

Rural Ottawa Youth Mental Health Collective

Let's
Celebrate

Rural Ottawa Youth



Mental Health Collective



Foreigner
@theogcrystal



How it started:

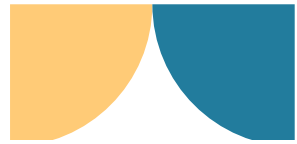
How its going:



6:52 PM · Oct 9, 2020 · Twitter for iPhone



67.8K Retweets **9.3K** Quote Tweets **646.4K** Likes





Rural Ottawa Youth



Mental Health Collective

Rural Ottawa youth were not feeling supported with mental health

What mental health supports would you like to see for youth in Osgoode Ward?
“Literally anything.”

Are rural Ottawa youth with a mental health concern currently getting the help they need?
“No. Not at all. Not even close.”

Are there accessible and consistent mental health services currently available in Osgoode Ward?
100% said no



THANK
YOU

Laidlaw Foundation's
Innoweave Youth CI Fund

Rural Ottawa Youth



Mental Health Collective

2019

—

2021

Rural Ottawa Youth



Mental Health Collective

ROYMHC

Rural Ottawa Youth Mental Health Collective

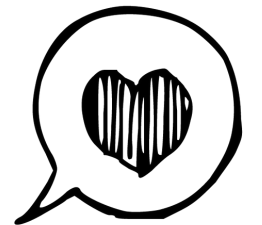


- Nepean, Rideau, Osgoode Community Resource Centre (NROCRC); backbone organization
- **Osgoode Youth Association (O-YA); founding organization**
- Youth of Manotick Association (YOMA)
- Youth Net; CHEO
- Ottawa Child & Youth Initiative (OCYI)
- Ottawa Police Service (OPS)
- Ottawa Public Health (OPH)
- Western Ottawa Community Resource Centre (WOCRC)
- Eastern Ottawa Community Resource Centre (EOCRC)
- South Nepean Satellite Community Health Centre (SNCHC)
- Orleans-Cumberland Community Resource Centre (OCCRC)
- Parents Lifeline of Eastern Ontario (PLEO)
- Ottawa West Four Rivers Ontario Health Team

Key Partners:

Saint-Paul University Ph.D Candidate Catherine Potter
ROYMHC Youth Advisory Committee

Rural Ottawa Youth



Mental Health Collective

Truly Understanding the Issue to Create Effective Solutions

Focus
Groups

Social
Impact
Advisor
Coach

Stakeholder
Engagement
Program

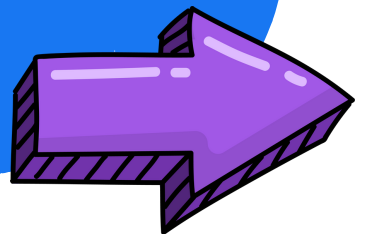
Interviews

Survey
of 300 rural
youth

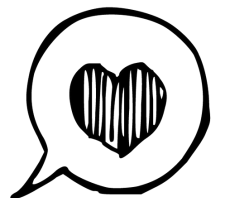
Literature
Review

Community
Needs
Assessment

Youth
Advisory
Committee



Rural Ottawa Youth



Mental Health Collective

*TOP 7 PROGRAMS THAT WOULD HELP
RURAL OTTAWA YOUTH FEEL MORE
SUPPORTED WITH THEIR MENTAL HEALTH*

STRESS / ANXIETY



TIME MANAGEMENT



POSITIVE LIFESTYLES



*HOW TO HELP SOMEONE
EXPERIENCING A
MH CONCERN*



BODY POSITIVITY



MH LITERACY



SELF CARE



*TOP 7 WAYS TO PROVIDE MENTAL HEALTH
SUPPORTS FOR RURAL OTTAWA YOUTH*

*ADD A FOOD
COMPONENT*

*ADD AN ACTIVITY
COMPONENT*

*INCORPORATE INTO NON-MENTAL
HEALTH PROGRAMS*

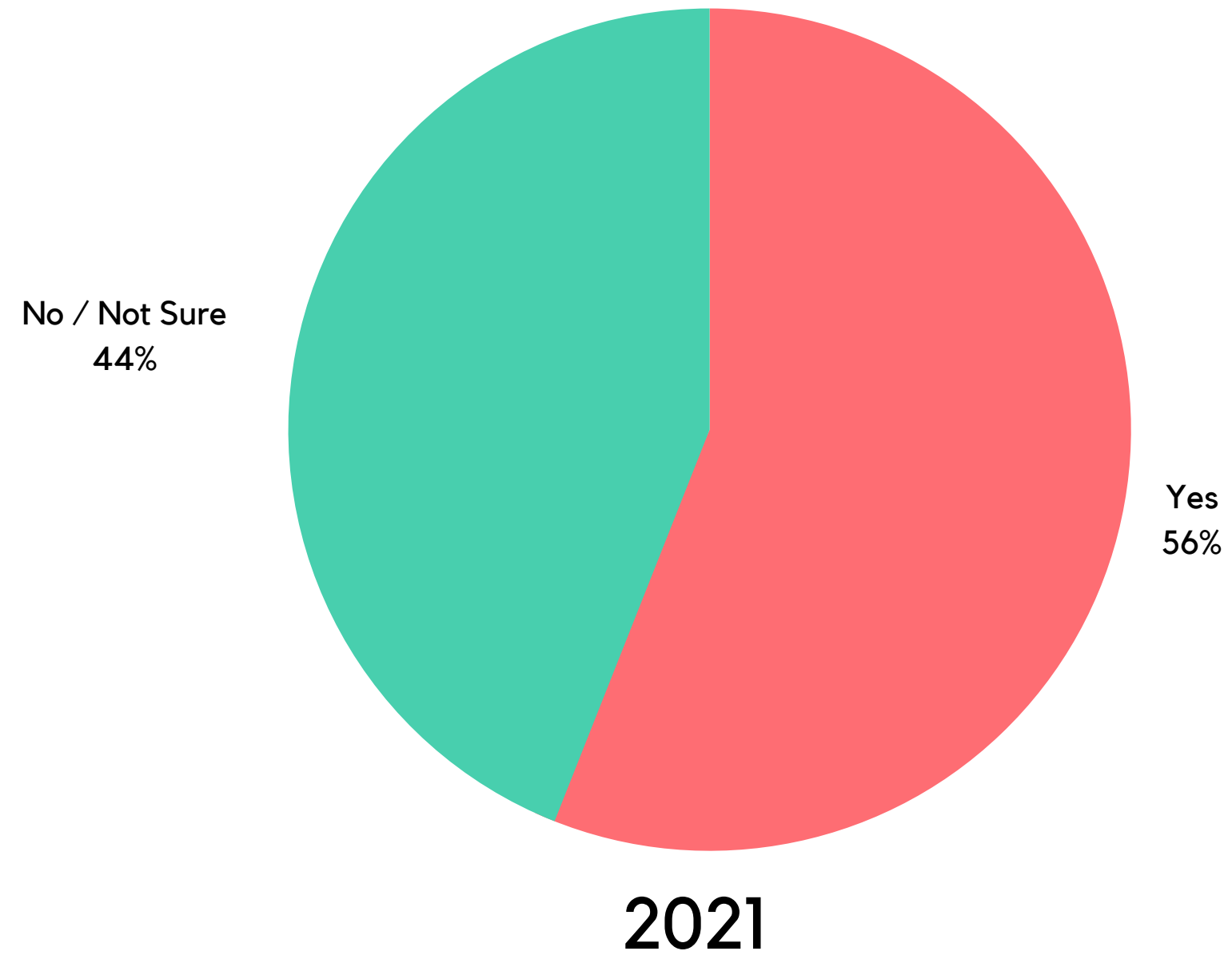
*ANONYMOUS
QUESTION BOX*

AT SCHOOL

*AT A YOUTH
RECREATION
CENTRE*

CO-ED PROGRAMS

Are rural Ottawa youth getting the mental health support they need, or know how to access that support?



