

Atlantic Summer Institute Promotes Action on Youth Mental Health

2nd Symposium on Promoting Child and Youth Mental Health: Moving Evidence to Action August 21-23, 2017 | Holland College, Charlottetown, PEI

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CHARLOTTETOWN, PEI – Atlantic Canadians are taking action to improve child and youth mental health in the region. The Atlantic Summer Institute on Healthy and Safe Communities (ASI) is hosting its third event focused on this issue: a Symposium bringing together community leaders, youth, researchers and policy makers to take steps toward better mental health for children and youth in Atlantic Canada.

The Symposium's theme, *Promoting Child and Youth Mental Health: Moving Evidence to Action*, highlights the importance of directing the conversation on mental health beyond issues such as treatment and access to care, to the larger factors that promote positive mental health. These factors include income, education, housing, nutrition, family and community support, and more.



“Mental health promotion belongs to all of us, and connects to all sectors” explains Patsy Beattie-Huggan, coordinator for the ASI Symposium. “While it is important to provide effective services for treating mental illness, we must think beyond treatment, to ensure that positive mental health is promoted in schools and communities, and that children have access to the supports they need for long term wellbeing. This is essential to the health and sustainability of communities in Atlantic Canada.”

Registration is now open for the ASI Symposium, which runs August 21-23 at Holland College in Charlottetown. Programming for this bilingual event builds upon the previous two summer events, which focused on investing in youth mental health, and engaging all generations in prioritizing mental health promotion. Organizers are pleased to present a keynote speaker who is a champion of mental health promotion for youth. Dr. Margaret Barry, head of the World Health Organization's Collaborating Centre for Health Promotion Research, will deliver a keynote on “thinking upstream” that highlights innovative approaches to child and youth mental health promotion.

ASI's Youth Leadership Program for youth ages 18-25 returns for its fourth year, supported by ASI title sponsor TD Bank Group. This program runs alongside the ASI Symposium, with opportunities for collaboration and networking between youth participants and experienced professionals working in health and education, community leadership, policy and academia. Returning sponsors include Medavie Health Foundation and the Mental Health Commission of Canada. All four Atlantic provincial governments have also provided support for the Symposium.

Interested participants are encouraged to register for the ASI Symposium and the Youth Leadership Program in advance, due to the popularity of previous years' events. To register, visit www.asi-iea.ca.

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