

youth wellness hubs

ONTARIO

HALIBURTON COUNTY

Hali County Youth Hub Stakeholders & Partners Newsletter

February 2019

ANNOUNCING NEW HUB STAFF!

The youth hub now has their first staff on Hub payroll!!! Kelsey Young, who is a nurse practitioner, will be starting work with us 8 hours a week commencing Monday, February 9. For now many of her hours will be doing preparatory work in terms of helping lead programming and service needs. For example she is going to be the Hub connection with the drug strategy group – and work on drafting recommendations to take to the steering committee re: harm reduction models. She will connect with HKPR staff about this and also sexual health stuff. She is also going to receive training through Gender Journeys to be able to eventually provide local support to youth re: transitioning. Kelsey and Dr. Nugent will connect to discuss synergy and mental health practice needs.



Kelsey has a strong interest in prevention work, mental health, sexual health and primary care. She has a wonderful way of connecting with youth and making them comfortable. We are very lucky!

Please join us in welcoming Kelsey Young!!!!

Hub Renovation Update

You know what they say about estimating timelines for construction and renovation projects... Well, the Youth Hub is no exception, and things are moving but more slowly than we'd originally hoped.



BUT there's exciting news to report!

Local trades people, businesses and residents are being extremely generous with their time and contributions helping to make the YWHO Haliburton County a reality. It's real evidence of how valued youth are as members of our community and how the community recognizes the future that they hold.

Local trades people have been donating their time – and businesses providing deep discounts on equipment and supplies.

Two local construction contractors have agreed to collaborate to project manage the extensive renovations and re-construction of the lower level, complete the renovations on the main level, and coordinate the myriad of other trades needed to complete the project, e.g. plumbers, electricians, carpenters, HVAC folks and more!

A new central heat pump system – that will also provide cooling in the summer time – has been installed. And what a difference that's made to everyone's comfort levels at programmed events. A big shout out and thanks to Kieran Gillooly, of Kegel Heating & Cooling, who donated his time and labour to install the unit.

A new and improved kitchen design has been completed addressing accessibility requirements and integrating public health conditions. Many thanks to Trevor Chaulk of Chaulk Design Studio who worked with us – and our budget, to provide what'll be a great space for gathering and meal prep. The drawings have been submitted for approvals, and building permits are in the works.

Meetings have been taking place with an accessibility expert who is working on a new design that would bring everyone in through the front door (a new ramp will be built to code from the parking lot), and a wheel chair lift installed that would go up to cloak room, stop at main floor and go to the lower level.

And drawings are being completed for a totally renovated lower level space to accommodate a family room, quiet space for homework, etc., and counselling and office spaces.

From a capital budget perspective, there is much to be done.

Gift Registry Capital Campaign Continues

Explained in the December Newsletter, as per the funding agreements, the majority of the 3-Year funding received from Youth Wellness Hubs Ontario and the Haliburton County Development Corporation will go towards operating and staffing expenses to provide a broad range of services and supports delivered in an integrated fashion. While \$85,000 has been earmarked in Year One for renovations and capital expenses, in addition to the \$150,000 estimated capital costs, there will be \$130,000 in additional accessibility costs.

To bridge the gap in capital funds, and respond to a tremendously supportive community, a Hali Youth Hub Gift Registry has been set up on Point in Time's website [www.pointintime.ca], and using colourful pictures as examples of the goods that are needed, donors can direct their contribution towards the purchase of specific items or to the project generally. Contributions will be used solely to complete renovations and construction, purchase appropriate equipment, furniture and fixtures to finish the space.



Haliburton County Youth Wellness Hub – providing an inclusive and welcoming space for all youth aged 12-25 in our community – is a

much needed resource that will reduce the isolation experienced by our youth population, engage them in a meaningful way in the community, and enable seamless and coordinated access to a range of supports including mental health and addictions.

Renovations to Hali's Youth Hub include making the building accessible (including a wheel chair lift and washrooms) requiring substantial rebuild, a small commercial kitchen, creating multi-functional space

upstairs for cooking classes, music and art workshops, and peer-to-peer support opportunities; and downstairs counseling and quiet spaces.

Help purchase appropriate equipment, furniture and fixtures to complete the space. Direct your contribution towards the purchase of specific items, or if you prefer, make a general donation to the project.

We'd Appreciate Your Help Promoting Donations to the Hali County Youth Hub Gift Registry

Youth Wellness Hubs Ontario Holds Inaugural Youth Provincial Advisory Committee Meeting in Ottawa

Joey Varga, one of our Youth Reps on the Hali Hub Operations & Steering Committee, sends the following communiqué:

"On February 1, 2019 Scott Walling [also a Youth Rep on the Hali Hub Operations & Steering Committee] and I drove down to Ottawa for the YAC meetings. We stayed at the Lord Elgin Hotel, a couple of minutes walk away from Parliament, and it was beautiful!

