

FOR IMMEDIATE RELEASE: July 10, 2020

ATLANTIC CANADIAN YOUTH LEADERS ENCOURAGED TO GIVE INPUT IN MENTAL HEALTH POLICY FORUM

ASI 2020 is seeking youth leaders to add their voices to the issue of mental health and wellness during a global pandemic

[Charlottetown, PE, July --] In light of COVID-19, Atlantic Canadian Youth have had their lives disrupted in unprecedented ways, including lack of stability and lack of access to support systems. In this context, the Atlantic Summer Institute for Healthy and Safe Communities (ASI) is seeking motivated and engaged youth leaders from all four Atlantic provinces to actively participate in this summer's ASI 2020 Atlantic Policy Forum. The Youth Leadership Programme will bring together approximately twenty youth aged 18-25 to have their voices heard in shaping the future of mental health policy for children and youth in their communities. The virtual policy forum and youth leadership program takes place from August 24 to 26.



Our Symposium and youth program will provide a space for youth to come together virtually and have a voice in shaping the future agenda for children and youth in Atlantic Canada. This year's theme is *Upstream investment in Mental Health Promotion: The Answer to the Mental Health Crisis*. Our goal is to increase understanding of infant, child, and youth mental health, and to foster policy actions that proactively support whole society mental health. To do so, we take an intersectoral and intergenerational approach, including top experts in the field as speakers and panelists with different insights into mental health promotion in our communities. It is incredibly important to highlight youth voices in this conversation, which is why the Youth Leadership Programme is central to ASI 2020.

TD Bank Group returns for the fourth year as the Title Sponsor of the Youth Leadership Program. TD's support enables youth delegates to attend at no cost, thanks to subsidies which cover the cost of registration.

Past participants in the ASI Youth Leadership Program remain connected to the ASI in meaningful ways. Emily Laite, who was Youth Leadership Program participant in 2019, now sits on the ASI board. In regard to the Youth Leadership Program, she says "I highly recommend the ASI Youth Leadership Program to anyone who is able to attend; the knowledge you gain, the connections you make and the opportunities given to you through this program are beyond anything I've ever experienced."

Despite being online, ASI 2020 is dedicated to providing the same high calibre of experience that was recognized in previous years. Chantal Peng, who is now the ASI Youth Coordinator, was a participant in the Youth Program in 2019. Regarding the shift to an online forum, Chantal says that "though online, it is my goal to keep the key components that everyone remembers, yet elevate the Youth Leadership Program even further. With simultaneous translation for all youth programs, opportunities to create personalized

action plans, chances to learn and network with experts, our 2020 youth program will combine the best of both worlds: online accessibility and in-person tangible results."

If you or a young person you know are interested in mental health promotion and social change, you are encouraged to seek more information at www.asi-ica.ca/en/youth-leadership-program-2020/, which also provides the application forms in English and French.

Applications are being accepted until July 15.

Contact: email ASI Youth Coordinator Chantal , Chantal@asi-ica.ca .

Phone: 902-894-3399