ROYMHC Theory of Change



By 2024, 80% of rural Ottawa youth feel they are getting the mental health support they need, or know where to go for help if and when they need to access support.

1

YOUTH EDUCATION STRATEGY

PROMOTE AND DELIVER MENTAL HEALTH EDUCATION AND PREVENTION SKILLS FOR YOUTH



5

COMMUNICATION STRATEGY

INFORMATION ABOUT MENTAL HEALTH RESOURCES AVAILABLE FOR RURAL YOUTH



4

SUPPORT EDUCATION STRATEGY

PROMOTE AND DELIVER MENTAL HEALTH EDUCATION AND PREVENTION SKILLS FOR SUPPORT NETWORKS



2

COUNSELLING STRATEGY

ADVOCATE FOR AND SUPPORT YOUTH MENTAL HEALTH COUNSELLING PROGRAM IN RURAL COMMUNITIES



3

COMMUNITY ENGAGEMENT STRATEGY



Rural Ottawa Youth

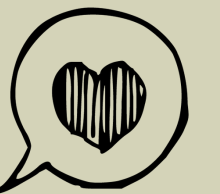


Mental Health Collective



2022

Rural Ottawa Youth

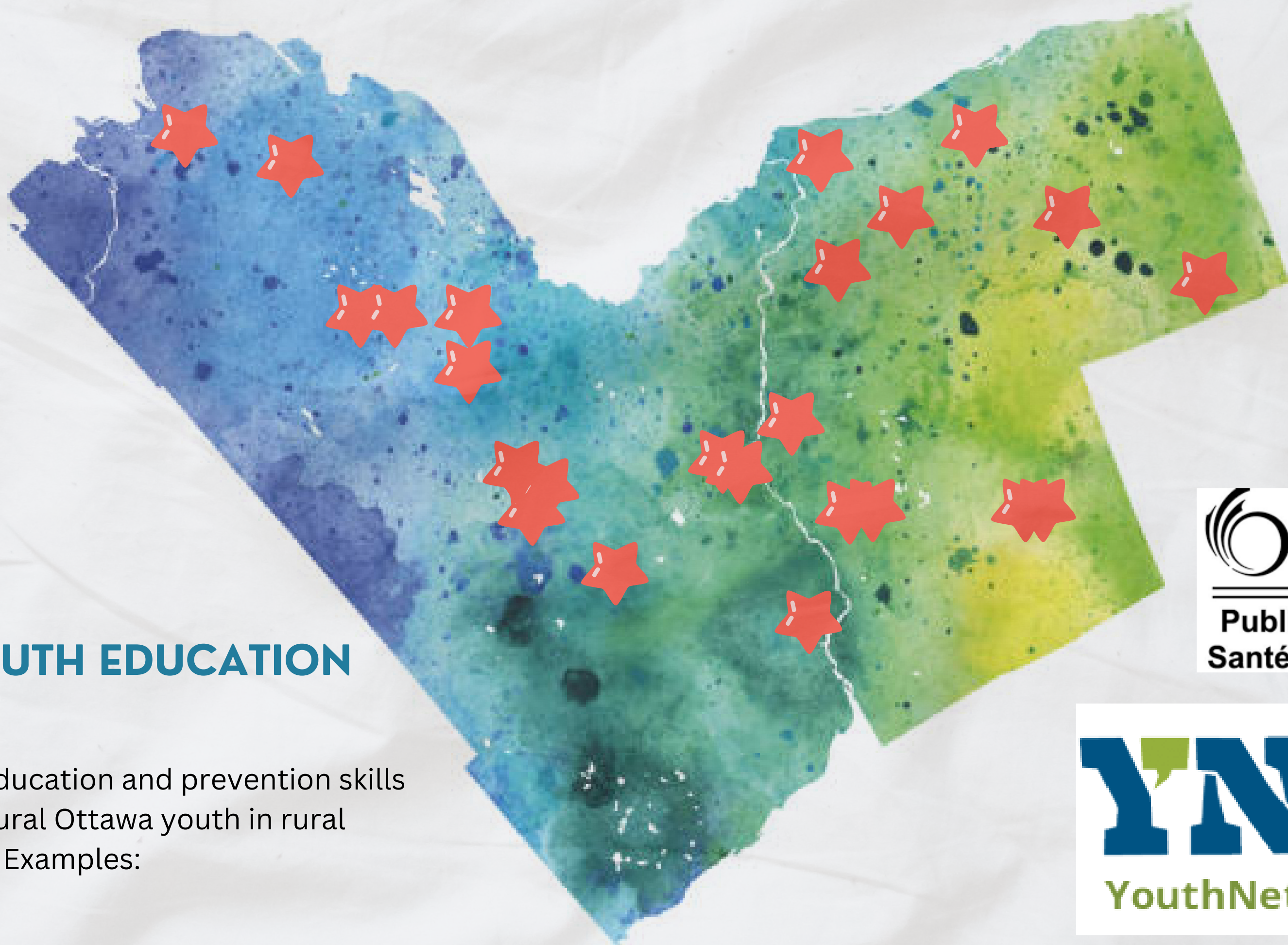


Mental Health Collective



YOUTH EDUCATION

Mental health education and prevention skills workshops for rural Ottawa youth in rural Ottawa villages. Examples:

