Youth Centre are also welcome. For more information or to book this presentation, please contact Daisy Sharma at: daisys@theyouthcentre.ca.

Body Image Presentation

This workshop explores body image, self esteem, and how the media can influence our concept of beauty, and how we feel about ourselves. The workshop also briefly explains eating disorders, how to recognize warning signs, and provides tips for building a healthier body image.

For more information or to book this presentation, please contact Kelly Ng at: kellyn@theyouthcentre.ca.

In-School Programs

“Can The Pop” Campaign

Suitable for Healthy Active Living Education, Food & Nutrition; Leadership classes; as well as student-led health committees.

Did you know that pop is the #1 drink in Canada, and contributes greatly to adolescent obesity? This is a campaign to put a stop to the pop! Supported by a health promoter from The Youth Centre, a class or student-led group from your school could develop leadership skills while coordinating a campaign to raise awareness about the dangers of consuming pop regularly. Activities may include t-shirt-making, a poster and flyer campaign, health promotion in a school display case, a healthy drink give-away, or other creative ideas generated by the students. Lots of resources and supplies available.

School Staff group coordinator or classroom teacher required. Support for other awareness campaigns also available, contact The Youth Centre for more information.

For more information or to book this presentation, please contact Daisy Sharma at: daisys@theyouthcentre.ca.

character education

Classroom Presentations

Bullying Awareness Workshop

This session is suitable for grades 9 and 10. This workshop can be tailored to your needs in terms of content and length. A short discussion with the class's teacher at least two weeks prior to the session is necessary to prepare appropriately (to discuss school policy/experience with bullying, classroom dynamics, etc).

Discussion topics can include:

- A discussion of what defines bullying
- Different types of bullying such as social bullying, cyberbullying, etc.
- Gender dynamics
- Effect of bullying on victims
- Why do people bully?
- What is a bystander?
- Why do bystanders often do nothing?
- How can bystanders help?
- Tattling vs. reporting
- What can you do to avoid and prevent bullying
- School position on bullying
- Brainstorming possible anti-bullying activities
- Resources

This is an interactive session and can include a number of components including discussion, audio visual aids, role playing, group work, interactive activities, etc.

For more information or to book this presentation, please contact Kelly Ng at: kellyn@theyouthcentre.ca.

Community Helpers

Please see attached information sheet.

COMMUNITY HELPERS PROGRAM

A community based mental health promotion, suicide prevention program for schools.

Why...

Because when youth are in need of help...they go to their peers....

Why at this school....

- To provide a youth mental health promotion program for your students.
- To bring community agencies for youth into your school community.
- To support a program that is accessible for all types of youth.
- To support the mobilization and capacity building of your youth school community.
- Because the **Community Helpers** program is a community initiative led by *The Youth Centre and supported by the Pinewood Centre of Lakeridge Health.*

How does it work

- All youth are given information about the **Community Helpers** program, it is anonymous and confidential.
- All youth are given an anonymous questionnaire to complete asking them to identify two youth in their school who they would turn to if they needed help.
- A list is then created of youth who have been identified more than three times by their peers.
- This list of "**Community Helpers**" represents a cross section of students.
- These youth are invited to a half day workshop where they will be asked a series of questions as a group which will identify the issues that they get asked about the most and the barriers for youth to access services in the community
- The **Community Helpers** working group is committed to providing workshops throughout the school year to the identified helpers on, at least, the top five topics that they have identified.

What will the school need to do...

- Identify a champion for the **Community Helpers** program who can work with the committee to establish this program in your school, or provide a leadership class to administer the program
- Provide some administrative support regarding school logistics and with the inputting of the surveys into a data base that is provided for you.
- Call **The Youth Centre** at **905-428-1212** for more details or to arrange a meeting to get it started.



*Adapted from
the Western Ottawa Community Resource Centre,
Community Helpers Program



Information Sheet

Talking About Mental Illness T.A.M.I. Durham

Purpose:

To bring together community agencies, schools, youth, people with mental illness and other community members to develop and deliver awareness programs for secondary school students in Durham Region. This program was originally created by the Mood Disorder Association of Ontario, the Centre for Addiction and Mental Health and the Canadian Mental Health Association.

In 2002, a local T.A.M.I. coalition was formed in Durham Region, and since then, it has been working on addressing the issues associated with stigma and mental illness.

