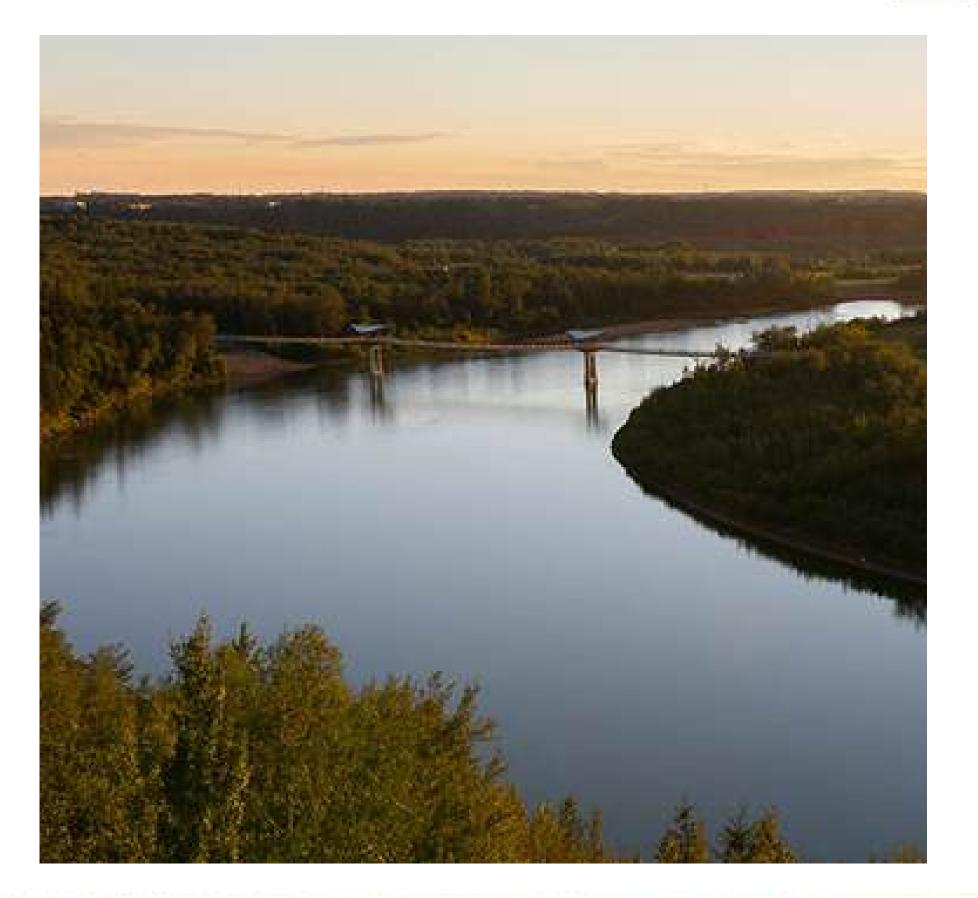




Land Acknowledgement





70%

In Canada, more than 70 per cent of people who develop a mental illness do so by the age of 25.

3X

Similarly, people with substance use disorders are up to 3 times more likely to have a mental illness.

15-24

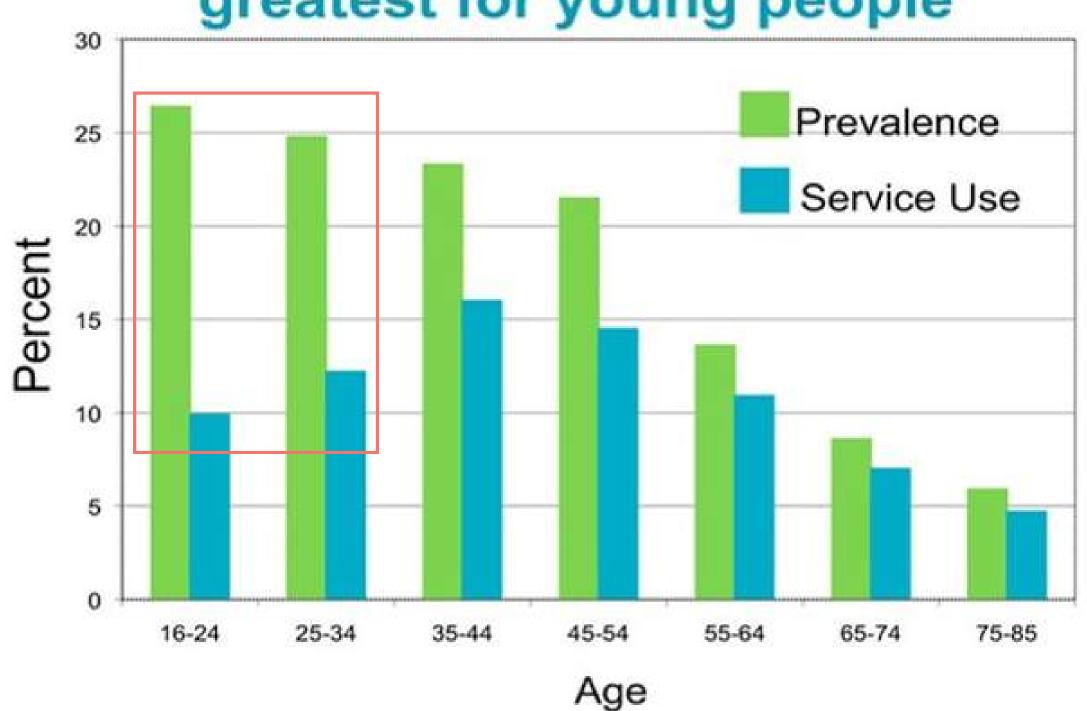
Young people aged 15 to 24 are more likely to experience mental illness and/or substance use disorders than any other age group.