I think there must've been around 25 youth attending the meeting.

The youth there were representing communities all around Ontario, including Toronto, Ottawa, Midland, Milton and Kenora.

The Provincial Youth Advisory Committee meeting was a very positive experience for me. During the two days of meetings I met a bunch of great people - kind, smart, and passionate about making the same positive changes in their communities and society as I am. We had the chance to share our stories and information about how far we've come with our local hubs. It was eye-opening to hear what some of them had to say; I realized how lucky we are to have a building and a solid group of people pushing to get things done. Some of the youth attending told us about how they are still struggling to possess a physical location. I'm very grateful to be where we are in the process, although there is still a lot of work to be done.

I'm elated to say that the committee is planning to meet again in March!"

And from **Scott Walling**:

"Over February 1st and 2nd, the Centre for Youth and Child Excellence, in Ottawa, held a conference for the Provincial Youth Advisory Committee. This was a great event for networking between the Youth Hubs, allowing us to all understand what stages each hub is at and sharing ideas for success. It was absolutely inspiring to meet other passionate, intelligent and compassionate youth so involved with the YWHO initiative. I am very grateful to be involved at the provincial level and to be a part of a very invested group of individuals."

Youth Wellness Hubs are located in Eastern Champlain, Haliburton, Kenora, Malton, North Simcoe, Niagara Region, Chatham-Kent, Central Toronto, Scarborough and Toronto East.

Fleming CREW to partner with Centre[3] to pilot Employment Program

SHIFT is a new program coming to the Hali County Youth Wellness Hub. The SHIFT program (soft skill training through the arts) is coming to us from Centre[3] for Print and Media Arts in Hamilton. Fleming CREW is partnering with Centre[3] to pilot this program in Haliburton

and Peterborough over the next three years with the help of funding from the Ontario Trillium Foundation.

The SHIFT program helps train and support youth to become employed. Delivering the program at the new Hali County Youth Wellness Hub will help bring youth into the Hub who are not attending school but looking for work or considering training and/or education options.

SHIFT is a program that uses the arts to teach soft skills to youth aged 18-29 years. The program is delivered to unemployed/out of school youth in an 8-workshop format over 4 weeks. The soft skills they develop enable youth to better navigate their environment, work well with others and achieve their goals. 85% of one's success in the workplace is attributed to soft skills. At the end of the 8 workshops, the youth will work with an employment counsellor at the Fleming CREW Employment Centre (located at 49 Maple Ave) to find and keep a job.

Fleming delivered the program in Peterborough in last Fall and look forward to delivering the program in Haliburton in March 2019.

The workshops will take place at the Hali County Youth Hub, Tuesdays and Thursdays 11:30 a.m. to 3:30 p.m., March 5 - 28, 2019.

Standing Committee on Finance and Economic Affairs



Our Haliburton County Youth Hub Representatives Joey and Malia Varga, as well as Point in Time Executive Director, Marg Cox, addressed Members of the Standing Committee on Finance and Economic Affairs on January 28th, 2019 in Peterborough. Joey and Malia shared their first-hand experiences as Haliburton Youth and advocated strongly for an increased investment in the Children and Youth mental health sector.



Joey and Malia's messages were very well received, and they were approached by MPP's afterwards to thank them for being courageous and impactful in their messages.

Winter Folk Camp/Haliburton County Folk Society Sponsors Workshop

In a renewed commitment to engage youth, the *Winter Folk Camp/Haliburton Folk Society* are bringing blues musician, and outspoken LGBTQ rights advocate, Cécile Doo-Kingué (<https://www.cdkmusik.com>) to the Hali County Youth Hub to deliver a communication / team building workshop: Thursday, February 28th, 4:00 – 5:30 pm. Visit <https://www.facebook.com/HaliCountyYouthHub/> for more info.

The artist's fees are generously being sponsored by Winter Folk Camp/Haliburton County Folk Society. What a great opportunity for Haliburton youth.



Photo by Terry Hughes Images

Thank you!

Haliburton Highlands Health Services Stakeholder Improved Transportation Services

HHHS is very close to finalizing the purchase of a new Van...it will be accessible – and seat 7 people plus two wheelchairs. This will help greatly in addressing the transportation needs of the Youth Hub. We are also exploring possibilities of having HHHS drivers be able to drive Point in Time vehicles so as to enable a more nimble response to transportation needs.

Transportation is, unless you own your own vehicle, challenging in our County with no public transportation available. We're pleased that HHHS is able to provide a seven-seater van that is being used to support attendance at and getting youth home from programs held at the Youth Hub.

<https://www.pointintime.ca/gift-registry/>

Please share through your networks.

For more information visit <https://www.pointintime.ca/youth/haliburton-youth-wellness-hub/>

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The *Hali County Youth Hub Stakeholders & Partners Newsletter* is published monthly. Look for the next edition in an email inbox near you!

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