

# Building a community-based youth mental health coalition

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PARKLAND COUNTY PARTNERS FOR YOUTH MENTAL WELLNESS

# Presenter Disclosure

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## **Faculty:**

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## **Relationships with financial sponsors:**

- No relationships to declare.

# #inourownwords

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[https://youtu.be/\\_y97VF5UJcc](https://youtu.be/_y97VF5UJcc)

# Five tips for a community coalition

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- (1) Recognize the need/opportunity
- (2) Identify key players
- (3) Leverage and expand relationships
- (4) Dedicate resources and ask for more
- (5) Fall forward, no fear of failure

# Recognize the need/opportunity

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- 1 in 5 Albertans are struggling with mental illness, and 70% of these patients state that their issues started in childhood
- Integration of data and experience

# Benefits of coalition

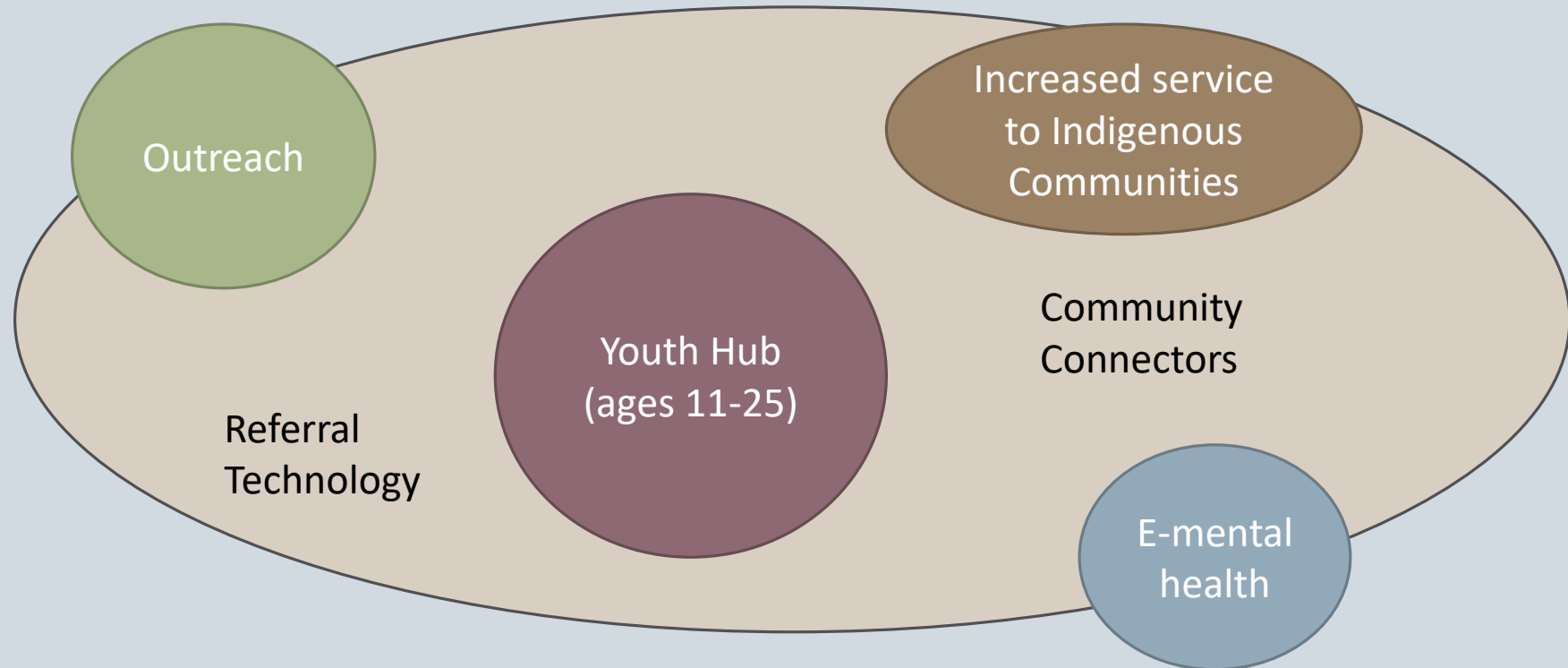
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*“Coalitions are groups of people who come together around a particular issue, with the goal of being a catalyst for change in their community. They value and benefit from diverse membership, egalitarian practices, a broad focus and long-term goals. By bringing together people from different sectors of society and pooling resources, coalitions can accomplish goals more effectively than an organization working independently.”*



# What is an integrated mental health youth hub?

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**Integrated Hubs** are defined as the integration of health and social services under one roof in a youth-friendly environment.

