

# YMHC YOUTH MENTAL HEALTH CANADA

## November Volume: An Overview

This volume features a YMHC resource, November activity calendar, a healthy recipe, and mental health resources + more! A reminder that Daylight Savings times ends on November 6th - it's the time of year when we're all gifted an extra hour of sleep on a Saturday night.

Special days in November include:

- November 11: Remembrance Day - don't forget to wear a poppy!
- November 20: World Children's Day - to promote international togetherness, awareness among children worldwide, and improving children's welfare.
- November 29: Giving Tuesday - a day about community. This day unites people around the world in doing something good for others, such as volunteering, donating to charity, and lifting each other's spirits during a time of year that is more difficult for some.



## YMHC Resource

Order YMHC's guidebook on supporting students with school phobia in print or digital/fillable format. French translation available soon! To order:

<https://ymhc.ngo/spg>

<https://edu.ymhc.ngo/resources-and-tools/>

## Giving Tuesday

Join Giving Tuesday, the world's largest generosity movement on Tuesday, November 29, 2022. Your contribution makes a difference. "Everyone has something to give and every act of generosity counts."

There are so many different ways to express generosity on GivingTuesday and every day! Give time, make someone smile, help a neighbour, or make a donation.

The hashtag for the day is

#GivingTuesdayca



## Self-Care Tip

Write in a gratitude journal: Studies have indicated that practicing gratitude has numerous benefits, including optimizing our cardiac health, reducing anxiety and depression, and sharpening our brain function and giving us peace of mind. Jot down a few things you're grateful for in a journal, or on little slips of paper, then put them in a jar and set aside time to revisit them each month. If that sounds daunting, simply begin your day by thinking about someone or something you truly appreciate.

The YMHC newsletter was produced by Chelsea, Sheryl, and Abenaya.

## Support YMHC!

### HOPE

Support YMHC's Make Hope Happen campaign at [www.ymhc.ngo/mhh](http://www.ymhc.ngo/mhh) to send mental wellness workbooks to young people in need



Volunteer with YMHC: we need dynamic & committed people. We are looking for financial executives, translators, fundraisers, grant writer, board directors, administrative & IT support.



Purchase a YMHC wellness package for a special person in your life. We have 10 packages, plus compassionate merch possibilities.



[www.ymhc.ngo](http://www.ymhc.ngo)



# Mental Health Facts

Did you know...

1 in 3 Canadians will have mental health challenges or disabilities in their lifetime

1 in 5 Canadians experience mental illness every year

Access to mental health care is worse for BIPOC (Black, Indigenous, People of Color)

2SLGBTQIA+ youth have a higher rate of mental illness

The presence or absence of a mental illness is not a predictor of mental health



## YMHC Workshops



YMHC provides workshops & presentations to students, school staff, parents and caregivers, community workers, newcomers to Canada, and professionals on a wide range of mental health and wellness topics. Workshops can be tailor designed to meet your needs. The length of most workshops is from 1 to 3 hours. The platform used is Zoom. We can also provide in-person workshops.

For more information, check out the information on our website and contact us at <https://edu.ymhc.ngo/workshop-registration-form/>

# YMHC Workshops

## 3-hour Zoom workshop for Families on School Phobia, Avoidance & Absence

### About this workshop:

Emotional, mental health & wellness issues can be significant barriers to school attendance. In this workshop, we will learn more about these factors and how they can contribute to poor attendance & increased suicide risk factors.

We will also explore strategies that school staff and families can implement to support students experiencing school-induced anxiety. The workshop will provide a safe place to share stories & challenges and feel inspired to work for change to support your child.

### Who is it for?

This workshop is for family members who would like to better support their children with school phobia, avoidance & absence.

