



Youth Mental Health Initiative Logic Model

Ultimate
Outcome

Improved mental well-being of English-speaking Quebecers aged 15-29.

Long term
Outcomes

- o Improved accessibility of targeted mental health resources and services to English-speaking youth (15-29) in Quebec.
- o Increased youth involvement in mental health activities and events where value is placed on their agency.
- o Less stigma surrounding mental health challenges experienced by youth both internally and externally from their peers, families and communities.

Intermediate
Outcomes

Outcomes of Community Organizations

- o Dependable partnerships with local, regional and provincial mental health service providers to facilitate access to linguistically and culturally adapted services to youth.
- o Partnership with youth who contribute to the co-development, evaluation and dissemination of resources and mental health support tools made available by the organization or its partners.
- o Longstanding commitment to youth representation in organizations is practiced by increasing the number and diversity of English-speaking youth (≥ 35) on Boards of Directors.

Outcomes for Youth

- o Youth gain both the skills to navigate their wellness and the knowledge to call upon the resources that exist to support them.
- o Youth become agents of mental health literacy and contribute to breaking the stigma around mental health.
- o Youth are active in supporting their own mental health outcomes and the well-being of their peers and communities.

Short term
Outcomes

- o Partners increase their understanding, awareness and caring towards the gaps and barriers experienced by young English-speakers seeking mental health services and support
- o Community workers gain the knowledge, tools and resources needed to offer effective, adapted, linguistically and culturally appropriate mental health support to youth
- o Youth are mobilized and receive support to create mental health activities and events lead by or meaningfully involving them.

Outputs

CHSSN's Activities

- › Support the development of projects focused on youth mental health lead by organizations.
- › Offer networking, training, capacity building & learning events on evidence-based practices that bridge knowledge gaps and support the mandate (including a community of practice working on youth mental health).
- › Develop and or disseminate knowledge products, tools and program learnings to the funded orgs and government funders and contributors.
- › Build relationships with provincial organizations.

Community Organizations' Activities

- › Outreach to youth to learn about their needs and challenges in accessing mental health services in their communities.
- › Create and disseminate information that raises partners' awareness of the gaps in mental health services for young English-speakers.
- › Promote mental wellness for all youth by informing them of vetted services and supports available in English (sharing clear pathways to help).
- › Invest in protective factors by broadening the network of community supports and their capacities to respond (schools, support groups/brave spaces, peer-support).
- › Empower youth with mental health literacy tools and training that help them feel safe, break stigma, and know when and how to seek help.
- › Use mental illness prevention strategies for at-risk groups centered on building their coping skills and fostering resiliency (informed by youth with lived experience).
- › Work with youth to deliver events and activities to increase inclusion, reduce stigma and avoid tokenism participation (ensure that the outreach speaks to them and includes their valuable contributions).

Inputs

- › Program Manager
- › Funding to organizations
- › Funding for knowledge products
- › Funding for training & learning events
- › Evaluation Consultant

- › Project funding to between 25 - 30 community organizations working with youth
- › Community organization in-kind contributions (e.g. staff, locale, admin, materials)

Contributors
of program

Our Youth Mental Health Initiative (YMHI) aims to improve access to mental health resources and services for young English-speaking Quebecers (15-29) to better meet their needs. The CHSSN supports communities by promoting equitable access to health and social services in English through the development of programs and partnerships aimed at addressing the social determinants of health.

The Foundation's (FLAC) mission is to prevent poverty by contributing to the educational success of young Quebecers so that they reach their full potential. The FLAC is particularly invested in young people from disadvantaged backgrounds.

The Secrétariat à la jeunesse's (SAJ) Youth Action Plan 2025-2030 acts as a frame of reference guiding the government's actions on issues for youth aged 15-29. It is the third to emerge from the Politique québécoise de la jeunesse 2016-2030, and is informed by the latest public consultation for youth held in 2023.



In this program we are guided by our six principles:

- 1 Support positive Youth Development
- 2 Enhance Protective Factors
- 3 Community Based & Flexible
- 4 Strive for Equity, Equality & Accessibility
- 5 Build Intersectoral Partnerships
- 6 Engage Mental Health Professionals & Service Providers

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