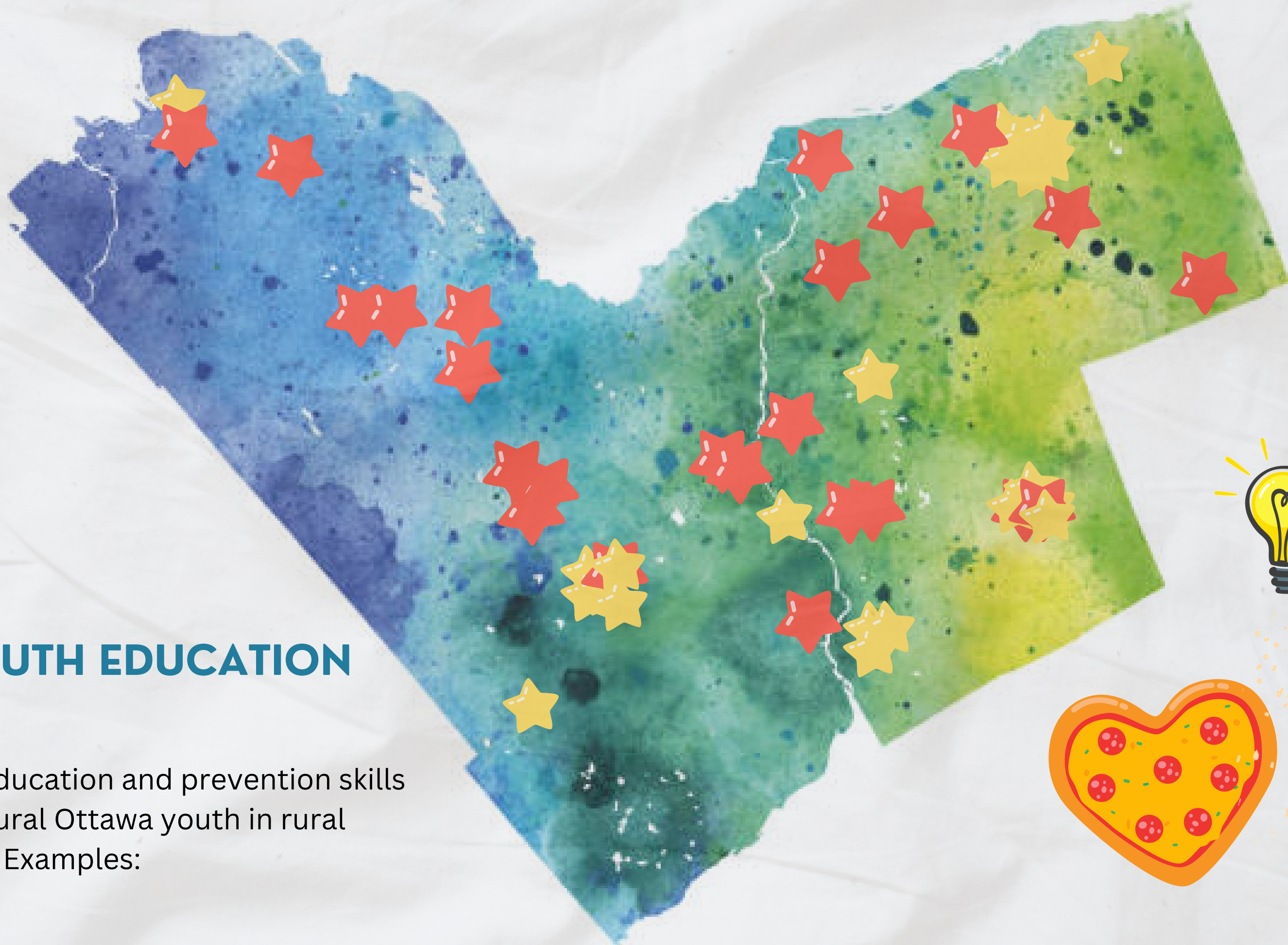


1

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Mental health education and prevention skills workshops for rural Ottawa youth in rural Ottawa villages. Examples:

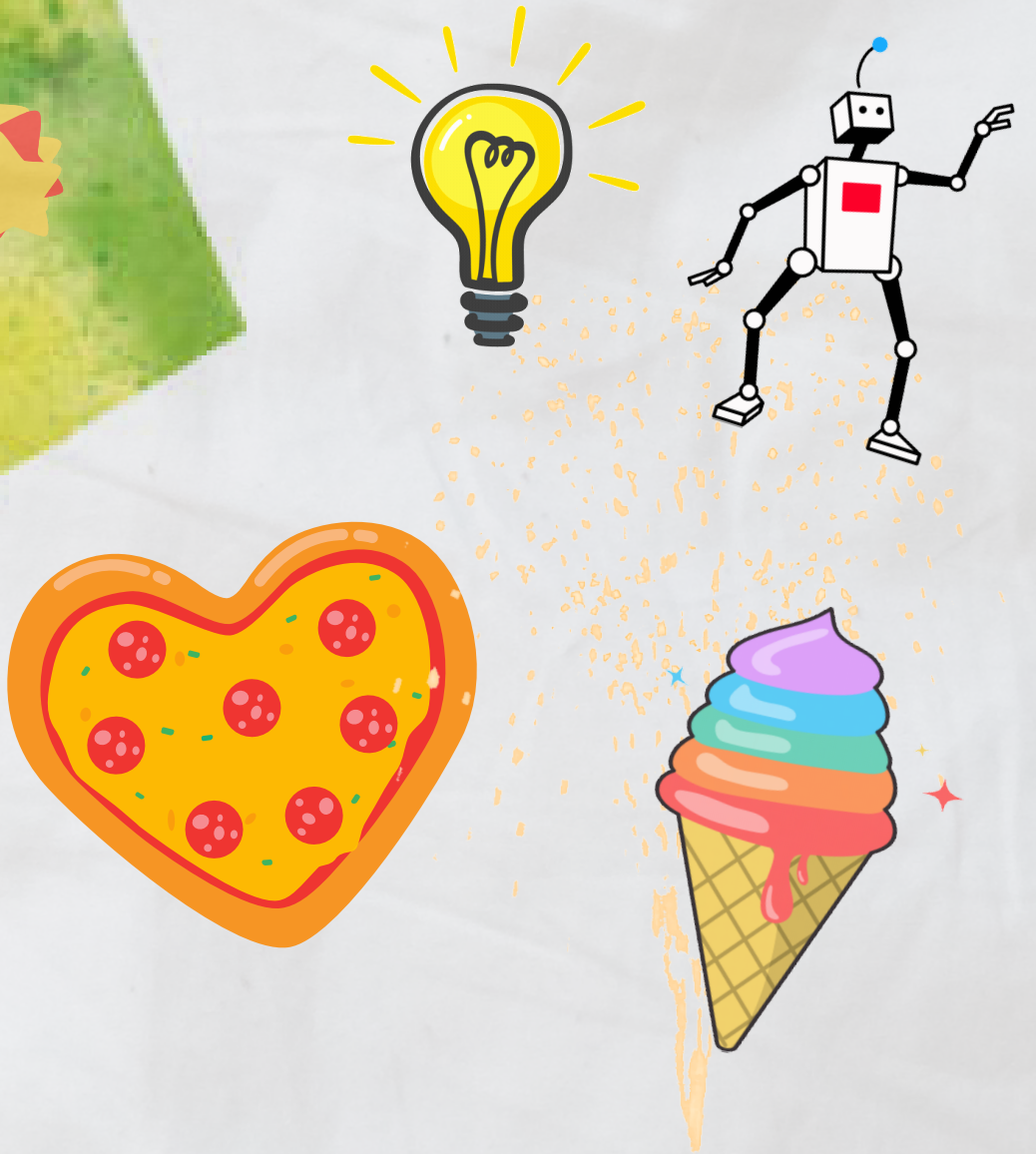




1

YOUTH EDUCATION

Mental health education and prevention skills workshops for rural Ottawa youth in rural Ottawa villages. Examples:





2

COUNSELLING STRATEGY



United Way
East Ontario

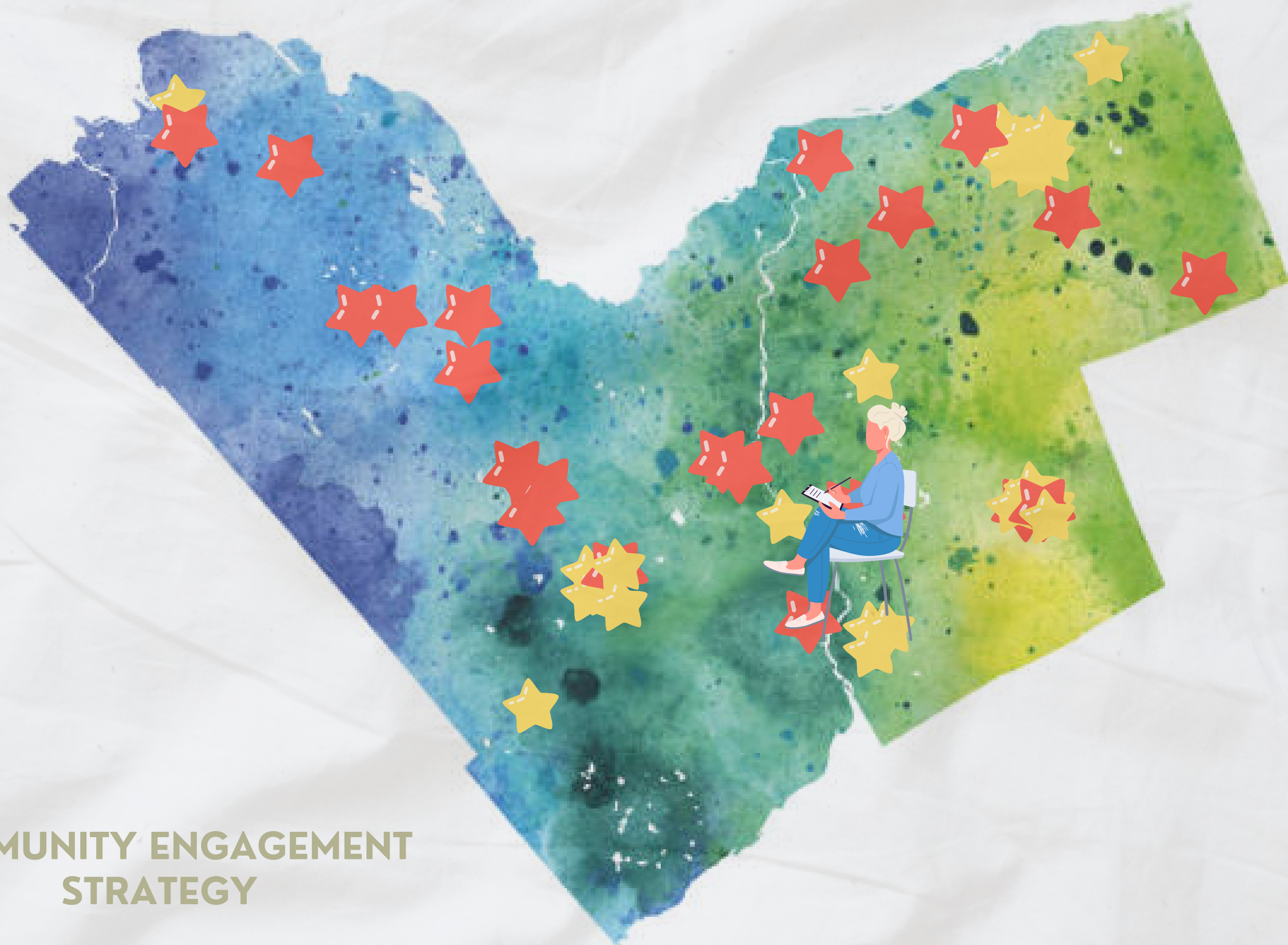


2

COUNSELLING STRATEGY



United Way
East Ontario



3

COMMUNITY ENGAGEMENT STRATEGY



3

**COMMUNITY ENGAGEMENT
STRATEGY**



3

COMMUNITY ENGAGEMENT STRATEGY



**SUPPORT EDUCATION
STRATEGY**

4



2019

**SUPPORT EDUCATION
STRATEGY**

4



2023
Spring

**SUPPORT EDUCATION
STRATEGY**

4



2023

Fall

SUPPORT EDUCATION
STRATEGY

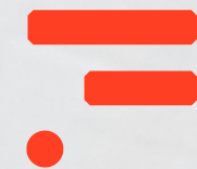
4



2024

SUPPORT EDUCATION
STRATEGY

4



OTTAWA
COMMUNITY
FOUNDATION

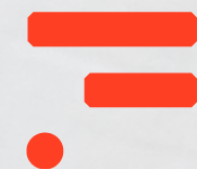
invested for good



2025

SUPPORT EDUCATION
STRATEGY

4



OTTAWA
COMMUNITY
FOUNDATION

invested for good

5

COMMUNICATION STRATEGY

follow us



@RuralOttawaYouth



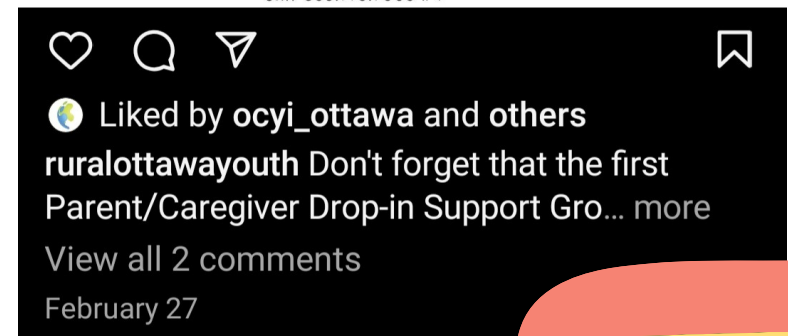
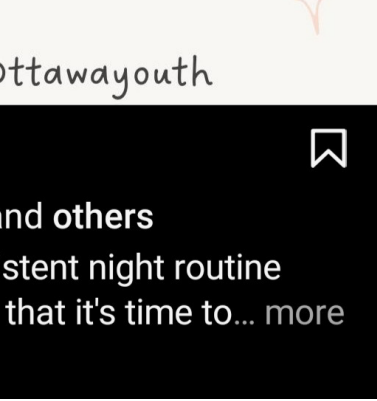
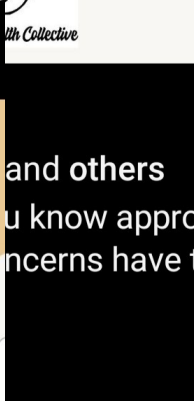
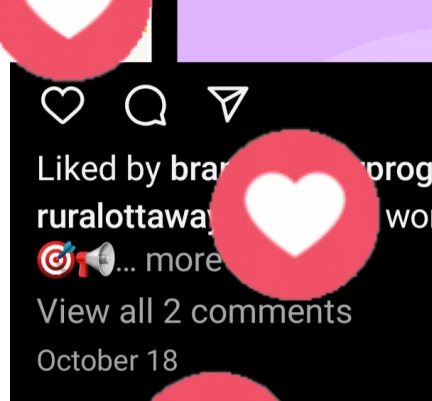
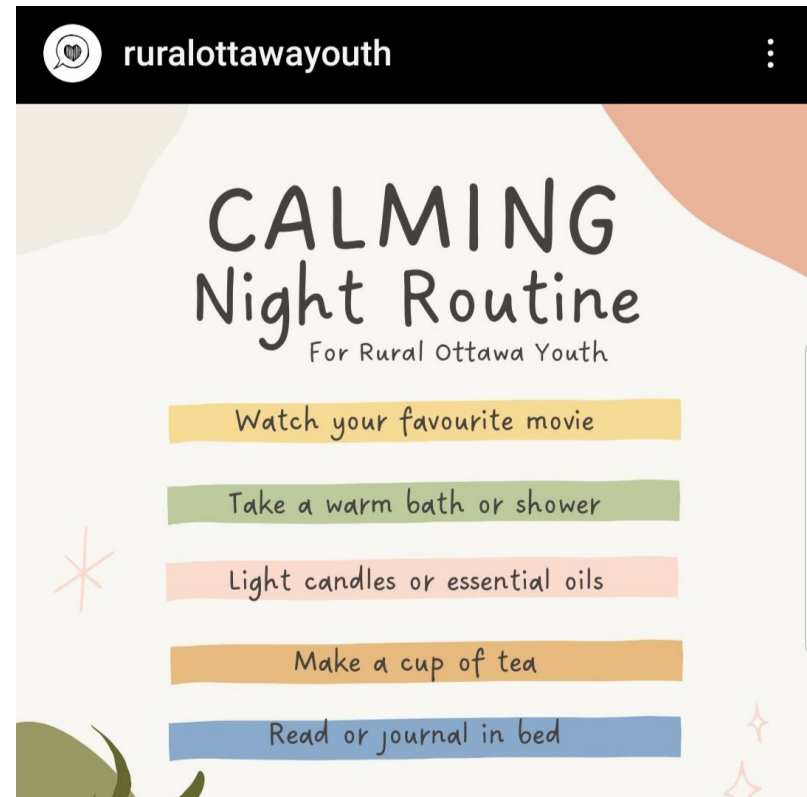
YINRA

