



#KtA2018

YORK UNIVERSITY

OCTOBER 24-26, 2018

A Provincial
Knowledge to Action
Exchange


The Youth.
The Work.
The System.

Data + Stories for Action!



YOUTHREX
Research &
Evaluation eXchange

www.youthrex.com
exchange.youthrex.com
[@REXforYouth](https://twitter.com/REXforYouth)



We are excited to provide opportunities to share your work, discuss key issues, and build relationships with youth sector stakeholders from across Ontario.

LAND ACKNOWLEDGMENT

We recognize that many Indigenous nations have longstanding relationships with the territories upon which York University campuses are located that precede the establishment of York University. York University acknowledges its presence on the traditional territory of many Indigenous Nations. The area known as Tkaronto has been care taken by the Anishinabek Nation, the Haudenosaunee Confederacy, the Huron-Wendat, and the Métis. It is now home to many Indigenous Peoples. We acknowledge the current treaty holders, the Mississaugas of the New Credit First Nation. This territory is subject of the Dish with One Spoon Wampum Belt Covenant, an agreement to peaceably share and care for the Great Lakes region.

A Provincial Exchange

The Youth. The Work. The System.

Knowledge to Action for Youth Wellbeing

The movement of knowledge to action requires opportunities for people to come together and learn with, and from, each other.

This Knowledge to Action Exchange on “The Youth. The Work. The System” brings youth sector stakeholders from across the province of Ontario together to share and engage with practice-relevant knowledge from research, youth work practice, and lived experience.

We invite you to join us in unpacking and exploring the following questions related to the three themes: The Youth. The Work. The System.

THE YOUTH

1. What are the issues that youth are experiencing?
How are these issues impacting their lives?
2. How do these issues impact youth facing multiple vulnerabilities?
3. What are innovative youth work practices happening on the frontlines to address these issues that impact the lives of youth? How do we know these interventions are working?
4. How are youth creating ‘spaces’ for themselves to enter these conversations about their wellbeing? What are youth doing to act/resist/react to issues they are facing?

THE WORK

1. What issues affect youth workers’ ability to do their work with youth as effectively and healthily as possible? How can we foster healthy, vibrant, and meaningful work for frontline youth workers?
2. What are innovative approaches for understanding and addressing ‘thorny’ issues youth workers are facing, such as self-care, precarious work, and trauma?
3. What are the issues around education and training for youth workers, and professional recognition of youth work?

THE SYSTEM

1. How might we engage and leverage ‘systems’ to better support youth wellbeing?
2. What models can break the silos and support a multi-sectoral approach to youth work?
3. How does the youth sector intersect with other systems? What are good youth work practices that demonstrate a holistic, systems-thinking approach? For example, how do youth programs work within the larger system, and engage a range of institutions and stakeholders?



WELCOME MESSAGE FROM YOUTHREX'S PROVINCIAL ACADEMIC DIRECTOR

On behalf of all of us at the Youth Research and Evaluation eXchange (YouthREX), I am delighted to welcome you to York University for our second provincial Knowledge to Action (KtA) Exchange: The Youth. The Work. The System. 2018's theme *Data + Stories for Action!* is reflective of YouthREX's deep commitment to supporting the Ontario youth sector in leveraging the power of data and stories to inform practice, programs, services, and policies that are responsive to the unique and distinct experiences of Ontario's youth.

This year, YouthREX welcomes inspiring keynote speakers, all of whom are engaged in groundbreaking work in their sectors. They provide critical framing and illustrate how data and stories can be powerfully harnessed to address racial and structural inequities. New York-based data scientist Samuel Sinyangwe explores using data for racial justice, while André Bear and Gabrielle Fayant provide recommendations on implementing the Truth and Reconciliation Commission of Canada's Call to Action #66. (André and Gabrielle, along with their colleague Maatalii Okalik, were appointed by the Honourable Minister of Crown-Indigenous Relations and Northern Affairs—Carolyn Bennett—to establish a *Voices of Indigenous Youth Council*.) We are also grateful to our four panelists—Maria Bernard, Shantel Hyndman, Rahma Siad Togane and Randall Terada, who will explore the professional, personal, and political complexities of youth work.

I also want to thank all of you who answered our call to share your knowledge by taking the time to prepare and submit proposals. 2018's KtA expanded to include Pre- and Post-Exchange events, alongside a screening of the acclaimed documentary *Circles*. Thank you for supporting these events.

The KtA will conclude with a day-long Post-Exchange event, which will provide an important platform for dialogue between Indigenous and non-Indigenous stakeholders on the role of the youth sector

in addressing the important recommendations from the Truth and Reconciliation Commission. This event will be led by Dr. Joey-Lynn Wabie, YouthREX's Indigenous Academic Director. It will draw on the work, knowledge and lived experiences of Indigenous youth voices, elders, traditional knowledge keepers, and workers within the youth sector. Participants will discuss strategies for meaningful engagement. We look forward to continuing this journey with you all!

Finally, I would like to thank the YouthREX team for their hard work in making the 2018 KtA Exchange possible. YouthREX staff and volunteers are stationed in our central office at York University and throughout the province in regional hubs at Carleton University, King's College at Western University, Laurentian University and at the United Way/Centraide Windsor-Essex County. The YouthREX team reflects the vibrancy of the sector, both in professional and lived experiences. Thank you for the passion and dedication you bring to this work!

YouthREX is very grateful to the Ministry of Children, Community, and Social Services for the opportunity to be a part of Ontario's Youth Action Plan. We look forward to continuing to facilitate opportunities for sharing, learning, research, and evaluation to stakeholders across the province. YouthREX remains committed to promoting interventions that are responsive to needs within Ontario's youth sector.

Collegially,

Uzo Anucha, MSW, PhD
Provincial Academic Director, YouthREX
Associate Professor
School of Social Work
York University

OCTOBER 24-26, 2018

#KTA2018 AT A GLANCE

OCTOBER 24, 2018
**PRE-EXCHANGE
WORKSHOPS**
DAYTIME

Two full-day Pre-Exchange workshops for a focused, hands-on learning day on two topics:

01: Restorative Justice

02: Using Data to Share the Story of Your Program

OCTOBER 24, 2018
**CIRCLES SCREENING
+ NETWORKING
RECEPTION**
EVENING

A screening + discussion of *Circles*, an honest and intimate look at the life of Eric Butler, a father, educator, and youth worker in Oakland, California. Eric and director Cassidy Friedman were joined on-stage following the screening by YouthREX's Travonne Edwards and a panel of practitioners for an engaging discussion on restorative justice.

OCTOBER 25, 2018
EXCHANGE DAY
FULL DAY

A full day of diverse learning and networking opportunities featuring keynote speakers, workshops, presentations, and an engaging panel discussion.

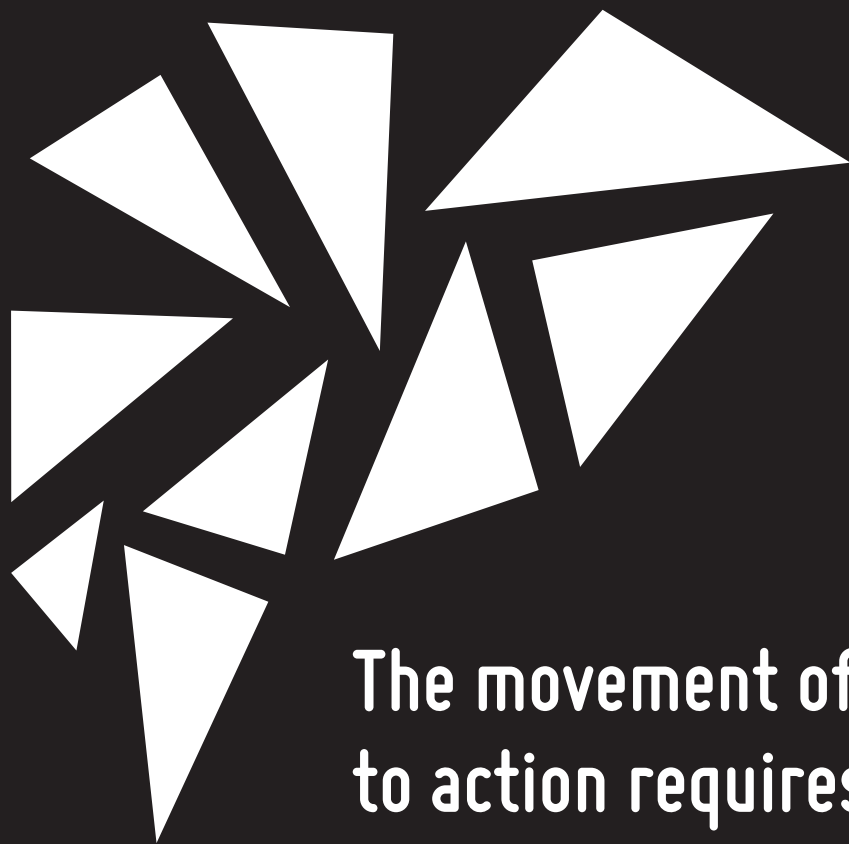
OCTOBER 26, 2018
VISIONING DAY
FULL DAY

An intimate gathering for Indigenous and non-Indigenous youth workers to come together and learn with and from each other about our shared history on Turtle Island [North America], reflect on ally-ship, and define actions and commitments for truth and reconciliation.

THURSDAY, OCTOBER 25, 2018

EXCHANGE DAY AGENDA

8:00am	Registration + Networking Breakfast + Poster Presentations
9:00am	Opening and Welcoming Remarks
9:30am	Morning Keynote Speaker: Sam Sinyangwe
10:30am	Health Break + Poster Presentations
10:45am	Stream One: Concurrent Sessions
11:45am	Poster Presentations
12:00pm	Networking Lunch
12:30pm	Performance by Hamilton Youth Poets
12:45pm	Afternoon Keynote Speakers: André Bear and Gabrielle Fayant
1:45pm	Health Break + Poster Presentations
2:00pm	Stream Two: Concurrent Sessions
3:00pm	Health Break + Poster Presentations
3:15pm	Closing Panel Real Talk: Youth Work in Ontario is...
4:15pm	Closing Remarks
	Indigenous Closing



The movement of knowledge
to action requires opportunities
for people to come together
and learn with, and from
each other.



