

2022/2023 ANNUAL REPORT

CONNECTING SHARED KNOWLEDGE TO BETTER YOUTH OUTCOMES



YouthREX's 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 youth sector through knowledge exchange, capacity building, and evaluation leadership.



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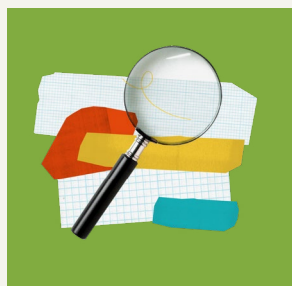
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01.

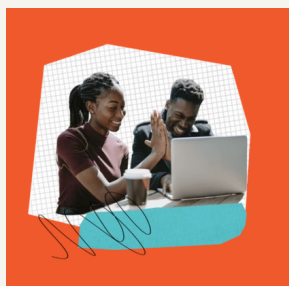
YOUTHREX'S MANDATED PROGRAM OBJECTIVES

The Youth Research & Evaluation eXchange (“YouthREX”) is a provincial initiative primarily funded by the Ontario Ministry of Children, Community and Social Services with contributions from York University and other partners. YouthREX was officially launched in November 2014 to support Ontario’s youth programs with knowledge exchange, capacity building, and direct program evaluation support. YouthREX’s vision and mission have remained the same since its launch – a vision of an Ontario where shared knowledge is transformed into positive impact for all youth; and a mission to make research evidence and evaluation practices accessible and relevant to Ontario’s youth sector through knowledge exchange, capacity building, and evaluation leadership.

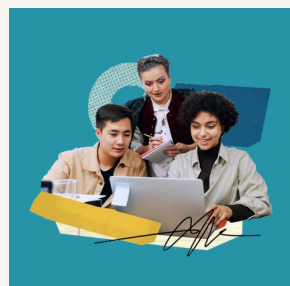
During the 2022-2023 fiscal year, YouthREX’s work centred on four signature objectives as follows:



**KNOWLEDGE
EXCHANGE**

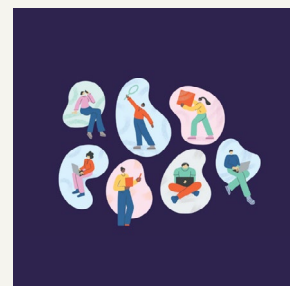


LEARN BY YOUTHREX
(FORMERLY YOUTHREX ED)



**CUSTOMIZED
EVALUATION
SUPPORTS**

(FORMERLY YOUTH
PROGRAM SUPPORTS)



**COMMUNITY-
ENGAGED RESEARCH**

KNOWLEDGE EXCHANGE

FACILITATING SHARED KNOWLEDGE

Our Knowledge Exchange activities are focused on facilitating shared knowledge from research, youth work practice, and lived experience between diverse youth sector stakeholders (including youth, youth workers, policymakers, and academics) in formats that are accessible, timely, and relevant. Our website includes the following features:

Knowledge Hub: A ‘one-stop shop’ that connects youth workers to shared knowledge in accessible formats! The Knowledge Hub has over 1,800 curated and created resources, such as Research Summaries, Factsheets, Multimedia resources, and Research-to-Practice Reports. It also has Evidence Briefs that summarize evidence-informed best practices that youth organizations can integrate into program design, development, and evaluation.

[Check out the Knowledge Hub](#)

Community Board: An online space that features events, professional development opportunities, sector-wide job opportunities, and more for the youth sector to stay engaged with current youth work news and issues relevant to improving youth wellbeing.

[Check out the Community Board](#)

Virtual Café: An online space that hosts several Communities of Practice for youth workers to connect and expand their networks; find resources, tips, and tools to inform their work; reduce feelings of isolation; and find help with self-care. [Check out the Virtual Café](#)

REXTV: [Check out REXTV](#)

Thank you for doing this work. I love how you include the beauty of poetry in your events. I leave with lots to think about and actions to take. I also appreciate that people on the front line can participate too – not just for those in formal leadership roles. Miigwech, Nya:wen, Merci, Thank you!

**- Hacking Deficit Thinking
Teach-In Participant**

I was not able to join on the day the webinar was offered but was just now able to watch it. It is by far one of the most excellent, informative and progressive webinars I have ever attended (and I have been working in the field of gender equality for about 10 years now). Thank you so much for making this webinar available after the fact, as well as all the resources that I will be sure to explore. All the speakers were fantastic and knowledgeable, and I learned so much from all. Thank you, thank you, thank you!

**- Hacking Deficit Thinking
Teach-In Participant**





LEARN BY YOUTHREX FACILITATING SHARED LEARNING

Learn by YouthREX provides professional development opportunities for youth workers to build their capacity to support the wellbeing of Ontario's youth. Our online learning platform, *Learn by YouthREX*, is an easy-to-navigate and fully integrated one-stop platform that houses all of our virtual learning opportunities – four certificates and nine workshops, currently. All of our certificates are connected to a Community of Practice on our Virtual Café for participants to connect with other learners.

[Check out Learn by YouthREX](#)



I gained a lot of perspective through the lectures and learned about both historical and current factors impacting the mental health of Black youth. I appreciated the links to the fact sheets and reports on the YouthREX website. I printed off some of these quick references to help remind me of the factors and issues impacting Black youth and families so that I can be mindful when I am working with youth, families, and teams. I also appreciated the recommendations around youth engagement work – nothing about Black youth without Black youth. I am carrying these reminders into future initiatives being planned at my organization. I would appreciate more concrete examples/case studies on the “how” to learn more about the application of this awareness and examples of what this work can look like.

- Centering Black Youth Wellbeing Certificate Participant

The modules highlighted for me areas where I can make impactful changes to my practice, and even areas of my private life where I interact with youth. The sections about accountability and models/frameworks to guide approaches and assessments are things I can use right away.

- Centering Black Youth Wellbeing Certificate Participant



CUSTOMIZED EVALUATION SUPPORTS FACILITATING EVIDENCE-INFORMED YOUTH PROGRAMMING

Customized Evaluation Supports offers youth programs across Ontario a comprehensive suite of services to strengthen their use of evidence in the design and development of youth programs. We work one-on-one with youth programs on Knowledge Exchange, Program Development, and Program Evaluation.

Knowledge Exchange Consultations include the customized curation and creation of evidence and resources. These requests for evidence could include sharing resources already found on our Knowledge Hub, but could also include the development of new Evidence Briefs, Factsheets, and other resources tailored to a request from a youth program to support them in developing or delivering their programming.

Program Development Consultations include one-on-one support to programs and organizations in revising or developing program logic models or other visual representations of their programs that outline their activities and outcomes.

Evaluation Consultations include one-on-one support to programs and organizations with evaluation, including helping them choose appropriate evaluation methods, developing data collection tools, collecting data, and analyzing data.

Full Fee for Service Evaluations include multi-year evaluations that begin when the program is funded and continue through to the end of the funding cycle. The Fee for Service Evaluations typically involve: a review of the evidence to support program development; the creation of an extensive evaluation plan, including all data collection tools; data collection and analyses; annual and final project reports; and dissemination of the evaluation findings to share the program's legacy. To support these extensive and time-intensive evaluations, programs contribute a portion of their funding to these activities.

[Check out our Evaluation Framework](#)

The research was detailed and responsive to our requests. The information helped us better understand what we're doing well and how we can improve. The insight was inspiring!

- CES/Knowledge Exchange Recipient

When planning programs and ensuring we are doing so in an evidence-informed manner, we always look to YouthREX's rich database of resources. I appreciate how YouthREX's resources are so user-friendly, in-depth, and are always attentive to anti-oppression principles.

- CES/Knowledge Exchange Recipient



COMMUNITY-ENGAGED RESEARCH FACILITATING KNOWLEDGE ABOUT YOUTH AND YOUTH WORK IN ONTARIO

YouthREX added a fourth mandated Program Objective in 2021-2022 focused on Community- Engaged Research in collaboration with the York Research Chair in Youth and Contexts of Inequity held by Dr. Anucha, YouthREX’s Academic Director. This objective extends YouthREX’s work to include original research on the experiences of Ontario youth and youth workers so YouthREX can contribute to the evidence base on youth work in Ontario.

We completed data collection of our first Community-Engaged Research project – the Ontario Youth Sector Compass (OYC) – in the 2021-2022 fiscal year. The OYC is focused on understanding the distinct barriers, challenges, and opportunities that impact the wellbeing of

Ontario youth and their vision of a Good Life. Learn more about the [Ontario Youth Sector Compass](#).



I think as a Black Muslim and a male turning 20 – because the thing is with mental health, it’s a touchy topic for people. It’s a taboo. So I don’t think I’ll go up to any of my people, my whole circle, and say I think I need help today.

- Ontario Youth Compass Research Project Youth Participant

It is hard to get access to employment opportunities that offer benefits and a living wage. As of right now, the minimum wage is not enough to make ends meet. There is a lot of pressure on me to be successful so I can take care of my family, which can have a negative impact on my mental health and overall productivity.

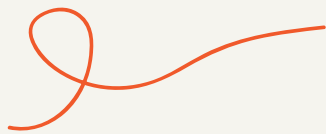
-Ontario Youth Compass Research Project Youth Participant

In Ontario, mental health services are far and few in between. A person having a mental health crisis may have to wait hours to see a medical professional, and even when they do, their situation may not be taken as seriously as it should be. A lot of key actors in our communities such, as teachers, police officers, and guidance counsellors, are not adequately trained to support youth dealing with mental health issues.

