



NATIONAL CHILD AND YOUTH MENTAL HEALTH DAY

May 7th is National Child and Youth Mental Health Day. The COVID-19 pandemic has emphasized the urgent need to support youth mental health and well-being. It has also highlighted the importance of social connection and support - key ingredients for positive mental health and well-being. This day emphasizes the importance of building caring connections between youth and adults in their lives.

The CHART Lab team recognizes the significance of National Child and Youth Mental Health Day and is committed to researching and promoting youth mental health and well-being across the province. Here's what our YAC has to say about the YDI and importance of including youth voice in addressing youth mental health in their new video.

YDI IMPLEMENTATION 2023

We recently wrapped up our fourth wave of data YDI collection. We had a record number of students participate. Approximately 15,000 students completed the survey across 147 schools. This included 28 public school districts and 28 independent schools. Schools and districts can expect their YDI reports in May. Please provide us feedback on your experience administering the Youth Development Instrument to help us improve the process.



Please check out the CHART Lab's **latest publication** based on YDI 2021 data that examined BC youth access to mental health support:

[Gorfinkel LR, Snell G, Long D, del Casal M, Wu J, Schonert-Reichl K, Guhn M, Samji H. Access to mental health support, unmet need and preferences among adolescents during the first year of the COVID-19 pandemic. Health Promot Chronic Dis Prev Can. 2023;43\(4\):182-90. <https://doi.org/10.24095/hpcdp.43.4.03>](#)

**YDI
PUBLICATION**

New CHART Lab Projects in Collaboration with the BC Centre for Disease Control (BCCDC)

We are excited to be embarking on two new projects in collaboration with the [BCCDC](#). The first project is an environmental scan of mental health policies and practices underway in BC schools. This will help the province gain a clearer understanding of the important work being undertaken in BC schools to promote mental health literacy and mental well-being, and to prevent mental illness. The second project involves listening to our provincial partners to envision how the BCCDC can support public mental health. Please stay tuned, and reach out if you are interested in sharing your perspectives for either of these projects.

YDI GRANTS AND FUNDING

A big thank you to everyone who provided support for our funding efforts which allowed us to continue to offer the YDI to schools at no cost. We were very fortunate to receive funding from the Canadian Institutes of Health Research (\$754,625) and Social Sciences and Humanities Research Councils (\$200,000) to fund YDI data collection and school reports for 2023-2024, a YDI resource toolkit for schools, and a youth participatory action research study in which youth can use YDI data to answer their own research questions.

COMING SOON! YDI QUICK SHEETS TO MOBILIZE YDI DATA INTO ACTION

The CHART Lab is currently creating quick sheet resources for each of the [5 YDI dimensions](#). Our interdisciplinary team, which consists of child and youth psychiatrists and psychologists, developmental scientists, educators, and public health professionals, are collaborating to provide research bites and evidence-based action ideas for promoting healthy youth development and well-being based on YDI findings.



YDI YOUTH ADVISORY COUNCIL

Recruitment for our YDI [Youth Advisory Council](#) is currently underway. If you know of any youth who may be interested, please share the link to the application form:

https://ubc.ca/1.qualtrics.com/jfe/form/SV_9ymN8zw0uPoU45w



NEW REPORT: IMPROVING YOUTH MENTAL HEALTH AND WELL-BEING DURING THE COVID-19 RECOVERY PHASE IN BC

A [new report](#) funded by BC Children’s Hospital Foundation and undertaken by Dr. Evelyn Stewart’s team at BC Children’s Hospital and Dr. Hasina Samji’s Capturing Health and Resilience Trajectories (CHART) Lab describes collaborative, intersectoral work to support young mental health and well-being during the pandemic recovery period. Tune in to this recording of [CBC Radio's On the Coast](#) to hear Dr. Hasina Samji talk about the report and National Child and Youth Mental Health Day.

We are excited to present the top three priority recommendations for supporting youth mental health and well-being below. These recommendations were informed by provincial data sources, peer-reviewed literature, and knowledge from intersectoral partners including youth, education, health care, and government ministries, through two deliberative dialogue sessions. Additional recommendations and key action steps are outlined in our report. These recommendations offer guidance for next steps to promote youth mental health and well-being provincially. Thank you to all of our partners who contributed to the deliberative dialogue sessions and the development of the recommendations to promote youth mental health and well-being that are outlined in this report. Please complete this [short survey](#) about the report findings to help us learn how we can collectively support the priority recommendations outlined below.

PRIORITY RECOMMENDATIONS :

1. Prioritize actions to address mental health disparities among underserved populations.

ACTION IDEAS:

- a. Use data and research to identify specific sub-groups who may have been disproportionately impacted by the COVID-19 pandemic.
- b. Engage in consultation with underserved populations.
- c. Address upstream factors and root causes of social determinants of mental health.

2. Improve youth mental health partner integration and collaboration in BC.

ACTION IDEAS:

- a. Identify and map key youth mental health partners in BC.
- b. Establish/designate a central organization with sustainable funding to create actionable projects and deliverables to promote youth mental health.
- c. Develop a clear mental-health-focused mission statement/mandate within BC.

3. Enhance social and emotional learning (SEL) strategies within school curricula and community programming to increase resilience and positive mental health.

ACTION IDEAS:

- a. Formalize and fund SEL positions/champions in schools.
- b. Collect SEL data for program evaluation.
- c. Identify and apply best practices for implementing SEL in schools.
- d. Monitor SEL implementation, and evaluate SEL initiatives to understand their impact on mental health and school climate.