KEYNOTE

9:30 AM – 10:30 AM

SAMUEL SINYANGWE

Using Data for Racial Justice

Samuel Sinyangwe is an activist and data scientist focused on ending racism and police violence in the United States. Samuel has co-founded *Mapping Police Violence* to support activists across the country to collect and use data to fight police violence and *Campaign Zero* to advocate for local, state, and federal policy solutions to end police violence. He has been featured on MSNBC, CNN, BBC, LA Times, the Forbes 30 under 30, and The Root 100. Previously, Samuel worked at PolicyLink to support a national network of 61 Promise Neighborhoods communities to build cradle-to-career systems of support for low-income families. He grew up in Orlando, Florida, and graduated from Stanford University in 2012, where he studied how race and racism impact the U.S. political system.

KEYNOTE

12:45 PM – 1:45 PM

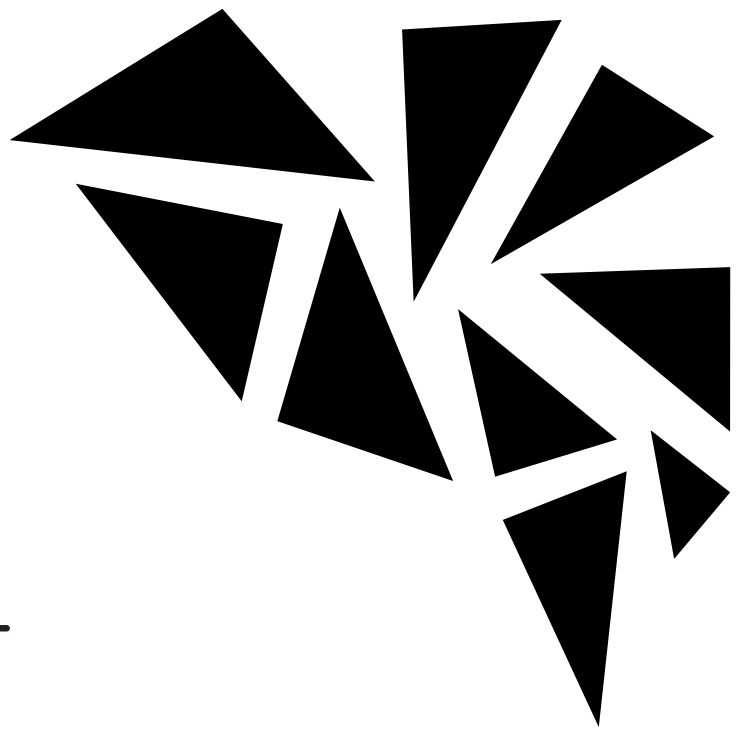
ANDRÉ BEAR & GABRIELLE FAYANT

Indigenous Youth Voices

André Bear is Plains Cree of the Nekiyawak peoples in Treaty 6 Territory. He is the former youth representative of the Federation of Sovereign Indigenous Nations, and the former Co-Chair of the Assembly of First Nations National Youth Council, as well as former Executive member. In 2016, he was appointed as an advisor by the Minister of Crown-Indigenous Relations, the Honourable Carolyn Bennett, to focus on the implementation of Truth & Reconciliation Commission's Call to Action 66. André is currently completing his Bachelor of Education Degree at the University of Saskatchewan, and is waiting for acceptance to the Alberta College of Law. At 23-years-old, André cares for his mother and two nephews in the city of Saskatoon. André is a well-known community activist, national advocate, and cultural knowledge keeper.

Gabrielle Fayant originates from Fishing Lake Métis Settlement, Alberta, and identifies as a proud Métis woman, a woman of Lii Michif Otipemisiwak. Currently living in Ottawa, the traditional territory of the Algonquin peoples, Gabrielle has worked in various capacities for organizations such as the Aboriginal Healing Foundation (AHF), Native Women's Association of Canada (NWAC), the National Association of Friendship Centres (NAFC), Métis Nation of Ontario's (MNO) Infinite Reach Program, KAIROS Canada, and the Circle's Ontario Indigenous Youth Partnership Program (OYIPP). Inspired by the *Idle No More* movement in 2012, Gabrielle, along with a team of Indigenous youth, began an initiative called Assembly of Seven Generations (A7G) that supported youth through cultural events, celebrations and developed an empowerment program called ReachUp! North. For her commitment and work over the years, Gabrielle was honoured with the 2015 Indspire Métis Youth Award and the 2016 JS Woodsworth Individual Leadership Award. Gabrielle is also the co-host and producer of the Michif Hour on CKCU-FM, a radio show that talks about Métis history and contemporary realities while spotlighting Métis artists, past and present.





3:15PM – 4:15PM

PANEL SESSION

REAL TALK:

YOUTH WORK IN ONTARIO IS – – –

Youth workers are the most critical factor in the success of a youth program, but what is youth work in Ontario really like?

The Ontario youth sector is often tasked with designing community-focused and community-based solutions to system-level barriers and inequities for Ontario's youth. Youth workers, as frontline staff, are a vital component of such community-based youth programs. Through youth workers' interactions with young people, they get to know youth on a meaningful level and often become role models, mentors, teachers, and sometimes even surrogate parents to the young people who participate in youth programs.

Despite the critical role that youth workers play in shaping the lives of young people who participate in these programs, youth work in Ontario is frequently undervalued and underpaid. Youth workers often find themselves on the margins of decision-making at policy tables in the sector. They frequently describe their work as “precarious” work that is characterized by unstable employment (short-term contracts due to project-based funding), compassion fatigue (including secondary trauma), and frustration due to lagging (or lacking) systemic change needed to address the issues they are responding to daily.

This dynamic and interactive panel will discuss these professional, personal, and political complexities of youth work. Our panelists will share insights from frontline youth work, policy tables, advocacy groups, and grassroots, youth-led initiatives. Together with #KtA2018 participants, they will explore strategic ways to document, navigate, and advocate for and against these complexities of Ontario's youth work.

**MODERATOR****CYRIL J. CROMWELL**

Learning and Development Manager
YouthREX

Cyril is a social justice advocate and community educator. As a proponent of Social Justice, Cyril has led professional development and media art projects across the Greater Toronto Area and abroad for over a decade. To support young people, particularly those who may be facing multiple social barriers, Cyril has presented media education workshops in community centres, local and international high schools, open custody detention centres, and in his photography studio. As a community educator and PhD candidate, Cyril is passionate about addressing the contradictions that are discreetly embedded within the social service sector and exploring how subtle systemic (power) structuring may be undermining well-meaning and even charitable interventions/intentions. As a former front-line youth worker, Cyril is interested in amplifying the voices of young people and grassroots youth workers in research and policy to reduce the gap that often exists between theory and practice.

**PANELIST****MARIA BERNARD**

PhD Candidate, York University
School of Social Work

Maria is a PhD. candidate in the School of Social Work at York University. Her research conducts an inquiry of racialized youth participation policies and practices within the Ontario youth-serving sector. Maria brings to her research over eight years of critical social work experience in youth-led organizations, focusing on racialized youth issues in marginalized communities in Toronto. Her research seeks to strengthen conceptions of youth social justice and inclusion in Canada and contributes to the field of critical youth studies, anti-racism, and critical youth work.

**PANELIST****SHANTEL HYNDMAN**

Child and Youth Worker

Shantel is a 25-year-old African Canadian Child and Youth Worker and former Crown Ward. She graduated from Sheridan College with High Honours in 2017 in Child and Youth Work and will be graduating with her BA in Child and Youth Work at Ryerson University this year. She currently works as an Anti-Black Racism Community Worker on a project called Black Youth in Transition, an Overnight Supervisor/Child and Youth Worker at the Catholic Children's Aid Society of Toronto, and a Researcher at Ryerson University on issues pertaining to racism in the Child and Youth Work field. She formerly worked at the Child Advocate's office as an Amplifier on the HairStory project. Her greatest passion is impacting change for African Heritage youth in Child Welfare.

**PANELIST****RANDALL TERADA**

Decent Work Project Lead
The Ontario Nonprofit Network

Randall has been working in the nonprofit sector for over 15 years in various organizations both large and small. He is currently working on the decent work initiative at The Ontario Nonprofit Network. He thoroughly enjoys building relationships and multi-sector collaborations that lead to systemic impact. But this is not easy, so in his spare time he enjoys swimming and riding his bicycle on Toronto's emerging bicycle grid. His personal motto is "If you're not at the table, then you're probably on the menu". Getting to the table is key and that's his aim every time.

**PANELIST****RAHMA SIAD TOGANE**

Youth Worker, PhD Candidate, York University
School of Social Work

Rahma works out of The Spot Youth Centre, the youth department of the Jane Finch Community & Family Centre, where she manages Newcomer Settlement Services and FEPS, a financial empowerment and problem solving program. She has been working with the Jane Finch Community & Family Centre since 2004, and has been with The Spot since its inception. Rahma completed an Honours BA in International Development Studies and Sociology, as well as a Master's in Education. Currently, she is a fourth year PhD student at York University's School of Social Work. Her research examines surveillance of urban poverty with a focus on public housing communities and impacts on community health and wellbeing.

POSTERS / EXHIBITS AT A GLANCE

All posters will be displayed in the KtA Lounge.
Presenters will be available to discuss their posters and answer questions at various times throughout the day.

