

YMHC YOUTH MENTAL HEALTH CANADA

October Volume: An Overview

This volume features a YMHC resource, October activity calendar, a spooky recipe, and mental health resources + more!

Special days in October include:

- October 1: National Seniors Day – to celebrate Canada's Seniors Act
- October 10: World Mental Health Day – to raise awareness and mobilize efforts to support mental health. While not everyone faces a life with mental health issues, mental health impacts all of us.
- October 10: Thanksgiving Day (Canada)
- October 31: Halloween



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/>

YMHC Internationally

YMHC will be attending the International Network for School Attendance conference in the Netherlands the first week of October. We will have a table at the Marketplace to showcase our Guidebook for Supporting Students with School Phobia and provide information about YMHC. The conference brings together international experts on school phobia and chronic absenteeism: professionals who are passionate about education, mental health inclusion, school mental health, equity, and access.



Self-Care Tip

Light a candle: Scientists have found that the olfactory sense is the only one with a direct link to the limbic system, the area of the brain that plays a major role in emotional regulation, memory, and behaviour. Also, try smells that have associations with happy recollections – anything from a type of candy you loved as a kid to fresh flowers.



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

VEGAN HARVEST VEGGIE SOUP

This Harvest Veggie Soup is a great way to use the glorious seasonal veggies from the farmer's market. Full of warm, hearty flavours, this will keep you warm on a chilly day.

Ingredients

2 tbsp olive oil
2 large leeks (White part) chopped
1 large onion, chopped
1 large potato, peeled and chopped
2 cups diced, peeled butternut squash
1 cup diced carrot
1 tart apple, peeled and diced
3 cups vegetable stock
1/4 tsp ground nutmeg
2/3 cup coconut milk
Salt and pepper to taste



 @freshandflavourful

Directions

1. In a large sauce pan over medium heat, add olive oil. Add leeks and onion, cook stirring often, until softened but not browned, about 10 minutes.
2. Add potato, squash, carrots, apple and stock; bring to a boil. Reduce heat; Cover and simmer, stirring occasionally until vegetables are soft, about 20 minutes.
3. Remove from heat and with a hand blender, purée mixture until very smooth. Stir in nutmeg and cream. Season with salt and pepper to taste.

Serves 4-6



World Mental Health Day – October 10, 2022

Make mental health & well-being for all a global priority. An estimated one in eight people globally lives with a chronic mental health disability.

HISTORY OF WORLD MENTAL HEALTH DAY

In 1992, the World Federation of Mental Health led by the deputy secretary-general at the time, Richard Hunter, created World Mental Health Day on October 10.

HOW TO OBSERVE WORLD MENTAL HEALTH DAY:

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

Create a self-care toolkit of aids, distractions, coping strategies, breathing and grounding exercises

Be aware of healthy habits that help maintain mental wellness

Reach in – check on the people in your life and normalize mental health check-ins with your friends and family

Practice community care: find ways to take better care of the people in your local community

Support YMHC, your source of mental health inspiration, information, support, and advocacy

WHAT ARE YOU DOING TO RECOGNIZE WORLD MENTAL HEALTH DAY?

People with Mental Health Disabilities in Canada



20 % of the
population

Mental Health in Canada

- In any given year, 1 in 5 people in Canada will personally experience a mental health problem or illness.
- By age 40, about 50% of the population will have or have had a mental illness.
- Mental illness affects people of all ages, education, income levels, and cultures; however, systemic inequalities such as racism, poverty, homelessness, discrimination, colonial and gender-based violence, among others, can worsen mental health and symptoms of mental illness, especially if mental health supports are difficult to access.
- Major depression affects approximately 5.4% of the Canadian population, and anxiety disorders affect 4.6% of the population[
- About 1% of Canadians will experience bipolar disorder (formerly called “manic depression”), and another 1% will experience schizophrenia.
- Eating disorders affect approximately 1 million Canadians – between 0.3-1% of the population. They impact women at a rate ten times that of men, and have the highest rate of mortality of any mental illness.
- 4,012 Canadians died by suicide in 2019.

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Youth Mental Health Canada



@youth_mental_health



@ymhchope2013



@YMHCCanada

YMHC Workshops



YMHC provides workshops 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. Length of most workshops is from 1 to 3 hours. The platform used is Zoom.

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

YMHC Workshops

SAVE THE DATE

SATURDAY, OCT 29, 12 NOON TO 3 PM ET

SCHOOL PHOBIA, AVOIDANCE & CHRONIC ABSENTEEISM WORKSHOP

Family
subsidy
available

\$100 FOR 3-HOUR WORKSHOP, GUIDEBOOK & CERTIFICATE

- School phobia: warning signs, symptoms
- The impact of educational loss: risk factors
- International research
- International best practices
- School-based approaches
- Action plans & YMHC strategies
- Education support team
- YMHC resources and support
- Assessment forms
- School phobia website



Register now at bit.ly/sp1029 for the Oct 29 workshop
or register at schoolphobia.ymhc.ngo/workshop for a
future or customizable workshop



ABOUT SCHOOL PHOBIA

Non-attendance at school or chronic absenteeism is commonly (and wrongly) referred to as “school refusal”. This inability to attend school due to school phobia and mental health disabilities occurs in students who experience intense, overwhelming, and severe emotional and physical distress when sleeping, waking up, leaving the house, entering the school building, and staying in school. The result of unsupported school phobia is school avoidance and chronic absenteeism.

