

Transformation from a Youth Volunteer to a Youth Mentor

Co-Authors: Jensyn Wallan, Julia Kao, Milly Nie and Dora M.Y. Tam

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Author Affiliations

- ★ Julia Kao, BSc Candidate, University of British Columbia Okanagan
- ★ Milly Nie, Grade 11, Sir Winston Churchill High School, Calgary, AB
- ★ Jensyn Wallan, BSW Candidate, MacEwan University
- ★ Dora Tam, Ph.D., CYMH Project Director and Professor, Faculty of Social Work, University of Calgary

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!



Lethbridge Forum



CYMH Symposium



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

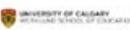
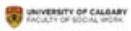
Overall Value of the Project



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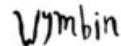


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and practicum students
and interns.



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Contact Information

Learn more of the CYMH Project:

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

For any feedback/question, contact Dr. Dora Tam:

dtam@ucalgary.ca