-Ontario Youth Compass Research Project Youth Participant

02.

SNAPSHOT OF 2022-2023



2.1 Contractual Deliverables for 2022/2023

The chart below summarizes the activities and deliverables under the four program objectives in our contract with MCCSS.

PROGRAM OBJECTIVES	DELIVERABLES	MINIMUM ANNUAL SERVICE VOLUMES
KNOWLEDGE EXCHANGE	Knowledge Hub Community Board REX Virtual Café	<ul style="list-style-type: none">• Maintain and continue user testing of the Knowledge Hub to strengthen the platform.• Maintain online notice board that shares what is happening in Ontario’s youth sector.• Maintain online Community of Practice for youth workers.
	Curated Resources and Created Resources	<ul style="list-style-type: none">• 100 NEW resources added to the Knowledge Hub.• 12 Research Summaries // 10 Factsheets // 10 Blogposts• 10 Evidence Briefs / Good Youth Work Practice Guide• 5 Multimedia Resources
	Webinars	6 Webinars
	Teach-Ins	2 Teach-Ins for 300 total youth sector stakeholders (150/Teach-In).
	Partnership Events	3-4 community events in partnership with aligned organizations across Ontario.

LEARN BY YOUTHREX (formerly YouthREX ED)	Online Program Evaluation for Youth Wellbeing Certificate	2 offerings to 200 total learners (100/offering).
	Advanced Online Program Evaluation Certificate	2 offerings to 100 total learners (50/offering).
	Centering Black Youth Wellbeing Certificate	2 offerings to 200 total learners (100/offering).
	Online Cannabis & Youth Certificate	Open year-round to 200 learners.
	2 Certificates Developed by Allied Organizations	2 offerings to 200 total learners (100/certificate).
	Skill Up Mini Samplers	2 offerings to 100 total learners (50/offering).
	Live Online Workshops	4 workshops to 120 total learners (30/workshop).
CUSTOMIZED EVALUATION SUPPORTS (formerly Youth Program Supports)	Consultations on: Knowledge Exchange Program Development Evaluation	40 Customized Evaluation Support Consultations. Ontario programs can request: <ul style="list-style-type: none"> evidence and data program logic model and evaluation planning technical assistance with evaluation (collecting, managing, and analyzing data, etc.)
	Fee for Service Evaluations	4-6 full and customized program evaluations.
COMMUNITY ENAGED RESEARCH (Ontario Youth Compass)	Conduct multi-method research to provide the Ontario youth sector with data on the state of Ontario youth wellbeing.	<ul style="list-style-type: none"> Bi-annual State of Youth Wellbeing Report; 2022 report is in progress. Peer-refereed articles and presentations. Data consultations to youth programs.
	Provide data from secondary data sets on Ontario youth.	
COMMUNITY NETWORKS	Academic Network Youth Internships Youth Work Fellowships Youth Work Ambassadors Network	Engage network members in activities across our four program objectives.



2.2 Highlights of 2022/2023 Accomplishments

A) KNOWLEDGE EXCHANGE: FACILITATING SHARED KNOWLEDGE	
DELIVERABLES	2022/2023 FISCAL YEAR ACCOMPLISHMENTS
Maintain/strengthen YouthREX.com	<p>Maintained and strengthened engagement across YouthREX’s social media platforms.</p> <p>Implemented initial design changes to the homepage to maximize opportunities for engagement, including adding a section to highlight our seven Community Spotlight videos. These videos were produced by YouthREX to showcase the work of youth programs across Ontario and were shared to the Knowledge Hub and across our social media platforms.</p> <p>Continued the addition of French-language resources and created a Featured Collection on the Knowledge Hub; drafted a French-language landing page for YouthREX.com.</p> <p>Maintained and promoted our online Community Board, with 122 posts shared this year.</p> <p>Expanded REX Virtual Café, our online community for youth workers: 1,282 members were registered as of March 31, 2023. There were 818+ posts on the Centering Black Youth Wellbeing Community of Practice, with 561 members.</p> <p>Continued development and testing of mobile app to host REX Virtual 10 Café.</p> <p>Continued development and testing of mobile app to host REX Virtual Café. Will launch in December 2023.</p>
Curated Resources	206 NEW resources curated and added to the Knowledge Hub; we also added 16 new or translated French-language resources.



CREATED RESOURCES	
12 Research Summaries	14 developed and shared on the Knowledge Hub.
10 Factsheets	6 developed and shared on the Knowledge Hub.
10 Blogposts	19 original posts written and shared on REX Blog , and 13 reposted blogposts shared.
10 Evidence Briefs	8 developed and shared on the Knowledge Hub / Good Youth Work Practice Guide.
5 Multimedia Resources	74 resources created and shared on REX TV, YouthREX's YouTube channel, and/or on social media channels and the Knowledge Hub.
6 Webinars	6 hosted and archived on the Knowledge Hub.
2 Teach-Ins	2 Teach-Ins hosted in Fall 2022 for a total of 420 youth sector stakeholders (227 in October 2022 and 193 in November 2022).
3-4 Partnership Events with aligned organizations.	12 events held with a variety of partners for different audiences in Ontario.



B) Learn by YouthREX – Facilitating Shared Learning

DELIVERABLES	2022/2023 FISCAL YEAR ACCOMPLISHMENTS
<p>Online Program Evaluation for Youth Wellbeing Certificate 2 offerings to 200 learners</p>	<p>1 offering (Winter 2023) to 228 registered learners.</p>
<p>Advanced Online Program Evaluation Certificate 2 offerings to 100 learners</p>	<p>2 offerings (Fall 2022 and Winter 2023) to 215 registered learners.</p>
<p>Centering Black Youth Wellbeing: A Certificate on Combatting ABR 2 offerings to 200 learners</p>	<p>2 public offerings (Summer 2022 and Winter 2023) to 1,329 registered learners. Translated certificate to French: Centrer le bien-être des jeunes Noirs: un certificat pour combattre le racisme anti-Noirs</p>
<p>Cannabis & Youth: A Certificate for Youth Workers open year-round to 200 learners</p>	<p>967 registrations. Translated certificate to French: Le cannabis et les jeunes : un certificat pour les travailleurs sociaux auprès de la jeunesse</p>
<p>Two certificates developed by allied organizations; each open/offered to 100 learners</p>	<p>Brain Story Certification with Alberta Family Wellness Initiative / Palix Foundation 192 (EN) and 4 (FR) registered learners through our platform Cannabis and Mental Health with Exploring the Link / Schizophrenia Society of Canada Registered learners by March 31, 2022: 684 (EN); 79 (FR)</p>
<p>Online Workshops (formerly known as Skill-Up Samplers) 2 offerings to 100 learners</p>	<p>9 Online Workshops offered to 1,335 registered learners</p>
<p>Live Online Workshops 4 workshops to 120 learners</p>	<p>4 live online workshops offered to 510 participants.</p>



C. Customized Evaluation Supports – Facilitating Evidence-Informed Youth Programming

DELIVERABLES	2022/2023 FISCAL YEAR ACCOMPLISHMENTS
40 Customized Evaluation Support Consultations	49 Customized Evaluation Support Consultations completed.
1. Knowledge Exchange	16 Knowledge Exchange Consultations completed; 1 Knowledge Exchange Consultation in progress.
2. Program Development	13 Program Development Consultations completed.
3. Evaluation	20 Evaluation Consultations completed; 5 Evaluation Consultations in progress.
Fee for Service Evaluations 4-6 full and fee for service program evaluations	5 full and fee for service evaluations in progress; 3 NEW full and fee for service evaluations added.

D. Community-Engaged Research – Facilitating Knowledge about Youth and Youth Work in Ontario

DELIVERABLES	2022/2023 FISCAL YEAR ACCOMPLISHMENTS
Conduct multi-method research to provide the Ontario youth sector with data on the state of Ontario youth wellbeing.	<p>In the 2021/2022 fiscal year, YouthREX launched and completed the data collection for the first project under this objective, the Ontario Youth Sector Compass research project that focuses on the experiences of youth and youth workers in Ontario.</p> <p>In 2022-2023, we focused on completing the analyses and sense-making of all data sets (surveys of 3,343 youth and 356 youth workers and one-on-one in-depth interviews with 81 youth and 73 youth workers), exploring sub-analyses, and overall themes across all datasets.</p> <p>We presented emerging findings at community events and academic conferences and prepared drafts of four community reports and two academic articles.</p>

03.

