



Supported by TD

Youth Leadership Program

The Youth Leadership Program is a priority of the Atlantic Summer Institute on Healthy and Safe Communities (ASI) given its theme of Promoting Child and Youth Mental Health: Moving Evidence to Action. The program will build on lessons learned from previous ASI programs and will provide an opportunity for young people to attend and have a voice in shaping the future agenda for children and youth in Atlantic Canada. ASI has learned from previous events how important it is to foster intergenerational learning. During ASI 2017, there will be time for youth to both participate in the full program and convene separately to develop long lasting connections.

Objectives of the program:

- I. To provide an opportunity for young people to hear and respond to current evidence and to incorporate young people's perspectives into the Call to Action
- II. To develop ongoing channels/networks for youth engagement to improve child and youth mental health
- III. To encourage collaboration amongst all age groups throughout the program and after ASI 2017

Coordinator

Megan Stewart is a theatre artist and producer from PEI. She splits her time between Vancouver, BC and Charlottetown, and has led the creation of a variety of outdoor, site-specific performance projects on PEI including the Island Fringe Festival, the Crow Parade, and the River Clyde Pageant.

She was the Youth Engagement Coordinator for the first Youth Leadership Program at ASI in 2012, and has been involved in the ASI in various roles since then. She holds a BA in Theatre and Art History from McGill University and an MFA in Interdisciplinary Arts from Simon Fraser University.



Facilitator

Jillian Kilfoil is the Executive Director of Women's Network PEI. She is originally from rural Prince Edward Island and has lived and worked in various locations across the country. Jillian is a feminist, activist and facilitator. She is a youth engagement expert and has 10 years' experience working in the non-profit sector. She has been involved with organizations such as Katimavik; Apathy is Boring and Girls Action Foundation before joining Women's Network PEI in October 2016. Jillian has a background in political science and adult education. She believes strongly in collaborative approaches to learning and discovery to increase critical thinking in the hopes of creating systems change in society.



Youth Program Keynote Speaker

Lee Thomas is an international speaker, writer, and advocate based in Fredericton, New Brunswick. Lee speaks to groups of all ages and sizes about mental health and mental illness, with a particular focus on stigma reduction and youth mental health. They are a Mental Health First Aid instructor, TEDx speaker, contributor to *The Mighty*, and founder of the #MyDefinition poster campaign. When Lee is not doing mental health stuff, you can usually find them updating their dog's Instagram account (yes, really).



In their presentation "You(th) Matter" Lee talks about their experience as an LGBTQ person living with mental health issues, the importance of stigma reduction in youth mental health, and how youth -- yes, you(th) -- have the power to change the world.