



Sagamok Anishnawbek Youth Wellness Hub (YWHO)

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wellness
hubs
ONTARIO

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your way



Youth Wellness Hubs of Ontario

- The YWHO Model brings together services to provide youth and families access to high-quality, easily accessible services to support mental health, substance use, and to promote wellness among youth aged 12 to 25 years.



The YWHO model offers:

- Rapid access to easily identifiable mental health and substance use services with walk-in, low-barrier services and clear service pathways
- The co-creation of services with youth & families
- Evidence-based interventions matched to individuals' level of need
- Transitions to specialized care services when appropriate
- Integration of services offered in a youth-friendly space
- Virtual care options to complement in-person services
- Reduction of transitions between services through co-location
- Measurement based care



YWHO Core Services



1. Clinical Services

Mental health services, including access to psychiatric services, substance use services, primary health care, sexual health, care navigation, peer support, needs assessment, and goal tracking.



2. Community and Social Support Services

Education and training, employment, housing, family support, outreach, and other social supports,.



3. Skills and Well-being Activities

Learning and skills-based workshops, health-based/leisure activities, cultural programming, drop-in time to build social connection, food and food security, PreVenture, and more.

YWHO's Six Core Components



Youth & Family Engagement

Engagement empowers youth and families to make decisions about their care by embedding their voice at all levels.



Integrated Governance & Partner Collaboration

Strategic collaboration between youth and service provider network to manage resources and organize service delivery.



Accessible

A comprehensive array of services offered to youth under one roof to meet their individual needs.



Inclusive and Culturally Diverse Services

Services that respond to the health, beliefs, practices, cultural, and linguistic needs of diverse youth.



YWHO Integrated Service Delivery (IYS) Model

Co-located and integrated service across a continuum of care accessible through a single, youth-friendly access point.



Measurement-based care (MBC)

Standardized screening tools, equity data use, and clinical outcome monitoring to improve care for youth.