### Learning outcomes

- Family experience of school phobia, avoidance & absence: discrimination, isolation & trauma
- Evidence-based school-wide interventions and strategies to support young people experiencing school phobia
- Access to a range of immediately practical and useable resources to support young people

# YMHC

Youth Mental Health Canada

**Saturday, November 26**  
**12 noon to 3 pm ET**



Youth Mental Health Canada



@youth\_mental\_health



@ymhchope2013



@YMHCCanada

# ABOUT THE YMHC SCHOOL PHOBIA WEBSITE <https://schoolphobia.ymhc.ngo>


**YMHC** YOUTH MENTAL  
HEALTH CANADA

## School Phobia Research:

YMHC has been conducting research on student school phobia experiences across Canada since 20198. Data has been analyzed and can be found on our website: <https://schoolphobia.ymhc.ngo>  
The website also includes resources, information, and over 400 stories from families.

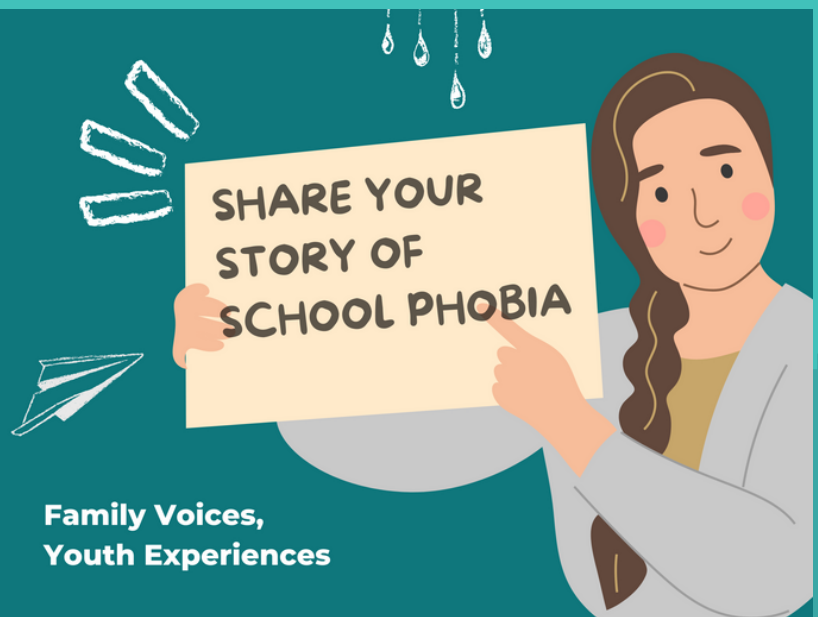
Representing the experiences of over 519 families with youth aged 10 years old and up, it is the only survey of school phobia, avoidance and chronic absenteeism in Canada ever conducted. This wealth of data highlights the resiliency and diversity of young people and demonstrates how important needs-based inclusion and participation in education are to their health and wellness. Findings from this survey also point to best practices for how to support young people and contribute positively to their mental health.

Youth Mental Health Canada's Survey on School Phobia and Chronic Absenteeism due to mental health disabilities is our second release of new insights into the unique challenges that Canadian youth face every day.



Everyone has a story...

Stories of school phobia, avoidance & absence shared by over 400 families on our story wall.



**Family Voices,  
Youth Experiences**

## About the School Phobia Workshop:

How we support young people once a student is struggling with their mental health and not able to attend school is critical. How we build mental wellness protective factors, develop needs-based educational models, and create proactive and preventative approaches to supporting young people with school phobia disabilities is at the heart of upstream prevention and our values of "building a world worth living in."

The topic of school phobia and "refusal" is one of the most pressing issues in youth mental health and suicide prevention.

To book a Zoom workshop at a different time: <https://schoolphobia.ymhc.ngo/workshop/>

In your contact form, please include details about:

- The length of the workshop or presentation
- The number of participants
- The topics you would like covered in the workshop or presentation
- Any add-ons you would like to include such as participation certificates or print or digital copies of our School Phobia Guidebook

We have an upcoming workshop on November 26, 2022 3PM EST.

To book this Zoom workshop:  
send an email to YMHC

We have family subsidies available for November 26's workshop.