YouthNet RéseauAdo

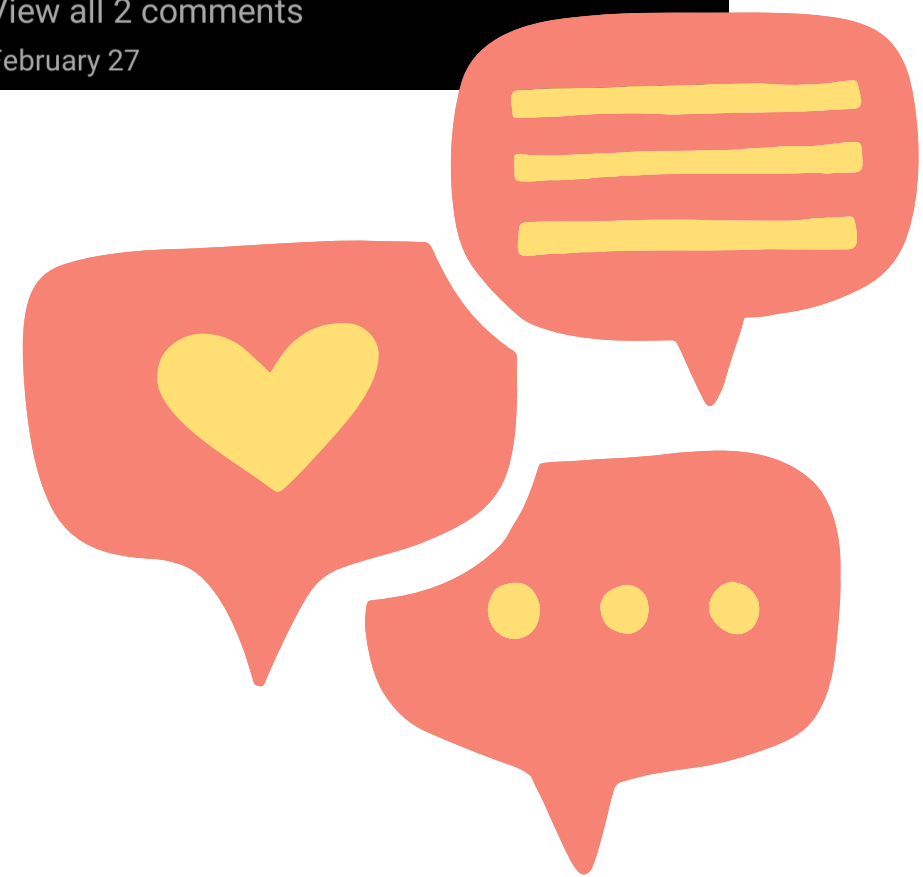
Ottawa | Public Health Santé publique

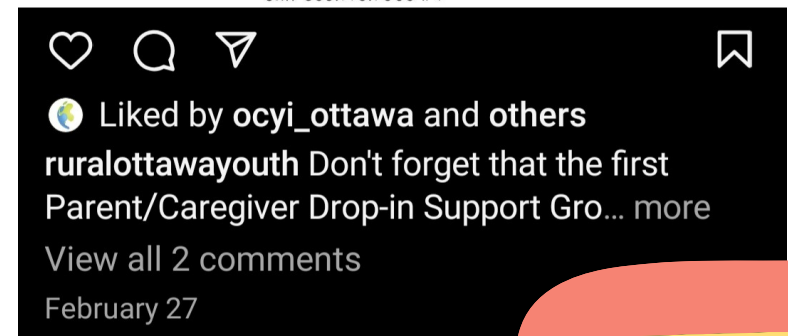
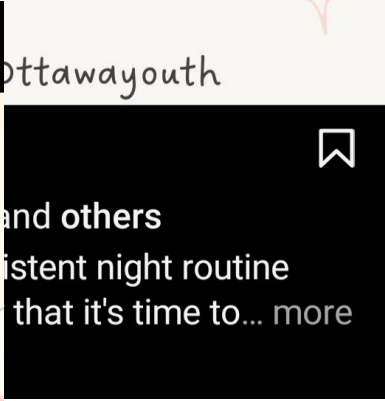
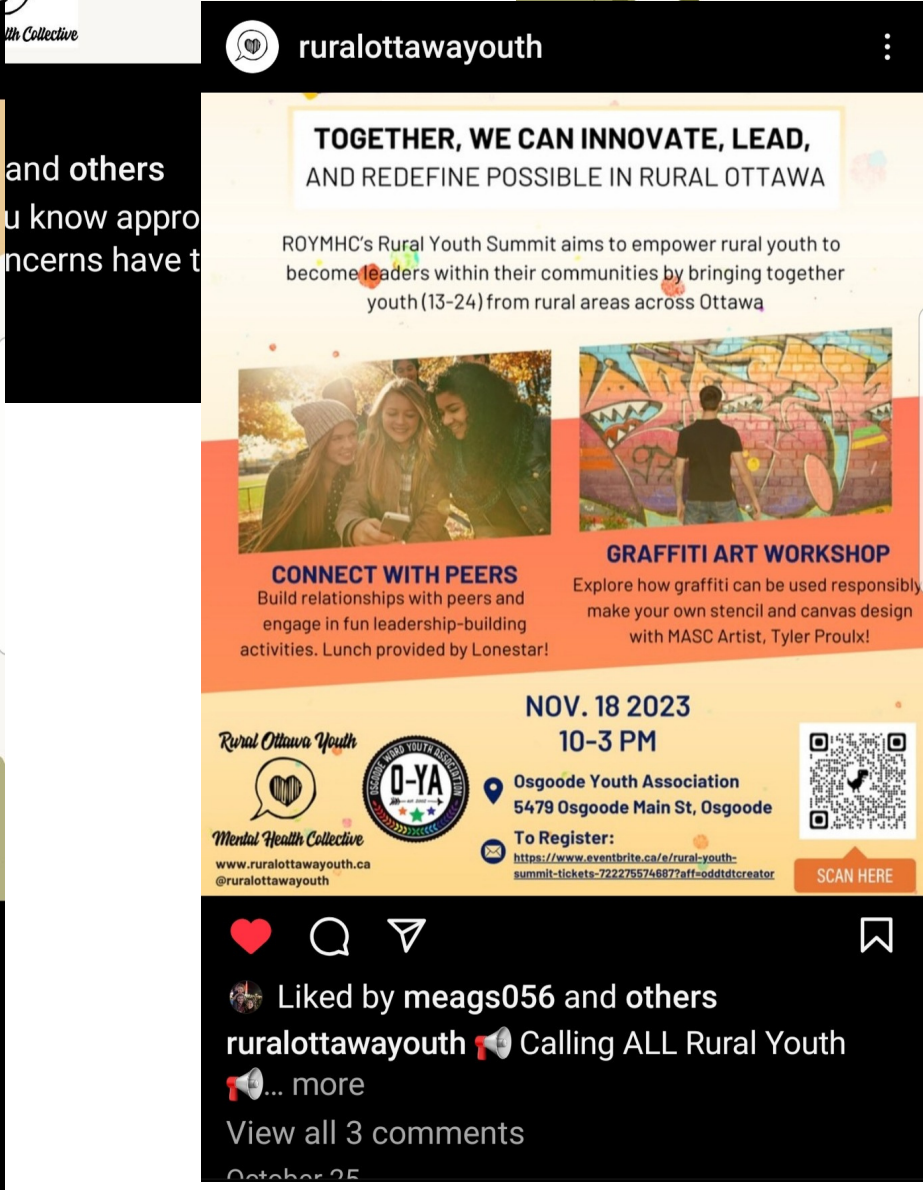