**DETAILED DELIVERABLES
DASHBOARDS**

KNOWLEDGE EXCHANGE

A. Knowledge Exchange – Facilitating Shared Knowledge

A1 | Evidence Brief (n=10-2)

01	<u>Eight Practices to Advance Youth Wellbeing Through Outdoor Education</u>
02	<u>Practices to Support Community-Engaged Music Education for Youth</u>
03	<u>Promising Practices to Deliver Arts-Based Youth Programming to Support Mental Health & Wellbeing</u>
04	<u>Four Practices for Culturally Grounded Programs for Indigenous Youth</u>
05	<u>Best Practices for Planning & Facilitating Anti-Oppressive Focus Groups</u>
06	<u>Strategies to Slow & Prevent Youth Violence</u>
07	<u>Practices to Improve Educational Outcomes for Indigenous Youth</u>
08	<u>Four Promising Practices to Support Positive Outcomes for Pregnant & Parenting Youth</u>



A2 Teach-Ins (n=2)	
EVENT	DESCRIPTION
<p>“Beyond Invisible: Black Youth Mental Health”</p> <p>October 6, 2022</p> <p>Watch Closing Workshop</p> <p>Watch Opening Keynote</p> <p>395 registrants; 227 participants</p> <p><i>I feel so energized! Sometimes, these sort of workshops feel heavy and oppressive. Today was the opposite; I feel better equipped and an increased sense of passion for my work.</i></p> <p>- Beyond Invisible Teach-In Participant</p> <p><i>We need more of these types of learning to unlearn and relearn with opportunity to integrate the learning into practice.</i></p> <p>- Beyond Invisible Teach-In Participant</p>	<p>Presented in collaboration with Donna Richards, Hellen Gateri, and the York Research Chair in Youth and Contexts of Inequity, a Youth Work Teach-In for the Ontario youth sector on pedagogies, perspectives, and practices on Black youth mental health. The Teach-In included a keynote presentation, engaging workshops, and conversations that explored how race shapes the mental health experiences of Black youth, and the importance of an anti-Black racism framework in transforming oppressive practices and policies.</p> <p>Our keynote speaker, Mercy Shibemba, is an award-winning youth activist from the UK who uses her story of growing up with HIV to educate, challenge stigma, and inspire!</p> <p>Six concurrent workshops by young people, practitioners, academics, and researchers explored different facets of anti-Black racism and mental health.</p> <p>The closing workshop shared preliminary findings from the Ontario Youth Sector Compass by YouthREX on how Black youth understand a ‘good life’ and how mental health pervades many aspects of their daily lives, as well as their self-worth, relationships, and networks.</p>
	<p>There was also a spoken word performance by The Poet MJ.</p>



Table A2 (continued)

<p>“Hacking Deficit Thinking: Reframing Strength-Based Practices and Equity in Schools”</p> <p>November 30, 2022</p> <p>Watch Webinar</p> <p>330 registrants (11 registered in French); 195 participants</p> <p><i>YouthREX continues to do a fantastic job with engaging, relevant, diverse, creative webinars. You always find new people doing great work to introduce us to. Every TDSB and MoE staff should hear what the brilliant psychologists said! Keep up the great work</i></p> <p>- Hacking Deficit Thinking Teach-In Participant</p> <p><i>Thank you for doing this work. I love how you include the beauty of poetry in your events. I leave with lots to think about and actions to take. I also appreciate that people on the front line can participate too – not just for those in formal leadership roles. Miigwech, Nya:wen, Merci, Thank you!</i></p> <p>- Hacking Deficit Thinking Teach-In Participant</p>	<p>YouthREX hosted this Youth Work Teach-In with Dr. Byron McClure and Dr. Kelsie Reed, US-based school psychologists and authors of Hacking Deficit Thinking: 8 Reframes That Will Change The Way You Think About Strength- Based Practices and Equity in Schools.</p> <p>The education sector has focused for far too long on what’s wrong with students, staff, and even parents. Deficit thinking has created a powerful narrative within education that prioritizes mental illness instead of mental wellness. This narrative seems too enormous to shift away from at times because it’s ingrained in how we have historically thought about mental health.</p> <p>Participants were inspired and energized to explore an equity-informed strength-based approach to support youth mental health and wellbeing, and supported to: understand the historical implications of a deficit-based approach, identify the key elements of a strength-based approach, and understand how to support youth mental health from a strength-based lens.</p> <p>This event featured a spoken word performance by Cassandra Myers and ended with Breakout Room Conversations for participants to connect, learn, and share with one another.</p>
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TITLE + DATE #REGISTERED	FEATURED GUESTS/PRESENTERS
<p>01</p> <p>“Asking About Gender: Confronting Assumptions and Challenging Transphobia” (in partnership with LGBT YouthLine)</p> <p>April 21, 2022 Watch Webinar</p> <p><i>It was amazing to see the professional collaboration between YouthREX and LGBT Youth Line. The tangible outcomes (resources and webinar) from the collaboration really demonstrate the power of stakeholders coming together. All the speakers were incredibly knowledgeable and well spoken, and I think they did a great job of sharing the air time. Creating time and space for silence was really effective, thank you for naming and normalizing this in webinars. Thank you for your incredible work!!!</i></p> <p>- Asking About Gender Webinar Participant</p> <p>613 registrants</p>	<p>YouthREX’s Katarina Gligorijevic, Learning & Knowledge Exchange Manager, Khadijah Kanji, Youth Program Supports Associate & Kathe Rogers, Knowledge Exchange Director LGBT YouthLine’s Hayley Moody, Manager, Engagement and Partnerships</p>
<p>02</p> <p>“Advancing Equity in Program Evaluation” (delivered with the Ontario Association of Social Workers)</p> <p>August 11, 2022</p> <p>66 registrants</p>	<p>Caroline Hummell, YouthREX Research Assistant & Khadijah Kanji, YouthREX Youth Program Supports Associate</p>

Table A3 (continued)

<p>03</p> <p>“Advancing the Possibilities of Youth-Led Organizing” (in partnership with Leading in Colour)</p> <p>August 17, 2022</p> <p>Watch Webinar</p> <p>112 registrants</p>	<ul style="list-style-type: none"> • Hosted and facilitated by Lidia Abraham, freelance journalist and YouthREX’s former Communications & Digital Engagement Associate & Robin Tonbazian, YouthREX’s Research & Evaluation Associate • Habon Ali, Leader & Advocate • Peter Cohen, Organizer, Climate Justice Durham • Serisha Iyar, Founder & Executive Director, Leading in Colour • Sarah Jama, Co-Founder, Disability Justice Network of Ontario • Fae Johnstone, Executive Director, Wisdom2Action • Caleb Yohannes, Founder & Director, 1919 Magazine • Live spoken word performance by Rare The Poet
<p>04</p> <p>“Program Evaluation & Data Visualization” (delivered with Laidlaw Foundation)</p> <p>August 17, 2022</p> <p>Watch Webinar</p> <p>166 registrants</p>	<p>YouthREX’s Caroline Hummell, Research Assistant, Robin Tonbazian, Research & Evaluation Associate & Irene Duah-Kessie, Research & Evaluation Associate</p>

Table A3 (continued)

<p>05-06</p> <p>“Arts-Based Approaches to Advancing Youth Mental Health & Wellbeing” (2-part expanded webinar)</p> <p>November 7, 2022</p> <p>Part 1: “Arts-Based Approaches Informed by Dialectical Behaviour Therapy”</p> <p>Part 2: “Promising Practices in Action” (series in partnership with Broadview Psychology)</p> <p><i>A very engaging, insightful and enjoyable presentation. I learned so much about artbased mental health approaches I could use with the youth I work with, and even for my own personal wellness, which is important when working in such challenging field. Thank you!</i></p> <p>- Arts-Based Approaches to Advancing Youth mental Health and Wellbeing Webinar Participant</p> <p><i>This series was wonderful and I am so glad I attended. I dont think many frontline workers realize how relevant this topic is to the work that they do; it’s additional info to have in their toolbelt. Loved it!!!</i></p> <p>- Arts-Based Approaches to Advancing Youth mental Health and Wellbeing Webinar Participant</p>	<p>Hosted and facilitated by Adanna Anucha & Dr. Carmen Lalonde, Broadview Psychology</p> <ul style="list-style-type: none">• Adanna Anucha, MSW, RSW, Broadview Psychology• Kamilah Apong, Executive Director, lil sis• Dr. Diana Coholic, Social Worker; Professor, Laurentian University; Lead, Holistic Arts-Based Program• Amanda Hardy, Teacher, Rainbow District School Board• Dr. Carmen Lalonde, Psy.D., C.Psych, Broadview Psychology• Rocio Macabena Perez, Arts Educator; PhD Candidate, Psychoéducation, Université de Montréal• Justine Abigail Yu, Founder, Living Hyphen
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A4 | Refereed Publications and Presentations

01	Bean, C., Hummell, C., Fiissel, D., Galano, D., & Anucha, U. (In press). Examining youth sector stakeholders' experiences in an online program evaluation certificate. <i>Canadian Journal of Program Evaluation</i> .
02	Garang, K. ë., & Anucha, A. (In Press). In-group bias and inter-group dialogue in Canadian multiculturalism. <i>Journal of Progressive Human Services</i> .
03	Anucha, U., Srikanthan, S., Cromwell, C., Said-Toganne, R., Wade, C., & Herbert, C. Centering Black Youth Well-Being: A Certificate on Combatting Anti-Black Racism for the Youth Sector. <i>IAFOR International Conference on Education, Honolulu, January 06</i> .
04	Anucha, U., Said-Toganne, R., Srikanthan, S., Wade, C., Cromwell, C., & Utchay, C. What Makes a 'Good Life?' Perspectives from Black Youth in Ontario. <i>IAFOR International Conference on Arts & Humanities, Honolulu, January 06</i> .



