

# **Transformation from a Youth Volunteer to a Youth Mentor**

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**Presented at the Youngsters 3 Conference on June 8th, 2024**

## Author Affiliations

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# Presentation Outline

- ★ Background: Children & Youth Mental Health (CYMH) Project
- ★ Sharing of Personal Growth through this Project
  - ★ Jensyn, Julia, and Milly
- ★ Impact on Youth
- ★ Impact on the Community
- ★ Overall Value of the CYMH Project
- ★ Acknowledgement
- ★ Contact Information

# CYMH Project Background

- ★ This is a 3-year community-based project
  - Aimed at youth, parents, community partners
- ★ May 2021 – November 2023
  - photo storytelling groups
  - web app co-creation focus groups
  - community forums in Alberta
  - hybrid international symposium
- ★ More information of the CYMH Project:  
<https://www.childrenandyouthmentalhealth.com/>

# Personal Sharing by Jensyn

## My experience in research

Jensyn Wallan



### Some major takeaways:

Building rapport is important

Research takes a lot of time to achieve results

Bringing members of a community together spikes great conversations

Research is not intimidating

# Personal Sharing by Julia

From Youth Volunteer to Project Assistant!





# Personal Sharing by Milly



# Impact on the Youth





## Impact on Youth

- Sharing of youth voices
  - Unique perspectives
  - Empowering youth
  - Agency in expressing opinions without influence of adults
- Educating youth
  - Bringing mental health into the spotlight
  - Reflecting on their own lives
  - Reframing the way mental health is viewed

# Impact on Youth - The Importance of Youth Involvement

- Connection with societal issues
  - Bringing new perspectives to youth worldviews
- Encouragement of youth participation in community projects
  - Giving youth the opportunities
  - Creating a safe & accepting environment
  - Inspiring youth to take on leadership roles
- New skills and experiences
  - Building confidence

# Impact on the Community



## Impact on the Community



- ★ Brought people together
- ★ Learned from one another and shared knowledge
- ★ Considered different perspectives from researchers, professionals, students, volunteers and parents
- ★ Improve the community by educating and spreading awareness
- ★ Show parents/adults the large role they play in a child's life
- ★ Many community partners and supporters of the CYMH Project

## Impact on the Community



- ★ Community partners help improve the availability and options of mental health resources for the youth
- ★ Provides service providers with intervention strategies and skills to support children and youth
- ★ Collaboration with China helps bridge cultural differences in perspectives on mental health
- ★ Important for community integration for newcomers and youth trying to establish themselves into society

# Overall Value of the Project



- Community and Family Benefits
- Stigma Reduction
- Empowerment and Advocacy



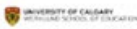
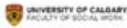
# Overall Value of the Project



This project is funded by

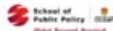
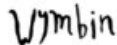


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and practicum students  
and interns.



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# Contact Information

Learn more of the CYMH Project:

<https://www.childrenandyouthmentalhealth.com/>

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