Students with school phobia experience a range of psychological, emotional, social, and physical symptoms, often leading to depression, non-suicidal self-injury (commonly known as self-harm), and suicide experiences. School phobia is recognized as a complex mental health disability, with multiple causative factors and influences, requiring comprehensive and individualized support and needs-based approaches.



School Phobia Research:

YMHC has been conducting research on student school phobia experiences across Canada since 2019. 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.

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.

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.

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 mental wellness resources

We have an upcoming workshop on Oct 29 2022
3PM EST.

To book this Zoom workshop:

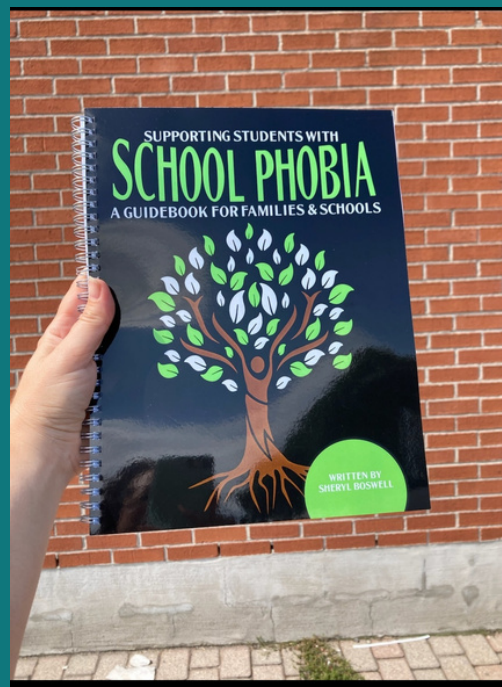
<https://edu.ymhc.ngo/product/school-phobia-avoidance-chronic-absenteeism-workshop-oct-29-2022-3pm-est/>

We have family subsidies available for October 29th's workshop with guidebook and certificate. Apply at ymhc.ngo/mhh

SUPPORTING STUDENTS WITH SCHOOL PHOBIA: A GUIDEBOOK FOR FAMILIES AND SCHOOLS

YMHC also produced an important guidebook and resource for families and schools with assessment forms, mental wellness, education support, and re-entry plans, possible educational accommodations, activities, and much more!

To order: <https://ymhc.ngo/spg>



CALM DOWN

BINGO

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Youth Mental Health Canada

 <p>NAME MY FEELINGS</p>	 <p>DEEP BREATHING</p>	 <p>CENTRE MYSELF</p>	 <p>IMAGINE A QUIET PLACE</p>	 <p>CHILD POSE</p>	 <p>DRINK WATER</p>
 <p>CALL A FRIEND</p>	 <p>RUN</p>	 <p>5-4-3-2-1 GROUNDING TECHNIQUE</p>	 <p>HUG</p>	 <p>PAINT</p>	 <p>BLOW BUBBLES</p>
 <p>SMELL MY FAVOURITE SCENT</p>	 <p>SQUEEZE SOMETHING</p>	 <p>MENTAL VACATION</p>	 <p>COUNT BACKWARDS</p>	 <p>EXPLORE NATURE</p>	 <p>LEARN A NEW SKILL</p>
 <p>PET AN ANIMAL</p>	 <p>NOISE CANCELLING HEADPHONES</p>	 <p>STIMMING</p>	 <p>LISTEN TO MUSIC</p>	 <p>WRAP UP IN A BLANKET</p>	 <p>COUNT HEARTBEATS</p>



OCTOBER 2022

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

25	26	27	28	29	30	1 Create or listen to a fall themed playlist!
2 Take a night/evening stroll	3 Try out a new pumpkin themed recipe	4 Try out a new exercise routine!	5 Check out some of YMHC's resources!	6 Savour a warm drink!	7 Light a fall scented candle	8 Plan a picnic!
9 Cozy up in a warm blanket and read!	10 Make a short list of things you are thankful for this year	11 Press and treasure some autumn leaves	12 Go on a hike or a bike ride!	13 Have an at home face mask + spa day	14 Pick out a comfortable fall themed outfit	15 Share some spooky stories with friends
16 Sleep in/ Go to sleep early!	17 Try apple picking!	18 Sit outside & admire nature	19 Try pumpkin carving/ decorating	20 Dance to your favourite music!	21 Create some halloween DIY arts/crafts decor	22 Spend the day in your PJs
23 Pay a visit to your local pumpkin patch	24 Take a warm bubble bath!	25 Try some poetry/ journaling	26 Try birdwatching/ nature photography!	27 Try some autumn inspired painting/art	28 Treat yourself to something pumpkin-spice themed!	29 Enjoy some of your favourite candy!
30 Try some fall inspired colouring books!	31 Enjoy some of your favourite Halloween movies!	1 Create or listen to a fall themed playlist!	2	3	4	5

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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



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www.ymhc.ngo/contact



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@ymhchope2013



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Make Hope Happen!

Donate at www.ymhc.ngo/donate