POSTERS	PRESENTERS / ORGANIZATIONS
Measuring Outcomes of Youth Philanthropy in Schools: How YPI Canada is Evaluating Outcomes of a National Youth-Driven School Philanthropy Project	Kate Gatto and Rachel Paris The Youth and Philanthropy Initiative (YPI)
A Youth Advisory Committee in a Youth Sport for Development Facility	Tharsheka Natkunam, Alyssia Fernandes & Marika Warner MLSE Launchpad
Rise’s Youth Small Business Program - Telling Stories of Mental Health and Entrepreneurship	Kimber Kunimoto, Diana Safina Rise Asset Development
Pillars of Youth Peer Support	Kamill Santafe, Laura Kelly Ontario Centre of Excellence for Child and Youth Mental Health
This is Youth Work	Uzo Anucha, Sinthu Srikanthan, Cyril J. Cromwell YouthREX

CONCURRENT SESSIONS AT A GLANCE

Morning Sessions 10:45AM – 11:45AM	Afternoon Sessions 2:00PM – 3:00PM
ROOM A Here's a Thought: Alternative Approaches to Meaningful Front-Line Youth Work and Mental Wellbeing by Jordanna Laman, Jiya Chaudhary, Ty Laframboise, David Da Silva, Youth Wellness Centre, St. Joseph's Healthcare Hamilton	ROOM A Spotlight: My Life is the Evidence Arabi Rajeswaran and Vasuki Shanmuganathan, Tamil Archive Project; Evan George, Lakehead University; Sinéad Dunphy & Paola Resano, Jessie's - The June Callwood Centre for Young Women; Kris Meawasige, Emily Taylor, Falicia Gingras & Jordyn Hendricks, Original Youth Voices Council
ROOM C Sharing the Stories Data Party: How to Engage Youth Furthest from Opportunity in Policymaking by Kwaku Agyemang, Madeleine (Maddy) Ross, Sharif Mahdy, Students Commission of Canada	ROOM D Spotlight: Incorporating Youth Voice: Evaluation Maureen Rose Malibrian and Jenny Lam, Raising the Roof; Natasha Koustova, Girl Guides of Canada; Danielle Lediard and Rebecca Klassen, Apathy is Boring; Gabriela Estrada and Lindsay Done, Motivate Canada
ROOM D Arts-Based Mindfulness Methods: Creative Strengths-Based Interventions to Engage Youth & Build Capacities by Dr. Diana Coholic and Vivian Oystnick, Laurentian University / YouthREX's Northern Hub	ROOM C Spotlight: Incorporating Youth Voice: PSE & Mental Health Maggie Huang and Grace Ryu, Skills for Change; Alison Canning and Alysha Ferguson, Let's Get Together/ University of Toronto Mississauga Centre; Tess Carrigan and Bernadette Bernard, Eskasoni Mental Health Services; Pratik Nair and Shayan Yasdanpanah, Jack.org
ROOM E Building Collaborative and Sustainable Interventions: An Illustration Using the Niagara Youth Court Screening Initiative by Marla Banning, CAMH and Mike Taylor, Youth Resources Niagara	ROOM E Becoming Human Again: Self-Disclosure and Humour in Clinical Practice by Peter Snow, Youth Wellness Centre, St. Joseph's Healthcare Hamilton
ROOM B Re-imagining Schools as Sites to Address Disabled Youth's Experiences of Homelessness: A Forum Theatre Workshop by Ann Fudge Schormans, Stephanie Baker Collins, Heather Allan, Donovan O'Neil Allen, Nathan Gray, Tyler Henderson, Karrissa Horan-LaRoche	ROOM B Mobilizing LGBTQI2S Voices to Enhance Community Wellbeing by Lucy Gallo and Clare Nobbs; Egale Youth OUTreach (EYO)
	DANCE STUDIO B Love and Guidance Yoga by Shandi Mitchell



DETAILED OVERVIEW

**SESSIONS, POSTERS,
PERFORMANCES, AWARD
NOMINEESS AND MORE!**



OCTOBER 25, 2018 // 10:45AM-11:45AM

MORNING SESSIONS

ROOM A

Here's a Thought: Alternative Approaches to Meaningful Front-Line Youth Work and Mental Wellbeing

HOSTED BY

Jordanna Laman, Jiya Chaudhary
Ty Laframboise, David Da Silva; Peer Mentors
Youth Wellness Centre, St. Joseph's Healthcare Hamilton

This workshop takes a closer look at how youth living with mental illness and addictions are being engaged in youth leadership, program design, and evaluation, investigating systemic barriers. We also unpack how the mental health of frontline youth workers is impacted, and how wellbeing can be maintained while working within challenging systems.

Using principles of peer support, we will offer alternative, innovative, and equitable approaches to engaging youth who experience the world differently. We hope to increase the visibility of youth work that centralizes wellbeing and empowerment. Particularly, we want to shine a spotlight on the type of youth work that acknowledges the importance of bringing forth our "whole selves," and creates a sense of belonging and ownership over the work. Our vision for this workshop is that participants leave feeling equipped to tackle the challenges present in supporting young people living with mental illness, and understand the deep value in self-determination, where youth have a voice that shapes their own care, as well as the spaces and the systems within which they exist.



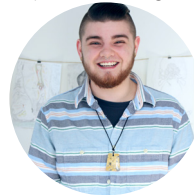
JORDANNA LAMAN is a creative and reflective person living with mental illness who cares deeply about supporting folks on their mental health journey. She believes in having brave and vulnerable conversations, and holds space for others

to share their stories and be heard. She is a co-founder and lead organizer of NGen Youth Centre, a youth-led organization where she challenges traditional notions of leadership and mentors young people as they take the wheel to drive social change.



JIYA C. is a queer, Pakistani woman who focuses her work on bringing the margins to the forefront. Specifically, she seeks to discover new ways of creating safe,

thriving, caring spaces for racialized youth, LGBTQ+ youth, and youth living with mental illness. Currently, Jiya is one of the coordinators for spectrum Hamilton, a grassroots organization that creates skill-sharing opportunities for queer and trans youth. She is also a peer mentor at the Youth Wellness Centre, where her peer relationships with youth living with mental illness focus on hope, well-being, and recovery.



TY LAFRAMBOISE is a trans person who uses his own experience within the mental health system to help others navigate and access resources. He is passionate about advocacy and does not give up on people.

Keenly aware of institutional barriers within healthcare and the need for anti-oppressive practice, Ty works towards shifting these realities by providing training within many contexts to facilitate (un)learning about queer and trans identities. He shares his story in order to make room for others to lift up their own voices. Ty's peer support practice is focused on offering hope, unpacking stigma, and providing opportunities to connect with peers.



DAVID DA SILVA is a queer identified, first generation Canadian man who has a flavour for horrible puns and is on his own continuous journey with mental health. He is passionate about supporting individuals as they navigate the unknown when it

comes to mental health, and this carries into his work as a youth mentor and transition support worker. Having been a member of a student-led mental health initiative at McMaster University, David understands the importance of youth engagement and leadership and sees it as an opportunity to empower youth.

ROOM C

Sharing the Stories Data Party: How to Engage Youth Furthest from Opportunity in Policymaking

HOSTED BY

Kwaku Agyemang, Madeleine (Maddy) Ross,
Sharif Mahdy, Students Commission of Canada

This workshop focuses on sharing good practices and key features of effectively and meaningfully engaging youth furthest away from opportunity (Indigenous, racialized, LGBT2SQ, experiencing homelessness, and with diverse mental health concerns) in policymaking. Youth furthest away from opportunity have insight in virtue of their lived experience that is crucial in supporting policymakers to adequately address oppression and structural issues. Our workshop intends to empower participants with practical skills and practices to: 1.) support youth in understanding that they hold this critical knowledge about their life and circumstances and 2.) engage in decision-making/policymaking through youth-adult partnership.

The Students Commission of Canada (SCC) is the lead for the Centre of Excellence for Youth Engagement (CEYE), a national network of youth organizations, academics, and youth committed to youth thriving. A key component of the SCC and CEYE is the Sharing the Stories (StS) Research and Evaluation platform, which supports 300+ youth organizations across Canada. The StS approach is participatory, meaning that youth are involved in every step of the evaluation process, including making meaning of the data. This approach empowers young people to make connections between their voice (experience), data (evidence), and decision-making.

Examples in the workshop will be drawn from the Students Commission's experience engaging thousands of youth furthest from opportunity in policymaking for the last two decades, such as supporting the Privy Council Office to gather input into the National Youth Policy, various municipal youth strategies, and facilitating an Ontario Residential Services Youth Panel to reform residential services (justice, mental health, child welfare).



KWAKU AGYEMANG is a full-time student studying Media Production at Ryerson University. He is the City Network Lead at the Students Commission of Canada. Growing up in the neighbourhood of Rexdale in Toronto, Kwaku has always had

a passion for amplifying youth voice and mentoring his peers. This is exemplified through his work in his community to improve the quality of education of young men with Trust 15's Men of Distinction youth empowerment program.



MADELEINE (MADDY) ROSS'S passion for youth in policymaking began in 2011 when she helped guide youth participatory action research (YPAR) to develop the Kingston Youth Strategy and Community Action Plan. Maddy served two terms on

the Premier's Council on Youth Opportunities and was appointed Vice-Chair from 2014-2016. In 2018, Maddy received her Honours Bachelor of Arts in Ethics, Society, and Law from the University of Toronto and began working full-time at the Students Commission of Canada as Executive Assistant and research analyst for Sharing the Stories. Maddy is an active member of the Pathways to Education Canada Alumni Association and is currently a Project Manager for the Institute for Youth Health and Development facilitating YPAR in Regent Park related to youth health outcomes. Maddy hopes to pursue a master's degree researching youth engagement and inclusive decision-making.



SHARIF MAHDY is currently the Executive Director of the Students Commission of Canada, a national charitable organization that purposely works with others to ensure that young people's voices are heard and valued. Sharif believes in a world where

all young people positively transition into a successful adulthood. Sharif is also the Director of the Centre of Excellence for Youth Engagement. The Centre includes youth, organizations, and academic partners interested in sharing the story of youth programs and youth initiatives through participatory action research. Sharif has an Honours Bachelor of Health Sciences from the University of Western Ontario. He also has a Masters of Arts in Leadership degree from Royal Roads University. Sharif loves canoeing, being in the outdoors, dancing like no one's watching, and hanging out with his cat Zoey!

