

The New Mentality

The New Mentality is a network of youth-led groups across Ontario working to raise mental health awareness. Together with youth and their allies across the province, we mobilize youth to decrease the stigma surrounding mental illness, and increase youth leadership and influence within community-based counselling centres. The New Mentality is a program of Children's Mental Health Ontario, a membership association of over 80 community mental health agencies across the province.

Since 2007, The New Mentality has partnered with local mental health agencies to support youth-led New Mentality Groups, with youth leadership at the core. Each group is provided with \$2,000 of funding per cycle to develop and implement a project related to mental health awareness and decreasing stigma. Past projects have included YouTube videos, a series of speaking engagements at local schools, and a public art installation. Through The New Mentality's work to combat stigma, create public awareness, and share stories of treatment and recovery, our youth become leaders in their communities and provide recommendations about services to audiences across the province.

Currently, few programs offer the opportunity for youth to be engaged as advocates and leaders within the important realm of mental health. When youth can take ownership in shaping the programs that serve them, the services become more relevant and beneficial, more welcoming spaces are created, and greater outcomes are produced. Through amplifying youth voice, The New Mentality is working toward effective systemic change and setting the standard for youth engagement.

Partnerships

The New Mentality works to embed the practice of Youth Engagement in mental health organizations by supporting New Mentality Groups that operate within community mental health agencies, and facilitating the engagement of youth in focus groups, meetings & conferences.

In 2012-2013 we formed partnerships the following agencies to deliver New Mentality Groups:

- Algoma Family Services
- Children's Mental Health Ontario
- Delisle Youth Services
- Dufferin Child & Family Services
- East Metro Youth Services
- New Path Youth & Family Services
- Pathways for Children and Youth
- Phoenix Centre
- Reach Out Centre for Kids
- Sarnia Lambton Rebound
- Windsor Regional Children's Centre