Membership:

Ontario Shores Centre for Mental Health Sciences
The Youth Centre
The Canadian Mental Health Association - Durham
Pinewood Centre of Lakeridge Health
Durham District School Board
Durham Catholic District School Board
Durham Mental Health Services
Durham Family Court Clinic
Resources for Exceptional Children and Youth - Durham
Kawartha Pine Ridge District School Board
P.V.N.C. Catholic District School Board
Kinark Child and Family Services- Durham
Distress Centre Durham
Frontenac Youth Services
Lakeridge Health Child, Youth and Family Program

Goals:

To eliminate or reduce the stigma associated with mental illness.

To provide secondary school teachers with the appropriate support and materials to implement an in-class awareness program.

To provide secondary school students and teachers with the appropriate support and materials to develop school wide, student driven awareness programs.

To provide an opportunity for secondary school students to learn from people who have experienced mental-illness first hand.

To help students to understand where and how they can access help for themselves and their peers.

Secondary School In-class Program:

Teachers are provided with a teachers manual and student workbooks to guide them through the program.

An introductory session (one class period) is facilitated by a TAMI coalition member and the stage is set for the week's work.

During the week teachers guide students through the workbook in preparation for the end of week presentation.

At the end of week presentation, a TAMI coalition member will facilitate a session (one class period) of moving presentations by people living with mental illness. There is an opportunity for students to ask questions. School Administrators, guidance counselors and school social workers should be invited to the final session. Students are given a list of resources available to them in their community.

This program can formally fit into the Ontario Secondary School Curriculum Guidelines for many subjects including: Healthy Active Living Education (Grade 11), Health for Life (Grade 11), Intro to Anthropology, Psychology and Sociology (Grade 11), Media Studies (Grade 11), Leadership and Peer Support (Grade 11), Philosophy (Grade 11), Individuals and Families in Diverse Society (Grade 12), Healthy and Active Living Education (Grade 12), Parenting and Human Development (Grade 12).

This program can also fit into the school curriculum where there are "teachable moments". Examples include: English classes studying a novel where a character may have a mental illness, Art classes where there may be a study of an artist with a mental illness etc...

T.A.M.I. Summit

Teachers and up to four students per school are invited to attend the annual T.A.M.I. Summit.

Attendees participate in activities and exercises that talk about the stigma associated with mental illness.

Attendees will have an opportunity to meet and hear the moving stories of people living with mental illness.

Each school will be given a manual and resources to assist them with planning awareness activities within their home schools that will work on reducing the stigma associated with mental illness.

Each school will be assigned a member of the T.A.M.I. coalition as their direct support person to assist with the development of their awareness plans.

T.A.M.I. Speaker Training

The T.A.M.I. coalition is privileged to have members of the community who are living with mental illness share their experiences with others.

Speaker screening, training, support and recognition is provided by the T.A.M.I. coalition to the dedicated individuals who are part of the program.

For more information contact:
Ontario Shores Centre for Mental Health Sciences
905-668-5881
ext. 6014

"Be the change you want to see." - Gandhi

www.tamidurham.ca

YOUTH OUTREACH WORKER PROGRAM

Why....

Prevention and early intervention for youth at risk (under serviced youth)...

Who is Eligible...

- Youth ages 12- 29 years
- Youth at-risk in Ajax and Pickering

What Does Outreach Mean...

- Meeting youth out in their communities, individually or in groups
- Engage youth in individual/supportive discussions
- Building support networks for youth in the community
- Promoting skill building and leadership development for young people
- Acting as advocates for youth in the community
- Providing individual short term case management that involves schools, families, community partners, police and probation as required

How Do You Contact Us...

For more information or to make a referral
please call:



905-428-1212

or

Janet

**Youth Outreach Worker
(Cell) 905-903-3512**

Alisha

**Youth Outreach Worker
(Cell) 905-903-3612**

**The Youth Centre
presents.....
Registered
Dietitian**



Want to know about....

Healthy Eating

FAD Diets

Weight Management

Vegetarian Diet

Sports Nutrition

**or any other nutritional
concern !**

**The good news is that
Registered Dietitian
is now available at
The Youth Centre
Monday to Friday
To help you make
Healthy food choices
To improve your health!
Service is **FREE!****

**Call to book an appointment with the Dietitian
@ 905-428-1212**