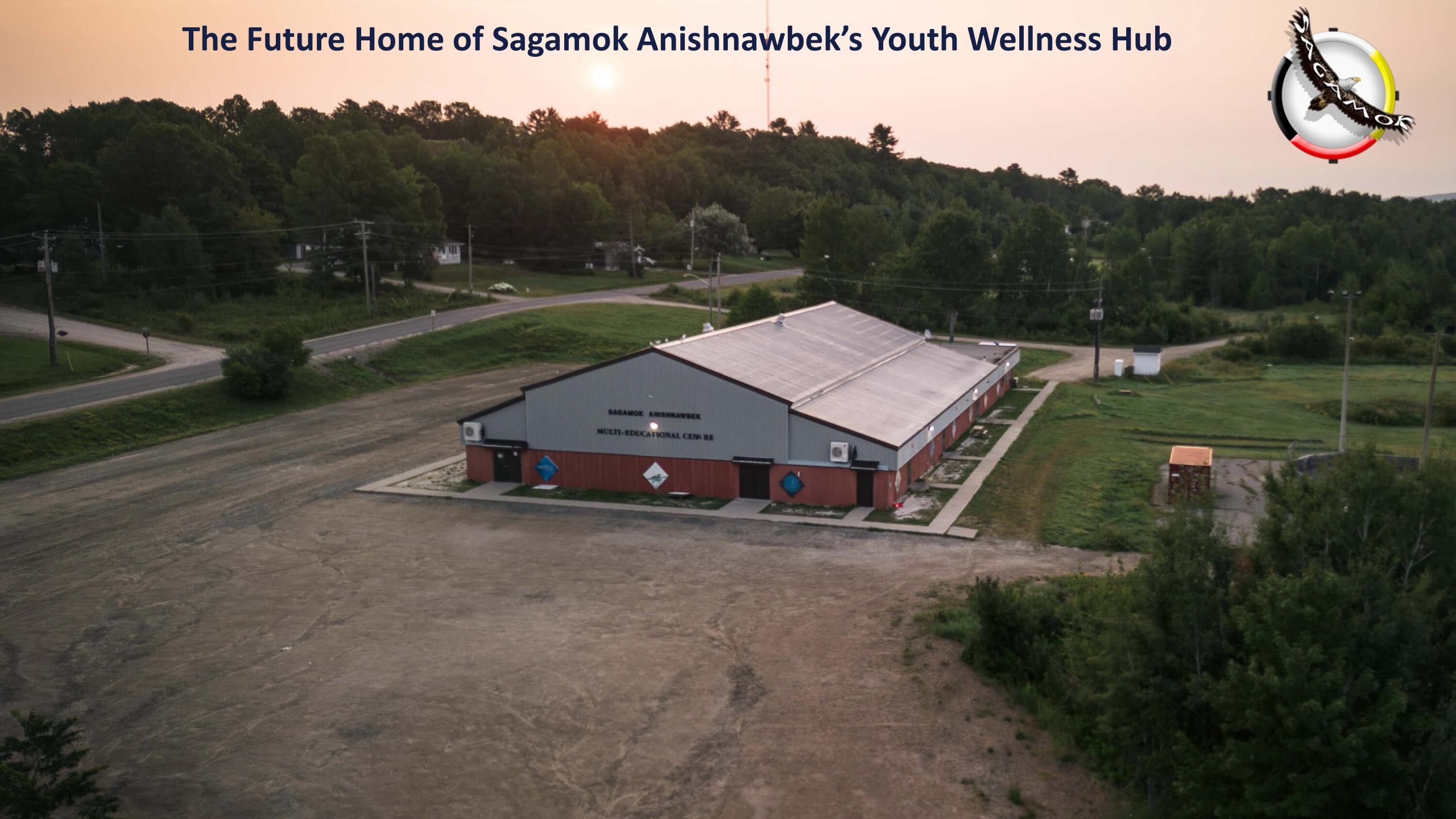
32 YWHO Hub Networks across Ontario

Employment Positions at the YWHO

- YWHO Lead (filled)
- Nurse Practitioner: Partnership with Maamwesying
- Youth Mental Health Clinician
- Intake and Care Coordinator
- Peer Support Worker



