

Where We Are

Estrie phelpshelps.ca <u>O</u> Katie Lowry

- Executive Director
- 🖂 klowry@phelpshelps.ca

About the Phelps Helps Project

PHELPS AIDE

PHELPS HELPS

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 decisionmaking 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





Public Health Agence de la santé Agency of Canada publique du Canada A key objective of this initiative is to build evidence about effective community interventions to promote mental health and prevent mental illness. Project funding occurred between 2022-2024. You can learn more about this project and other funded projects at <u>chssn.org</u>

The views expressed herein do not necessarily represent the views of the Public Health Agency of Canada. This initiative has been made possible through a financial contribution from the Public Health Agency of Canada.