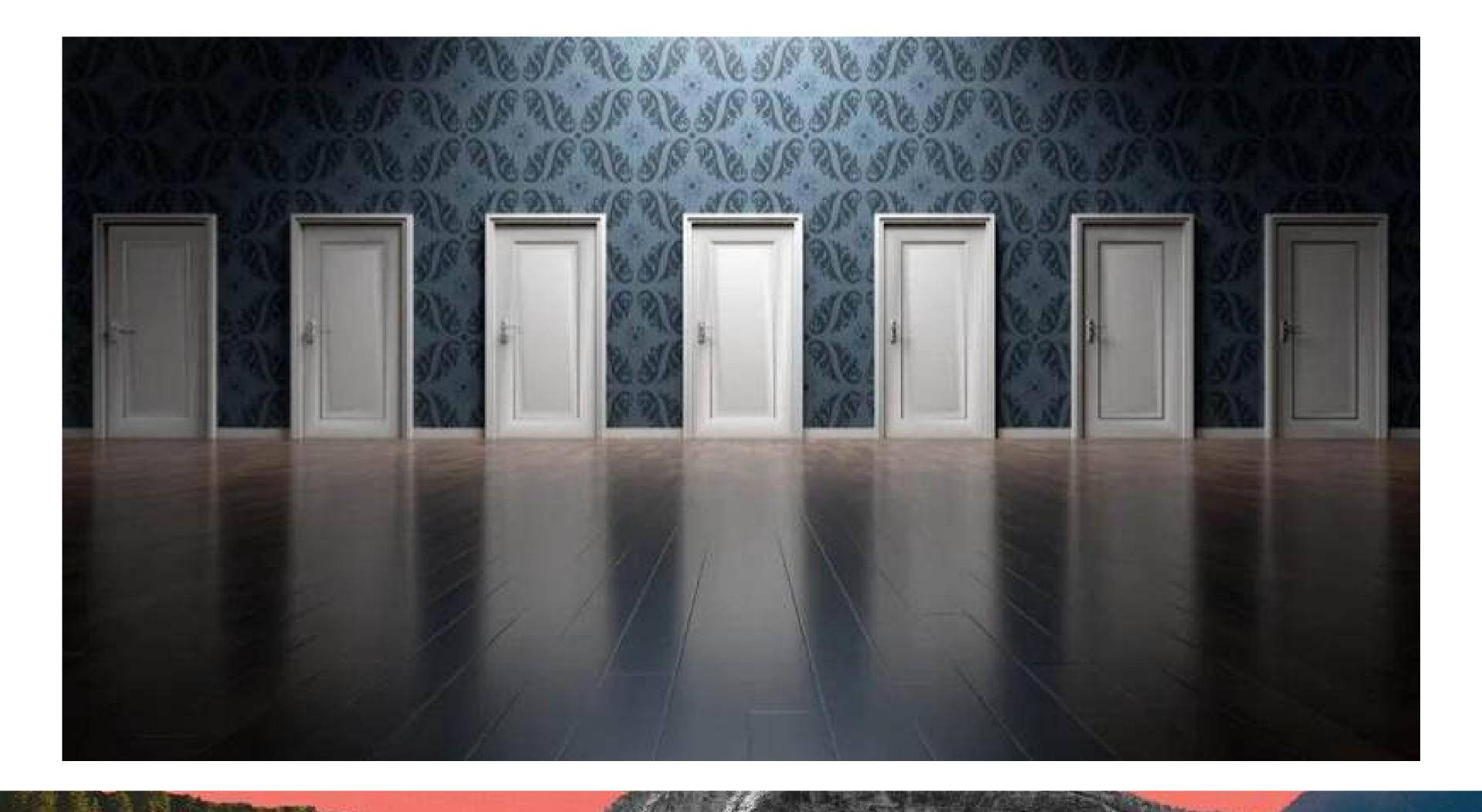
2nd

Currently, suicide is the 2nd leading cause of death for people 15–24 years old, behind only accidents.