The Future Home of Sagamok Anishnawbek's Youth Wellness Hub

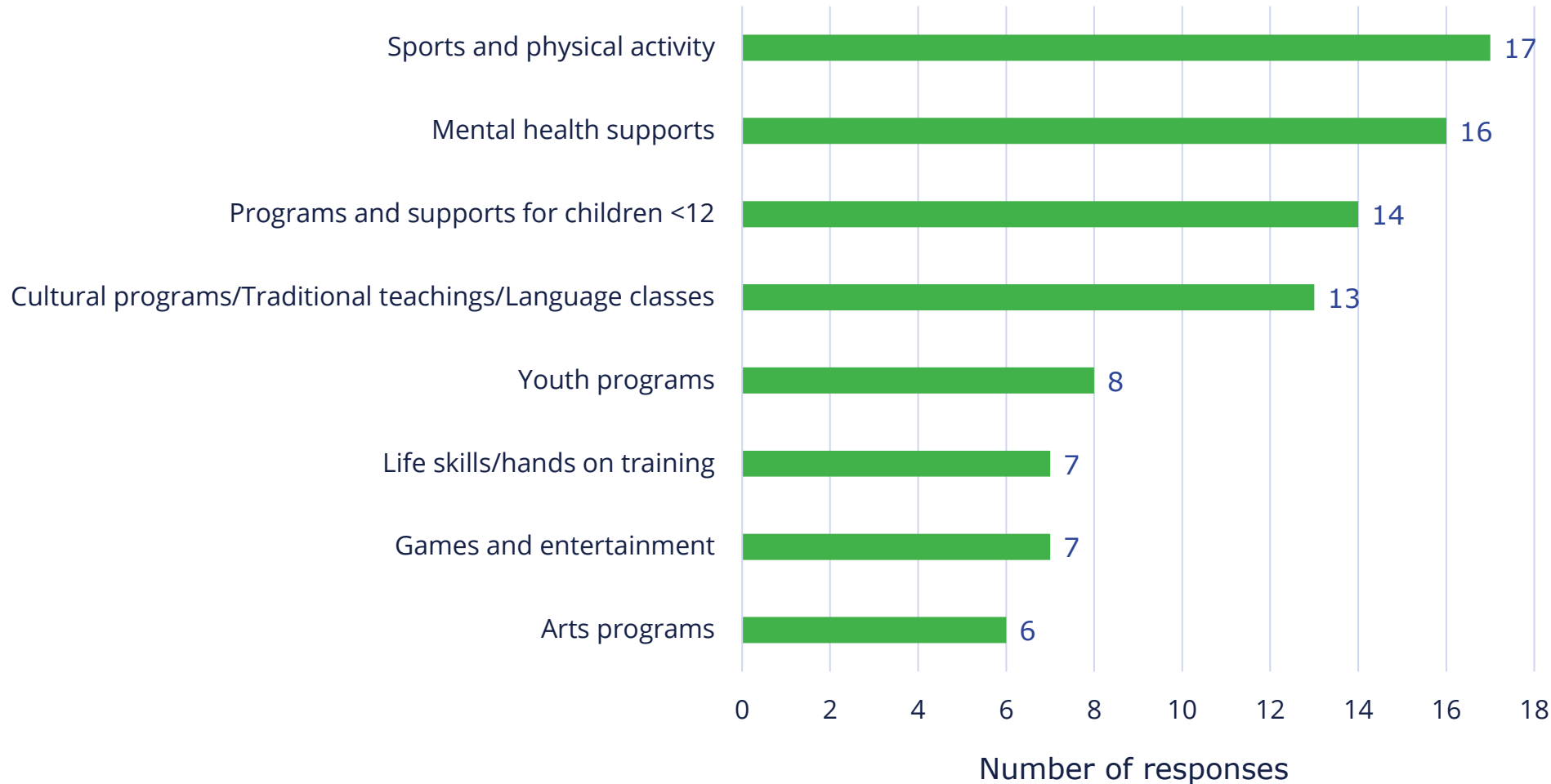


Sagamok Youth and Family Engagement

- In preparation for the Youth Wellness Hub launch in Sagamok, over the summer we provided information sessions at the Youth Mentorship Program and surveyed youth and family in the community about the kinds of supports and programming they would like to see at the new hub over the summer.
- Overall, we received 96 responses to the survey



What supports and programming that are already available in Sagamok would you like to have at the new hub? (n=92)



Note: Responses may be counted more than once if they included multiple supports/programs

