About BC Healthy Communities

- ↗ Provincial healthy communities initiative re-launched in 2005 by the Ministry of Health
  - ↗ Currently funded by multiple different sources and program initiatives

- ↗ BCHC's Mission & Passion
  - ↗ To promote the **Healthy Communities Approach**, offering a shared platform for dialogue, collaboration, learning and action

- ↗ Unique in our approach and work through our **Integral Lens**

BC Healthy Communities
People. Place. Potential.

Current Areas of Focus

↗ Current areas of concentration within the organization include

- ↗ Youth Engagement
- ↗ Immigrant and Newcomer Populations
- ↗ Climate Change
- ↗ Citizenship Engagement
- ↗ Leadership
- ↗ Integral Community Development
- ↗ Capacity Mapping
- ↗ Food Security
- ↗ Chronic Disease Prevention

The BCHC Youth Division

↗ Recent Projects

   ↗ Victoria: YouthCore, City of Victoria Youth Council, SPARK initiative, Youth Service Provider Network, Youth Violence and Gang Prevention Initiative

   ↗ Abbotsford Food for Thought Project: Including Student Connections – partner SUCCESS

   ↗ TriCities Arts Door Project – partner SUCCESS

   ↗ Castlegar Youth Engagement Strategy

   ↗ Provincial Change To Engage Project

↗ Emerging Areas of Work

   ↗ Provincial Youth Engagement Coaching & Strategic Development

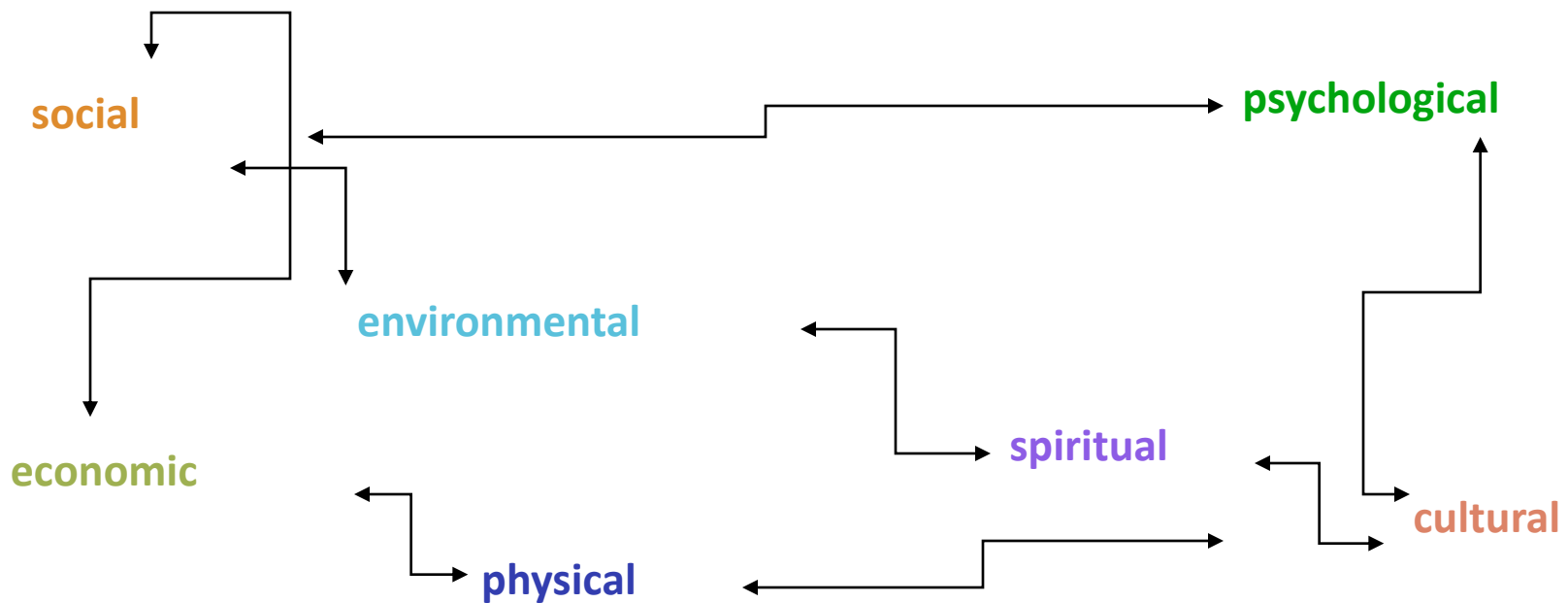   ↗ Facilitating Youth Engagement Strategies and Governing Practices