Young Albertans need access

MH Prevalence /Service Use Gap greatest for young people

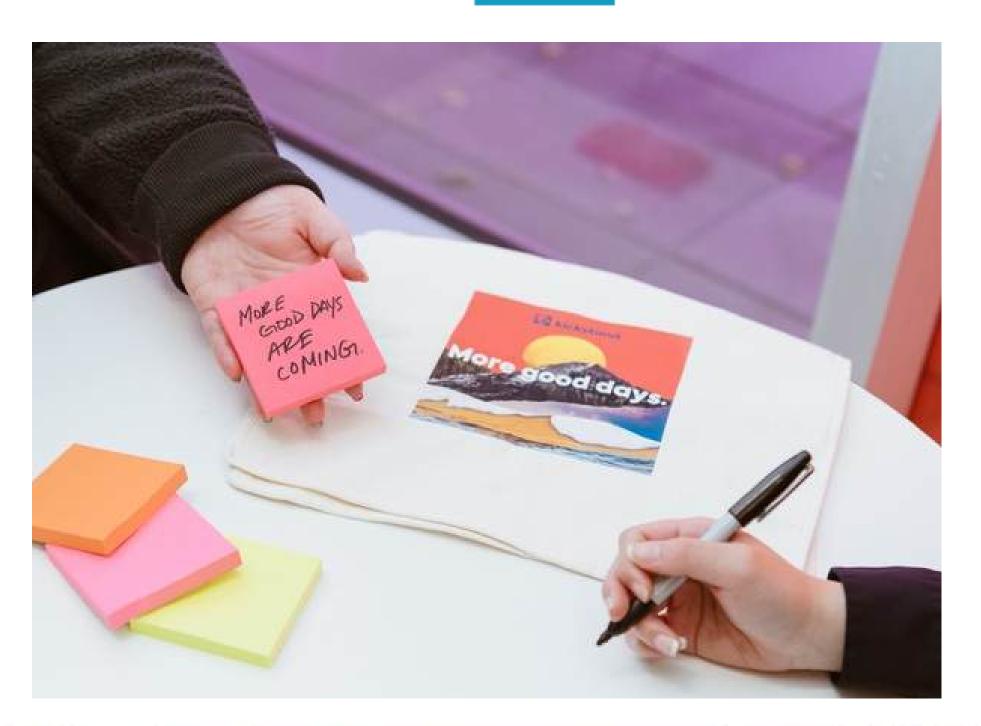








MORE GOOD DAYS with Kickstand



Helping young people in Alberta to find support in the easiest way possible, by providing a variety of services and resources all under one roof, as well as online.

How we started...

AB Centre For Excellence In Youth Mental Health (2020)

Launch of More Good Days (2021)

TEXT MoreGoodDays to 393939 for daily advice and inspiration!



Development and Launch of Kickstand Connect, our virtual clinic platform!

- Free Online Help
- · No Referral needed
- Inclusive, safe and confidential



First Physical Site Locations (2024)

- Edmonton
- Grande Prairie
- Bonnyville
- Fort Saskatchewan
- Drayton Valley



Community and Youth Engagement to create the brand "Kickstand"

The brand Kickstand, represents the kickstand support mechanism on a bike and our colors represent the Albertan sky!

