

YOUTH WELLNESS HUB UPDATES



CONTEXT

There are currently 22 Youth Wellness Hubs in Ontario

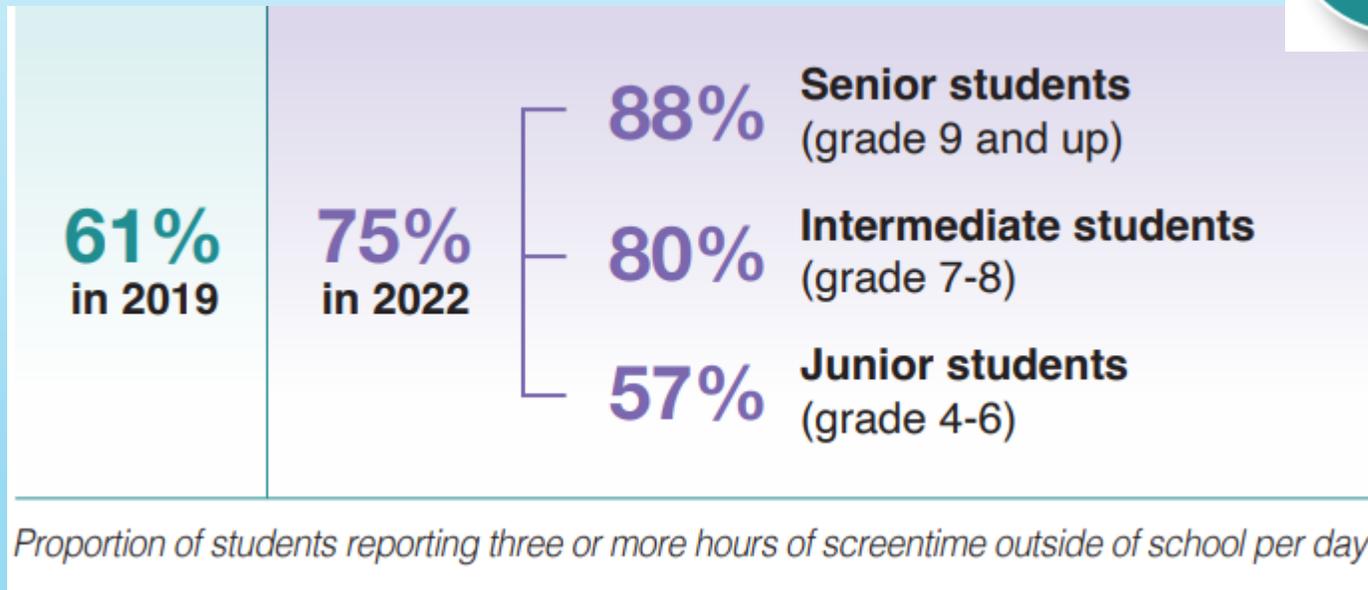
An information session was held with community partners in December to gauge interest in pursuing a Youth Wellness Hub in Dufferin

We heard a resounding YES from service providers at the meeting!

The group consensus was that DCAFS would take the lead in next steps (this is not indicative of on-going governance or decision making) and DC Moves offered to support as well.

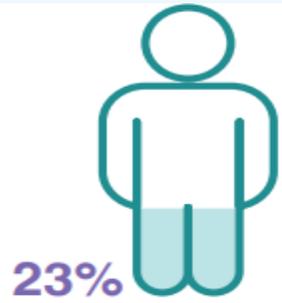
DATA TO CONSIDER...

(SOURCE – WDG PUBLIC HEALTH)

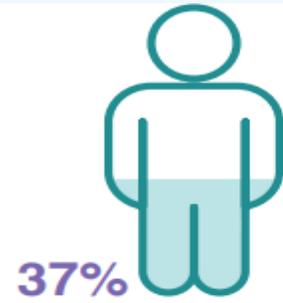


46% Ontario students grades 7-12 who are preoccupied with their weight or body shape.

49% Ontario students grades 7-12 reported bingeing and/or uncontrolled eating.¹



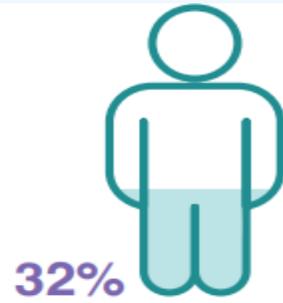
Report often or always struggling with eating issues



Report often or always struggling with being distracted



Have a high score on the Psychological Distress scale



Report often or always struggling with body image

Decreases from 2019



Have a high score on the Self-Esteem asset



Cope well with issues and difficulties they experience at school



Feel hopeful about their future



In 2022, **1 in 5 (20%)** Wellington-Dufferin-Guelph students **harmed themselves**. This was an 18% increase from 2019. This proportion is similar to the Ontario average reported in 2021 in the Ontario Student Drug Use and Health Survey (OSDUHS).^{1,2}



In 2022, **1 in 6 (15%)** Wellington-Dufferin-Guelph students reported **thoughts of suicide**. This was a 25% increase from 2019. This proportion is smaller than the Ontario average reported in the 2021 OSDUHS.^{1,2}

WHAT HAS HAPPENED SINCE DECEMBER?

Communication went out to those who attended the info session to advise the plans for follow up

Engagement occurred with the University of Guelph (Department of Psychology) to support youth information sessions

UGDSB supported information sessions to occur in their schools

A public youth session occurred on March 7 for which invitations went to a wide range of youth groups

We wanted to know – do youth want us to pursue this; and if so, what do they need from us to support their involvement

WHAT DID WE HEAR FROM YOUTH?

Scales





CONCURRENT ACTIVITIES

Planning for youth sessions

Personal contacts with entities we want to engage in this process

Proposal development for submission to MOH (almost complete)



NEXT STEPS

Submit proposal

Community Engagement Session Planning Committee – who's in?