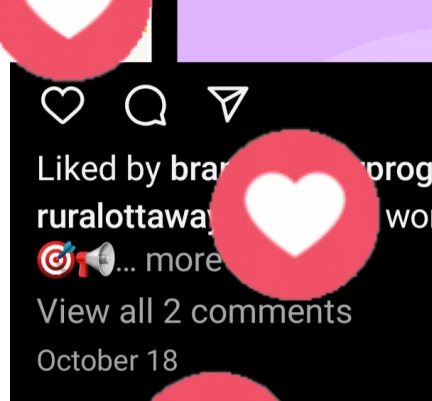
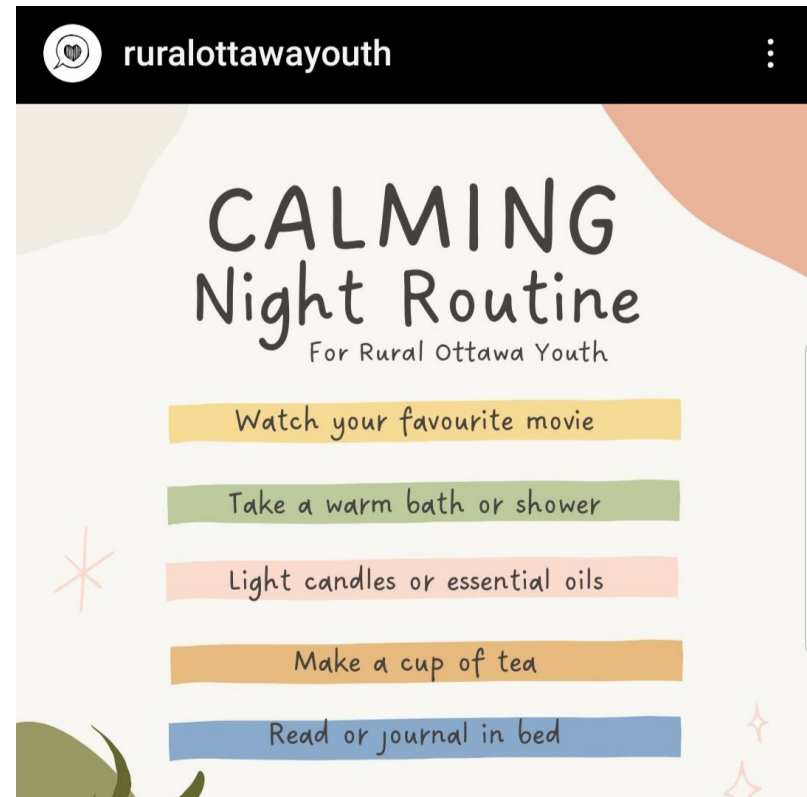
Ottawa's Mental Health, Addictions, and Substance Use Health Dashboard User Guide



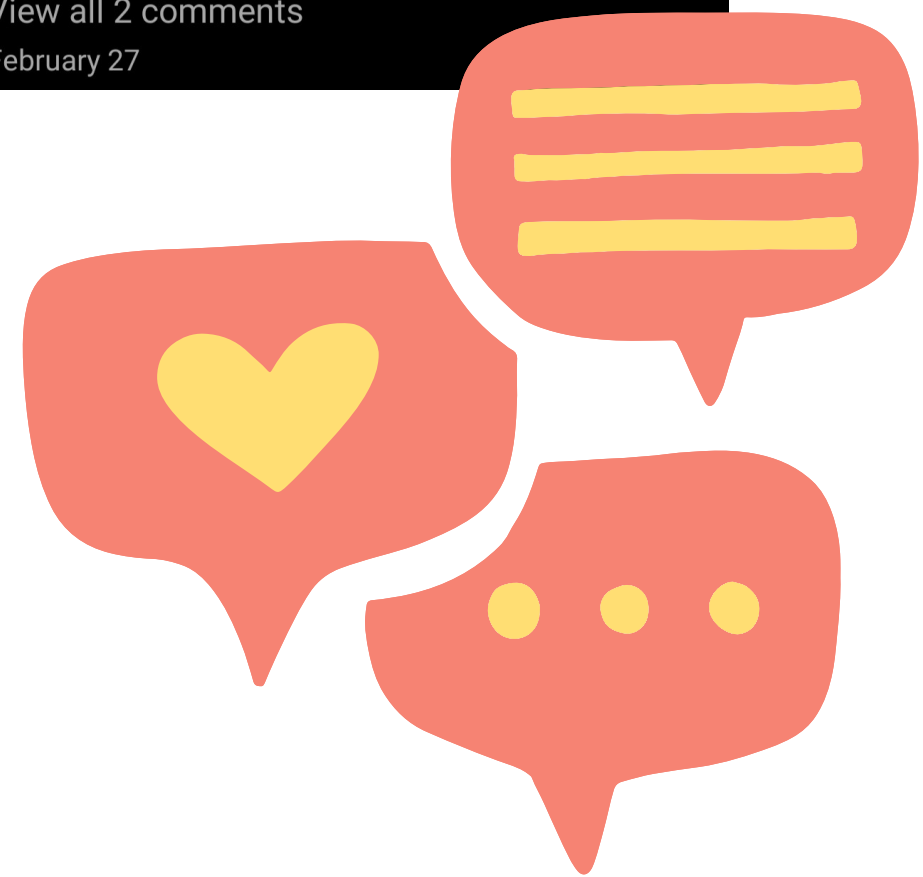


Follow us!