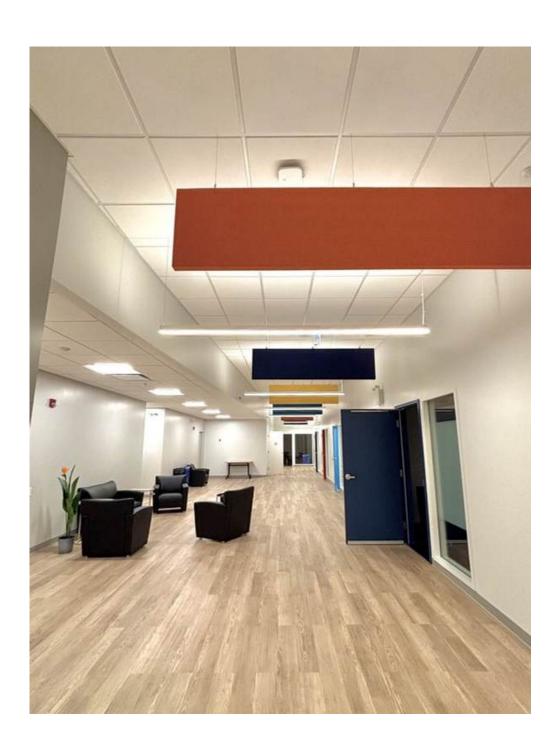




Kickstand Edmonton





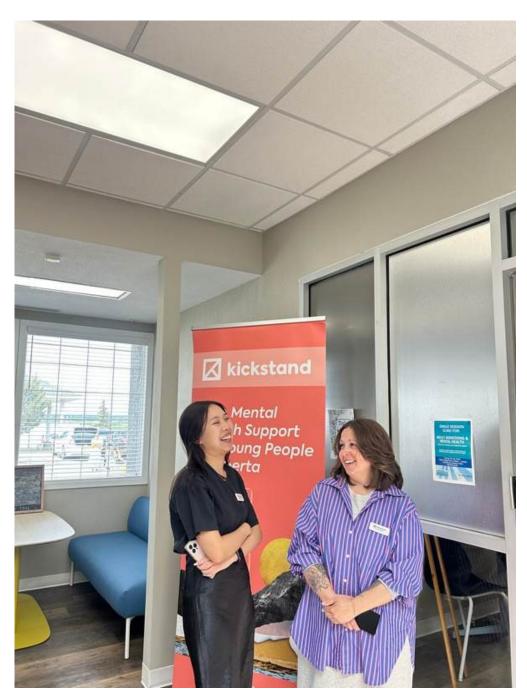






Kickstand Drayton Valley









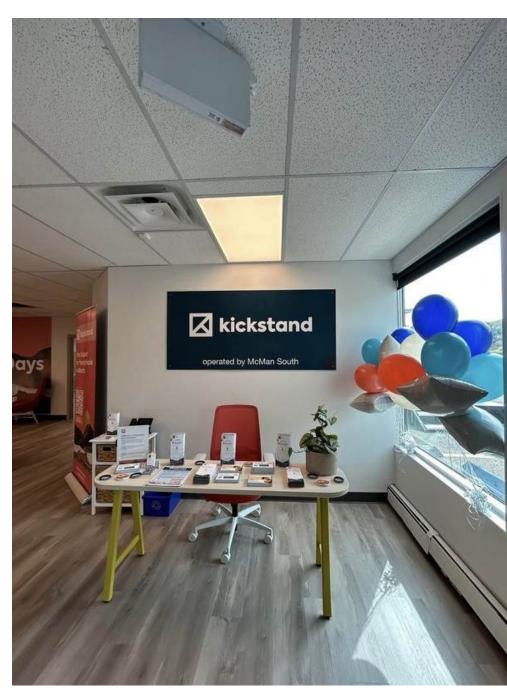


Kickstand Medicine Hat











Integrated Services Model

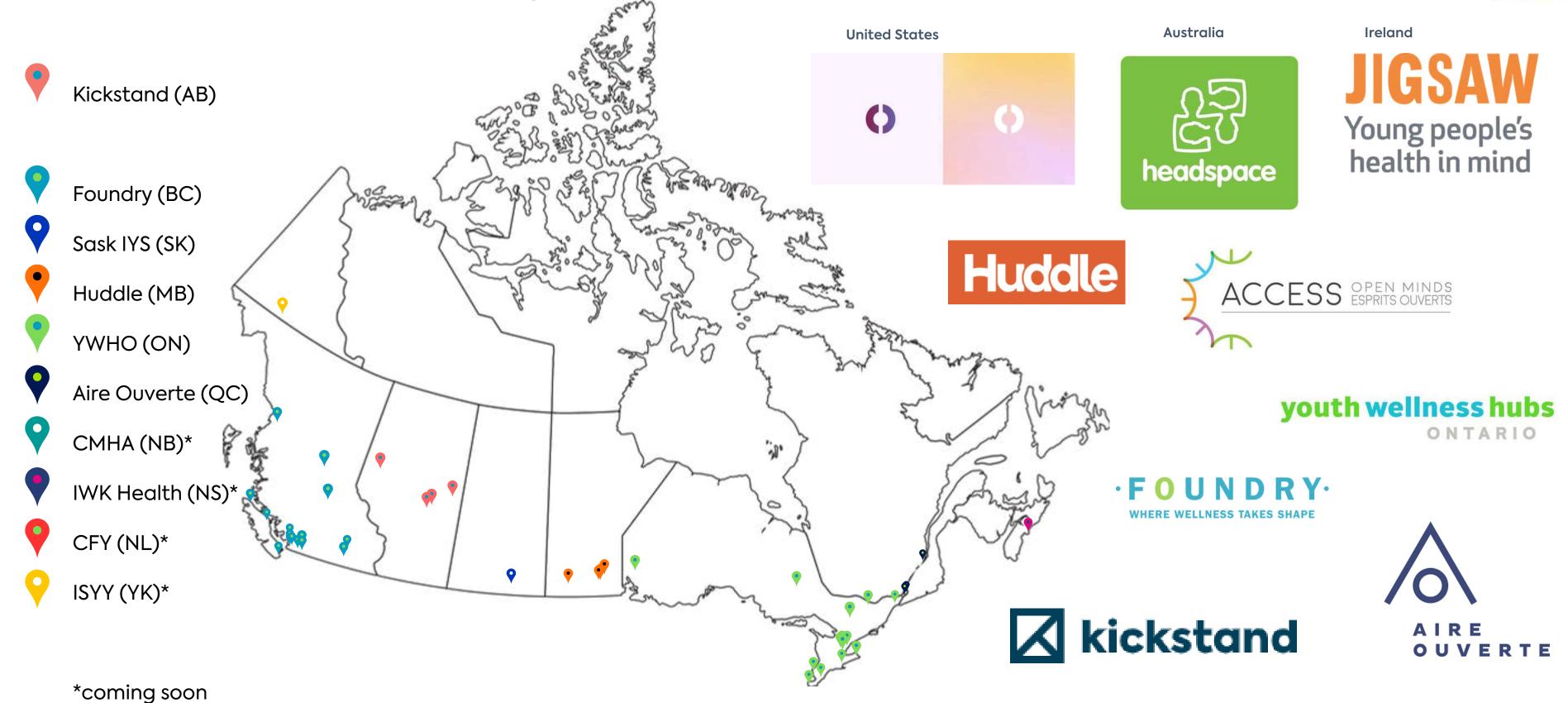
A

- Low barrier, easily identifiable and youth-friendly one-stop shops
- Key focus on
 - o creating positive help seeking experiences,
 - o early identification & intervention,
 - supporting youth to manage their concerns and recovery, and