A5 | Research Summaries (n=12+1)

CITATION (APA)

01	Oba, O. (2018). <i>It takes a village – Schooling out of place: School experiences of Black African youth in Waterloo Region</i> [Doctoral dissertation, Wilfrid Laurier University]. Scholars Commons @ Laurier
02	Boak, A., Elton-Marshall, T., & Hamilton, H. A. (2022). <i>The well-being of Ontario students: Findings from the 2021 Ontario Student Drug Use and Health Survey (OSDUHS)</i> . Centre for Addiction & Mental Health (CAMH).
03	Agger, C. A., Roby, R. S., Nicolai, K. D., Koenka, A. C., & Miles, M. L. (2022). Taking a critical look at adolescent research on Black girls and women: A systematic review. <i>Journal of Adolescent Research</i> .
04	Ibrahim, D. A., Godfrey, E. B., Cappella, E., & Burson, E. (2021). The art of social justice: Examining arts programming as a context for critical consciousness development among youth. <i>Journal of Youth and Adolescence</i> , 51(3), 409-427.
05	Bonnie, N., & Facey, K. (2022). <i>Understanding the over-representation of Black children in Ontario child welfare services</i> . One Vision One Voice & Factor-Inwentash Faculty of Social Work, University of Toronto.
06	Nugent, B., & Deacon, K. (2022, April). Seen and heard: The long-term impact of arts projects on young people living in poverty . <i>YOUNG</i> .
07	Chou, F., Pradhan, K., & Huang, C. (2022). The Core Connectors Initiative: Development of a youth mental health program. <i>International Journal of Child, Youth, and Family Studies</i> , 13(1), 30-55.
08	Conley, C. S., Raposa, E. B., Bartolotta, K., Broner, S. E., Hareli, M., Forbes, N., Christensen, K. M., & Assink, M. (2022). The impact of mobile technology-delivered interventions on youth well-being: Systematic review and 3-level meta-analysis . <i>JMIR Mental Health</i> , 9(7).
09	Calder-Dawe, O., Witten, K., & Carroll, P. (2020). Being the body in question: Young people's accounts of everyday ableism, visibility and disability. <i>Disability & Society</i> , 35(1), 132-155.
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11	Kwan, C. K. (2023). Young adults' protest participation and mental health. <i>Journal of Social Work</i> , 23(2), 265-279.
12	Newman, T. J., Lower-Hoppe, L. L., Anderson-Butcher, D., & Paluta, L. M. (2020). Process evaluation examining the implementation of a sport-based positive youth development program . <i>Journal of Youth Development</i> , 15(6), 70-90.
13	Finnigan, C., Brown, J., Al-Adeimi, M., & Al-Abed, R. (2021). Barriers to accessing mental health services by migrant youth. <i>Community Mental Health Journal</i> , 58(6), 1101- 1111.

A6 | Factsheets (n=10-4)

	TITLE	SOURCE(S)
01	<u>Youth Work & Trauma-Informed Practice: 5 Overlapping Core Values</u>	Trauma Informed Practice: A Solution to Some of the Problems of Targeted Youth Work (2022) by Emma Bainborough and Jon Ord in <i>Youth & Policy</i> .
02	<u>Ways to Promote Youth Empowerment</u>	Evidence review.
03	<u>Five Harmful Stereotypes of Black Boys and Young Men</u>	Students ‘at risk’: Stereotypes and the schooling of Black boys (2012) by Carl E. James in <i>Urban Education</i> .
04	<u>Take 5: Black Youth Mental Health</u>	Opening keynote from Beyond Invisible: Black Youth Mental Health Teach-In, <i>Unashamed yet Unsupported</i> , by Mercy Shibemba (October 6, 2022).
05	<u>Four Considerations to Support Youth Transitioning to Adult Mental Health Care</u>	“I fell through the cracks”: Navigating the disjointed transition from paediatric to adult psychiatric services (2022) by Brianna Jackson, Kimberley T. Jackson, and Richard Booth in <i>Issues in Mental Health Nursing</i> .
06	<u>Ten Practices for Meaningfully Engaging Youth</u>	Evidence review.



A7 | Blogposts (n=10+9)

*We published 19 original blogposts and reposted 13 blogposts.

	TITLE	AUTHOR	DATE
01	<u>A One-of-a-Kind School-Based Newcomer Youth Mentorship Program</u>	Lidia Abraha, YouthREX Communications & Digital Engagement Associate	April 26, 2022
02	<u>Five Ways to Center Equity in Family Engagement</u>	Emily Lim, YouthREX Research Assistant	May 3, 2022
03	<u>Asian American mothers confront multiple crises of pandemic, anti-Asian hate and caregiving</u>	Reposted from <i>The Conversation</i>	May 25, 2021
04	<u>We Got Your Essential Tunes for Pride 2022!</u>	Lidia Abraha, YouthREX Communications & Digital Engagement Associate	May 31, 2022
05	<u>Moving Forward: What Has Changed Since The Last Provincial Election?</u>	Jae Woong Han & Jathusha Mahenthirarajan (former YouthREX Research Assistants)	June 3, 2022
06	<u>Youth-oriented comics with LGBTQ+ positive characters are busting binaries</u>	Reposted from <i>The Conversation</i>	June 29, 2022
07	<u>Fostering Positive Youth-Adult Relationships: My Experience in an Outdoor Education Environment</u>	Tiffany Ross, Bachelors of Recreation and Leisure Studies, Brock University	August 2, 2022
08	<u>The Importance of Outdoor Education with Project Canoe</u>	Celina Lieu, YouthREX	August 9, 2022



Table A7 (continued)

	TITLE	AUTHOR	DATE
09	<u>Five Transferable Skills Developed in a Field Work Placement</u>	Raevin Crawford, recent graduate, Recreation & Leisure Studies, Brock University	August 16, 2022
10	<u>The Impacts of COVID-19 on Youth Mental Health, Wellbeing & Service Access</u>	Princess Asiedu, YouthREX Research Assistant	August 30, 2022
11	<u>Microcredentials and mentoring: How universities can boost student employability</u>	Reposted from <i>The Conversation</i>	September 6, 2022
12	<u>Engaging Youth as Leaders in Poverty Reduction</u>	Reposted from Tamarack Institute.	September 15, 2022
13	<u>Being a librarian isn't just about books – it's about helping everyone get access to information and resources</u>	Reposted from <i>The Conversation</i>	September 22, 2022
14	<u>Canada needs to encourage more youths to pursue skilled trade jobs</u>	Reposted from <i>The Conversation</i>	October 19, 2022
15	<u>Reckoning with the history of public schooling and settler colonialism</u>	Reposted from <i>The Conversation</i>	October 26, 2022
16	<u>Stigma Silently Kills: Reflections From A Black Youth Mental Health Teach-In</u>	Jenny Qin, YouthREX Research Assistant	November 1, 2022

Table A7 (continued)

	TITLE	AUTHOR	DATE
17	<u>The Side Effects of Stigma: Reflecting on the Mental Health of Those Living With HIV</u>	Princess Asiedu, YouthREX Research Assistant	November 9, 2022
18	<u>The Gifts of Black Women Mentorship</u> (part 1 of a 4-part series)	Amma Gyamfowa, former Coordinator, netWORKING, Women's Health in Women's Hands	November 17, 2022
19	<u>Why Do We Need Programs for Young Black Women? Part 1</u> (part 2 of a 4-part series)	Calista Nyembwe, Peer Facilitator, netWORKING, Women's Health in Women's Hands	November 23, 2022
20	<u>Why Do We Need Programs for Young Black Women? Part 2</u> (part 3 of a 4-part series)	Theresa Sinclair, former mentee and graduate, netWORKING, Women's Health in Women's Hands	November 30, 2022
21	<u>The Impacts of a Mentorship Program for Young Black Women</u> (part 4 of a 4-part series)	Stephanie Sekoh, Peer Facilitator, netWORKING, Women's Health in Women's Hands	December 8, 2022
22	<u>Building Youth Futures: 'Nothing About Us Without Us!'</u>	Kathe Rogers, YouthREX Knowledge Exchange Director	December 14, 2022
23	<u>Why Comprehensive Sex Education is Important</u>	Celina Lieu, YouthREX Research Assistant	January 5, 2023
24	<u>Young people around the world can save democracy — but they need our help</u>	Reposted from <i>The Conversation</i>	January 12, 2023

Table A7 (continued)

	TITLE	AUTHOR	DATE
25	<u>Universities and colleges want to enrol more students. But where are they supposed to live?</u>	Reposted from <i>The Conversation</i>	January 19, 2023
26	<u>“Culture is Harm Reduction in Action”: Reflections from the Empowering Indigenous Youth Conference</u>	Katarina Gligorijevic, YouthREX Learning & Knowledge Exchange Manager, Hassaan Khan, former YouthREX Communications Associate & Maria Piñeros, YouthREX Design & Brand Manager	January 26, 2023
27	<u>First Voices: New Grade 11 English courses can support reconciliation and resurgence by centring Indigenous literature</u>	Reposted from <i>The Conversation</i>	February 9, 2023
28	<u>Empowering East Asian Youth to Speak Up</u>	Jaclyn Wong, Co- Program Manager, Live Well, Take Action: Ambassador Program for East Asian Youth	February 16, 2023
29	<u>To resolve youth violence, Canada must move beyond policing and prison</u>	Reposted from <i>The Conversation</i>	February 23, 2023
30	<u>What exactly is ‘neurodiversity?’ Using accurate language about disability matters in schools</u>	Reposted from <i>The Conversation</i>	March 2, 2023
31	<u>How to help teen girls’ mental health struggles – 6 research-based strategies for parents, teachers and friends</u>	Reposted from <i>The Conversation</i>	March 9, 2023
32	<u>Honouring Our Histories & Identities: Reflection to Action</u>	Reposted from <i>The Conversation</i>	March 30, 2023