Follow us!



ROYMHC'S Rural YOUTH Summit

2023

**TOGETHER, WE CAN INNOVATE, LEAD,
AND REDEFINE POSSIBLE IN RURAL OTTAWA**

ROYMHC's Rural Youth Summit aims to empower rural youth to become leaders within their communities by bringing together youth (13-24) from rural areas across Ottawa



CONNECT WITH PEERS
Build relationships with peers and engage in fun leadership-building activities. Lunch provided by Lonestar!




GRAFFITI ART WORKSHOP
Explore how graffiti can be used responsibly, make your own stencil and canvas design with MASC Artist, Tyler Proulx!

**NOV. 18 2023
10-3 PM**

Rural Ottawa Youth

Mental Health Collective
www.ruralottawayouth.ca
@ruralottawayouth



 **Osgoode Youth Association**
5479 Osgoode Main St, Osgoode

 **To Register:**
<https://www.eventbrite.ca/e/rural-youth-summit-tickets-722275574687?aff=oddtcreator>



SCAN HERE



Ross Hodgson

@RHodge220



Replying to [@napathegolden](#)

How it started.... How it's going....



12:23 PM · Oct 8, 2020 · Twitter for iPad

1 Retweet 17 Likes



Rural Ottawa Youth



Mental Health Collective

Rural Ottawa youth were not feeling supported with mental health

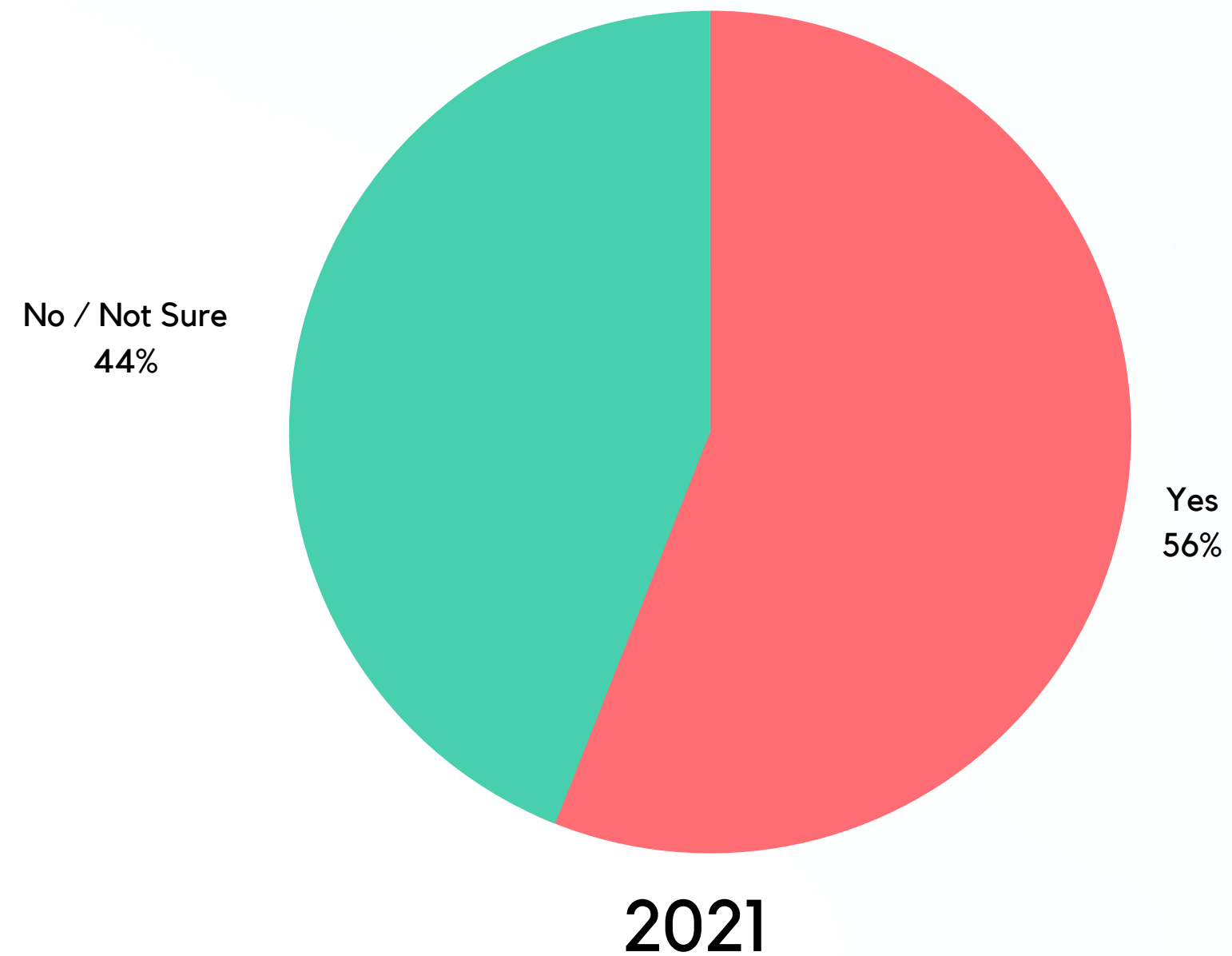
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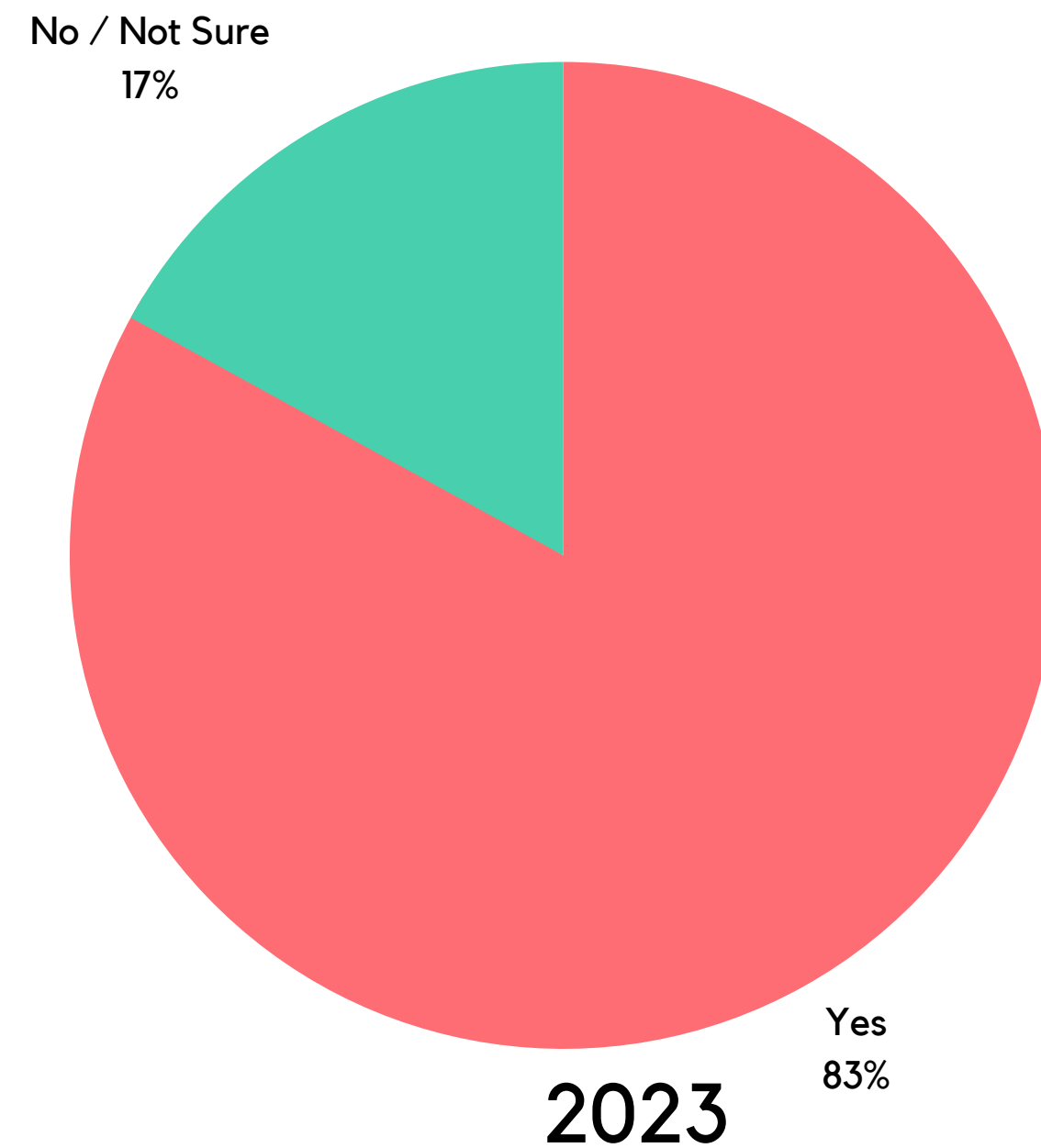
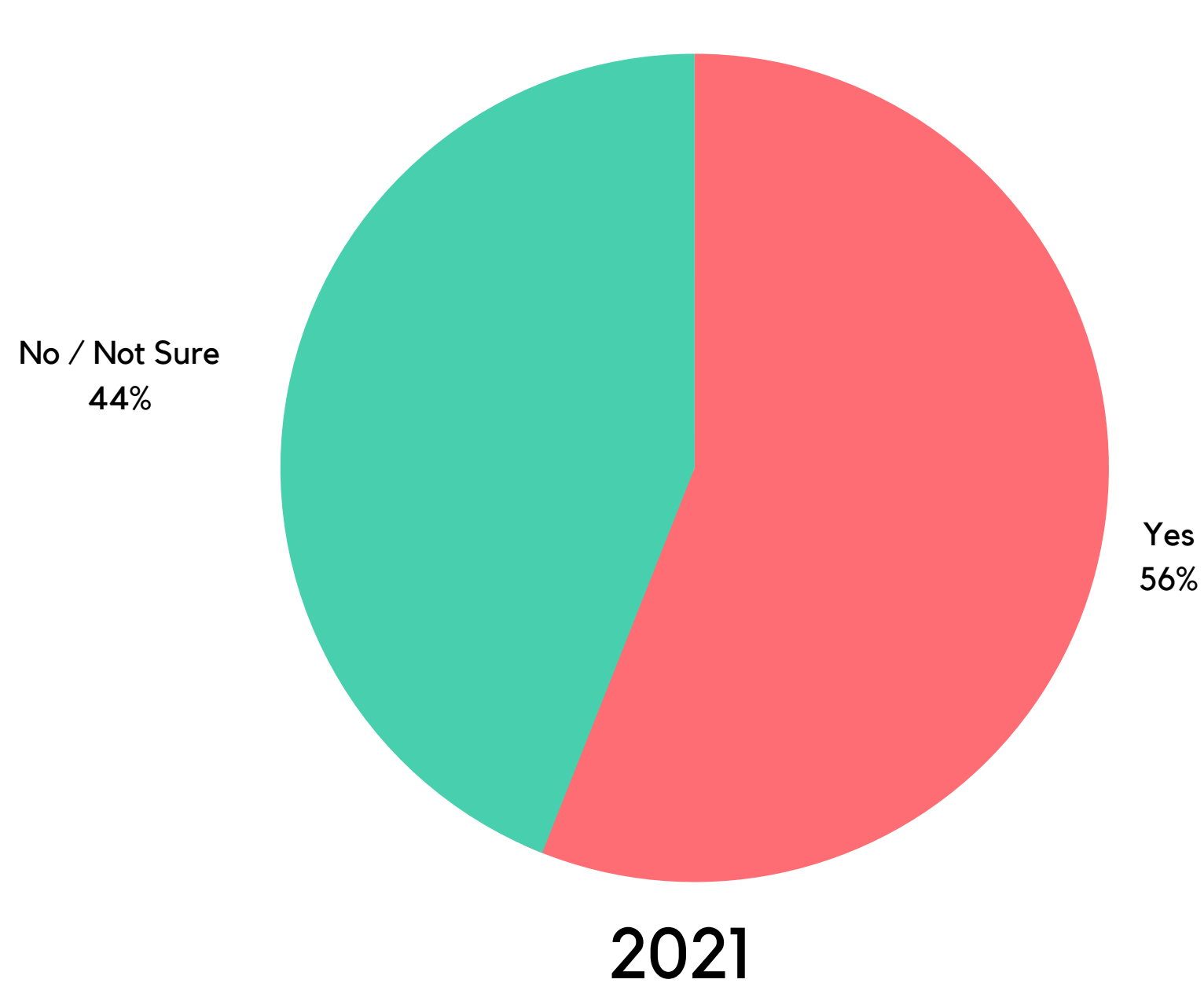