ROOM D

Arts-Based Mindfulness Methods: Creative Strengths-Based Interventions to Engage Youth & Build Capacities

HOSTED BY

Dr. Diana Coholic and Vivian Oystreck, Laurentian University / YouthREX's Northern Hub

This hands-on workshop will provide an overview of arts-based mindfulness methods. Participants will have an opportunity to participate in a couple of activities and learn how arts-based mindfulness methods can engage youth in relevant strength-based ways to help them express themselves.



DR. DIANA COHOLIC is a practicing clinical social worker with 20+ years of experience. At Laurentian University, in Sudbury, she is an Associate Professor in the School of Social Work. Diana's research has focused on investigating

the effectiveness of arts-based mindfulness group work for the improvement of resilience and self-concept, particularly in marginalized children and youth. In September 2016, she began a new project (funded by the Social Sciences and Humanities Research Council of Canada) with youth aged 11-17-years-old who are experiencing challenges with schooling. Information can be found on her research website: www.dianacoholic.com. Diana is also the Academic Director for the Northern Ontario Region of YouthREX.



VIVIAN OYSTRICK is the Youth Program Supports Associate for the YouthREX Northern Hub. Vivian is a registered social worker and has extensive experience in child welfare, working with children and youth who experienced maltreatment

and exposure to violence. Vivian also works as part of Dr. Diana Coholic's research team as a facilitator for an arts-based mindfulness intervention program for children and youth in need. Through her work with YouthREX, Vivian assists youth-serving organizations to better understand, track, measure, and share the impact of their work with youth by providing program evaluation support. Vivian's passion is enhancing resilience, and improving outcomes, for children and youth who experience adversity.

ROOM E

Building Collaborative and Sustainable Interventions: An Illustration Using the Niagara Youth Court Screening Initiative

HOSTED BY

Marla Banning, CAMH, and Mike Taylor, Youth Resources Niagara

In 2015, the Niagara community launched a new initiative that addressed mental health and addiction needs in justice-involved youth. This presentation will introduce the Niagara Youth Court Screening Initiative (NYCSI), a coordinated community approach to screen court-involved youth and support them to access appropriate services and support. It will demonstrate how a team of service providers offers the screening right at a dedicated Youth Court, using a validated tool to screen for addictions, mental health, and other needs. The presentation will demonstrate community partnership and collaboration in making this intervention happen, and will highlight the key ingredients to what made the intervention sustainable over the long-term. Note: this presentation will not have youth presenting, as they cannot be identified under the Youth Criminal Justice Act (YCJA).



MARLA BANNING is an Implementation Specialist with the Provincial Systems Support Program at the Centre for Addiction and Mental Health. She is currently working with the Niagara community on the Youth Wellness

Hubs Ontario (YWHO) initiative. Marla is also working in the capacity of Coach, implementing the new Staged Screening and Assessment Tools across multiple LHINs in Ontario.



MIKE TAYLOR is currently the Executive Director of Youth Resources Niagara (YRN); this agency provides residential and community-based programs/services for the youth justice and children's mental health systems. YRN is currently piloting

the second provincial Youth Supportive Reintegration Residential program in partnership with MCYS Youth Justice Services Division. Mike consistently engages in community capacity-building initiatives like the Youth Justice Service Collaborative that seek to promote and develop strong multisystemic community organizational ties.

ROOM B

Re-imagining Schools as Sites to Address Disabled Youth's Experiences of Homelessness: A Forum Theatre Workshop

HOSTED BY

Ann Fudge Schormans, Stephanie Baker Collins, Nathan Gray, Donovan O'Neil Allen, Heather Allan, Tyler Henderson and Karrissa Horan-LaRoche, Partnering for Change (P4C) Project

Schools have been identified as key sites for early intervention for the identification, support and prevention of youth homelessness, however the experiences of disabled youth at-risk of homelessness are often concealed in schools. The Partnering for Change (P4C) project is a community-engaged participatory research project that explores the intersection of intellectual, developmental, and learning disabilities (ID/DD/LD), homelessness, education, and employment among disabled homeless youth in three Canadian cities: Toronto, Hamilton, and Niagara. Drawing on data from youth interviews, in this workshop we highlight how disabled homeless youth are rendered as a problem to be managed in the education system.

Of significance in this collaboration is the active involvement of seven young people living with ID/DD/LD, and having experience of homelessness, as co-researchers with the P4C project and as co-developers and co-facilitators of the forum theatre scene we will lead participants through in this workshop. The scene reflects interwoven stories of disabled homeless youth's experiences in schools. Our performance of the scene is intended to make visible the struggles many disabled homeless youth face in their engagement with the education system. We call into question the narrow, and sometimes rigid, ways the education sector understands and responds to 'disability'. After performing the scene once, we invite workshop participants to take part, and change the scene. Through participation, we engage the workshop participants in discussions so as to collectively imagine different responses and ways to support the educational needs and aspirations of disabled homeless youth.



ANN FUDGE SCHORMANS is an Associate Professor in the School of Social Work at McMaster University. She brings almost 20 years of social work practice and ongoing activist work with people labeled with intellectual and developmental

disabilities to her research and teaching activities. She teaches in the areas of disability, critical practice, and research for social change. Ann's research centres on issues identified by people labeled/with intellectual and developmental disabilities as being important to their lives and incorporates inclusive research methodologies, including co-researcher and co-production models of research. Her research also explores how inclusive research is facilitated by the use of arts-informed methods, such as photography, documentary filmmaking, forum theatre, drama-based work, and drawing.



STEPHANIE BAKER COLLINS is an Associate Professor in the School of Social Work at McMaster University. She teaches in the areas of social policy, poverty and homelessness, evaluation, and research methods. She has experience

in social policy research, analysis, and advocacy at both the community and the national level. Her research focuses on the impact of public policy on the lives of marginalized groups, with a particular focus on the systems that are in place to address poverty and homelessness. Her current project explores the intersection of disability, education, and employment for youth experiencing homelessness.



NATHAN GRAY is a member of the Voyager project, which aims to improve the educational attainment of Crown Wards by encouraging young people in care to pursue their educational aspiration. He was also involved in directing a peer

mentoring video. He is a rhythm and blues (RnB) singer. He is a co-researcher in the Partnering for Change Research Project. He hopes the knowledge generated from this research on the systemic barriers faced by homeless young people with learning, developmental or mental disabilities will reach a wider audience and inform change in policy and practices that serve this population.



DONOVAN O'NEIL ALLEN is a former Crown Ward. He is a founding member of the Voyager Project and thinks of himself as the 'glue' that bridges the different generations of Voyagers together. He is interested in finding solutions to address the complex

and multitude of problems facing homeless youth with learning, developmental or mental disabilities. He is a co-researcher for the Partnering for Change Research Project.



HEATHER ALLAN identifies herself as a unique-abled person with a love for life. Heather has spoken at many events about Williams Syndrome to help people understand the syndrome. She is a Christian who loves music, travel, and animals. Heather is a co-researcher for the

Partnering for Change Research Project. She hopes to use her sympathetic nature to help people in need.



TYLER HENDERSON is a co-researcher for the Partnering for Change Research Project. He is an active member on many Hamilton Councils. He actively engages in public speaking and workshops for youth audiences. Having faced adversity in his own life around issues of mental

health and addiction, he is committed to supporting other youth in similar situations and give back to the community. To fulfill this commitment, he recently started in a Bachelor of Social Work program.



KARRISSA HORAN-LAROCHE is a co-researcher for the Partnering for Change Research Project. She is currently on the Social Planning Research Council Street Youth Planning Collaborative Youth Leader's Committee, whose goal is to improve the system that supports homeless youth. She is

also working with a team of individuals to identify barriers in access to services that help youth find employment and find solutions to break down those barriers. She enjoys helping people and wants to enable equal opportunities for all people. Her future goal is to become a Child and Youth Worker in residential housing.

OCTOBER 25, 2018 // 2:00PM – 3:00PM

AFTERNOON SESSIONS

01 // ROOM A

SPOTLIGHT

MY LIFE IS THE EVIDENCE



Arabi Rajeswaran



Vasuki
Shanmuganathan



Evan George



Kris Meawasige

Sinéad
Dunphy
+
Paola
Resano

Missing Data and People: Tamil Youth Support and Mental Health

ARABI AND VASUKI will share data-based findings about Tamil youth from surveys, storytelling, and interviews. Drawing from lived experience, they will talk about lack of access, cultural stigma surrounding mental health, and identify the visible and invisible barriers that Tamil youth face when trying to access mental health services.

Capturing the Voices of Youth Through Analyses of Online Comments and Social Media Posts

EVAN will discuss the promise of leveraging online comments and social media posts in research and evaluation concerning issues that face youth. He will talk about how researchers need to go where young people are sharing their opinions, as social media is a major avenue by which youth express their beliefs, values, and attitudes to the world. Evan will also share his experiences analyzing over 1,300 online comments made by students.

Young Parents Speak

SINÉAD AND PAOLA will explore the barriers young parents living in the GTA face and the consequences of and supports used to address those barriers. The session will focus on systemic barriers using an intersectional feminist lens to address how race, ability, class, sexual orientation, gender, immigration status, and more shape the barriers and experiences of young parents differently, necessitating different and multiple kinds of supportive interventions and youth programs.

Original Voices Youth Council

Finally, **KRIS** will talk about the Original Voices Youth Council, a youth led and community

supported youth council in the Ottawa-Carleton District School Board (OCDSB) that was formed in 2017. This is an inspiring, positive, and motivated group of Indigenous youth in grades 9-12 that are making history by being the change for themselves and their community. Learn why and how the youth council was formed and what they are doing to foster relationship building, share traditional teachings, empower young people, and build momentum moving forward! Kris will be joined by three youth from the youth council: Falicia Gingras, Jordyn Hendricks and Emily Taylor.