 - facilitating seamless connection to specialized services, as required.
- Stepped care model of service delivery,
- Flexibility based on unique community composition and need.



Momentum is Growing Across Canada & Globally!





Helping Youth to have More Good Days



"As a counsellor I can answer questions about mental health"



"I'm a doctor and I can talk about medication, physical and sexual health"



"I can talk about substance use concerns"



"I'm Sam"

"I offer cultural progamming"



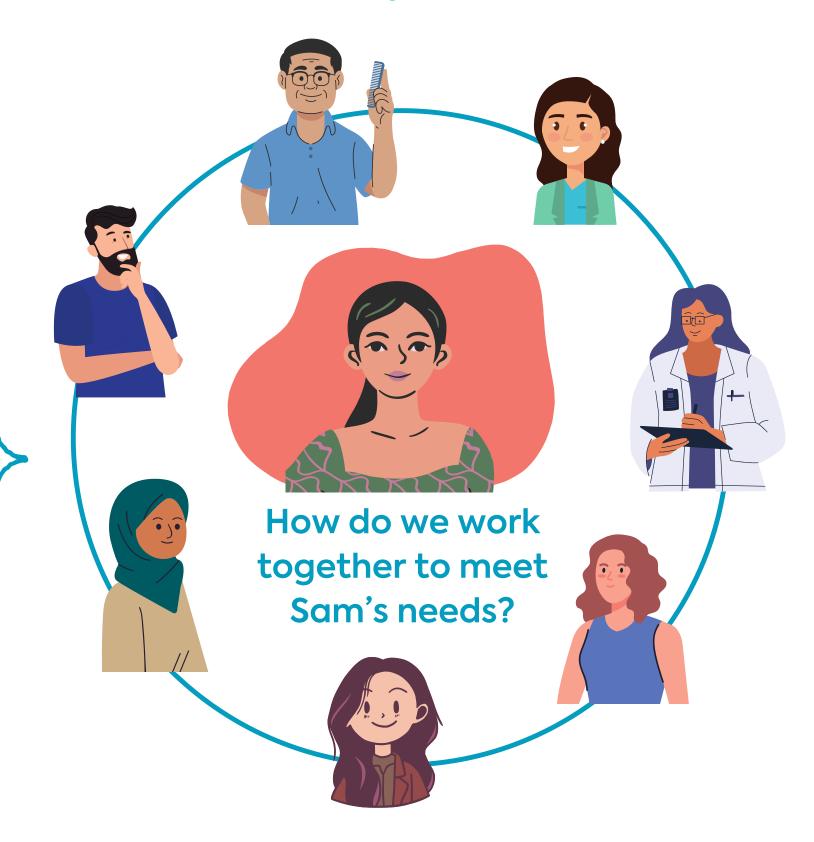
"I can connect Sam to social services"