Are there accessible and consistent mental health services currently available in Osgoode Ward?
100% said no.



Are rural Ottawa youth getting the mental health support they need, or know how to access that support?



Are rural Ottawa youth getting the mental health support they need, or know how to access that support?



ROYMHC Member & Partner Spotlight

Rural Ottawa Youth



Mental Health Collective

What's Next for ROYMHC

- Ongoing search for core funding!
- Make the most of ongoing project funding from RCBG (Outreach & Engagement student), United Way (governance structure) and Community Foundation (youth and support network training)
- In absence of core funding, The Collective is identifying what Strategies and Activities matter most, and carry out what we are able to continue



ROYMHC Mission Statement

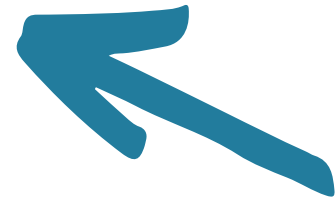


To ensure rural Ottawa youth feel they are getting the mental health support they need, or know where to go for help if and when they need to access support.

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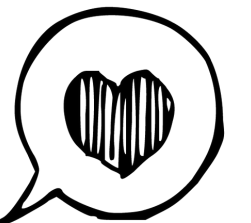


3

COMMUNITY ENGAGEMENT STRATEGY



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Thank
you!

Rural Ottawa Youth



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