Youth Engagement

↗ **Youth Engagement: BCHC's Definition**

• Meaningful and sustained participation of young people in civic initiatives, projects and decision-making processes

• Allows young people to take action and legitimately have their voice respected, considered and influence the multiple determinants of health that affect their day to day lives

• Experience includes supportive community allies and organizations

• There are resources to implement and support their ongoing and sustainable involvement

• Youth have the ability to explore their individual capacities and link to collective action

Connecting the Dots...

The Healthy Communities approach focuses on "**connecting the dots**" among the _multiple and interconnected_ determinants of health:

social

psychological

economic

environmental

spiritual

physical

cultural

What connections do we need for Youth Engagement?

A community is a system
….a whole system.

This means looking at the **whole - not just the parts.**

It also means looking at

interconnections, patterns and influences
among diverse factors and actions.

Healthy Mind, Healthy Spirit

- Self-awareness, self-responsibility
- Complexity thinking
- Ability to take multiple perspectives
- Emotional intelligence
- Self-authoring
- Hope, and a sense of influence
- Mental health & well- being
- Compassion and care - for
  self and other
- Psychological development -
  stretching toward full potential
- Spiritual development
- Self actualization &
  transcendence (Maslow)

Healthy Body, Healthy Actions

- Healthy eating
- Physical activity
- Safe sex
- Healthy pregnancy
- Healthy early childhood development
- Healthy aging
- Substance use reduction
- Non-violent behaviours
  (toward self and others)
- Helping, supportive actions
- Access to life-saving equipment
  and procedures

Inner Individual	*Outer Individual*
Inner Collective	*Outer Collective*

Healthy Culture

- Healthy interpersonal skills
  & relationships
- Cultural literacy (awareness, knowledge,
  valuing diversity)
- Healthy family relationships
- "Sympathetic resonance" among people
- Developmental intelligence & attentiveness
- Aspirations for worldcentric worldviews
  (beyond self-centric and socio-centric)
- Community norms of reciprocity
  and caring (social capital)
- Culture that takes meaningful participation
  & contribution for granted

Healthy Systems (social & ecological)

