

youth wellness hubs

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HALIBURTON COUNTY

Hali County Youth Hub Stakeholders & Partners Newsletter

May 2019

NEW STAFF HIRED For Youth Wellness Hub/Integrated Service Site



We're thrilled to announce that we have hired Becca McClure.

Becca will be working two days a week from now until the end of the summer and then will be working full time. She is in the process of finishing her Masters in Social work, and will be done at the end of the summer. Becca holds a Bachelor of Social Work and brings a variety of skills and interests to the job, including experience in mental health and addiction work in York Region, and with youth in a variety of settings. She has keen interests in music, art and theatre and lives in the village of Haliburton.

Becca will be working out a schedule that will allow for agency orientation, learning the ropes re: crisis work and quick access clinic, and is eager to dig into the work.

Please join us in welcoming Becca!

HUB RENOS- WE'RE GETTING THERE!



Painting and finishing the main level is coming along nicely, with new vibrant colours on the walls and kitchen counters finished! See above pictures.

The lower level has been entirely reconfigured to accommodate an office (pictured above), and counselling spaces as well as an area for study or quiet contemplation. In addition to a fully accessible washroom, an additional space will accommodate a roll-in shower facility.

Dry walling has been completed; tiling of the roll-in shower facility is underway, as is painting and installation of doors, hallway windows and flooring throughout the newly renovated space.

New Materials for Community Awareness & Engagement



Pottery Classes

Photo Credit: Malin Resner



hali youth hub

The Haliburton County Youth Wellness Hub:

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.

For more information visit

www.pointintime.ca/youth/haliburton-youth-wellness-hub/



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12 DYSART AVE., HALIBURTON, ONTARIO

What is the Haliburton County Youth Wellness Hub?

The Hali Youth Hub provides youth with integrated services – a 'one-stop-shop' for support with their mental health, physical health, substance use and addictions, education, vocation, housing, and other social services. The Hub aims to reduce systemic barriers, including the division between paediatric and adult services, and limited cross-sector collaboration. Through evidence-informed approaches such as youth engagement, integrated youth service hubs advance youth mental health care and meet the needs of youth aged 12-25 across multiple domains of their lives. Recreation-based program activities are also provided.

We Need Your Support!

As per the funding agreements, the majority of the 3-Year funding received from Youth Wellness Hubs Ontario will go towards operating and staffing expenses to provide a broad range of health care services and supports.

Your support can help to develop and provide additional programming (for example, employment and life skills, peer support, music, and art) and nutritious meals and snacks.

And while Hali Youth Hub partner organization Haliburton Highlands Health Services is working hard to make the best use possible of their transportation program so that this is not a barrier to access Youth Hub services, additional funds will be needed to ensure the ongoing sustainability of transportation services.

How Can You Help?

You can direct your contribution towards the purchase of specific items or to the project generally.

Visit www.pointintime.ca/gift-registry

For more information call 705-457-5345 or email haliburtonhub@pointintime.ca

We'd Appreciate Your Help Promoting Donations to the Hali County Youth Hub Gift Registry. Donate now at <https://www.pointintime.ca/gift-registry/>

Hub Core Integrated Services to be Provided

Not just a rec centre or hang-out space, the Hali Youth Hub provides youth with integrated services – a ‘one-stop-shop’ for support with their mental health, physical health, substance use and addictions, education, vocation, housing, and other social services. The Hub aims to reduce systemic barriers, including the division between paediatric and adult services, and limited cross-sector collaboration. Through evidence-informed approaches such as youth engagement, the Hali Hub will support and advance youth mental health care and meet the needs of youth aged 12-25.

Partner organization FourCAST – Four Counties Addiction Services Team, will be providing a key core service by way of addictions support. They have a robust complement of training programs and modules that cover an array of the various approaches to working with clients. FourCAST will be providing training to core Hub staff.

We also recognize the importance of striving to ensure a blend of qualified staff while at the same time weaving in a youth peer support component: youth who can act as a ‘bridge’ and support navigation between youth and counselling staff.