ARABI RAJESWARAN, Public Speaker, Educator, and Emerging Urban Farmer, was born in Tkaronto. A passionate youth culture worker who aims to create dialogue among and within young people from various backgrounds and experiences. Raised in Toronto's west-end neighbourhood of Rexdale with over 10 years of experience as a facilitator, mentor, and youth leader to her peers and community, Arabi has collaborated with many organizations across Turtle Island. Currently working to increase knowledge of tenants' rights to renters across Ontario and studying Horticulture.

VASUKI SHANMUGANATHAN, Researcher, Educator, and Tamil Archive Project Founder, is an interdisciplinary scholar whose research examines how colonialism, race, migration, trauma, gender, and sexuality shape narratives of health. Her community-based research is informed by her experiences working for women's advocacy, youth collectives, refugee, arts, and community health organizations. She is the founder of the Tamil Archive Project (TAP) and the award-winning Critical Mass Series (CMS), which combine knowledge translation, archives and art to create accessible community events with youth. She also leads the Health and Race Working Group in Toronto.

EVAN GEORGE is a recent graduate of the Master of Social Work program at Lakehead University. He has worked in child- and youth-serving organizations for over eight years in both research and frontline capacities. Not surprisingly, then, his research interests broadly include child and youth well-being and child welfare topics.

KRIS MEAWASIGE is Anishinaabe, bear clan, and a proud member of Serpent River First Nation. Kris was born and raised in the Greater City of Sudbury, Ontario, on the traditional territory of the Atikameksheng Anishinaabeg. He has been living with his family on the unceded traditional territory of the Algonquin Anishinaabeg, on the outskirts of Ottawa, since 2013. Kris has been working with Indigenous communities (urban and rural) across Ontario since 2001. He has worked in a variety of roles including Employment and Training Field Support Worker at the Ontario Federation of Indigenous Friendship Centres, Aboriginal Counsellor and Outreach Officer at the University of Ontario Institute of Technology, Aboriginal School Liaison at Wabano Centre for Aboriginal Health, and currently serves as the Indigenous Student Support and Re-engagement Coordinator (K-12) at the Ottawa-Carleton District School Board. Kris is dedicated to raising up Indigenous children, youth, and families throughout their education journey.

SINÉAD DUNPHY graduated from the University of Toronto with an Honours Bachelors of Science Degree in Environment and Health and Women and Gender Studies. She currently works as the Community Education Program (CEP) Coordinator at Jessie's – The June Callwood Centre for Young Women. In her role, Sinéad coordinates this unique, peer-to-peer mentoring program that supports Jessie's participants as they share their stories and educate their communities about sexual and reproductive health and choices and the realities of teen pregnancy and parenting. Additionally, Sinéad coordinates the new Powerful by Nature community radio program, a radio show run by Jessie's youth where they explore social, economic, cultural, and political issues important to them.

PAOLA RESANO is a young mom and Jessie's CEP participant passionate about destigmatizing young parenting and advocating for teen parents and social justice more broadly.

02 // ROOM C SPOTLIGHT INCORPORATING YOUTH VOICE – EVALUATION



Maureen Rose
Malibrian



Jenny Lam



Natasha Koustova



Rebecca Klaasen



Danielle Lediard



Gabriela Estrada



Lindsay Done

Work Portfolios: A Youth-Led Evaluation for Youth Facing Employment Barriers

Altitude is Raising the Roof's new social enterprise program that provides youth (ages 18-29) facing barriers to employment with training and meaningful work experience. In this session, **MAOREEN** – a youth participant of the Altitude program – and **JENNY** – the program's evaluator – will describe the evaluation process. In particular, Maureen will talk about the youth participants' involvement and leadership throughout the evaluation, and Jenny will discuss the step-by-step process of how the evaluation unfolded.

A Better World By Girls: Girl Guides of Canada Journey to Girl Engagement

NATASHA from Girl Guides will talk about what the national organization has learned about what girls are looking for in programming, how to build a robust youth-driven approach, and about the challenges of conducting meaningful research and evaluation with children and youth on a large scale. She will share some of the processes and learnings, including practical tips around participatory research and evaluation, as well as findings from a report Girl Guides commissioned on participatory research tools.

RISE: Fostering Civic and Democratic Engagement in Unengaged Youth

In early 2018, RISE was born in order to reach less engaged youth and involve them in community-change projects, developing an understanding of democratic engagement along the way. The program brings together a group of unengaged youth from diverse, and often marginalized,

communities and involves them in a five-month process of planning and leading a community project of their choice. In this session, **DANIELLE AND REBECCA** will dive into the successes and challenges of the first cohort of the program, what they have learned about youth engagement throughout the process, and how they hope the program will grow.

Using a Youth-Driven Approach to Support the Design and Development of Female Activity Programs

For the past five years, Motivate Canada has been building capacity for Ontario girls and young women to participate and lead in sport and physical activity. **GABRIELA AND LINDSAY** will discuss a practical, step-by-step approach to empowering young women and girls to identify needs in their community and host organizations, and implement programs that address the unique needs of their peers and community. Grounded in expert content, evaluation, and data, this session will motivate participants to take a fresh approach to youth programming through the engagement and empowerment of young people.

MAOREEN ROSE MALIBRIAN is a newcomer in Canada and a recent graduate with a Bachelor's Degree of Psychology. She became a part of the Newcomer Women's Organization, which helped her find good mentoring and introduced her to the Altitude program at Raising the Roof. Maureen became one of the program's Brand Ambassadors, which gave her the chance to hone her business, sales, marketing, design and communication skills. The experience helped her a lot, in terms of building her confidence and figuring out what career path she wanted to pursue. Very recently, Maureen has been given the

opportunity to be a Business Development Representative at a start-up company, (Quartermaster), and to continuously build on her sales and marketing career.

JENNY LAM is currently the Project Manager of Community Initiatives at Raising the Roof, where she overlooks the organization's homelessness prevention initiatives, such as The Upstream Project. Very recently, Jenny has been given the opportunity to take on the evaluator role for Altitude, Raising the Roof's newest social enterprise program that aims to revitalize the organization's Toque campaign, as well as remove employment barriers for six youth.

NATASHA KOUSTOVA, Research & Evaluation Specialist, Girl Guides of Canada, has a Ph.D. in Applied Social Psychology from the University of Windsor, where she studied youth engagement, participatory research methods, and climate change. She is now working with the member experience team at Girl Guides – using developmental evaluation and participatory research approaches to help develop a new youth program that is informed by girls.

After completing her Bachelors in International Development from the University of Ottawa, **REBECCA KLAASEN** has sought out positions that combine her interests of community development, social justice, and youth engagement. She has undertaken several positions in the field of youth experiential education, working on programs in Central America, East Africa, and the South Pacific. Now based in Toronto to coordinate the RISE program with Apathy is Boring, Rebecca loves applying facilitation, community outreach, and project development to engage youth in their communities and democratic life.

DANIELLE LEDIARD'S first love in life is cats, followed closely by philosophy, tea, travelling, and books. After finishing her undergraduate degree at the University of Toronto, she spent three years living and working in rural Japan. Upon her return to Canada, she completed a Master of Social Work degree at Wilfrid Laurier University with a focus on program development, research, and policy.

Having worked with youth in Japan, Ghana, and Canada, she is passionate about creating opportunities where they can develop skills, knowledge, and experience while making meaningful contributions to their community. As the Ottawa Project Coordinator for Apathy is Boring's RISE program, Danielle is thrilled to be working with youth to strengthen civic and democratic life in Canada.

GABRIELA ESTRADA is a Masters student from Scarborough, Ontario, pursuing research in barriers racialized female youth face at the University of Toronto, Department of Exercise Science. Gaby is an advocate for women in sports and an avid athlete with a passion for soccer, running obstacle course races, long distance

running, kayaking, and fitness in general. In 2015 Gaby started a community action project, called Keep on Moving TO, designed to educate female youth on what it means to be physically literate, break the barriers females face in sport, recreation, and fitness, and create leaders of tomorrow with the female youth participants. Gaby has worked with a variety of organizations, such as Motivate Canada, Fast and Female, FitSpirit, MLSE Launchpad, and others. Gaby looks to continue working in the field of sport, recreation, and movement, and provide a platform to engage and educate as many youth as possible in physical activity.

LINDSAY DONE works as a Program Manager for Motivate Canada and has degrees in Health Promotion, Education, and is currently completing a Master's in Public Health from the University of Waterloo. In 2012, she was instrumental in building the foundation for female-driven physical activity programming and leadership among communities in Ontario. Since then, she has worked with many girls and young women to create youth-driven programs and inclusive environments to engage more girls and young women in physical activity and leadership opportunities. She is a passionate advocate for the benefits of physical activity and sport for girls and is looking forward to the upcoming launch of Motivate Canada's LEAF online course.

03 // ROOM D SPOTLIGHT INCORPORATING YOUTH VOICE: PSE & MENTAL HEALTH



Maggie Huang



Grace Ryu



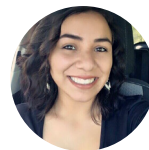
Alison Canning



Alysha Ferguson



Tess Carrigan



Bernadette Bernard



Pratik Nair



Shayan
Yasdanpanah

Enabling Youth Capacity as Co-Researchers: A Participatory Action Research Project on Access to Post-Secondary Opportunities in the Jane-Finch Community

MAGGIE AND GRACE will highlight how youth are the experts of their own lives, with their wealth of knowledge and lived experiences expressed most authentically in a diversity of forms. They will share lessons learned from Building Welcoming and Equitable Communities (BWEC), which took a youth-driven, participatory action research approach, involving a variety of creative and unconventional methodologies to understand barriers to equitable post-secondary opportunities in Toronto's Jane-Finch community.

