

August 21, 2019

## **Concurrent Workshops**

### *Developing skills to serve as a steward for supportive environments*

*Six concurrent workshops will be offered to enhance skills in practice and policy that support environments to promote population child and youth mental health through the life course.*

#### **1. Supporting Newcomer Youth in Achieving Education and Employment Goals**

Presenter: Abby David, New Brunswick Multicultural Council

The workshop will demonstrate how developing pathways to employment and education helps acquire healthy life style and improve mental health through self-sustained lives and sense of belonging. The challenge of finding work is the critical post-migration mental health stressor for newcomers Employment allows people to afford basic necessities, such as appropriate housing, food and clothing — all of which are essential for good health. It also provides a sense of identity and purpose, social contacts and opportunities for personal growth. The Skills Launch NB program helps newcomers' youth to: Increase confidence in their skills and abilities; Show an employer their skills and work ethic ; Have opportunities to volunteer and have the 6-months of Canadian work experience and mentorship ; Provide them with local references ; Offer the possibility of full-time employment and community involvement. Workshop will help share best-practices of how to help youth overcome barriers and follow their pathways to successful contribution to the society and living well in their new communities they call 'home'. Supporting materials will be included such as videos, reports, testimonials and more.

#### **How does your workshop make a connection with the theme Supportive Environments for Child and Youth Mental Health – Our Shared Responsibility!?**

Skills Launch has contributed in shaping, creating meaningful and responsible lives for the participants. They are all eager to remain off of Social Assistance and have realized their potential and received exposure to available opportunities. The workshop will showcase practices of the program that has been a success with many positive outcomes. Through enrollment participants have become more connected with the community. Engagement in volunteer events, networking opportunities, job training, and community connections. This has helped them acquire new communication and work skills and knowledge of Canadian work culture and give them the experience and connections to overcome barriers to employment. 81 participants (54 graduates) have experienced tremendous success in securing employment or being accepted to college or working on their GED.

#### **What will others learn from your workshop?**

The workshop will present best-practices, tools and methods of creating a successful partnerships and policy changes for a program that shows success.

#### **How will your workshop help participants prepare for scaling up or delivering policies and programs?**

The workshop will demonstrate processes and action plans of how to walk with partners including government and policy makers to develop capacities to better serve the needs of newcomer youth.

#### **Presenter**

Abby David

Project Manager & Employment Lead, New Brunswick Multicultural Council

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As project manager for New Brunswick Multicultural Council, Abby brings over 15 years of management experience in a global, diverse environment. She was born and raised in Israel and before moving to Canada with her family, she was the Director of Learning & Knowledge Management in a US-based company. Starting her new life in Canada, she joined the YMCA of Greater Saint John as the Employment Services Supervisor at the Y Newcomer Connections center and continued to volunteer with multicultural associations and committees in Atlantic Canada, working on projects related to newcomers employment, recognition of foreign credentials and empowering newcomers to follow their dreams, and to make NB a safe and welcoming place. Abby is passionate about connecting newcomers with opportunities and bridging gaps between newcomers and the business community, for economic growth in Atlantic Canada. She joined NBMC to project manage 'Skills Launch' – Employability program for Immigrant Youth.