

COMMUNITY CONSULTATIONS: YOUTH

Your voice matters!

Background

Youth were consulted regarding their perceptions of access to mental health services, their experience accessing services and their input on youth engagement activities. A huge thank you to ALL the youth who participated in the consultations! Your input and feedback is invaluable and your time is greatly appreciated.

Your participation is helping our team to create informed decisions regarding our Community Mental Health Plan and Core Services Delivery Plan. Simply put, you are a big part of changing the way we support individuals with Mental Health in Brant, and we look forward to making the changes together!



Priorities for Youth

- Build mental health awareness in the community
- Invest in the relationship between youth and service providers
- Explore access points and offer transportation support
- Extend hours of service and explore different service modalities
- Invest in more youth-friendly services and service settings
- Address wait lists
- Clearly advertise available services
- Provide more support to the LGBTQA+ community
- Engage youth as active partners in their mental health care



Ways to Engage Youth

- Provide more opportunities for youth
- Open up existing groups or provide more youth engagement programs
- Youth expressed interest in being engaged in peer support programming
- Youth expressed interest in participating in more consultations to provide input and feedback
- Provide brief feedback cards that are anonymous and can be put in a feedback box



Barriers to Service identified by Youth

- Self-acceptance or personal barriers
- Stigma or judgment from others
- Location of services and/or lack of transportation
- Lack of fit with service or service providers
- Limited services available and long wait lists
- Lack of knowledge of available services
- Lack of time
- Language barriers
- Service delays, cancellations or transitions
- Financial restrictions
- Cultural barriers
- Extensive paperwork



Why do Youth access mental health services?

Youth responded with over 30 challenges and stressors that youth face.

Where do Youth access mental health services?

Youth identified 24 different specific access points for mental health service in Brant and provided feedback on who they would most likely send a friend to for help.



Next Steps for Youth Consultations:

1. To continue to meet with youth to incorporate the youth voice into the system planning.
2. To establish a youth engagement working group.
3. To consult on the work plan.
4. To present suggestions to the youth and community for feedback.



Youth identified that they appreciate being consulted but that they want to take action and make things happen! Participants expressed that it is important for them to see their impact as part of the bigger picture of change. To feel like they are a part of making things happen!

In Partnership:



Ontario Centre of Excellence
for Child and Youth
Mental Health