Collaboration + Empowerment = Inspiration and Success

ALISON AND ALYSHA will talk about the collaborative partnership between Let's Get Together and the University of Toronto Mississauga Centre to ensure youth and their parents in the Peel region are

being supported, while also giving post-secondary students an opportunity to volunteer and give back. The session will share the experiential learning model they have used to ensure that their programs are led by youth, reflective of their voices, and sustainable.

Wjit K'ni'janaq (For Our Children)

TESS AND BERNADETTE will share their firsthand experiences as youth and youth workers within the Indigenous community of Eskasoni in Cape Breton, providing an inside look at how they are working to transform youth mental health services. They will discuss challenges that they have faced, the positive outcomes, and the voices of Eskasoni youth.

Youth Voice: Mental Health Priorities of a National Network of 2,500 Youth Advocates

The Jack.org network is made up of 2,500 youth mental health advocates from all over the country. **PRATIK AND SHAYAN** from Jack.org will talk about

data that has been collected on youth-identified priorities for mental health, delving into the process for collecting the data, their plans for sharing it, and how they will continue to collect data moving forward. They will close the session by sharing the youth-identified policy recommendations and calls-to-actions for mental health.

MAGGIE HUANG is the Community Development Research Assistant for Skills for Change. She works to mobilise the Building Welcoming and Equitable Communities initiative, a participatory youth action research project with the goal of enabling community-driven interventions to address barriers to equitable access to post-secondary opportunities for youth in Toronto's Jane-Finch community. Maggie is interested in unpacking notions of diversity, equity, and inclusion within our education and knowledge ecosystems at large. To this end, she has worked with Increasing Diversity by Increasing Access, an India-based non-profit that enables marginalised and underrepresented groups to access legal education, and volunteers with the research collective Knowledge GAP, which investigates the political economy of academic knowledge production. Maggie holds an Honours B.A. in Critical Development Studies from the

University of Toronto Scarborough, where she received the UTSC Letter Award and the Gordon Cressy Leadership Award for her contributions to the university and the greater community.

GRACE RYU is the Supervisor, Programs and Services, at Skills for Change, a multi-service agency with 36 years of experience in serving immigrants, newcomers, and refugees. She was instrumental in creating and leads the agency's Project Management and Program Design Office (PMO), which functions as a laboratory of fresh, innovative program ideas within the agency to design, fundraise, test, and measure the effectiveness of research-based initiatives to support new demographic trends, and, eventually, bring them to scale. Grace is a Jack Layton Leadership School alumni, has earned a Master's degree in Women and Gender Studies with a collaborative graduate program in Ethnic, Immigration, and Pluralism studies at the University of Toronto, and is currently pursuing a doctoral degree focusing on improving access for underrepresented groups in Ontario's post-secondary education institutions.

Creating partnerships and making connections is not always easy, but **ALISON (ALI) CANNING** knows this is an extremely valuable skill needed to increase one's chances of success in today's fast-changing world. Her strength as a community connector, revolutionary thinker, and a master of failures (fortunately, she has a growth mindset), helped her start Let's Get Together!, a non-profit that creates opportunities for parents, youth, and communities to access resources that provide educational assistance and support wellbeing. She strongly believes adults and organizations today need to "step aside" so youth can "step up" and take more ownership for their learning. Her partnership with the University of Toronto Mississauga's (UTM) Centre for Student Engagement has allowed her to practice this belief, yielding tremendous results and a great learning experience for all. Ali's goal is to collaborate with like-minded organizations, such as UTM, to foster a growth mindset and empower parents and youth to work together as part of the bigger solution to improve our education system and enhance the overall learning experience. She is honored to be presenting alongside UTM and looks forward to meeting everyone.

Working for post-secondary institutions across Canada has taught **ALYSHA FERGUSON** the value of engaging students in their education, both in and outside of the classroom. The growing need for students and youth to feel comfortable and confident in an educational community is the main focus of how Alysha wants to work within the community, to not only provide university students with skills and opportunities to make lasting change, but also to allow youth and community members to feel more connected with post-secondary institutions. Alysha is currently studying at the Ontario Institute for Studies in Education (OISE) for her Masters in Education, focused on transition and engaging youth from an early age to feel supported as they transition between educational environments and understanding the communities they are apart of along the way. Throughout her role at UTM's Centre for Student Engagement, Alysha has been energized and inspired by her partnership with Let's Get Together! as a way to innovate and create new opportunities for youth and their parents to become a part of the conversation, with a focus on youth leading youth in all programs and projects. She is very excited to present this topic and share ideas of how this strong partnership between UTM and Let's Get Together! has been possible!

TESS CARRIGAN works as an ACCESS Youth Support Worker with Eskasoni Mental Health. She assists the Eskasoni Mental Health Services and ACCESS Open Minds teams in developing, organizing, facilitating, supervising, and implementing youth-oriented programs (including sport, recreation, cultural, traditional, art, music, educational, culinary, and social enterprise) and services, in addition to providing clinical peer support prevention, intervention, and aftercare services. A graduate of Cape Breton University and, most recently, a graduate of the Social Work program at Dalhousie University, Tess is happy to be working back home in Cape Breton Island. She is a singer/songwriter, and loves working with youth to help them to empower their lives.

BERNADETTE BERNARD is the Behavioural Interventionist and Family Support Worker at Eskasoni Mental Health Services with the Access Youth Space. She works with children, youth, their families and also individuals with diverse needs such as Autism, ADD/ADHD, FAS, and many others. Bernadette helps individuals to decrease and manage behaviours such as anger management, self-harm, identifying emotions and also to build positive and appropriate social skills, and coping skills. Bernadette also develops and facilitates programs for children and youth within the community such as nature programs, spa days, movie nights, games nights, and dances.

PRATIK NAIR is the Evaluation & Knowledge Translation Lead at Jack.org. In this capacity, Pratik conducts evaluations and produces deliverables (tools, reports, presentations) to inform and support Jack.org programs. His approach to this kind of work involves illuminating practice with theory and reimagining theory in light of practice. Pratik holds a Master of Public Health degree from the University of Toronto and has conducted evaluations on programs and policy for children's television, health services in Ontario municipalities, and harm reduction services in South America. After initial experience founding and managing a mental health education campaign, Pratik found himself drawn to an uncharted field of health promotion, where much further work was to be done to educate, destigmatize, and advocate.

SHAYAN YAZDANPANAH is a Programs Assistant and young leader at Jack.org. As the Programs Assistant, Shayan supports the programs team in the design, delivery, and evaluation of Jack.org's programs. Previous to working at Jack.org, Shayan volunteered as a Jack Talks speaker for 3 years delivering talks across southern Ontario. Shayan also acted as one of 12 Network Representatives for 2 years where he gave feedback across various Jack.org programs and initiatives. Shayan is currently in his 5th year of Aerospace Engineering at Ryerson University in Toronto. Although engineering isn't inherently linked to mental health advocacy, Shayan finds there are many design thinking opportunities when supporting young people in such revolutionary work.

Mobilizing LGBTQI2S Voices to Enhance Community Wellbeing

HOSTED BY

Egale Youth OUTreach (EYO)

Utilizing the participatory-action framework of the Youth Advisory Council at Egale Youth OUTreach (EYO), this presentation will centre the voices of lesbian, gay, bisexual, transgender, queer, intersex, and Two Spirit (LGBTQI2S) youth leaders with lived experience through a narrative approach. Youth leaders will be provided the opportunity to share their experiences, engage in a facilitated discussion with the host and other panel participants, and then finally have an opportunity to respond to audience questions.

Presenters will draw on their lived experiences to discuss how negative and discriminatory experiences with institutions like schools, hospitals and health care institutions, police, Children's Aid Societies, and religious institutions contributed to their precarious living situations. Presenters will discuss their experiences seeking support from services, offering case examples of appropriate and inappropriate responses from services and service providers. Participants will then offer recommendations to service providers, services, and multiple levels of government to better meet the diverse needs of LGBTQI2S youth.

This presentation will: 1) highlight the importance of centering LGBTQI2S youth leadership in the development of programs, services, and policy initiatives that aim to address issues faced by LGBTQI2S youth; 2) offer diverse first-hand narratives and experiences of LGBTQI2S youth homelessness; and 3) offer recommendations to services, service providers, and multiple levels of government to support the wellbeing of LGBTQI2S youth.

EGALE'S vision is a Canada, and ultimately a world, without homophobia, biphobia, transphobia, and all other forms of oppression so that every person can achieve their full potential, free from hatred and bias.

Egale works to improve the lives of LGBTQI2S people in Canada and to enhance the global response to LGBTQI2S issues. Egale will achieve this by informing public policy, inspiring cultural change, and promoting human rights and inclusion through research, education, and community engagement.

05 // ROOM E

Becoming Human Again: Self-Disclosure and Humour in Clinical Practice

HOSTED BY

Peter Snow, St. Joseph's Healthcare Hamilton's Youth Wellness Centre

Therapists and other professionals have often been taught to keep the personal private when working with individuals with mental health concerns. Research and practical experience have been showing the usefulness of self-disclosure and humour as therapeutic tools (and not just for rapport building!). In this interactive session, Peter Snow will discuss his experience using his own story and humour when working with young adults in an outpatient clinic. This workshop is an opportunity to share knowledge about these two important tools for supporting youth to better outcomes.



PETER SNOW, RSW, is a clinical therapist at St. Joseph's Healthcare Hamilton's Youth Wellness Centre. For the past four years he has provided individual therapy to youth aged 17-25 at this innovative clinic in downtown Hamilton. He has a Masters

of Social Work from the University of Toronto. He has training in Dialectical Behaviour Therapy, Cognitive Behaviour Therapy, Psychodynamic Therapy, Motivational Interviewing, and CAMS. He also identifies as a consumer of mental health services and can speak to life on both sides of the therapy relationship.

06 // DANCE STUDIO

Love and Guidance Yoga

HOSTED BY

Shandi Mitchell

This workshop will discuss and share tools for self-empowerment for youth worker wellbeing through the use of yoga, mindfulness, and affirmations. Yoga has been proven to boost strength and flexibility, increase balance, and enhance concentration. The style of yoga we will practice is gentle, beginner hatha yoga, matched with tones and aromas to maximize self-healing. It will feature an eclectic collection of Afro Caribbean rhythms.



