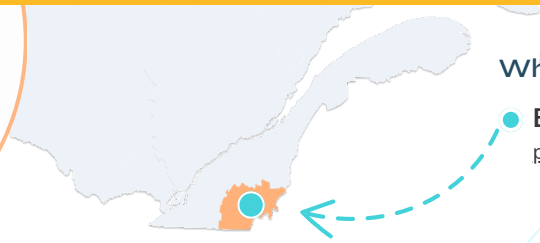


**PHELPS AIDE
PHELPS HELPS**



Where We Are

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About the Phelps Helps Project

Phelps Helps observed increased isolation among the students in the community due to the COVID-19 pandemic. The regional high school reported that levels of engagement were at a record low. Phelps Helps recognized that to support youth who are facing monumental challenges and get them back on track academically, they also needed to support youth with their mental health. They set out to do this by establishing trust and instilling hope through hosting weekly social activities in schools and outside the school environment. These activities include offering mental health workshops, implementing health promotion initiatives, and providing referrals to mental health service providers for students.



Promising Practice

A local social worker led a series of targeted workshops providing mental health support training for Phelps Helps staff. Workshop topics were selected by the front-line team and included: how to identify mental health issues and/or catch red flags, trauma-informed practice, and when/how to make referrals to mental health services. A tool for tracking “at risk” behaviour observed during sessions was also created, resulting in better decision-making about in-house programming and strengthening the referrals process.



Presenting staff with meaningful and diverse professional development opportunities is key to creating a strong team and impacting staff welfare to the benefit of the end user.

Key Success Factor

- Well-supported staff through mental health support training