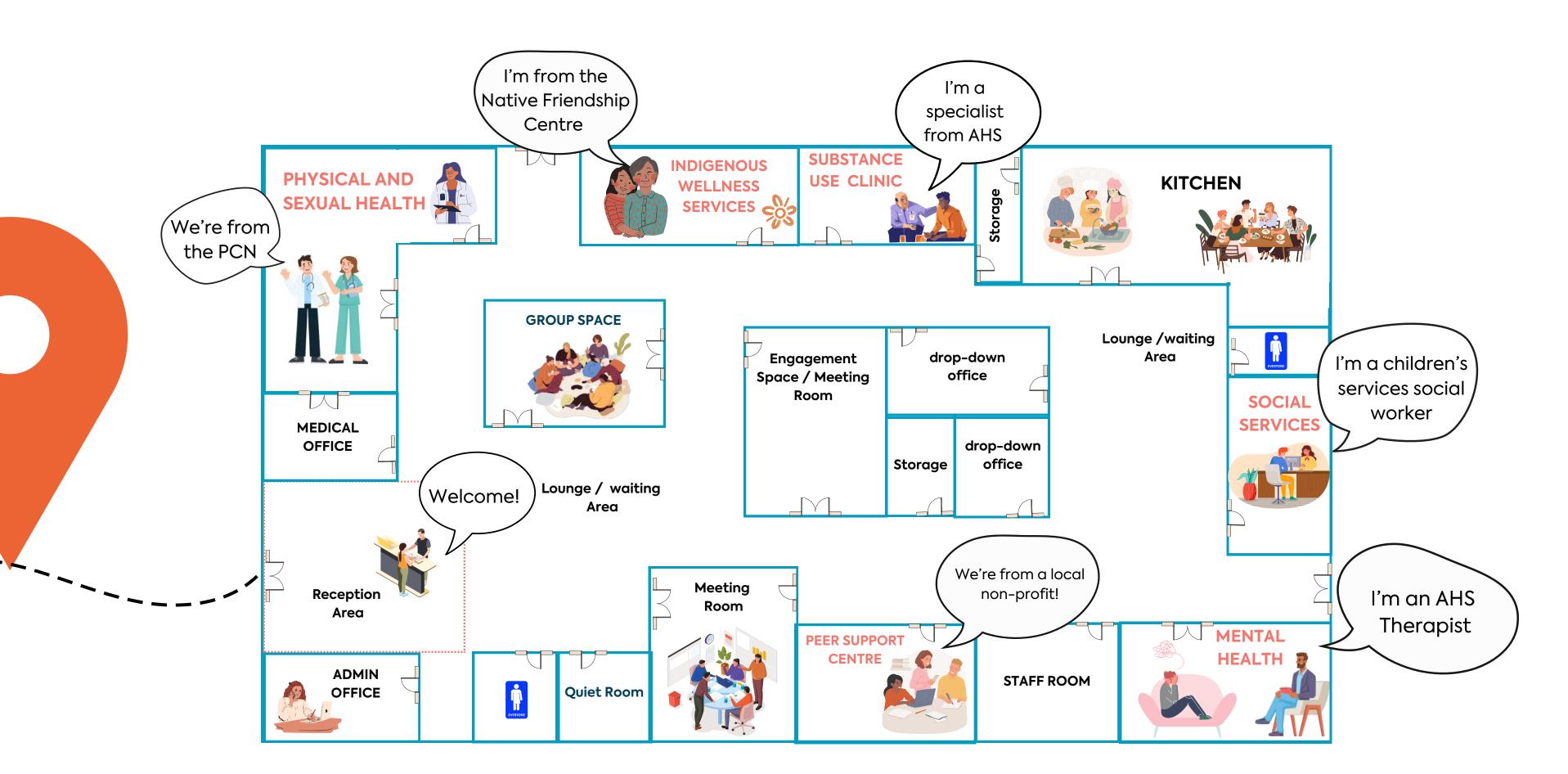
"Talk to me for peer support"



"I'm Sam's dad"







What do we need for Integration to work?

Strong Relationships

Shared Goals and Values

Strong Leadership

Capacity to Share Information and Records

Continuity

Understanding

Common Language



Core Services and Partnerships





What services are most needed by post-secondary students?



Where do you go when you need help?

Core Service Streams

Mental Health

Substance Use

Physical and Sexual Health

Indigenous Services*

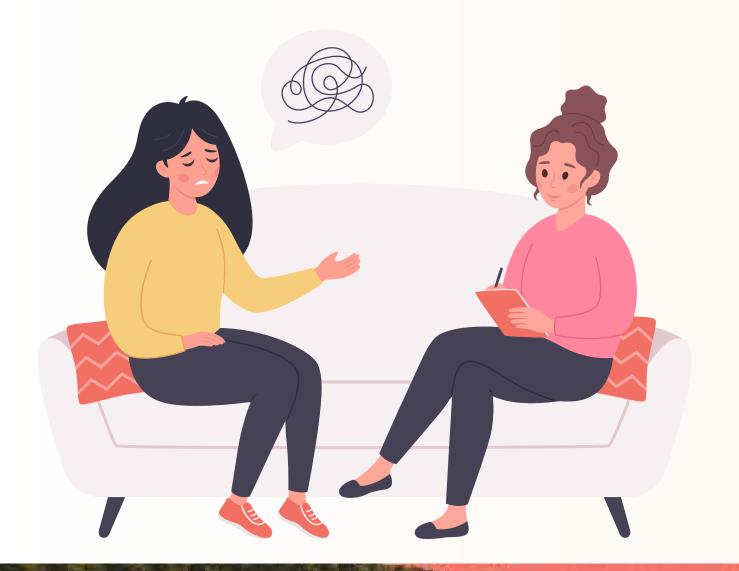
Peer Support

Social Services

Mental Health and Substance Use

- Licensed and registered providers with local experience
- Youth focused, safe and confidential
- Multiple approaches and modalities