A8 | Multimedia (n=5+69)

	TITLE	CONTENT	PLATFORMS
01	A Creative Approach to Using Mindfulness with Youth	Video	REXTV/YouTube
02	Challenging Islamophobia in Ontario's Youth Sector	Video	REXTV/YouTube
03	Data Snapshot: Economic Inequity and Black Youth in Ontario	Animated Video	Instagram , Facebook, LinkedIn & Twitter
04	Supporting Trans Youth Wellbeing	Video	REXTV/YouTube
05	Critical Youth Mentorship Teach-In	Video	Instagram , Facebook, LinkedIn & Twitter
06	Asking About Gender: Confronting Assumptions and Challenging Transphobia ¹	Video	REXTV/YouTube
07	Six Good Youth Work Practices	TikTok	Tik Tok
08	How to Practice Mindfulness	Animated Video	Instagram , Facebook, LinkedIn & Twitter
09	Queer Love Forever	Playlist	Spotify
10	How To Tell a Story with Data Visualization!	TikTok	Tik Tok
11	Navigating Quicksand: Supporting Cross-Over Youth	Video	REXTV/YouTube
12	Asking About Gender: Confronting Assumptions and Challenging Transphobia	Video	Instagram , Facebook, LinkedIn & Twitter
13	Sexuality, Disability & Young People	Video	Instagram , Facebook, LinkedIn & Twitter
14	Widening and Increasing the Participation of Youth in STEM	Video	REXTV/YouTube
15	Six Strategies to Strengthen Your Work with Youth	Video	REXTV/YouTube

Table A8 (continued)

	TITLE	CONTENT	PLATFORMS
16	Voices from the Frontline: Self-Care	TikTok	Tik Tok
17	Advancing the Possibilities of Youth-Led Organizing	Video	REXTV/YouTube
18	Cultivating Online Community for Youth	Video	REXTV/YouTube
19	Building Black Futures Through Literacy	Video	Instagram , Facebook, LinkedIn & Twitter
20	Advancing the Possibilities of Youth-Led Organizing	Video	Instagram , Facebook, LinkedIn & Twitter
21	Mindfulness-Based Programs: A Toolkit for Youth Workers	TikTok	Tik Tok
22	Black Youth Mental Health // Unashamed yet Unsupported // Opening Keynote by Mercy Shibemba	Video	REXTV/YouTube
23	Black Youth Mental Health // What Makes a ‘Good Life?’ // Closing Workshop by YouthREX	Video	REXTV/YouTube
24	Santé mentale des jeunes Noires // « Unashamed Yet Unsupported » // par Mercy Shibemba	Video	REXTV/YouTube
25	Arts-Based Approaches to Youth Mental Health and Wellbeing // Part 1	Video	REXTV/YouTube
26	Arts-Based Approaches to Youth Mental Health and Wellbeing // Part 2	Video	REXTV/YouTube
27	Collaborate! Evaluate! Celebrate! A Community eXchange	Video	REXTV/YouTube
28	Hacking Deficit Thinking // A Youth Work Teach-In	Video	REXTV/YouTube
29	Hacking Deficit Thinking // Spoken Word Performance by Cassandra Myers	Video	REXTV/YouTube
30	“Youth Work is Priceless” // Looking Through the Kaleidoscope of Cannabis	YouTube Short	REXTV/YouTube
31	Likwa Nkala // Working Together Against Anti- Back Racism in Ontario’s Youth Sector	YouTube Short	REXTV/YouTube

Table A8 (continued)

32	Supporting Youth Mental Health // Looking Through the Kaleidoscope of Cannabis	YouTube Short	REXTV/YouTube
	TITLE	CONTENT	PLATFORMS
33	“Start Revolutions at Your Kitchen Table.” // Working Together Against Anti-Black Racism	YouTube Short	REXTV/YouTube
34	“Parents are their child’s first teacher.” // Camesha Cox // Building Black Futures Through Literacy	YouTube Short	REXTV/YouTube
35	“We put a lot of onus on individuals.” // Opening Up: Creating Healing Spaces for Young Black Men	YouTube Short	REXTV/YouTube
36	Establishing Trust and Reciprocity with Indigenous Youth // In Conversation with A7G	YouTube Short	REXTV/YouTube
37	Land As Our First Teacher	Video	REXTV/YouTube
38	Supporting Youth Living With and Affected by HIV in Ontario	Video	REXTV/YouTube
39	Using the Stages of Change to Support Young People // Part One	Video	REXTV/YouTube
40	Using the Stages of Change to Support Young People // Part Two	Video	REXTV/YouTube
41	“They Can Become Leaders for What’s to Come” // Land As Our First Teacher	YouTube Short	REXTV/YouTube
42	Community Spotlight // Better Beginnings Better Futures	Video	REXTV/YouTube
43	Community Spotlight // LIGHT	Video	REXTV/YouTube
44	Community Spotlight // Visions of Science	Video	REXTV/YouTube
45	Community Spotlight // The Reading Partnership	Video	REXTV/YouTube
46	Community Spotlight // Assembly of Seven Generations (A7G)	Video	REXTV/YouTube
47	Community Spotlight // Provincial Youth Outreach Worker Program	Video	REXTV/YouTube
48	Community Spotlight // Community Music Schools of Toronto	Video	REXTV/YouTube

Table A8 (continued)

49	The Reading Partnership // Community Spotlight Shorts	YouTube Short + Social Video Reel	REXTV/YouTube + Instagram, TikTok, Facebook & LinkedIn
	TITLE	CONTENT	PLATFORMS
50	“Practices over Programs” // Hacking Deficit Thinking // Teach-In Highlight	YouTube Short + Social Video Reel	REXTV/YouTube + Instagram, TikTok, Facebook & LinkedIn
51	Youth Employment // Barriers & Opportunities	Video	REXTV/YouTube
52	“The Process of Indigenization” // Critical Youth Mentorship	YouTube Short + Social Video Reel	REXTV/YouTube + Instagram, TikTok, Facebook & LinkedIn
53	“In those neighborhoods, we have brilliant storytellers.” // Building Black Futures Through Literacy	YouTube Short + Social Video Reel	REXTV/YouTube + Instagram, TikTok, Facebook & LinkedIn
54	Girls and Women in Sports // In Conversation with Lay-Up Youth Basketball	YouTube Short + Social Video Reel	REXTV/YouTube + Instagram, TikTok, Facebook & LinkedIn
55	Indigenous Approaches to Youth Program Evaluation	Video	REXTV/YouTube
56	Visions of Science // Community Spotlight Shorts	YouTube Short + Social Video Reel	REXTV/YouTube + Instagram, TikTok, Facebook & LinkedIn
57	Engaging the Power of Technology for Youth Work	Video	REXTV/YouTube
58	Understanding Intergenerational Trauma and Intergenerational Healing // Nene Kwasi Kafele	YouTube Short + Social Video Reel	REXTV/YouTube + Instagram, TikTok, Facebook & LinkedIn
59	“We need to center Black and Aboriginal culture.” // Understanding Intergenerational Trauma	YouTube Short	REXTV/YouTube
60	Reaching and Teaching Students in Poverty	Video	REXTV/YouTube

61	Mindfulness-Based Programs for Youth // Body Scan Exercise	Podcast/ Video	REXTV/YouTube
62	Best Practices for Planning & Facilitating Anti- Oppressive Focus Groups	Video	Instagram
	TITLE	CONTENT	PLATFORMS
63	Opening Up Webinar Highlight	Video	REXTV/YouTube + Instagram , TikTok, Facebook & LinkedIn
64	Mindfulness Body Scan Clip	Video	Instagram , Facebook, LinkedIn & Twitter
65	How To Be An Ally by Dwayne Morgan	Video	REXTV/YouTube
66	LIGHT // Community Spotlight Shorts	YouTube Short + Social Video Reel	REXTV/YouTube + Instagram, TikTok, Facebook & LinkedIn
67	I Shouldn't Have to Say This, Part 1, by Asante Haughton	Video	REXTV/YouTube
68	I Shouldn't Have to Say This, Part 2, by Asante Haughton	Video	REXTV/YouTube
69	I Shouldn't Have to Say This, Part 3, by Asante Haughton	Video	REXTV/YouTube
70	Challenging Islamophobia in the Ontario Youth Sector // Webinar Highlight featuring Habon Ali	YouTube Short + Social Video Reel	REXTV/YouTube + Instagram, TikTok, Facebook & LinkedIn
71	Evaluation as Strategy	Video	REXTV/YouTube
72	Intentional Program Design	Video	REXTV/YouTube
73	Ways of Being - Social and Emotional Learning	Video	REXTV/YouTube
74	Webinar Highlight - Unashamed Yet Unsupported	YouTube Short + Social Video Reel	REXTV/ YouTube + Instagram, TikTok, Facebook & LinkedIn

