



Atlantic
Summer
Institute
on Healthy
and Safe
Communities



l'Institut
d'été sur les
collectivités
sûres et en
santé au
Canada atlantique



BACKGROUND – Symposium on Youth and Mental Health August 2015

The Atlantic Summer Institute on Healthy and Safe Communities Inc. (ASI), the SEAK Project (Canadian Mental Health Association Nova Scotia Division) and the ACCESS-MH Project are hosting a two-day symposium from **August 17-19** at Holland College in Charlottetown, PEI. The Symposium, ***Investing in Child and Youth Mental Health – Mobilizing Atlantic Canadians for a Positive Future***, will build on evidence and influence and mobilize decision makers from grassroots to government to improve the mental health and well-being of Atlantic Canadian children and youth.

OBJECTIVES

1. Increase awareness of the importance of child and youth mental health for the future well-being of Atlantic Canadians.
2. Generate recognition and support for investment in social and emotional learning to achieve positive outcomes for children, youth, families, and communities.
3. Mobilize across sectors and jurisdictions to collaborate on development of policies and programs that impact mental health and wellbeing in Atlantic Canada.
4. Establish ongoing integrated networks inclusive of youth, parents and other stakeholders to support mental health and well-being in Atlantic Canada.

RATIONALE

In May 2012, the Mental Health Commission of Canada released *Changing Directions, Changing Lives* – the first mental health strategy for Canada. This strategy will require an investment in children and youth through universal mental health promotion programming like Social and Emotional Learning (SEL) (www.casel.org/social-and-emotional-learning) and improved access to mental services. Although all four Atlantic Provinces have committed to improving mental health, our children and youth are reported to be experiencing increased stress and anxiety and having difficulty accessing services. Bringing together a broad range of stakeholders to mobilize action is viewed as the next critical step.

AUDIENCE

This bilingual Symposium will be of interest to researchers, policy makers, advocates working in multiple sectors (such as education, health, justice, child and family, or community services, non-profit and private sectors), parents, caregivers, youth, and members of the general public who are promoters of positive mental health.

PROGRAM AND PARTNER INFORMATION

For details about the Symposium program and registration, visit www.asi-iea.ca

For information about our partners, visit www.seakproject.com and www.access-mentalhealth.ca