

What did you hear in the stories: What specific actions are helping to increase positive outcomes for children and youth?

connection to  
community and culture

Role models - seeing  
people they know who  
are on a recovery path

Peer support

"Health through wellness" -  
understanding a whole-person  
approach to wellness means  
connection to community, to  
culture, to family, to food, to  
safety, and so much more.

Developmentally age  
appropriate services

cultural connections

belonging and connection  
are important for young  
people to increase positive  
outcomes

Peer Initiatives

# What did you hear in the stories: What specific actions are helping to increase positive outcomes for children and youth?

Available supports for young people and adults to reach out to when they need support.

finding community

Early adult support so kids it stopped after age of majority

Safe relationships that prioritize youth goals and lean into their strengths.

open door policy

Youth-based peer to peer support models - how can we scale these while also maintaining and honouring the relationality necessary in these programs and initiatives?

School-based programs connecting youth and families

Listening to youth voices, they know what they need.



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Affordable safe housing with wrap around supppprts.

reframing substance use as a protective mechanism for youth. Substance use as self-soothing and an alternative to self harm

Nation support to attend treatment

Logistical/administrative supports that are quickly put in place when children and youth are seeking substance use support

Being available

Judgment free programming

Collaboration among service providers

System approach to scaffold organizations of deficit to build needed supports for children and families

What did you hear in the stories: What specific actions are helping to increase positive outcomes for children and youth?

honest conversations

Creating safe spaces

Need all of govt  
response and create  
structures to enable this

honest truth

Cannot individualize our  
way out of systemic  
oppression

Social Determinants of  
Safety

Children and youth  
being seen, heard, and  
believed.

Public parenting



What did you hear in the stories: What specific actions are helping to increase positive outcomes for children and youth?

meeting basic needs

Judgement free  
relationships

acknowledgement of  
complexity of problem

Youth being heard and  
listened to

healthy attachment

having positive role  
models

Access to wellness and  
cultural activities

self-directed care



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# What did you hear in the stories: What specific actions are helping to increase positive outcomes for children and youth?

Meeting youth where they are at.

First we need to define "positive outcomes" - often that definition is too narrow. Connection is a form of positive outcome. Building relationships is a form of positive outcome.

access to a continuum of services- from housing, access to mental health services, connection, harm reduction services, land based programs, ceremony

I heard about the term "social determinants of SAFETY" - what a beautiful and challenging reframing of the more typical "social determinants of health." How can we interrogate the meaning of this?

Harm reduction is a spectrum

We may not be a parent but we can connect

logistical, administrative and financial support to attend treatment

Low barrier programs that provide treatment and support post-discharge



# What did you hear in the stories: What specific actions are helping to increase positive outcomes for children and youth?

focusing on early develop,  
school based, upstream  
prevention is key

Kids connect with those  
who care about them

increasing supports for  
youth who have lost a friend  
or family member to drug  
poisoning.

Self-soothing vs self-  
harming/destructive

Having at least one, but  
ideally a network, of caring  
adults that provide  
connection, support and  
belonging

relational continuity through  
transitions; staying  
connected no matter what  
arises is critically important

Access to participatory  
activities like sports and  
music

need to fund prevention  
at the same rate as  
crisis/intervention



# What did you hear in the stories: What specific actions are helping to increase positive outcomes for children and youth?

Having space ready and available for when a young person is ready to seek support

More early intervention to support children and families, especially low-income families -  
- across 'systems' - school, therapies (S/L, O/T), health and social supports/connections.

supporting parents who use drugs with safer supply/robust treatment options

Changing perspectives on SU Treatment from abstinence only to supporting how/what changes in relationships with substance use (stop, cut down, using in a safer way, etc.).

Safe housing

Listening to individual youth to inform care plans.

meeting basic needs like food and shelter

Knowing the whole story.



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Food security

harm reduction based  
housing and facility  
policies

One to one connections to who  
they are, their culture, their  
feelings, building trust &  
relationships for love and  
support for their pathways to  
find joy and happiness and to  
be loved.

Need to invest upstream -  
children who have high support  
needs for neurodevelopmental  
issues are vastly  
undersupported, in schools and  
at home.

Address material and structural  
issues: housing, poverty,  
voluntary mental health care.  
when people are in survival  
mode they have fewer choices  
and are vulnerable to  
exploitation.

Programs that have  
supportive transitions from  
treatment to staged  
housing/support are  
needed

Access to things that  
"light a youth up" music,  
art, sport.

Land and water based  
healing



# What did you hear in the stories: What specific actions are helping to increase positive outcomes for children and youth?

Redefine success in traditional, colonial systems to enable children to see themselves in work of organizations

All of government approaches - include Ministry of Education

post secondary harm reduction strategy as response to UVic student death

access to a phone with data for app based overdose prevention services

need RCY to make connection btw prevention and outcomes

Less focus on "beds"

Young people without family privilege need supportive and healthy adults in their lives through their young adulthood

Not blaming families, supporting them!!



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Including parents in service responses for problematic substance use for their child.

enduring connection with caring adult

Having information about intake and a number to call when someone is ready to attend treatment.

programming that supports stronger transitions and longer connections as needed by individuals....not bound to short term help and then discharge to nothing

We need more conversations like this... I am so inspired and feel need to learn

access to regulated substances instead of the unregulated drug supply

clinicians reporting success with prescribing youth prescribed safer supply/hydromorphone in Northern BC

reinforcing collective care to keep staff in the work despite it's complexities



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connection to the land

honest conversations around complexities and tailoring intervention to the individual

Belonging and relational connections were often key to wellness and healing. Cultural connections and relationships were especially powerful.

love in healing and support is essential

Self-determination through meeting people where they're at. Non-judgement; youth need to chose their paths to wellness.

opportunities that build connections, connect to culture. Decrease stigma, meet youth where they are. Work on youth related goals, even if not directed related to substance use

Build self-determination

Explore identity, build confidence in one's self.

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Issues around safety and youth having safe spaces and accessing safety information

Peer connections, peer-run supports . Experiences of being seen without stigma / judgement by peers. Resource peer-led efforts rooted in self-determination and non-judgement.

Successful efforts ran counter to status quo practices of paternalism, coercive care, stigma, surveillance, and white saviourism..

support families and communities to support youth.