A9 Partnership Events (n=4+9)		
	TITLE	PARTNER(S)
01	<p>Asking About Gender: Strategies for Inclusion and Innovation May 13, 2022</p> <p><i>(online workshop delivered as part of the Gathering Divergence Multi Arts Festival & Conference Spring 2022)</i></p>	Cultural Pluralism in the Arts Movement Ontario, Buddies in Bad Times Theatre, Living Hyphen, and Community Music Schools of Toronto (expanding from Regent Park School of Music)
02	<p>Anti-Black Racism in Ontario: Discrimination and Intersectionality May 19, 2022</p> <p><i>(online presentation as part of a webinar series)</i></p>	Wisdom2Action
03	<p>Anti-Black Racism in Ontario: Discrimination and Intersectionality June 1, 2022</p> <p><i>(online workshop as part of a peer support worker training)</i></p>	LOFT Community Services' Youth Wellness Hubs Ontario
04	<p>Effective Cannabis Education: An Evidence-Based, Youth-Led Partnership Project June 23, 2022</p> <p><i>(webinar as part of a series hosted by the Mental Health Commission of Canada)</i></p>	Schizophrenia Society of Canada and Mental Health Commission of Canada
05	<p>Asking About Gender: A Forum for Youth Program Funders October 13, 2022</p> <p><i>(invite-only online session for youth program funders)</i></p>	LGBT YouthLine
06	<p>Evaluation 101: Understanding and Evaluating Your Program November 2, 2022</p> <p><i>(online workshop for Toronto youth, ages 13-29)</i></p>	ArtReach
07	<p>Youth-Friendly Approaches to Program Evaluation November 17, 2022</p> <p><i>(in-person workshop delivered by Dr. Corliss Bean, YouthREX Academic Network, at partner conference in Vancouver, British Columbia)</i></p>	Professional Golfers' Association of Canada

Table A9 (continued)

	TITLE	PARTNER(S)
08	<p>What's With Weed? Learning Through Play</p> <p>November 19, 2022</p> <p>(in-person workshop delivered at C3 (Clean, Confident, Cool): Empowering Indigenous Youth Conference)</p>	Ontario Native Education Counselling Association
09	<p>Asking About Gender: Reconvening for Youth Program Funders</p> <p>January 26, 2023</p> <p>(online reconvening for youth program funders)</p>	LGBT YouthLine
10	<p>Evaluation 101: Understanding and Evaluating Your Program</p> <p>January 26, 2023</p> <p>(in-person workshop at national gathering in Ottawa of STEM programs based in universities across the country)</p>	Actua
11	<p>Being Legendary: Honouring Our Histories & Identities</p> <p>February 1, 2023</p> <p>(in-person event for students from the School of Indigenous Studies at Laurentian University, School of Social Work at York University, and Factor-Inwentash Faculty of Social Work at the University of Toronto, held in Toronto, with support from the Royal Ontario Museum)</p>	School of Indigenous Studies at Laurentian University, School of Social Work at York University, and Factor-Inwentash Faculty of Social Work at the University of Toronto
12	<p>Harnessing the Digital Community to Centre Black Youth Wellbeing</p> <p>February 13, 2023</p> <p>(online presentation)</p>	DIVERT Mental Health
13	<p>Bridging School-to-Work Transition for Youth</p> <p>(Online Panel Presentation by Dr. Anucha, YouthREX Academic Director)</p>	Future Skills Centre, Toronto Metropolitan University

A10 | Communications & Knowledge Mobilization (as of March 31, 2023)

01	YouthREX.com Unique Visitors / Pageviews	402,624
02	Knowledge Hub Unique Visitors / Pageviews	14,054
03	Active Newsletter Subscribers	10,092
04	Twitter Followers	3,376
05	Instagram Followers	2,173
06	LinkedIn Followers	1,013
07	Facebook Page Likes	810
08	YouTube Channel Subscribers	148
	YouTube Video Views	16,649
09	TikTok Followers	56
	TikTok Views	642

B. LEARN BY YOUTHREX – FACILITATING SHARED LEARNING

B1 Program Evaluation for Youth Wellbeing (n=200+28)	
DATE OF OFFERING	# OF REGISTERED LEARNERS
Winter 2023: October 31, 2022, to January 9, 2023	228
<p><i>Exceptional resources and clear, deliverable lectures. Program Evaluation for Youth Wellbeing</i> -Program Evaluation for Youth Wellbeing Certificate Participant</p> <p><i>Wonderful module - thank you! Information was clear and concise.</i> -Program Evaluation for Youth Wellbeing Certificate Participant</p>	

B2 Using Spreadsheets in Program Evaluation (n=100+115)	
DATE OF OFFERING	# OF REGISTERED LEARNERS
Fall 2022: November 21, 2022, to January 3, 2023	104
Winter 2023: February 6, 2023, to March 5, 2023	111
<p><i>Thanks for providing data sets for practice, I can see that it'll be helpful to apply what was taught in the lectures and applying it. Some things, like keeping data clean and formatted in a way that can be analyzed easily because it's standardized was not a new concept to me but so helpful to be reminded of. In my work I think there were spots where my colleagues and I had let some "data cleaning" and maintaining practices go. I will work on bringing these back into practice</i> -Using Spreadsheets in Program Evaluation Certificate Participant</p>	

B3 | Centering Black Youth Wellbeing: A Certificate on Combatting ABR (n=200+1,129)

DATE	# REGISTERED	# COMPLETED
Summer 2022: June 6, 2022, to July 17, 2022	338	111
Winter 2023: December 12, 2022, to January 31, 2023	991	32

I found the course content to be comprehensive and engaging. It included actionable steps to combat anti-black racism in my every day practice and self-reflection.

-Centering Black Youth Wellbeing Certificate Participant

I have already recommended this course to numerous colleagues. I gave this course a 10 because I believed it offers so much more to people than just those who work with youth.

-Centering Black Youth Wellbeing Certificate Participant

I think all Canadians should take this certificate, regardless of if they work directly with Black youth or not.

-Centering Black Youth Wellbeing Certificate Participant

I don't believe there is a certificate as relevant to working with Ontario youth as this one. It's groundbreaking!

-Centering Black Youth Wellbeing Certificate Participant

B4 | Cannabis and Youth: A Certificate for Youth Workers (n=200+767)

** Translated certificate to French and launched in January 2023!

Le cannabis et les jeunes : un certificat pour les travailleurs sociaux auprès de la jeunesse

DATE	#REGISTERED	# EARNED A CERTIFICATE
Year-Round: April 1, 2022, to March 31, 2023	967	293

This got into the details about legalization. I really liked that because while I had broad ideas and generalizations about what legalization encompassed, this module was specific. I also appreciate the harm reduction and intersectional approach taken

-Cannabis and Youth Certificate Participant

Great info for anyone looking to work with youth and understand the impacts cannabis has on youth.

-Cannabis and Youth Certificate Participant

Most certificates I've taken have been dry and boring, the information in this cert is presented in a very engaging and educational manner.

-Cannabis and Youth Certificate Participant

I feel this module assisted me to understand better the controversy around cannabis I feel more knowledgeable about Cannabis Use Disorder and feel this information will contribute most to my discussions with youth.

-Cannabis and Youth Certificate Participant

B5 | Two Certificates Developed by Allied Organizations (n=200+ 759)

CERTIFICATE	ORGANIZATION	LAUNCHED TO STAKEHOLDERS
Brain Story Certification + YouthREX-Created & Curated Learn More Resources	Alberta Family Wellness Initiative, Palix Foundation	192 (English) 4 (French)
Cannabis and Mental Health + Mentor Guide	Exploring the Link: Cannabis & Psychosis, Schizophrenia Society of Canada	684 (English) 9 (French)

B6 | Self-Paced Online Workshops (formerly Skill-Up Samplers) (n=100+1,255)

	TITLE	# OF REGISTERED LEARNERS
01	Anti-Oppressive Practice	327
02	Trauma-Informed Youth Work	314
<p><i>Incredible workshop and perspectives shared! Truly life changing.</i> -Trauma-Informed Youth Work Workshop Participant</p> <p><i>This workshop should be a mandatory for anyone who associates with youth. Well done YouthREX Team!</i> -Trauma-Informed Youth Work Workshop Participant</p>		
03	The Stages of Change Framework	136
04	The Personal & Professional Contexts of Youth Work	72
05	Youth and Violence	143
06	Engaging Black Youth and Their Families	165
07	Introduction to Evaluation	94
08	Logic Modelling for Intentional Program Design	56
09	How to Tell a Story with Data Visualization	48

