



Young Adult
Mental Health

The Power of Co-Design



Peer Frontiers



Welcome/Who We Are

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(they/them)

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(he/him)

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(they/them)

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(she/her)





Land Acknowledgement

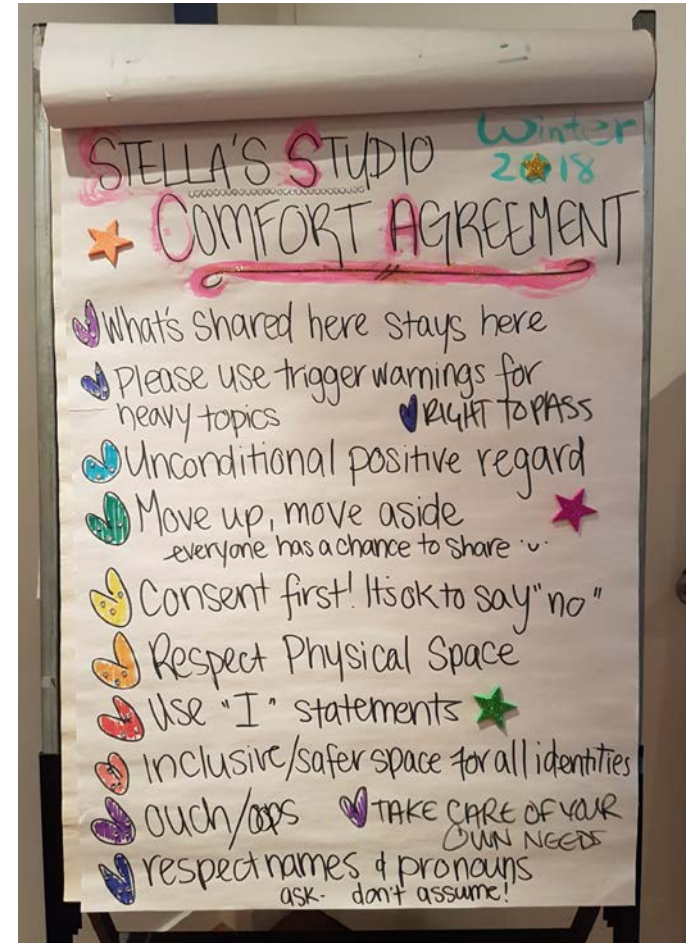
We will take a moment
to pay our respects





Comfort Agreement

- A set of community guidelines co-created by facilitators and participants
- Helps us set intentions, create a shared sense of safety and value in our space
- A working document, responsive and open to change





Check-In



Name

Pronouns

What shape are you feeling today?



Group Reflection

What are barriers?

What barriers might exist in our organizations?

What barriers may prevent people from giving us honest feedback?



Youth Involvement

WHAT'S THAT?

At mindyourmind it's like making a smoothie. Add the ingredients you want, determine how much you need, mix with a healthy base & blend!

SO LET'S GET STARTED!

INGREDIENTS:

- What can you offer youth?
- How do they want to be involved?

PICK YOUR ROLES!



STEP 2
NOW START BLENDING!
 MIX IT ALL TOGETHER



STEP 4
 What worked & what didn't?

ADJUST & REPEAT.



NOTE THAT THERE SHOULD ALWAYS BE A "PAUSE" BUTTON, OR AN "OFF" OPTION !!!

PICK THE INTENSITY

STEP 3
 HOW OFTEN DO THEY WANT TO BE INVOLVED?

mindyourmind
 co-created by youth as a visual representation of how youth are involved at mindyourmind.

