

youth wellness hubs

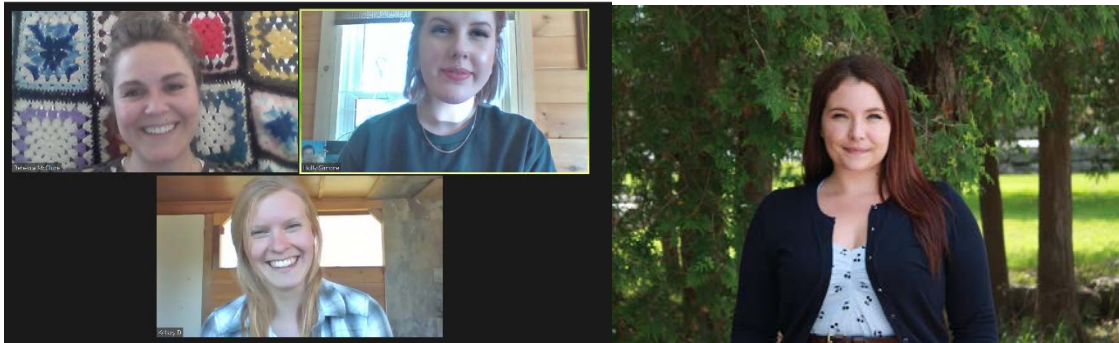
ONTARIO

HALIBURTON COUNTY

Stakeholders & Partners Newsletter

SPECIAL COVID-19 EDITION 2020

**SERVICES ARE BEING OFFERED THROUGH VIDEO CONFERENCE
AND TELEPHONE**



(Youth Hub Staff: Top left Becca McClure; Top right Holly Simone; Bottom Kelsey Donald; Right Kelsey Young, Nurse Practitioner)

As you know, COVID-19 and physical distancing restrictions that came along with it, have turned our collective lives upside down. While our community does its best to ‘flatten the curve,’ we know that a global event, like the one we are living through now, can impact our mental, physical, emotional, financial, vocational, educational and social wellbeing in different ways. This is a hard time for many Youth and Families around the world and here in Haliburton. We also know that Haliburton Youth are resilient and given *the right support in the right place at the right time* will continue to be their best selves as they move through these strange times and beyond.

For this, the Haliburton County Youth Wellness Hub is committed to be a key player in the web of supports available to Youth in our community. We continue to remain available to people between the ages of 12-25 who are looking for support with their mental health, physical and sexual health, housing and income support and employment.

Prior to these unprecedented times, the Hub was getting into the swing of providing services on site, with opportunities for youth to pre-arrange appointments or drop-in at scheduled hours.

While physical distancing, Youth can still access any of these services, albeit in a different format. There are no in-person drop-in services at this time; however, whether it's by ZOOM video conference or phone, one of our skilled and compassionate service providers will be there. We are offering limited face-to-face support in certain circumstances, for which the Youth Hub is fully equipped with personal protection equipment, up-to-date COVID-19 assessments and social distancing measures.

If you know of a youth who could benefit from our services, please give them our contact information.

To get connected to the Haliburton Youth Wellness Hub services, Youth can call or text 705-306-5199 or email us at halibutonhub@pointintime.ca.

We are available Monday to Friday 8:30-4:30 and have evening events weekly. Check out our social media pages for more information.



THE HALI COUNTY YOUTH WELLNESS HUB GOES ONLINE

Before social distancing measures, the drop-in program was steadily building momentum and was consistently well-attended Tuesday to Thursday weekly from 3:30-5:30. As transportation was provided for those who needed it, the drop-in program was able to accommodate youth who

may not have otherwise had the opportunity to participate. Youth were finding a safe place to eat, socialize with peers and connect with our various service providers in a non-threatening, youth friendly environment.

To reach youth now, the Haliburton County Youth Wellness Hub has moved online to provide a meaningful contact on social media platforms - primarily Instagram and Facebook at this time, but we are exploring more options with our youth, so this process is ongoing.

We are doing outreach through social media with:

- Weekly Self-esteem Builders
- Inspirational Quotes
- Interactive Posts
- Weekly Coffee and Tea Hour (Thursdays at 1:30pm), where we have a virtual drop-In that anyone can come to for a safe space, good conversation, and connect to with friends.
- Weekly health-related question and answer period (Instagram Live) with our Nurse Practitioner, Kelsey Young
- Other online groups such as Art Hour and Netflix watch parties – these groups are subject to change as per the needs of the youth - new activities posted weekly to our Instagram and Facebook page.
- Staff Profiles

We are committed to learn and grow our Social Media presence to help youth and families in our community, now and into the future. This is best done in collaboration with the youth in our community, so we are asking everyone to spread the word to get youth engaged!

Please follow us on Instagram at **@halicountyouthhub**

or on Facebook at **Hali County Youth Hub**

Please share our social media pages with Youth!



HOW PEOPLE ARE STAYING INVOLVED

One way in which the youth hub is continuing to uphold its youth engagement practices is through the youth advisory. The youth advisory is a group of youth between the ages of 12-25 who connect on matters in relation to the youth hub and the community. This is a space where youth can have a voice about changes, improvements and programs for the youth hub. Having youth voice heard allows youth to have a positive impact on people in our community and provides an opportunity to build teamwork skills and personal growth. Decisions made in the Youth Advisory may even be brought to the network of Youth Wellness Hubs, where youth voices can be heard province wide. Anyone between the ages of 12-25 can join this Advisory Committee. Decisions discussed at the Youth Advisory will be sent to the Steering Committee for further approval.

If you have any questions about the Youth Advisory, you can call or text the Haliburton Youth Hub cell phone at 705-306-5199 or message us through our Instagram account which is @halicountyouthhub

Thank you to all of our Youth Hub Direct Service Providers for your ongoing work and commitment! Stay tuned for future newsletters for staff profiles and more on how the Youth Hub continues to be place where youth find the *right services in the right place at the right time.*

Be well, stay safe.

Sincerely,

Your friendly Haliburton County Youth Wellness Hub Team

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/>