



Symposium on Child and Youth Mental Health

Investing in Child & Youth Mental Health
Mobilizing Atlantic Canadians for a Positive Change

August 17-19, Charlottetown, PEI

Providing an opportunity for young people to attend ***Investing in Child and Youth Mental Health: Mobilizing Atlantic Canadians for a Positive Change is a priority*** for the symposium. The Symposium will encourage at least five youth from each Atlantic province to come together in Charlottetown for this event and for a leadership day to follow. Young people between the ages of 18 and 25 who are affiliated with a community group and have experience or are interested as an advocate or leader will be encouraged to apply. Exceptions to the age limit may be made for young people who fit all other criteria.

The Atlantic Summer Institute on Healthy and Safe Communities (ASI) which is coordinating the Symposium has learned from previous ASI events how important it is to foster intergenerational learning. At the Symposium, there will be time for youth to convene separately and also be included in the full Symposium Program (attached).

Objectives:

1. To provide an opportunity for young people to hear and respond to current research and to incorporate young people's perspectives into future research, policy and programs
2. To develop ongoing channels/networks for youth engagement to improve child and youth mental health
3. To encourage intergenerational engagement and mentoring throughout the Symposium
4. To explore models of youth engagement and shared responsibility for action on mental health

Program Design

The program will extend over 3.5 days (August 17-20) with opportunities for youth participation woven through the full Symposium program. An orientation for youth delegates will be held in the afternoon of the August 17th and there will be additional opportunities for networking throughout the Symposium.

A workshop on Youth Engagement will be held on August 19th and will be open to all participants. This will be followed by an Open Space Event where participants of all age groups convene and identify priorities for action. On August 20th, in partnership with Girls Action Foundation, there will be a full day workshop on the importance of **youth leadership, peer support and intergenerational relationships**. Invitations will be extended through our partner organizations. The Youth Engagement Coordinator will liaise with organizations and provide planning and oversight to the Youth Engagement Program.