B7 | Live Online Workshops

	TITLE	DATE	# OF REGISTRANTS
01	Anti-Opressive Practice in Youth Work: Part 1	July 21, 2022	217 registrants for Part 1 and 2
02	Anti-Opressive Practice in Youth Work: Part 2	July 22, 2022	217 registrants for Part 1 and 2
03	Advancing Anti-Racism Strategies in Ontario's Youth Sector	August 9, 2022	133
	<p><i>I really appreciated the interactive opportunities and the breakout room. I find having the chance to talk out some of the things I've just learned is very beneficial for a greater understanding and in helping the knowledge stick a bit better. I would encourage using this in all workshops and ensuring there is time to do so (not an easy task, I understand)</i></p> <p>-Advancing Anti-Racism Strategies in Ontario's Youth Sector Workshop Participant</p>		
04	Changing the Way We See Youth in Conflict with the Law	March 22, 2023	160
	<p><i>Amazing, the facilitators were wonderful, and I only wish it were longer. So happy to be in community with you all.</i></p> <p>-Changing the Way We See Youth in Conflict with the Law Workshop Participant</p> <p><i>What a wonderful and informative presentation. I am looking forward to being invited to attend more of these! Thanks!!</i></p> <p>-C hanging the Way We See Youth in Conflict with the Law Workshop Participant</p> <p><i>This was a best ever workshop, that benefits my Organization members.</i></p> <p>-Changing the Way We See Youth in Conflict with the Law Workshop Participant</p>		

B8 Customized Trainings / Presentations			
	ORGANIZATION	DATE	# OF REGISTRANTS
01	Arts-Based Evaluation (In-Person) Toronto District School Board	November 9, 2022	14
02	Youth Engagement in Action! From Programs for Youth to Programs with Youth Communities Building Youth Futures Oxford	November 18, 2022	20
03	Youth Engagement in Action! From Programs for Youth to Programs with Youth (In-Person) Family Navigation Project	November 22, 2022	14
04	Youth Engagement in Evaluation (In-Person) Family Navigation Project	December 13, 2022	16
05	Anti-Oppressive Practice (In-Person) Family Navigation Project	January 23, 2022	21
06	Centering Equity in Family Engagement (In-Person) Family Navigation Project	February 6, 2023	21
07	Maximizing Inclusivity of Programs for LGBTQ+ Youth (virtual) Durham Family & Cultural Centre	February 21, 2023	12
08	Evaluation 101 (In-Person) Grantees of Identify 'N Impact Grant Program, City of Toronto	February 22, 2023	16
09	Equity and Identity in the Lives of Children and Youth (Virtual) Trent University Durham	March 7, 2023	Approximately 80 students
10	Equity and Identity in the Lives of Children and Youth (Virtual) Trent University Durham	March 7, 2023	Approximately 100 students

C. CUSTOMIZED EVALUATION SUPPORTS – FACILITATING EVIDENCE-INFORMED YOUTH PROGRAMMING

C1 | Customized Evaluation Support Consultations

42 programs/organizations were supported through 49 Customized Evaluation Supports, including Knowledge Exchange (i.e., the creation and curation of resources; 16), Program Development (13), and Program Evaluation (20) Consultations.

I was so impressed with all your insight and support yesterday! We do highs and lows at the dinner table with my family and you were my high of the day. The interview went really well too - but this was a big win for me!! It is really hard starting a not-for-profit on your own and I was so thankful for your insight and kind support. Having your team review my survey beforehand - was simply the most amazing thing I had heard all week - probably all month! I will change the demographic questions, add in the info I am looking for and send it off to you as soon as I can. Thank you all again!

-Email from CES Client after an evaluation consultation

Central	Eastern
<ul style="list-style-type: none"> • Aspire for Higher** • Auntie’s Place • Braids for AIDS • CCNCTO and Alpha Education • Community Music Schools of Toronto • (expanding from Regent Park School of Music) • Connex/York Region District School Board* • C.W. Jeffreys Collegiate Institute • Eva’s Initiative for Homeless Youth • Jessie’s: The June Callwood Centre for Young Women • Kids Now Canada • Kids with Incarcerated Parents • North York Community House** • Oga Tawa • Pempamsie/Delta Family Resource Centre* • Project Canoe • RB Community Support and Outreach • Regent Park Community Health Centre • Rise Arts and Community Services • Roots of a Black Girl/Power to Girls Foundation • Scarborough Arts • Scarborough Centre for Healthy Communities • Six Nations Polytechnic • Taibu Community Health Centre • The Reading Partnership • Youth School Success Initiative (YSSI)/United • Way Greater Toronto* 	<ul style="list-style-type: none"> • Dalhousie Youth Support Services • Durham Region Association of Black • Professionals and Entrepreneurs • Ottawa Coalition of Community Houses • Roots and Culture Canada • Vanier Community Services Centre • WEED-ED
	Southwestern
	None this fiscal year.
	Ontario-Wide
	<ul style="list-style-type: none"> • BrainSTEM Alliance • Find Your Path • Ifarada Institute for Excellence • Level Justice • Toskan Casale Foundation
	Canada-Wide
	<ul style="list-style-type: none"> • Big Brothers Big Sisters Canada • Community Health and Social Services Network

*Full and Fee for Service Evaluation Projects

** Both Consultation Supports and Full Evaluation Projects (different programs within the same organization)

C2 | Fee for Service Evaluations

PROGRAM/ORGANIZATION	STATUS (as of March 31, 2022)
<p>Pempamsie, funded by Public Safety Canada, is a comprehensive five-year program (2019 – 2024) offered through Delta Family Resource Centre for predominantly Black youth in contact or at risk of coming in contact with the criminal justice system.</p>	<ul style="list-style-type: none"> • Revised Pempamsie’s referral form and created three additional forms to assist with program monitoring and reporting; a staff training document was developed and a training session was held. • Conducted one-on-one in-depth interviews with youth participants and completed all analyses for the staff and participant interviews. • Developed and submitted a second interim evaluation report for the program funder. • Created three new evaluation tools to support the final year of the program. • Facilitated a customized offering of our Program Evaluation for Youth Wellbeing certificate to Delta Family Resource Centre staff from July 4, 2022, to August 31, 2022. • Held two Evaluation Advisory Committee meetings (October 2022 & March 2023).
<p>YSSI: Youth School Success Initiative, funded by Scotiabank, is a partnership between United Way of Greater Toronto and Toronto and York Region School Boards to support academic achievement and wellbeing of Black youth between 12 and 14 years of age.</p>	<ul style="list-style-type: none"> • Implemented and analyzed a post-survey for the program’s first pilot cohort. • Conducted one-on-one interviews with parents of youth participants and program partner staff to gain a better understanding of what was working well and what could be improved. • Completed analyses and developed an interim report, focusing on the lessons learned during the first year to improve the second year of programming. • Developed a comprehensive program evaluation plan, which included the program logic model, evaluation methodology, and data collection tools. • Completed revisions to the previous year’s program documentation and evaluation tools, and supported the creation of program documentation in preparation for the second year of the program, beginning in October 2022. • Conducted and analyzed mid-year evaluation surveys, and, with program data analyses, reported to the three lead agencies offering the YSSI program.

Table C2 (continued)

PROGRAM/ORGANIZATION	STATUS (as of March 31, 2022)
<p>The Aspire for Higher Youth Mental Wellness Program, funded by the Public Health Agency of Canada, focuses on the mental health of Black boys between the ages of 12 to 14 years through a combined basketball and mental wellness curriculum.</p>	<ul style="list-style-type: none"> • Completed data analyses on the first program cohort and developed an interim report. • Prepared the program documents required for the remaining cohorts (October 2022 – May 2023). • Collected pre- and post-surveys for the remaining cohorts, which expanded into schools. • Conducted focus groups with youth participants out of school cohorts.
<p>Through the York Region District School Board, the Connex Newcomer Youth Program has received funding from Immigration, Refugees & Citizenship Canada for an extension of their previous program, the Connex Youth Mentorship program. This three year project supports newcomer youth in York Region and will explore the effectiveness of different program modalities: in-person, virtual, and a hybrid approach.</p>	<ul style="list-style-type: none"> • Built on the original evaluation plan to develop a comprehensive program evaluation plan, which includes a program logic model, evaluation methodology, and data collection tools. Two cohorts of the program were offered during the first semester of 2022-2023. • Supported the program registration process and evaluation data collection and analysis for these two cohorts. • Supported program reporting to funder.
<p>Funded by Immigration, Refugees & Citizenship Canada, the Youth Employment and Skills Strategy (YESS) Settlement Program at North York Community House (NYCH) supports newcomer youth, particularly those facing additional barriers to accessing programs and services, in acquiring the skills, learning experiences, and opportunities to find and maintain employment.</p>	<ul style="list-style-type: none"> • Held Discovery meetings with program staff. • Developed a program logic model and shared with the program.

D. COMMUNITY-ENGAGED RESEARCH – FACILITATING KNOWLEDGE ABOUT YOUTH AND YOUTH WORK IN ONTARIO

YouthREX added a fourth Program Objective to our mandated objectives in the 2021-2022 fiscal year on Community-Engaged Research in collaboration with the York Research Chair in Youth and Contexts of Inequity held by Dr. Anucha, YouthREX’s Academic Director. This objective extends YouthREX’s work to include original community-engaged research on the experiences of Ontario youth and youth workers so we can contribute to the evidence base on youth work in Ontario.

We launched data collection for the first Community-Engaged Research project – the Ontario Youth Sector Compass (OYC) – on November 15, 2021, and successfully collected 3,670 surveys from youth and 423 surveys from youth workers, as well as completed one-on-one in-depth interviews with 81 youth and 73 youth workers by the end of the fiscal year on March 31, 2022.

The OYC is focused on understanding the distinct barriers, challenges and opportunities that impact the wellbeing of Ontario youth and their vision of a Good Life. The OYC aims to capture the voices of youth in Ontario and to illuminate the state of youth work in the province. The findings from the study will inform practices, programs, services, and policies that are responsive to the unique and distinct experiences of Ontario’s youth and youth workers.