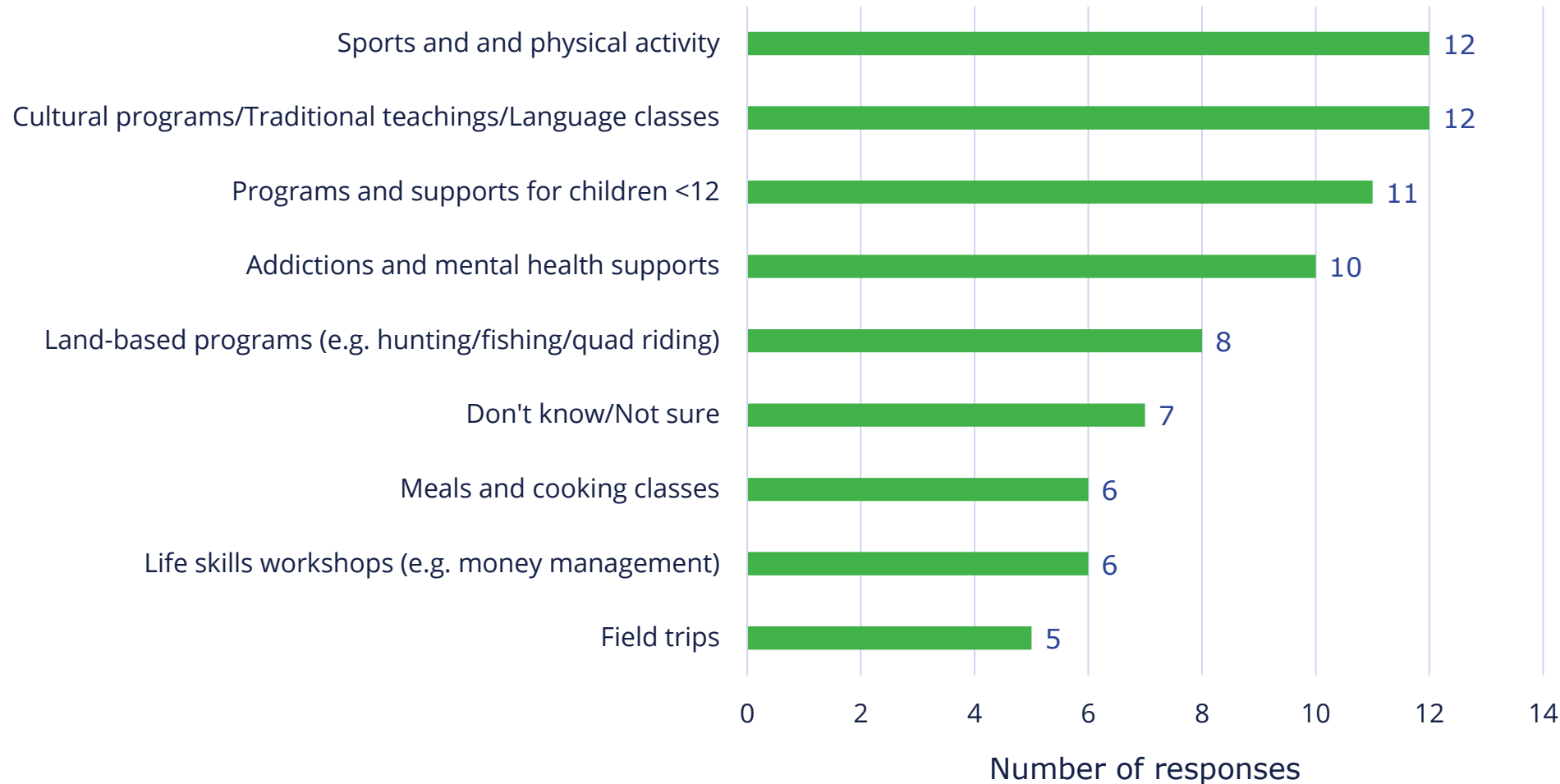
Other suggestions included overnight camping, homework clubs, and family programs



Supports and programming	# of responses
Overnight camping/hunting/land-based programs	5
Tutoring and homework clubs	5
After school hang out time	4
Family focused programs	3
Band representatives and Elders	3
Food and BBQs	2
Learning workshops	2

- “Sports complex with all different kinds of sports - summer and winter”
- “Cultural activities like beading, learning how to make and set snares”
- “More child involvement programs, sewing, crafting, traditional teaching overnight camping”
- “Someone to help the youth with post-secondary planning and any mental health related”
- “Nights for younger siblings/friends/cousins”

What supports and programming are missing in community that you would like to see at the hub? (n=89)



Note: Responses may be counted more than once if they included multiple supports/programs