Virtual Connection Services to be Available

We’re excited to be able to trial virtual connection services from the Hub to supporting partner agencies. Recognizing that it will not always be possible to have counselling staff onsite at the Hub, we repeatedly heard that open and inclusive, non-stigmatizing, easy, and immediate access to services is crucial to the success of the Hub. FourCAST will trial virtually connecting the Youth Hub to their Peterborough-based counselling staff.

In addition, the Hub will be setting up Ontario Telemedicine Network (OTN) capability so that, for example, if our Nurse Practitioner is not onsite, she can be accessed via the OTN system. OTN is totally confidential, and no records are exchanged or kept online.

Canadian Medical Association Foundation’s Healthy Canadians Grants Program

Point in Time and Haliburton Highlands Health Services, with input from and consultation with local youth, are preparing to submit a funding application to support the creation of a youth peer support program for the Hali Youth Wellness Hub.

If the grant request is successful, consultations would be co-conducted with diverse youth across Haliburton County who have lived experience of mental health and/or substance use concerns. Focused on identifying the key needs and priorities of youth in relation to peer support work, youth will identify which peer support model(s) resonate(s) with them, and what would be needed to support the successful implementation of a youth peer support worker program at the Haliburton County Youth Wellness Hub.

Then the co-designed youth peer support model would be put into practice. This would entail identifying individuals to participate in the program as youth peer workers, participate in the related training and skill development, as well as putting into place on-going coaching, mentoring, and support resources for the youth peers.

A successful project will have a positive impact on youth mental health and/or substance use through decreased social isolation of marginalized rural youth; increased access and engagement with appropriate mental health supports; reduction in youth self-stigma; increased community engagement and sense of belonging; and increased positive self-image and sense of hope.

Artists in the Schools & Community's May Music Recording and Mixing Workshop Series Huge Success!!



Six participants were guided and supported in learning the fundamentals of music recording, mixing and online music publishing! Technical aspects of music recording like microphone techniques, making their track 'fit' in the mix, use of FX, mixing and mastering were covered as well as elements of musicianship like performance, confidence and how to present work professionally. The program culminated in the production of a fully original sound track!

Participants said they intend to keep using the skills learned during the course, that it was really useful and tons of fun!

Many thanks for the generous support of Artists in the Schools & Communities in providing the course programming and fabulous instructors.

Artists in the Schools & Community Concert Event

On Friday, May 3 over fifty youth and their supporters gathered to hear original performances by Sam Oliffe, Kelsey Young (the Hub's own NP), and The Bones of Jim Jones.



Sound and Lighting were generously provided by the Haliburton County Folk Society.

Adding to the great energy of the evening was a mood enhancing fog machine – creating some extra special effects.

Audience members from as far away as Huntsville made a point of coming to check out Haliburton County's local youth talent!

The evening was a great success raising \$291 for Artists in the Schools & Community programming.

HALI YOUTH HUB WANTS YOUR (TRASH N) TREASURES!!

On Saturday, June 15th, the Hali Youth Hub will be setting up a booth in Head Lake Park – and we're asking you to bring us your stuff! Your small and medium sized stuff, collectibles, art, nifty items, etc.. If you've been thinking of purging and getting rid of collectable treasures, art work, household items, etc. – please consider holding on to them just for a bit longer.

You can drop your items off on Friday, June 14th at Point in Time in Haliburton (there'll be a van in the parking lot to store items) **OR** in Minden, in the Hali Hub Trash 'N Treasures trailer at the Municipal Parking Lot.

All proceeds to support the Youth Hub. Admission is free and there's plenty of parking.

Youth will be staffing the tables to accept your donations and build Youth Hub community awareness.

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

Please share through your networks.

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

Follow us on Instagram @HaliCountyYouthHub and on

Facebook <https://www.facebook.com/HaliCountyYouthHub/>

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

We'd like to acknowledge, and extend an especially big THANK YOU to our generous **Hali County Youth Hub** Donors:

Tony Aymong

Chi Fung

Jackie Cox-Ziegler

Free Form Crochet

Maggie Harris

Paul & Susan MacInnes

McKeck's Tap & Grill

Riverview Furniture

Heather Smith-Chambers

Bessie Sullivan

Gayle Wetmore

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