- We spent the 2022-2023 fiscal year cleaning and analyzing the data sets and making sense of the insights from the data.

We presented emerging findings from at the closing workshop at YouthREX’s Beyond Invisible: 35 **Black Youth Mental Health**. The workshop focused on how Black youth understand a ‘good life’ and how mental health pervades many aspects of their daily lives, as well as their self-worth, relationships, and networks.

We also presented a refereed presentation: “What Makes a ‘Good Life?’ Perspectives from Black Youth in Ontario” at the IAFOR International Conference on Arts & Humanities in Honolulu in January 2023.



We have prepared drafts of four reports with key findings from the four data sets as follows

1) Life Under COVID-19: Perspectives from

Ontario Youth: This report focuses on how youth were affected by the COVID-19 pandemic. While many of the impacts of COVID-19 on youth are negative, our data also shows some positive effects. The pandemic exacerbated already disproportionate gaps in access to mental health support, including racialized inequities that disproportionately impacted Black communities. The report includes a review of a subset of 249 Black youth who completed the survey, including how they describe their mental and emotional wellbeing; their experiences with discrimination; the impact of COVID; and access to mental health services.

2) Life Under COVID-19: Perspectives from

Ontario Youth Workers: This report focuses on how youth work and youth workers in Ontario have been impacted by the COVID-19 pandemic, both the negative effects and the positive outcomes of the pandemic.

3) Ontario Youth Sector Compass: Data and Stories on Youth Wellbeing in Ontario:

Taking a multidimensional and holistic perspective, this report highlights what contributes to youth wellbeing, the challenges and barriers to youth wellbeing and how youth understand the “good life”. Youth defined a ‘good life’ as being inclusive of mental health, self-awareness, aspirations, love, relationships, and financial stability – all at the individual, familial, and community levels. The participants also identified several barriers to achieving a ‘good



life,’ including insecurity and self-blame (internalized oppression), as well as structural and socioeconomic challenges. Finally, participants identified systems changes to improve mental health services and affordability of living as opportunities to enable a ‘good life’.

4) Ontario Youth Sector Compass: Data and Stories on Youth Work in Ontario:

This report provides a picture of who youth workers are, the types of organizations in which they work, what youth work looks like, and how the work impacts them. The report reviews youth workers’ recommendations for improving employment experiences in the youth sector and supporting youth worker wellbeing so that youth workers can better support youth wellbeing.

We’re looking forward to an ongoing and active sharing of the findings from this research in accessible formats in 2023/2024 to energize change and action in Ontario’s youth sector.

Learn more about the [Ontario Youth Sector Compass](#).

04.

**BEYOND DELIVERABLES:
STRATEGIC PARTNERSHIPS AND
ACTIVITIES**

YouthREX is committed to going above and beyond the deliverables in our contract with the ministry. We are always open to opportunities to share our resources and knowledge, partner, consult, and/or support the work of other youth sector organizations in Ontario and facilitate spaces for meaningful dialogue about issues of relevance to Ontario's youth. We receive several invitations to partner and/or support initiatives from across Ontario. We carefully review these and select partnerships where YouthREX's experiences can clearly contribute to project objectives and are closely aligned with our vision and mission statements. The partnerships we take on allow us to go beyond our contractual deliverables to be fully responsive to new opportunities in Ontario's youth sector.

Below are examples of activities and strategic partnerships in 2022-2023 that are beyond the deliverables in our contract.

4.1 Centering Black Youth Wellbeing: Beyond Anti-Black Racism Training to Transformational Action

In 2021, the Government of Canada announced a \$100 million investment to support projects that promote mental health in populations disproportionately affected by the COVID-19 pandemic. As part of this investment, the Public Health Agency of Canada provided \$400,000 in funding to YouthREX in Late December

2022 for an applied research and evaluation, capacity building and knowledge exchange project: The Centering Black Youth Wellbeing: Beyond Anti- Black Racism Training to Transformational Action (TRAC) Project.

The TRAC project will extend YouthREX's Centering Black Youth Wellbeing Certificate by exploring how anti-Black racism training can go beyond building the capacity of individuals to contribute to transformational action in programs and organizations that provide services. The TRAC Project will explore the following questions:

- How can anti-Black racism training initiatives like the Centering Black Youth Wellbeing go beyond just building the capacity of individuals to contribute to transformational action in programs and organizations that provide services to Black youth?
- What are the gaps, opportunities and challenges?
- How can the certificate develop and support participants to influence and transform their organizations to center the wellbeing of Black youth?
- What resources and tools do programs and organizations require to support their anti-Black racism organizational change efforts so they can center Black youth wellbeing in their work?



- What evaluation models and tools can support them in understanding their progress toward their transformational action efforts so they can maintain accountability?
- How can Black youth be meaningfully engaged in such work that is about their wellbeing?

To answer the above questions, the TRAC project's evaluation strategy of the Centering Black Youth Wellbeing certificate will be guided by Kirkpatrick's (1979) Comprehensive Evaluation Model as refined by Antheil and Casper (1986). The model provides a "panoramic view" of a training program by evaluating four levels of program effects:

- Level I – Participant reactions
- Level II – Participant learning: knowledge, attitudes, skills
- Level III – Transfer of learning
- Level IV – Organizational impact of the program

Level I focuses on participants' reactions and how well they liked a training program. The evaluation questions for Level 1 are: How did certificate participants experience the certificate? How satisfied are they with the certificate? Evaluation of Level II goes beyond participant reactions (satisfaction) to measure changes in attitudes, knowledge and skills. It focuses on whether a student believes they can use a new skill, not whether they will or have used a new skill. Level III and Level IV focus on the transformational impact of the certificate, both for individuals and for the organizations at which they work.



Levels I and II will rely on electronic feedback forms that participants will complete after they complete each of the four modules, plus a post-certificate feedback form that participants complete after they complete the certificate. Levels III and IV evaluation of the Centering Black Youth Wellbeing Certificate will use online surveys and focus group discussions to reach individuals who have registered for the certificate. To learn from successes as well as from the challenges that participants experience, we will invite participants who completed the certificate, partially completed one to three of the four modules or did not complete any modules to participate in the online survey.

The surveys and focus groups will be analyzed, and we will draw from the evaluation findings of the certificate to develop a **Centering Black Youth Wellbeing** Accountability Toolkit for organizations to track, measure, understand, and share their anti-Black racism change efforts ensuring an ongoing commitment to transformational change at the institutional, organizational, agency, and program levels.

4.2 Strides Toronto

YouthREX is continuing our partnership with Strides Toronto's Anti-Black Racism (ABR) Taskforce. We are collaborating on a series of Virtual Caucuses for direct service and management staff that identify as being from the Black diaspora and those who are working towards allyship. The caucus is a space for them to connect with peers to share resources and strategize on how to create change that is supportive of the wellbeing of both Black staff and Black youth within our organizations. We hosted the caucus on May 31, 2022: a two-hour virtual session for Black frontline staff 60 participants registered and 45 attended.

4.3 School Mental Health Ontario

We continue to partner with School Mental Health Ontario in providing customized anti-Black racism training to further increase the awareness, knowledge, and capacity of school mental health professionals across Ontario. We offered a customized version of the Centering Black Youth Wellbeing certificate to 527 registered learners (490 English and 37 French) from October 17, 2022, to December 9, 2022.

4.4 Dr. Joey-Lynn Wabie, School of Indigenous Relations, Laurentian University, and YouthREX's Academic Lead for Indigenous Initiatives

We partnered with Dr. Wabie on two initiatives:

4.4.1 To present the event: *Being Legendary: Honouring Our Histories & Identities* on February 1, 2023. The event brought together students from the School of Indigenous Studies at Laurentian University, School of Social Work at York University, and Factor-Inwentash Faculty of Social Work at the University of Toronto to experience the Kent Monkman: Being Legendary exhibit at the Royal Ontario Museum (ROM) in Toronto, and to participate in Sharing Circles on Kent Monkman's art and its relation to social work, social justice, and reconciliation.

Video Spotlight: youtu.be/NoJ3qTZdRNq

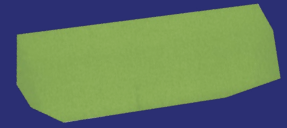
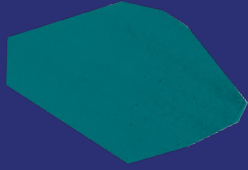
4.4.2 We supported: Dr. Wabie in bringing young people to attend a Round Dance hosted by Assembly of 7 Generations (A7G) in Ottawa; Joey-Lynn and her students **took over our social media channels** to share their experiences during the event, from February 24-26, 2023.



***“The work you do continues to
background-breaking – please don’t stop”***

- Asking About Gender Webinar Participant





Youth Research and Evaluation eXchange (YouthREX) is a province-wide initiative based at the School of Social Work at York University.

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.

OUR VISION is an Ontario where shared knowledge is transformed into positive impact for all youth.

YouthREX is primarily funded by the Ontario Ministry of Children, Community & Social Services with contributions from the York Research Chair in Youth and Contexts of Inequity held by Dr. Uzo Anucha at the School of Social Work, York University.

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