What is Co-Design

Definition

Co-Design & Stella's Place



The Power of Co-Design

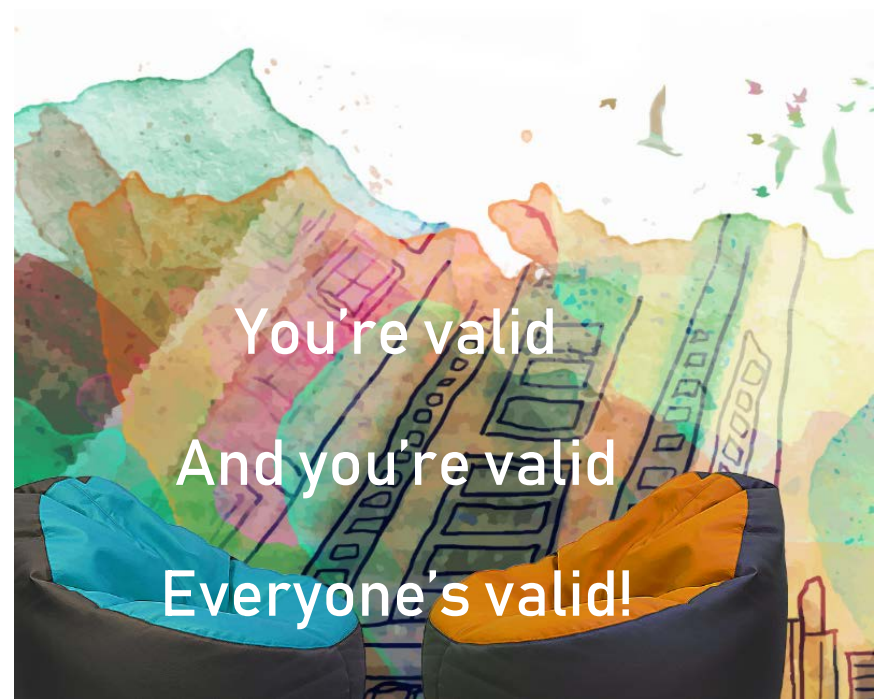


Avenues for
feedback & ongoing
projects



Program Review: Bean Bag Chat

- Text-based peer support app
- Low-barrier way for young people to access support from wherever they are
- Co-designed with young adults to respond to the needs they identified

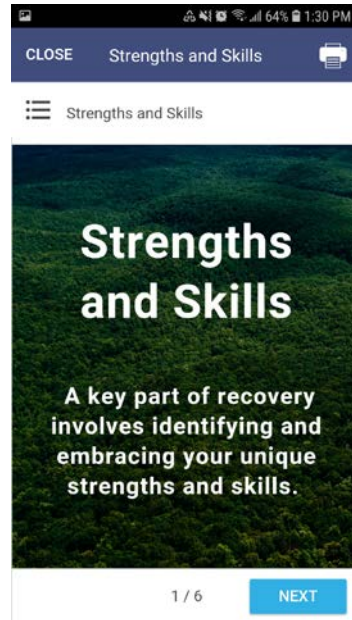
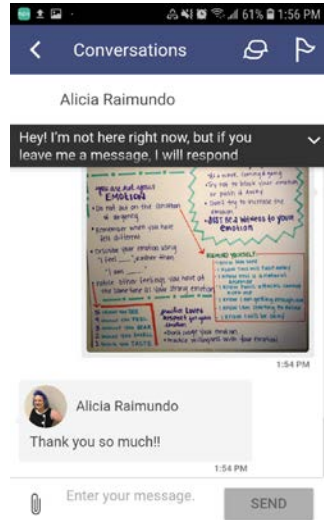
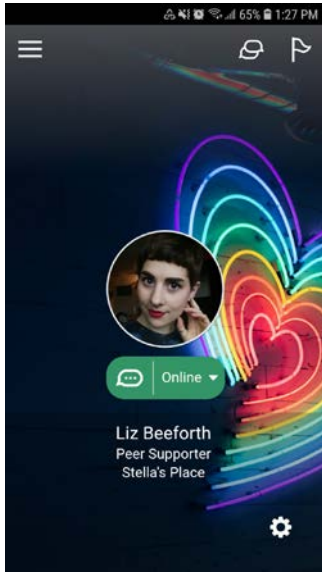


You're valid

And you're valid

Everyone's valid!

Program Review: NexJ Connected Wellness



What we were given?

What did we want to provide?

How did we navigate experience vs. expectation

Program Review: Stella's Studio

- First & longest-running service program
- Founded by young adults, not staff
- Peer, community, and participant led
- Accessible, safer space
- Not therapy; a different way of healing



Successes



- **Providing** low-barrier mental health services to hundreds of participants
- **Responding** to our community's needs with innovative programming and service
- **Implementing** new training and policies



Challenges

- Growing in a way that honours **accessibility & diversity**
- Learning that we can't be **everything to everyone**
- Working to develop **meaningful partnerships** to help us meet these goals





Reflection: Successes and Challenges

Take a moment to reflect on your home organization and/or personal practices.

- What is working well?
- Who are you serving?
- Who are you not serving?
- What barriers might diverse & underserved populations be experiencing in accessing your space or providing you with honest feedback?
- What are opportunities for growth and co-design in your practice and/or organization?



Closing



What actions will you take

today

this week

this year

to amplify and listen to the voices of
the people you aim to serve in your
work?