- Streamlined pathways to specialized care
- Screening and Assessment



- Walk-In / same day counselling
- Short term counselling (pre-booked)
- Early intervention and care
- Youth Focused and identity affirming



Physical and Sexual Health

- Doctors
- Nurses
- Nurse Practitioners
- Medical Office Assistants
- Walk In/Same Day services
- Pre-booked appointments
- Identity affirming and 2SLGBTQ+ Friendly
- Safe and Confidential
- Youth Focused
- Streamlined pathways to specialized care

With support and collaboration from:

- Allied Health Providers (ie: Dieticians, Pharmacists, etc)
- Social Services
- Peer Support
- Traditional Medicine and Cultural Services



Indigenous Wellness

The Indigenous Wellness core service stream is a placeholder to mark Kickstand's commitment to the importance of incorporating healing and wellness practices that exist within Indigenous culture.

- Elders
- Knowledge Keepers
- Local indigenous relationships and resources
- Indigenous led
- Youth focused



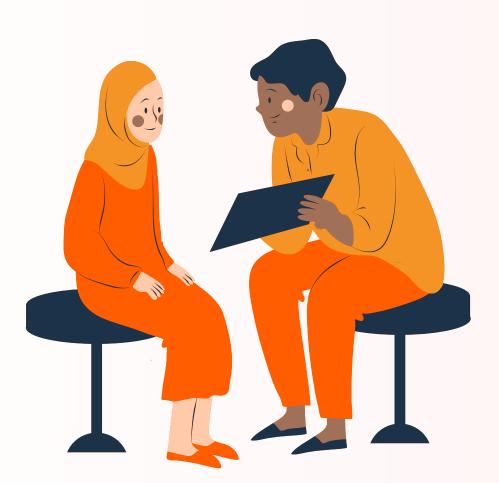
- Traditional Healing
- Ceremony
- Knowledge
- Connection
- Collaboration
- Programs and services



Social Services (and more)

- Social Service Workers
- Employment Specialists
- Support Service Workers
- Local Experience
- Youth Focused
- Inclusive

- Education
- Housing
- Justice
- Income Assistance
- Leisure and Recreation
- and more!



Peer support

- Peer Support Workers
- Youth Peer Support
- Group Peer Support
- Family and Caregiver Support

- Hope
- Understanding
- Support
- Motivation



• Identity

• Lived Experience



connect.mykickstand.ca

Kickstand Connect

- Mondays & Thursdays 1 9 pm; Tuesdays & Wednesdays 5 9 pm
- FREE
- No referrals needed
- Same-day booking (if available)
- Mental Health Counselling (1:1 single session or Short term)
- Substance Use Counselling
- Peer Support
- Employment Support
- Groups and Workshops





Integrated Services "a system-level transformation"

Evidence-based Services

- Mental Health
- Substance Use
- Physical and Sexual Health (Primary Care)
- Indigenous Wellness
- Peer Support
- Social Services

Collaborative

- Young people (11-25 years old)
- Families and Caregivers
- Kickstand
- Community Agencies and Providers
- Key Stakeholders



Youth-Centered

Made for young people - with young people!

- Convenient (location, hours of operation, availability)
- Youth Friendly (welcoming, representative of different identities, creative/fun)
- Confidential (safe and private)
- Culturally appropriate (aware, open, diverse and insightful staff and services)
- Low Barrier Access (low-no cost, accessible, centralized)
- Readily available (walk-in services in addition to booked services)

How can Kickstand help Post-Secondary Students?



Free and Low-Barrier

- No cost
- Easily accessible
- No referrals needed
- Guardian consent not required for under 18
- "One stop shop" for support

Reduced Wait Times

- Can access readily available services instead of waiting months for on-campus supports
- Drop-in and scheduled sessions available

Extended supports

 Variety of mental health, physical health, and social services available that may go beyond on-campus supports

Access to Primary Care

- No need for family doctor (esp. for students who re-located for school and have lost access to a family physician)
- Quick access to physicians and nurse practitioners* *location dependent
- Sexual and reproductive care available:
 - Contraceptive and birth control options incl. IUD
 - STBI testing and prevention
 - Sexual wellbeing and education
- No referrals needed

Options for Care

- Online and in-person options available
- Easy booking and simple intake process
- Navigation assistance to access the right resources

Community Connection

- Engagement opportunities
- Events and workshops
- Social connection











Federal network for IYS initiative

Government of Alberta

ie: Ministry of Mental Health and Addictions

Primary Funders & Key Stake Holders

ie: Government of Alberta, The Mental Health Foundation, Philanthropy etc

Board of Directors

Governing body that supports and directs Kickstand

kickstand

Kickstand Backbone Team

Provincial Youth Advisory Council Family/Caregiver Advisory Council Cultural Advisory Council