SHANDI MITCHELL'S approach to crafting learning environments is influenced by memories of her childhood home, hazy with the smell of cocoa tea and frankincense. Music and movement have always been a part of her life.

Shandi recognized the fluid poses and entranced stillness through cultural exploration. The discipline of yoga was adapted into practice as a tool for awareness, self-empowerment, and self-healing. In August 2016, she became a Certified Yoga Instructor, trained in 250 hours of Hatha yoga and qigong. Shandi is dedicated to providing quality yoga experiences using an eclectic collection of rhythm, tones, and aromas for self-empowerment.



POSTER PRESENTATIONS

Measuring Outcomes of Youth Philanthropy in Schools: How YPI Canada is Evaluating Outcomes of a National Youth-Driven School Philanthropy Project

by Kate Gatto and Rachel Paris, Youth and Philanthropy Initiative (YPI) Canada

The Youth and Philanthropy Initiative (YPI) Canada is a free school program that engages grade 9 and 10 students in experiential learning, and connects them to social issues and local charities. For every participating school, YPI provides a grant of \$5,000 to a local charity selected by students through a competitive process in which they make a creative pitch for their chosen organization. YPI is currently active in over 100 schools in five provinces across the country; some of these schools have been participating for 16 years.

YPI measures and communicates outcomes every year through a comprehensive evaluation program that was developed with the support of YouthREX. In this poster, we will share key details of our evolving evaluation program, along with challenges, successes, and key learnings applicable to the wider field of youth-driven programming.

Rise's Youth Small Business Program - Telling Stories of Mental Health and Entrepreneurship

by Kimber Kunimoto and Diana Safina, Rise Asset Development

The Youth Small Business Program was launched in Toronto in the Fall of 2012 to respond to two mutually reinforcing trends among Ontario youth: the drastic and persistent lack of economic opportunities for young people, and the special challenges faced by youth who have experienced a derailment as a result of a mental health or addiction challenge. In partnering with the Ministry of Children, Community, and Social Services, Rise Asset Development has delivered free business design training and mentorship to youth across Ontario. This poster presentation will highlight: how we are addressing unemployment and financial instability for youth experiencing mental health & addictions challenges; what we have learned about Program Evaluation through working with YouthREX; how we use data and storytelling to articulate our social impact.

A Youth Advisory Committee in a Youth Sport for Development Facility

by Tharsheka Natkunam, Alyssia Fernandes and Marika Warner, MLSE Launchpad

One youth from MLSE LaunchPad's Youth Advisory Committee will present in partnership with front-line and director-level staff. This collaboratively created poster presentation will detail the work of MLSE LaunchPad's inaugural Youth Advisory Committee (YAC). MLSE LaunchPad is a youth-focused Sport for Development hub facility that opened its doors in February 2017 in the Moss Park neighborhood in downtown Toronto. The YAC first convened in January 2018 following an open call for applicants, and is made up of 10 youth aged 15-24. The group provides meaningful input into operational decision-making, including significant involvement in evaluation planning and implementation. The poster will highlight the various aspects of integration of the YAC into the functioning of a 42,000-square-foot Sport for Development facility for youth aged 6-29, operated in affiliation with a professional sport organization. Materials and processes generated by the YAC will be described. A PhotoVoice project led by the YAC will be detailed and resulting data including photos and text will be shared. Knowledge translation strategies and future event plans led by the YAC will also be included. The poster will also touch on the impact of this experience on YAC members including life skills and life skills transference.

Pillars of Youth Peer Support

by Kamill Santafe and Laura Kelly, Ontario Centre of Excellence for Child and Youth Mental Health

The Pillars of Youth Peer Support is an online learning series developed by the Ontario Centre of Excellence for Child and Youth Mental Health in partnership with the Community Suicide Prevention Network of Ottawa. Nine videos were created to introduce youth to the key elements of youth peer support, and to build young people's confidence in providing support to their peers. Our poster will highlight: the need for this series and why these videos were created; our process for co-developing these videos with youth and community partners; the key elements covered through the nine videos; and the impact we hope this series will have on youth across the province.

This Is Youth Work: Voices from the Frontlines of Ontario's Youth Sector

by Uzo Anucha, Sinthu Srikanthan, Cyril Cromwell,
YouthREX

Situated between the private and public sectors, the Ontario youth sector is often tasked with designing community-focused and community-based solutions to system-level barriers and inequities for Ontario's youth. Youth workers, as frontline staff, are a vital component of such community-based youth programs. They work with youth and often become role models, mentors, teachers and sometimes even surrogate parents to the young people who participate in youth programs. We conducted a study to better understand the experiences of these youth workers who are charged with enacting "investments" in youth wellbeing in Ontario's youth sector. Our study asks: What is youth work in Ontario really like? How do youth workers' work intersect with their personal lives? What are the systemic issues, gaps, and barriers encountered by youth workers? How do youth workers navigate these gaps? What issues affect youth workers' ability to do their work with youth as effectively and healthily as possible?

Our methodology includes seven focus groups with 58 frontline youth workers in five cities across Ontario (Ottawa, London, Thunder Bay, Sudbury, and Toronto). Thematic analysis of these focus groups identified findings centred around four themes: 1) Youth worker identity and lived experience as a resource 2) Youth work as numbers work and the pressure of meeting outcomes and targets 3) Youth work as rule bending and unauthorized work 4) The marginality of youth work and invisibility of youth worker's voices (devalued work and precarious employment). These findings provide an understanding of the complexities of youth work that stretches across personal, professional, and political identities as well as the precarious working conditions of youth workers. The findings also provide an understanding of how youth work is enmeshed in other systems and how factors beyond the scope of the youth sector impact and shape youth work on the ground.



PERFORMER

Hamilton Youth Poets

Hamilton Youth Poets (HYP) was created in 2012 to give our community's youth the opportunity to develop their creative skills and have their voices heard. HYP has grown steadily and evolved into an arts organization that engages Hamilton youth in the act of telling their own stories through spoken word, verse, multimedia, poetry slam, and new age journalism. This year-round work is then celebrated every spring in an awe-inspiring culmination of our annual festival, Louder Than A Bomb Canada: Youth Poetry Festival.

We believe in putting the art, culture, and tools of the telling of stories into the hands of young citizens. When our young people can tell and re-tell their histories in the context of public platforms, they are able to imagine and re-imagine their individual and collective identities, and become culturally grounded in their own experiences. Through the listening to and telling of authentic stories, participants—both performers and audience members—gain understandings of one's city that can result in new empathies for difference among its members, and the place(s) we call home.



OCTOBER 24, 2018

PRE-EXCHANGE WORKSHOPS

01: Restorative Justice

A two-part workshop on restorative justice facilitated by Rick Kelly, a Toronto-based youth worker with over 40 years of experience, and Eric Butler, Oakland, California based founder of the “Talking Peace” model of restorative justice.

There are many forces that prevent youth from exercising their potential. The use of power to punish and control, the impacts of marginalization and exclusion, and the resulting internalization of shame often leave youth with limiting narratives of self.

A restorative lens and approach can disrupt these narratives in communities and in individual relationships. It recontextualizes individual experience and addresses harms that have systemic roots. It has the power to repair, restore, and transform.

What energizes this approach is a shared use of power, the acknowledgement of our fundamental relatedness, the centring of voice, conversations that restore, and the search for opportunities to build community and seek solutions.

Part 1: Creating Pathways, Developing New Narratives: Restorative Possibilities

Rick Kelly, Youth Worker

In this workshop, participants will interrogate the domains of power and their impacts, the intersectionality of shame, and the role restorative relationships, conversations, and circles have in the reconstruction of personal narratives that unleash the potential that all individuals have.

Participants will explore examples from selected projects and initiatives involving Child & Youth Care program students and grads, including work from a project funded by the Black Youth Action Plan, local community engagement efforts, and experiences in Jamaica and India.

Part 2: Community-Building Dialogue

Eric Butler, Restorative Justice Worker, Activist and Educator

Focusing on the needs and values of “village,” participants will engage in relationship-building and self-reflection to:

- a) examine the current culture of our communities
- b) learn how to penetrate personal and collective needs by using a shared value system
- c) build relationships across difference
- d) understand how to engage in challenging conversations and
- e) respond to conflict in a way that is healing for all parties.



RICK KELLY, Toronto-based youth worker with over 40 years experience and founder of Just Us: A Centre of Restorative Practices. Since 2002, Rick has been providing training, education, youth justice conferencing, and research in restorative

practices, while supporting program and curriculum transformation for colleges, school boards, children’s mental health facilities, and grassroots youth-serving agencies using restorative principles and peacemaking practices.



ERIC BUTLER, California-based founder of the “Talking Peace” model of restorative justice. Butler gained prominence for his impactful Restorative Justice work with youth in West Oakland and shares his knowledge as a speaker and restorative justice educator.

02: Using Data to Share the Story of Your Program

Dr. Corliss Bean, Research and Evaluation Specialist, YouthREX

Sidney Shapiro, Professor and Program Coordinator,
Post-graduate Business Analytics Program, Cambrian College

How can your evaluation findings help your stakeholders understand the REAL story of your program?

In this workshop, you will learn creative strategies to visualize and share your evaluation findings with your stakeholders. We will focus on Legacy, the third phase of YouthREX's Framework for Evaluating Youth Wellbeing, which emphasizes the importance of sharing evaluation findings to support learning by both internal and external stakeholders. Data visualization and storytelling of your evaluation findings can be powerful tools that make it easier to understand and showcase your program's impact and guide changes when necessary to make sure that it is having the most impact for your youth participants. We will provide simple design principles that non-designers can use in data storytelling for different content types such as infographics and slide decks in addition to evaluation reports.