- Protection and sustainable
  use of natural resources
- Food security
- Affordable housing
- Accessible education
- Economic opportunity
- Sustainable health care system
- Family-friendly workplaces
- Community safety
- Accessibility supports
- Social & political participation
- Local success, global equity
- institutional and civic structures for meaningful
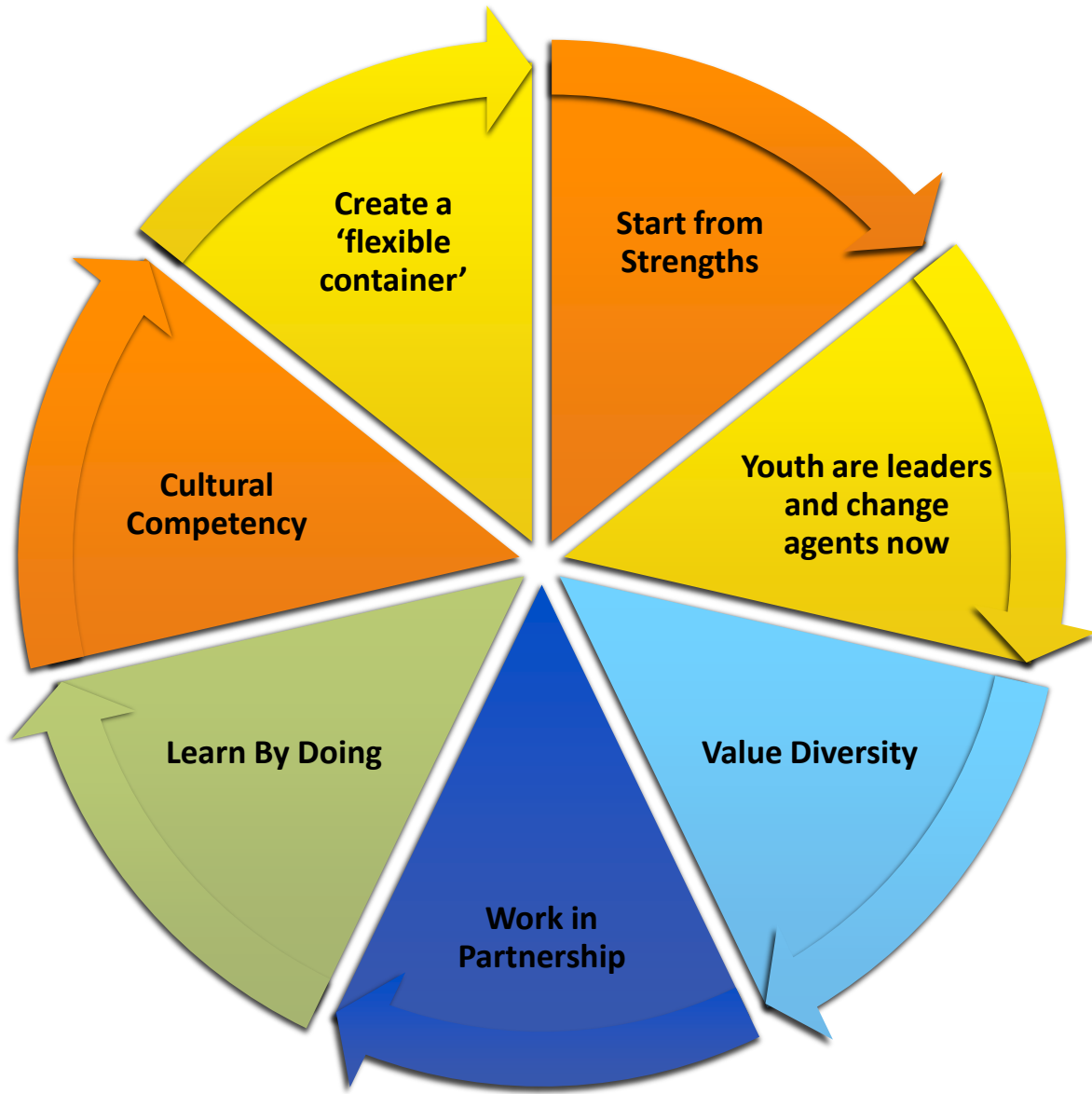 participation and contribution

4 Quadrant Map of Community Potentials

BCHC's Conditions / Compass

↗ BCHC has specific conditions that it <u>attempts</u> to meet for any youth engagement program, project or policy that we are involved with

↗ Attempt because:

  ↗ Taking a comprehensive approach is not always possible

  ↗ There are times when the <u>community</u> is not ready to support meaningful youth engagement – youth have systemic barriers and so do adults