Apply at [ymhc.ngo/mhh](https://ymhc.ngo/mhh)

## Mental Health Reminder: go beneath the surface to understand people



**Beneath the Iceberg:**  
Behavior is about unmet needs.

Possible needs:  
to eat  
to sleep  
to be comforted  
to feel calm  
to feel heard  
to feel respected  
to feel connection  
to feel cared about



## SOFT COCONUT FLOUR PUMPKIN COOKIES

These are soft, melt in your mouth cookies. Using coconut flour provides a different texture than our almond flour pumpkin cookie recipe. Mix up these ingredients by hand in one bowl and bake... ready in under 25 minutes!

### Ingredients

- 1/4 cup coconut flour
- 2 tbsp coconut oil
- 1/2 cup canned pumpkin puree
- 2 eggs
- 1 tsp cinnamon
- 2 tbsp granulated sweetener
- 1/4 tsp baking soda

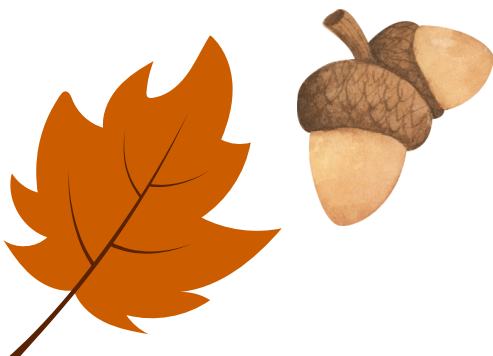


 @freshandflavourful

### Directions

1. Preheat oven to 350F. Line a baking tray with parchment paper.
2. Add and combine all ingredients by hand or with an electric mixer.
3. Scoop out the cookie dough (I like using a small cookie scoop that is ~1.5 tbsp) and place them spaced out (1/2 inch apart) on a parchment paper lining the baking tray. Press down on the tops of each cookie if desired. The cookies will not spread much - whatever shape they are going into the oven will be the shape of the final cookie. Another option is to place the batter into greased baking molds - I used pumpkins for a batch!
4. Bake for 15 minutes, allow the cookies to cool for 10-15 minutes.

Makes 21 cookies



# Self Care Calendar

# NOVEMBER 2022

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

30

31

1

2

3

4

5

Make yourself your favourite meal



Spend the day with family

Cozy up in a warm blanket and read!



Start your day with a nice breakfast

Send someone a meaningful message



6

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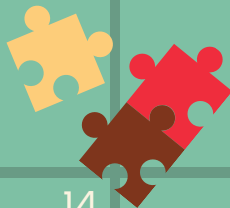
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11

12

Leave encouraging notes around your home

Try some puzzling



Compliment a co-worker

Check out some of YMHC's resources!



Take more breaks regularly

Make a list of things you are thankful for



Take a nap/ sleep in!

13

14

15

16

17

18

19

Share a random act of kindness/ Donate



Write down 10 things you love about yourself!

Try out some nature photography



Incorporate healthy food choices in your meals

Sing along to some of your favourite songs!



Go on a nature trail/hike

Organize a movie night with some friends



20

21

22

23

24

25

26

Challenge a friend to a friendly board game competition

Arrange an arts night!



Read aloud some self affirmations

Call some friends/ loved ones



Avoid drinking caffeinated drinks in the evenings

Spend the day in your pyjamas



Look for more ways to get involved in your community

27

28

29

30

Dec 1

2

3

Learn more about practicing mindfulness



Spend time with your pet(s)

Try baking some treats!



Make a list of personal goals for next month

# YMHC

Youth Mental Health Canada

## Supporting Youth Mental Health Change in Canada

YMHC is a community-based, youth-led charitable non-profit organization focused on youth, family and community engagement for mental health education, support, advocacy and change.

We advocate for needs-based, culturally sensitive, trauma-informed mental health supports, services and educational accommodations for students and direct funding to families to support young people with chronic mental health disabilities.



*A bird doesn't sing because  
it has an answer;  
it sings because it has a  
song. -- Maya Angelou*



[www.ymhc.ngo](http://www.ymhc.ngo)



[edu.ymhc.ngo](http://edu.ymhc.ngo)



[www.ymhc.ngo/contact](http://www.ymhc.ngo/contact)



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**Make Hope Happen!**

Donate at [www.ymhc.ngo/donate](http://www.ymhc.ngo/donate)