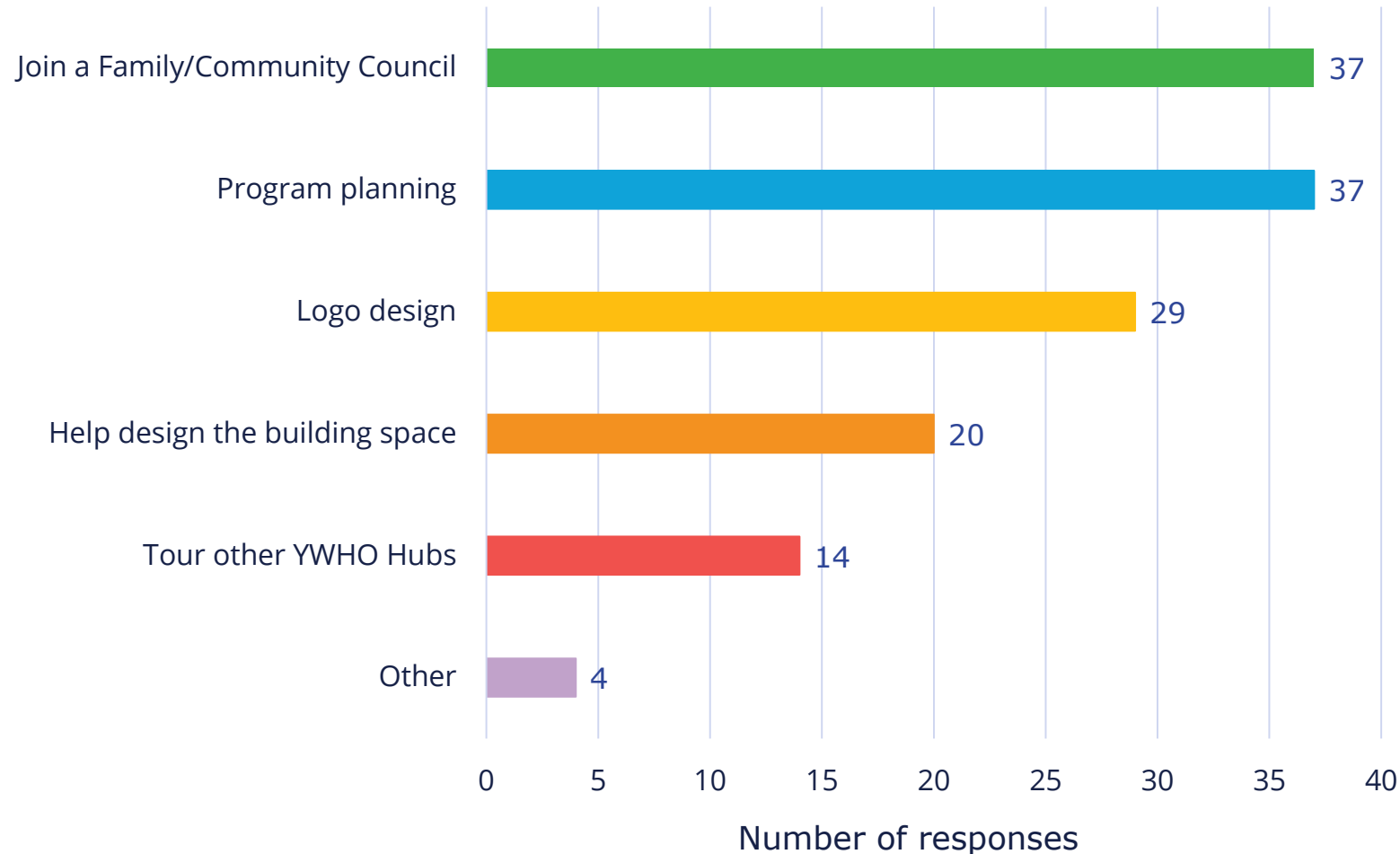
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Supports and programming	# of responses
Transportation to programming	4
After school service hours/longer hours	4
Family retreats/programming	3
Mentorship and tutoring	3
Shelter for youth	2
Games	2
Road safety	2

- “More life skills, sharing circles regarding life situations live situations. Tools to use to complete their tool box”
- “Hot meals for the families that have low income formula for the younger ones. formula is so expensive these days”
- “Hunting, fishing and first aid”
- “Excursions about learning medicines, land, history of Sagamok. Outdoor pool”
- “Cooking classes, financial planning classes, video game tournaments with prizes”

What are some some ways that you would like to lend your voice to the hub? (n=86)



Other responses:

- "Storytelling"
- "Sweet sips being more involved"
- "Not sure"
- "Volunteering when I can"

Upcoming Youth Wellness Hub Youth Tour: Maple Site



Sagamok YWHO Events to Watch For

- Sagamok Youth Wellness Hub Engagement Sessions including:
 - A Site visit to the Algoma YWHO
 - A Site visit to the Sudbury YWHO
- Sagamok Anishnawbek YWHO Logo Contest





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