



MOBILIZING MINDS

pathways to young adult mental health

CURRENTLY LOOKING FOR SOME YOUNG ADULTS TO JOIN OUR PROJECT'S TEAM (PART-TIME; \$15/HR)

What do young adults need to know about getting help for stress, anxiety, and depression? As people move through the early adult years, most will have a friend or family member who could use help with these medical conditions, or require assistance for themselves. *Mobilizing Minds: Pathways to Young Adult Mental Health*, is a national project that will be developing and distributing mental health information for young adults and their peers. The project will engage both young adults and community organizations to identify what type of information young adults and their friends want, and how they want to receive it (e.g., magazines, websites, brochures). Mental health resources will be developed for young adults by young adults, working in partnership with interested adults. **Your voice and efforts are needed.**

Our project is currently seeking young adults (ages 18-25) to join our project team on a part-time basis (up to 10 hours a week; approximately \$15/hr). As a *team member*, you will be responsible for attending regular teleconference meetings, providing feedback and suggestions to the project team, facilitating team activities (e.g., team meetings, workshops, focus groups), and assisting with various project related tasks. Young adult team members will be matched with an adult mentor from the project who will provide guidance and support. Team members will have the opportunity to organize and attend youth-led conferences that will facilitate peer-to-peer networking and allow team members to develop their own projects within the context of the national project.

As a team member you will have the opportunity to join the project's various subteams and committees based on your interests and related experience. We are looking for a combination of expertise on the team, pulled from different types of living, work, volunteer and educational experiences. Priority will be given to those who have been consumers of mental health services. Previous life experience and/or education in the field of youth social services/programs, mental health, or psychology should be mentioned in your application. For more information about these positions please visit our website at www.mobilizingminds.ca and/or www.tgmag.ca or call Savannah at 416 597 8297. To apply for these positions, please e-mail a one-page cover letter outlining your interest and qualifications for this position to Jennifer McPhee, Project Coordinator at mcpheej@yorku.ca. Resumes are optional. This is a great opportunity to help shape the development of mental health treatment resources and products for young adults today.

Sub-Teams for Mobilizing Minds; other sub teams will emerge.

Please indicate if you are interested in a particular sub-team or interested in joining the Young Adult Team generally and undertaking specific work as it arises.

Partnership Evaluation Team

In this project, there will be a variety of partnerships between young adults and adults. The initial partnerships will be between young adults and researchers, as the young adults become participants on project committees and make connections with research mentors. Young adults will also work together with adults who deliver mental health services, as well as those who translate mental health knowledge into “user friendly” forms.

One of the main tasks of the Partnership Evaluation Team is to describe how young adult-adult partnerships are formed and maintained, as well as assessing their quality and effectiveness. We also are interested in the potential impact of these partnerships on both the young adults and adults. In consultation with others, this Team is responsible for developing evaluation strategies and measures, and making recommendations and reports to the Leadership Team.

The young adult member of the Partnership Evaluation Team will be expected to participate in teleconference meetings, provide feedback and suggestions to other team members, and help facilitate communication with other young adults in the project. Work-related expenses, such as travel to conferences, will be paid by our grant.

Information Identification Team

When young adults are experiencing high levels of stress and distress they often struggle on their own without accessing help that might assist them to cope effectively with these problems. The information identification team is responsible for understanding what information young adults would want to know if they were considering help for problems with stress, anxiety or depression and what barriers might get in the way of seeking help. The team will also explore how young adults would like to get this information – whom they would talk to, where they would look, and what formats they would like to receive information in. At present we do not have a good understanding of young adult’s experiences and views on these issues. We have started to meet with young adults for detailed in-person interviews to gather their opinions on these questions. We also plan to investigate these issues with the allies of young adults (families, friends, teachers) and by doing surveys with larger numbers of young adults. We expect that by hearing the opinions of young adults directly and the opinions of people who are their allies, we will develop a good idea of the information young adults want and the ways they could access this information most readily. We also hope to have a better understanding of barriers to seeking help when it is needed to solve problems.

The information identification team is looking to hire one young adult from the Toronto area and one young adult from the Winnipeg area. As a team member, you will have the opportunity to be involved in the following tasks:

- Attend meetings with the information identification team (telephone conferences) and provide the perspective of a young adult in the discussions of the team members. Participate in planning and decision making by the team.
- Have input into the questions we ask young adults.
- Help the team in summarizing and interpreting the information collected from interviews, surveys and focus groups with young adults and their allies.
- Listen and observe other young adults to develop further understanding of the most effective communication techniques. Possibly gather information from young adults in their circle.

- Review project plans and products from a young adult perspective
- Various administrative duties.
- Participate in evaluation of the team and the project.
- Communicate with other young adults involved in the project to share ideas and provide input to the project.

Community Partnership Team:

The partnership team is responsible for creating and sustaining partnerships with community-based organizations as well as provider organizations that have a vested interest in youth/young adults and mental health. Partnering organizations may also be members of the project’s community advisory mechanisms or act as part of a feedback group which will review the project’s plans and products, provide feedback from a community perspective, and assist with the dissemination of young adult mental health resources that are developed by the project. Community organizations will have the opportunity to invite a young adult counterpart who is affiliated with their organization and to participate in community partnership activities with a young adult’s perspective.

The young adult team member for the partnership team will have the opportunity to be involved in the following tasks:

- Undertake research and scoping of possible partner organizations
- Assist with the development and maintenance of partnerships with consumer groups, agencies, young adults and researchers
- Assist with the organization and facilitation of community advisory meetings
- Help organizations in the community partners to recruit young adult counterparts
- Assist with the development and implementation of various communication strategies such as monthly newsletters, blogs, discussion boards, for our partners/stakeholders and the partnership subteam
- Maintain records of established partnerships, communications and community needs assessments
- Review project plans and products from a young adult perspective
- Various administrative duties.

Please contact either:

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