# Activity 1

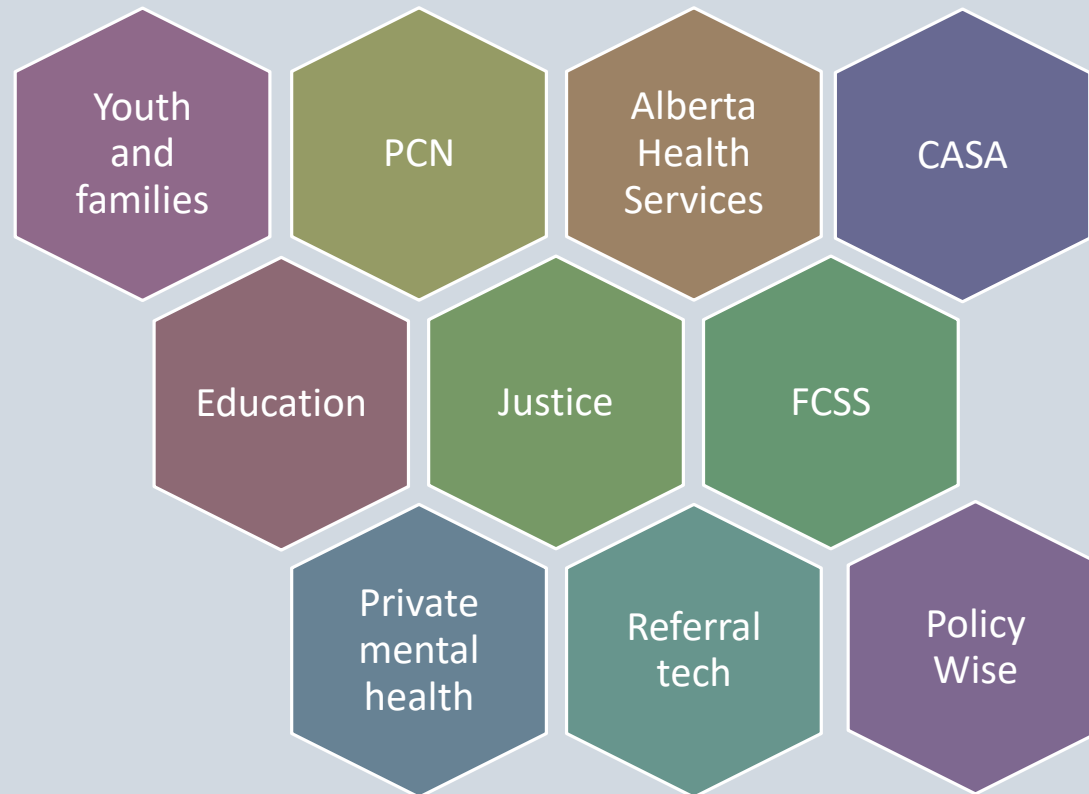
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Jot down a issue in your practice or workplace where you think there is a joint priority that could be supported by a coalition



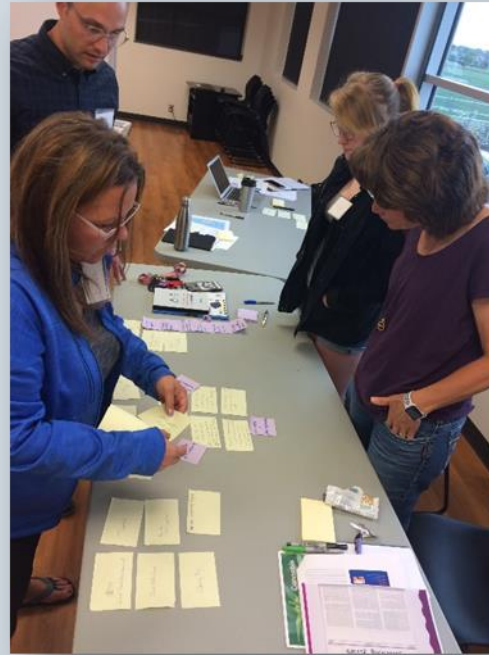
# Identify the key partners

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Leverage &  
expand on  
relationships

Relationships are  
everything



# Activity 2

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Who are some people you know you are in positions of influence that you could start having conversations with?

# Dedicate resources and ask for more

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# Fall forward, no fear of failure

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Build over time: baby steps (virtual to physical hub)

Next steps



# Final thoughts

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PERMISSION	ASK
ADVOCATE and PUSH THE SYSTEM	EMPATHIZE and LISTEN
READ	LEARN
WARMTH	PATIENT FIRST



# Questions

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