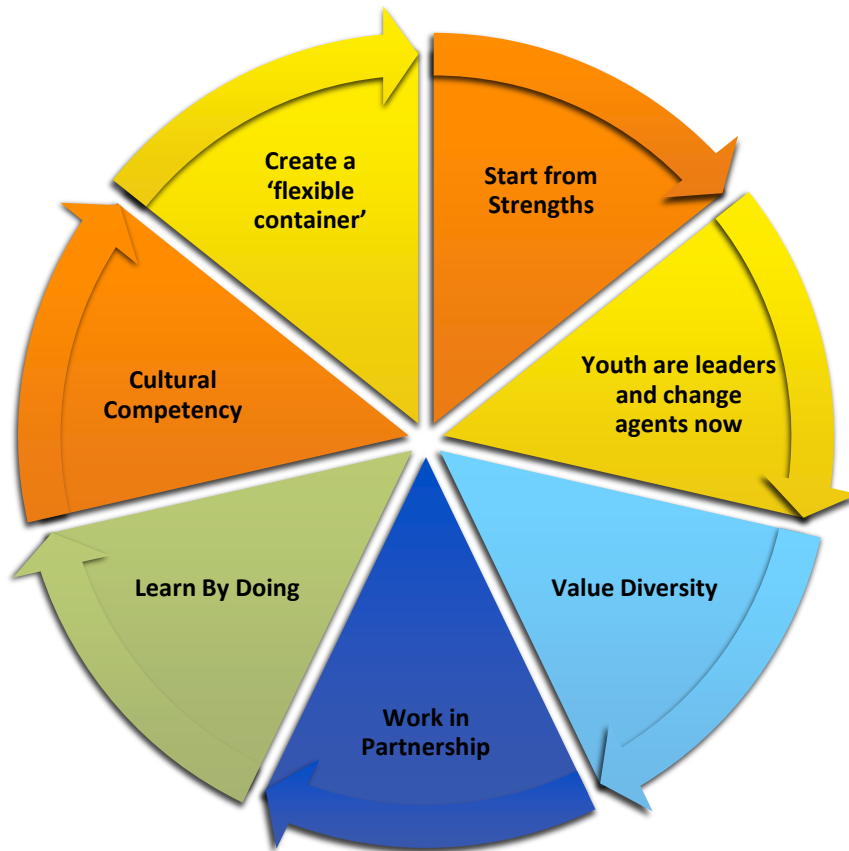# Conditions for Meaningful Youth Engagement

1. Transparency in participation expectations and outcomes

2. The opportunity for involvement is tangible <u>now</u> and links to the <u>bigger picture</u>, long term plans and community development

3. Adults and systems are identified as allies and support networks

4. Youth are leaders now, not citizens of tomorrow

5. The flexible container is essential: there is no one size fits all

6. Systems and adults are co-learners with youth

7. The contextual environment and determinants of health for every initiative is different and requires different skills and abilities

BCHC's COMPASS

- Create a 'flexible container'
- Start from Strengths
- Youth are leaders and change agents now
- Value Diversity
- Work in Partnership
- Learn By Doing
- Cultural Competency

From A Map to Action: 5 Building Blocks

1. Community Engagement & Participation
   - ↗ Enables people to come together to create positive change

2. Multi-sectoral partnerships
   - ↗ All sectors have a stake in creating healthy communities

3. Political Commitment
   - ↗ Many of the policies and programs that most directly affect our well-being are made at the local government level

4. Healthy Public Policy
   - ↗ Healthy public policy includes policies in any field and at any level of government or business that affects community life

5. Asset Based Community Development
   - ↗ An empowering approach that focuses on community strengths, assets and skills

Integral Youth Engagement

Process is critical, not necessarily linear

- Learn
- Engage
- Expand Assets
- Collaborate
- Change

Provide the space for: Holistics, comprehensive 'world view'

- Integral Capacity Building Approach

Our Story in Action

Three Case Studies: YouthCore.ca & Tri-Cities Arts Door Project

Example: The YouthCore Program

- **The YouthCore Story**
  - **Community Working Group**
  - **No funding, community based support = national acknowledgement**
  - **Establishing a Youth Development Team**
  - **Community Asset Mapping**
  - **Centralized database – www.youthcore.ca**
  - **Youth Service Provider Network**
  - **Youth Development Projects = SPARK initiatives**