DR. CORLISS BEAN is the Research and Evaluation Specialist at YouthREX, where she leads capacity building and knowledge mobilization opportunities from the grassroots youth sector. Corliss received her PhD from the University of

Ottawa. Her research focus is on positive youth development, and, specifically, the development, implementation, and evaluation of youth programs. She has several years of experience in working with a range of community-based youth organizations to national organizations around program development and evaluation.



SIDNEY SHAPIRO is a PhD Candidate in the Department of Human Studies at Laurentian University and is a full-time professor and program coordinator in the post-graduate business analytics program at Cambrian College. His research focuses on data science and social research.

OCTOBER 26, 2018

POST-EXCHANGE: VISIONING DAY

Working Towards Truth and Reconciliation in Ontario's Youth Sector

How might the youth sector work 'in a good way' to address the legacy of residential schools, close gaps and remove barriers, support Indigenous culture, and reconcile relationships with Indigenous people?

YouthREX is honoured to host a Visioning Day on Friday, October 26 as part of our 2018 Knowledge to Action Exchange. Led by Dr. Joey-Lynn Wabie, YouthREX's Academic Director for Indigenous Initiatives, Indigenous and non-Indigenous youth workers will come together to learn with and from each other about our shared history on Turtle Island, reflect on ally-ship and define actions and commitments for truth and reconciliation.

Drawing from YouthREX's 2016 Design Day Lab on Indigenizing Youth Work: Towards a New Relationship, the work of Indigenous Youth Voices, and the knowledge and lived experiences of Elders, Traditional Knowledge Keepers, youth workers and young people, Visioning Day participants will discuss and create strategies to support their relationships with Indigenous and non-Indigenous peoples. By grounding ourselves in our shared histories, and hopes for our collective future, we will hold each other accountable for our work together.



Dr. Joey-Lynn Wabie

Academic Director of Indigenous Initiatives, YouthREX
Assistant Professor
School of Indigenous Relations
Laurentian University

JOEY-LYNN is recognized by the Creator first through her Anishinaabe name: Ziigwankwe which translates into Spring Woman. She is an Algonquin Anishinaabe kwe from Wolf Lake First Nation in northwestern Quebec. Dr. Wabie is an Assistant Professor in the School of Indigenous Relations at Laurentian University in Atikameksheng Anishnabek territory: Sudbury. Her research interests include traditional Indigenous women's health, grassroots community organizing, and youth engagement. She is a member of the Maamwizing Indigenous Research Institute at Laurentian University, a new Indigenous-led centre.



THANK YOU FOR
JOINING US!

ACKNOWLEDGEMENTS

Thank you to everyone who attended our 2018 Provincial Knowledge to Action Exchange: The Youth. The Work. The System.

And a special thank you to all our keynote speakers, panelists, presenters, and performers.

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We would also like to thank Vivian Recollet for leading the Opening and Closing at our Exchange.



VIVIAN RECOLLET

Bigasohn Kwe, Turtle Clan from
Wikwemikong Unceded First Nation,
Ojibway Nation

Vivian currently works at the Parkdale Queen West Community Health Centre as the Indigenous Health Promoter; she previously worked at the Native Men's Residence, a shelter for homeless men, as the Mino Kaanjiigowin Program Nurse for six years. The Mino Kaanjiigowin Program focused on working with men who faced 'Mental Health and Severe Addictions'.

Previously, Vivian worked for seven years at the Aboriginal Health Access Centre, Shkagamik Kwe Health Centre in Sudbury as a Health Promoter, where she won several awards for her work in Indigenous health, including: The Woman of Distinction, the Influential Women of Northern Ontario, and the 'Medal for Good Citizenship' by the Lieutenant Governor of Ontario. Having worked as a Nurse in mainstream since her graduation in the late 1970s, she has vast knowledge of the mainstream and Indigenous models of care.

Vivian gained most of her Indigenous knowledge and connections to her Indigenous roots at Anishnawbe Health Toronto, where she worked for almost eight years back in 1996 to 2003. Vivian has been gifted with the many teachings from a wide array of Indigenous Knowledge People and traditional healer medicine men/women. It is here that she began her journey of healing and putting into place all her lost traditions & culture, combining the best of both worlds to help her community.

She comes from the residential school legacy and is part of the Sixties Scoop; she has 11 siblings and has minimal connection to her original family as a result of that disruption. Vivian shares openly on the ongoing trauma faced by the Indigenous community.

THE YOUTHREX STORY

Launched in December 2014, Youth Research and Evaluation Exchange (YouthREX) builds on the work of Ontario's Youth Opportunity Strategy (2006) and Youth Action Plan (2012) by supporting the youth sector's capacity to measure and understand program impact.

YouthREX is primarily funded by the Ontario Ministry of Children, Community & Social Services, with extensive contributions from York University and our partner universities, Carleton University, King's College at Western University, and Laurentian University, as well as support from our community partner, the United Way/Centraide Windsor-Essex County.

Our vision is an Ontario where shared knowledge is transformed into positive impact for all youth. **Our mission** is to make research evidence and evaluation practices accessible and relevant to Ontario's grassroots youth sector through capacity building, knowledge exchange, and evaluation leadership.

YouthREX's mandate is focused on grassroots and youth-led organizations, especially those working with racialized youth, newcomer youth, Indigenous youth, youth with disabilities or special needs, youth in and leaving care, LGBTQ+ youth, francophone youth, youth living in rural and remote communities, youth living in poverty, and youth in conflict with the law.

Our work is focused through three streams, and all of our programs and services are free for Ontario's youth sector stakeholders:

01. Knowledge Exchange: To enhance knowledge of research and evaluation practices, tools, resources, and techniques within youth-serving organizations, and to leverage practical experiences and knowledge within the youth-serving sector (e.g. lessons learned and promising practices) and facilitate the transfer/exchange of this knowledge across the sector. One of the ways that YouthREX accomplishes our Knowledge Exchange objective is through the eXchange for Youth Work – an online hub that brings

youth development knowledge from research, practice, and lived experience together in one online space, and in accessible formats, making it easier for the youth sector to connect shared knowledge to their work with young people across Ontario. Check out the eXchange at exchange.youthrex.com.

02. YouthREX ED: To build the capacity of youth-serving organizations – in particular, small-scale/grassroots groups – to conduct their own program evaluations, integrate evidence into program development and implementation, and respond to the diverse and unique needs of young people across Ontario. Examples of our YouthREX ED activities include engaging workshops on a variety of topics related to youth wellbeing, our 10-week online Understanding Program Evaluation for Youth Wellbeing Certificate, and our three-day Critical Youth Work Certificate (CYWC). We also recently launched a new four-week online Using Spreadsheets in Program Evaluation Certificate.

03. Youth Program Supports: To support evidence-informed youth work by ensuring that youth programs are able to identify, plan for, and address their evidence needs in a coordinated and systematic way. Our six Youth Program Supports services promote and strengthen the use of evidence, and are offered to: a) amplify, share, and support the integration of evidence in the design and development of youth programs (Data and Evidence Requests); b) integrate evidence in the design and development of youth programs, determine desired program outcomes, and map out program activities (Program Design and Development); and c) track and measure intended outcomes, understand impact and success, and determine areas for improvement (Evaluation Consultations and Customized Evaluation Supports).

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Connecting Shared Knowledge to Youth Work

Every piece of content on the eXchange has been created in-house or curated with the intent of being useful, relevant, and accessible to all of our diverse youth sector stakeholders.

These stakeholders include youth, frontline workers, funders, government, community members...you get the idea! This means you'll find content on topics such as housing/homelessness, employment, leadership, self-care, justice, and, of course, evaluation, as they relate to youth in our communities.

This is a list of all the main types of content on the site. Keep in mind, we've designed everything to be searchable by content type, as well as the seven *Stepping Up* themes, different population groups, origin of the content, and source. We also have key words and tags that will help refine your search.

We hope you find what you're looking for, and more! If not, please let us know at youthrex@yorku.ca and we will do our best to rectify the situation. You can also send us content and resources that you think we should feature on the eXchange.



ACADEMIC LITERATURE

We searched through lots of academic journals so you don't have to. From youth attitudes towards apprenticeship to evidence-based strategies for enhancing family engagement in youth, you'll find full research reports on diverse youth-related topics here.



REPORTS

Here you'll find open-source reports that aren't commercially or academically published on specific topics and/or communities. Sources include community-based initiatives, NGOs, and Policy Think Tanks.



FACTSHEETS

These one-pagers share succinct explanations and practical tips on topical issues and areas of interest for youth sector stakeholders.



RESEARCH SUMMARIES

Here's where we profile key reports and academic research by answering 6 key questions. These summaries are handy as is, or can be used as launch pads for further investigation.



INFOGRAPHICS

Visual representations of data or information about youth sector relevant topics, including evaluation. Infographics help present complicated information quickly and clearly.



TOOL/TOOLKIT

Tackling something like an inclusion program, safety planning or youth advocacy in your organization/initiative? Take these instructional tools and use them as is, or modify them to fit your need(s).



NEW MEDIA

Sometimes it's easier to understand something when it's explained in innovative ways. Here's where we have creative forms of content such as podcasts, comics, zines, and more.



VIDEOS

Watch engaging and relevant videos, including archives of YouthREX's own recorded webinars on all things youth and evaluation related.



www.exchange.youthrex.com

The eXchange brings youth development knowledge from research, practice, and lived experience together in one online space.

The eXchange includes:



A searchable Library for Youth Work that has hundreds of diverse and accessible resources — such as research summaries, factsheets, reports, and new media — that can help strengthen your work with youth



An Evaluation Toolkit comprised of step-by-step actions with tools, templates, and resources specifically for a youth program evaluation



A growing online Learning Community for the youth sector to stay informed about and engage with current youth news and issues relevant to improving youth wellbeing



YOUTHREX
Research &
Evaluation eXchange

The eXchange is part of YouthREX's mission to enhance youth wellbeing in Ontario by making research evidence and evaluation practices accessible and relevant to Ontario's youth sector.