

Tools & Resources

Healthy Public Policy Webinar Series: A path to resilience: How communities can support child and youth mental well-being

September 25, 2024

VCH & BCHC Resources

Vancouver Coastal Health and BC Healthy Communities Child and Youth Mental Well-Being Resources <https://bchealthycommunities.ca/index.php/child-and-youth-mental-well-being-resources/>

- Each protective factor section also includes a resource page!

Other Helpful Tools & Resources

Child in the City <https://www.childinthecity.org/>

- Foundation with the objective to strengthen the position of children in cities, to promote and protect their rights, and a platform to exchange research results and good practices directed at the creation of child-friendly cities.

Human Early Learning Partnership – Child Development Monitoring Systems

<https://earlylearning.ubc.ca/monitoring-system/>

- This UBC Monitoring System collects population-level data about multiple development stages in the early life from 18 months to 18 years of age. The System monitors and tracks trends including rates of childhood vulnerability and school-age well-being.

Involving Young People in Civic Matters – Supplementary Guide <https://www.edmonton.ca/public-files/assets/document?path=PDF/Involving-Young-People-Guide.pdf>

- City of Edmonton guidebook on how to engage children and youth. Includes guiding principles, 12 tools & techniques, special outreach strategies and evaluation considerations. There is an overall score and subscores on: Places & Activities; Green Space & Environments; Spaces & Senses; Mobility & Traffic; Safety & Well-Being.

KidScore & YouthScore <https://maximumcity.ca/kidscoresurvey>

- Survey tools developed with young people as a way for children (5-12) and youth (13+) to evaluate and communicate how they are experiencing places. Goals: inform decisions & policies and build skills, agency and participation of young people in planning & design.

Knowledge Institute on Child and Youth Mental Health and Addictions Resource Hub

<https://www.cymha.ca/Modules/ResourceHub/>

- Ontario based program supporting child and youth health agencies, communities and decision makers. Website includes tools, templates, webinars, policy papers, and more.

Mouse City https://smallprinttoronto.org/?page_id=91

- Engages children as young as 2 in urban planning through the creation of a miniature cardboard city for mice. The thematic focus changes but the structure of the activity is the same: the kids bring their creations forward and, working with the Mayor of Mouse City, figure out the best spot to implement their idea. Small Print (NGO) also educates municipal planners on how to transform fun, creative play materials into feedback to inform policies and design for cities.

Participatory Budgeting Toolkit <https://participationpool.eu/resource/toolkit-for-delivering-participatory-budgeting-for-youth-in-cities-addition-to-the-white-paper/>

- Provides a range of tools and practical activities on how to plan and implement participatory budgeting with young people, whether you have one hour or a number of sessions.