Youth Core Example

- Vision:
  - To create a central hub for Greater Victoria and surrounding communities that
    - Connects youth to leadership and civic opportunities
    - Creates networks and working groups between youth service providers and youth themselves
    - Places youth in the driver-seat for change in their community as civic change agents
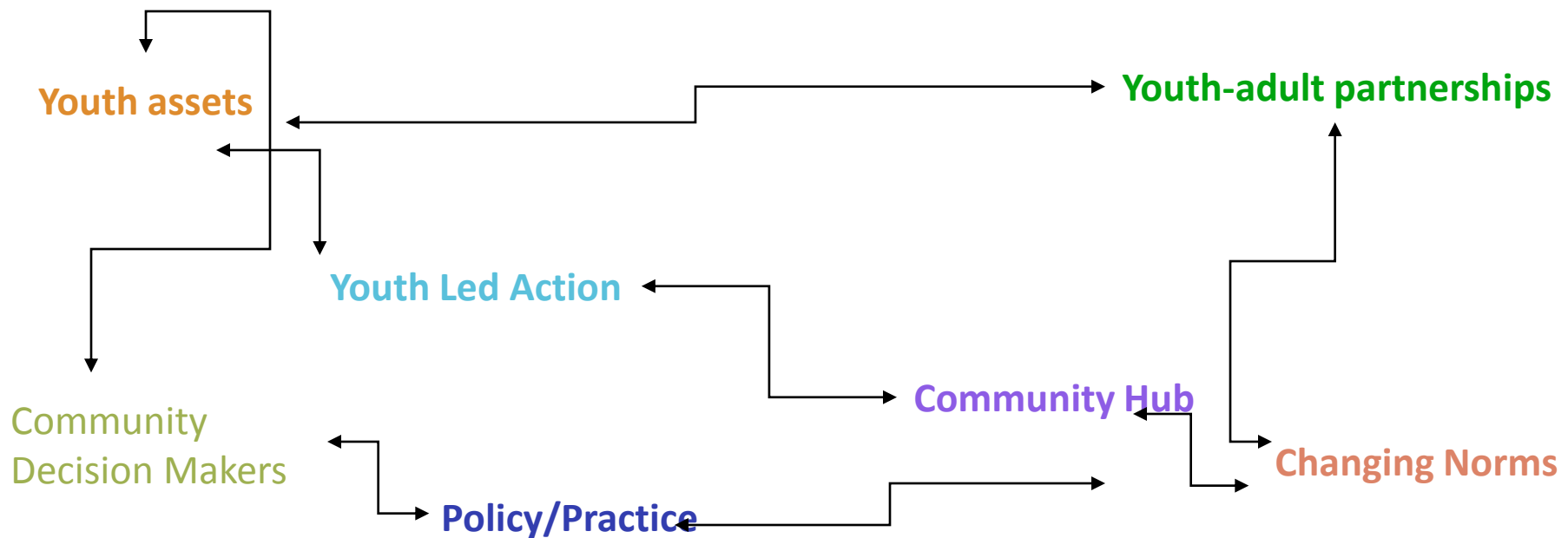
- Guiding Principals
  - The BCHC Youth Engagement Compass

- Process & Action
  - Youth Service Provider Network
  - SPARK Initiative
  - Online Portal
  - Community partnership initiatives
  - Youth Engagement training/leadership
  - Ongoing hub development

Connecting the Dots...

