



Workshop Summary **CASA Youth Council** July 19th, 2016

The CASA Youth Council came together for a full-day workshop on July 19th. The main goal discussed was to draft and create a mental health magazine/publication, with articles and content written by CASA Youth Council members. The council worked together to brainstorm different ideas for potential articles, and chose articles each member would be interested in working on. Ideas for potential articles included:

- Brain diagram or colouring sheet
 - Pages for adult colouring book
 - “This is Your Brain on Mental Health (Illness)”
 - Q&A with a parent
 - Crisis – where can you turn?
 - Links to community activities and healthy relationships
 - Conversations starters
 - Foster animals
 - Creative expressions
 - What to take to the first appointment with a therapist
 - Personal experience stories
 - Diversity of mental health
 - Links and websites to support resources
 - Simple Mental Health Act information.
 - How to get mental health services for youth and young adults
 - Mental health supports for prospective post-secondary students
 - Plain language medication information and side effects
 - Q&A with a youth
 - What to expect with different types of therapy
 - Psychoeducation of different mental illnesses
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