Kickstand ConnectVirtual Clinic

Virtual Operations

Research

Research and Data that inform the continued growth of Kickstand

Site Operations

'Community' Kickstand Centre operated by: Lead Agency



Local Implementation

kickstand Master Operating Agreement Kickstand Network & Learning Health System Provincial Network of Lead Agencies providing practical **Site Operations** supports to enhance implementation success, respond to 'Community' data and evaluation findings, develop key provincial priorities, and address complex emerging issues. NOTE* The Indigenous Wellness core service stream is **Kickstand Centre** a placeholder to mark Kickstand's commitment to the importance of incorporating healing and wellness operated by: Lead Agency **Local Advisory Councils** practices that exist within Indigenous culture. This • Local young people core service stream needs to be named, developed Local families and caregivers and implemented with Indigenous leadership. • Local cultural experts and leaders Partnership Agreement **Kickstand Centre** Community Community Community Community Community Community Organization **Organization** Organization Organization Organization Organization Governance Indigenous Wellness **Social Services** Physical and Substance Use Peer Support Mental Health Committee Services Sexual Health Co-locating **Kickstand Centre** Co-locating **Co-locating** Co-locating Co-locating Co-locating Provider(s) Provider(s) Provider(s) Provider(s) Provider(s) Provider(s) **Operations** Indigenous Wellness Physical and Substance Use **Social Services** Peer Support Mental Health Committee Sexual Health Services



Equity, Diversity, Inclusion, and Decolonization (EDID)

- Commitment and Accountability Framework
- EDID Working Group
- EDID focused training

Partnerships and Governance

- Building meaningful and intentional partnerships
- Collective impact approach
- Development of working groups, advisory councils and operational committees

Data and Evaluation

- Active participation in research
- Evidence and measurement based methods of care
- Reporting and evaluation of quality and impact of care

Service Delivery

- Stepped care access at the right time and intensity
- Early intervention
- Implementation of 6 core service streams



Commitments



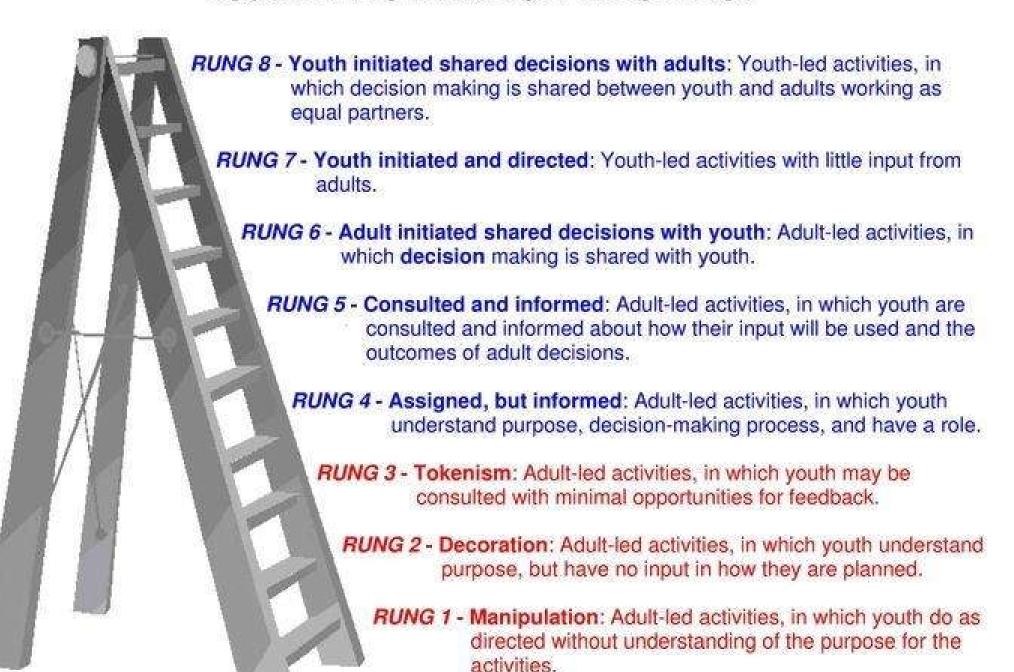
Youth Engagement

- Youth Engagement Framework
- Provincial Youth Action Council (YAC) and Family/ Caregivers Advisory Council (FCAC)
- Future development of local YACs

Youth Engagement through Shared decision making

Increase in engagement,
 connectedness, relationship building,
 healthy behaviors and decision
 making, learning, sense of pride and
 empowerment

ROGER HART'S LADDER OF PARTICIPATION



Adapted from Hart, R. (1992). Children's Participation from Tokenism to Citizenship. Florence: UNICEF Innocenti Research Centre, as cited in www.freechild.org/ladder.htm

Begin with the end in mind...

What is possible?

- Recognizable
- Comprehensive
- Seamless & consistent
- Deliver the best possible care
- There is something for everyone
- We don't have to be everything to everyone



Questions?





Thank you!

Check us out at

www.mykickstand.ca

Or on our socials

@mykickstandca











Want to contact us directly? email me at partnerships@mykickstand.ca