The YouthCore example connections dots from across the considerations for meaningful youth engagement:
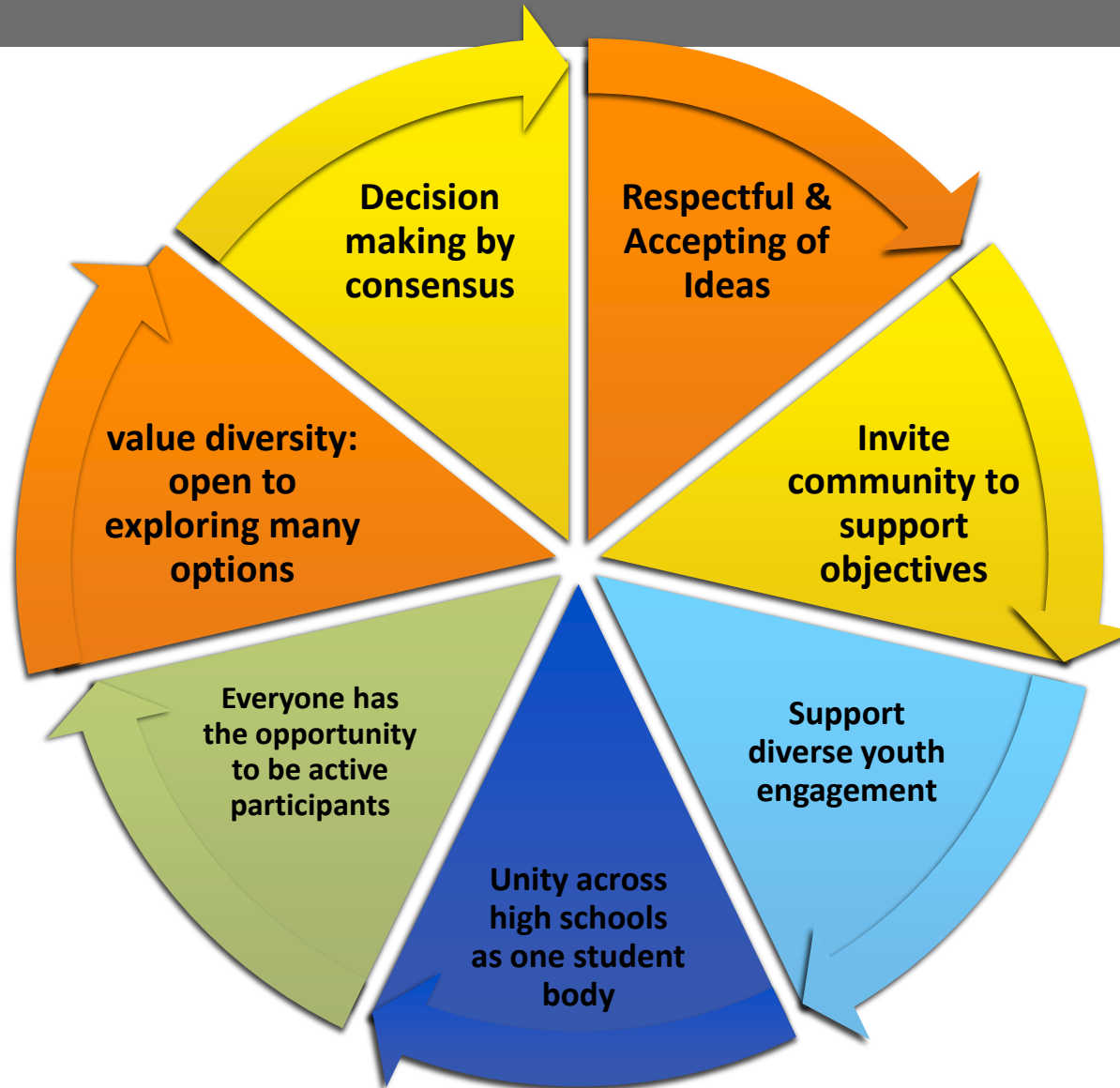
The Arts Door Project

- ↗ Welcoming & Inclusive Communities Initiative

- ↗ http://artsdoor.ca/index.php

- ↗ www.artsdoord.ca

- ↗ 14 Immigrant & Newcomer Youth

- ↗ Focus: Capacity Mapping of local Arts & Culture organizations and businesses for cultural competencies and youth friendliness for Immigrant and Newcomer Youth

- ↗ Welcoming & Inclusive Communities Initiative

Case in Point: Student Connections

↗ Food for Thought Project

↗ Student Connections
  ↗ Identified through a integral mapping process of the main issues facing youth in Abbotsford from their perspective

↗ $3000.00 project budget

↗ One on one facilitation support for 8 months to move through the learn, engage, expand assets, collaborate and change process

Student Connections Compass

Outcomes from Student Connections

↗ Student Day of Action

↗ 90 youth in attendance and 20 community organizations

↗ Focused on inspiring workshops in the morning and action projects in the afternoon with a multi-cultural lunch

↗ Facilitate the afternoon workshops, identified the presenters for the beginning, did all the introductions, media, outreach and participatory budgeting