



Canadian Mental
Health Association
Calgary
Mental health for all



SMART LEADERS
INITIATIVE



We are so happy your school or community group is participating in the SMART Leaders Initiative, with CMHA Calgary's YouthSMART.

This initiative is designed to generate an awareness of mental health topics, and increase your skills and confidence to foster wellness and resiliency in your community.

By participating in the initiative as SMART Leaders, you have committed to the development and implementation of participant-led projects to spark meaningful mental health promotions and dialogue amongst your peers.

As SMART Leaders, you will work collaboratively to execute ongoing, school or community-wide mental health awareness activities throughout the year. You will follow the 5 "SMART Steps to Success" outlined in this toolkit to maximize the success of these projects.

We ask for you to share your amazing activities with YouthSMART on social media through one of the following:

Web
YouthSMART.ca







Email
info@cmha.calgary.ab.ca

Social Media
[#SMARTLeadersYYC](https://twitter.com/SMARTLeadersYYC)
T @CMHACalgary
IG @CMHACalgary
FB @CMHA Calgary Region

YouthSMART looks forward to working with you as SMART Leaders!

Incredible changes surrounding mental health are about to happen...

SMART Leaders Initiative

	1
	Understanding Mental Health and Resiliency	6
	SMART Steps to Success	13
	Tips for SMART Leaders	20
	Planning Sheets	25
	Community Resources	29



About this Toolkit

This toolkit will provide you with the 5 “SMART Steps to Success” in the SMART Leaders Initiative. It offers you tools to design, coordinate, and implement mental health awareness projects within your school or community and gives important information regarding CMHA Calgary, YouthSMART, and other community organizations. This toolkit is designed for teachers, facilitators or group leaders to use alongside their participants aka “SMART Leaders”, and as such, much of the information is written directly to the SMART Leaders themselves.

What is The Canadian Mental Health Association—Calgary Region?

Canadian Mental Health Association - Calgary Region (CMHA Calgary) builds awareness and provides education and support for individuals and families living with mental health or substance use concerns. We provide community-based programs, including supportive and independent living, peer support for families and individuals, and community education for adults and youth. We work closely with other community organizations to bridge gaps in the mental health care system and facilitate access to important services and resources.

What is YouthSMART—CMHA Calgary’s Youth Mental Health Initiative?

CMHA Calgary’s YouthSMART (Youth Supporting Mental Health and Resiliency Together) integrates collaborative, youth-led mental health learning opportunities in local middle, junior, and senior high schools. YouthSMART knows that youth are incredibly influential amongst their peers, within their schools, families, and communities. As such, YouthSMART values youth as peer contributors, actively involved in the programming and opportunities that directly impact their wellness, and works with SMART Leaders to transform the culture of their community surrounding mental health.

What is EQUIPPED?

EQUIPPED offers mental health training and tools for young adults. It builds on the basic concepts taught in YouthSMART but expands knowledge for a slightly older audience of emerging adults ages 16-24. The program is an online, self-directed mental health education platform that offers a variety of courses. The EQUIPPED name indicates that these educational courses will help to equip a young person with foundational mental health concepts and the necessary skills to practice self-care. EQUIPPED is available to support the learning of all SMART Leaders, as well as all members of their wider community

What is a Community?

A community is built on the shared connections, goals, and values of its members, whether they are students, teachers, families, or individuals involved in local organizations and activities. Within schools and broader community groups, these members work together to create a supportive and inclusive environment where everyone’s well-being and growth are prioritized. Each member, whether connected through education, or social initiatives, contributes to creating a healthy social environment where all members of the community are valued, encouraged, and supported. This toolkit generally refers to schools or communities throughout, however SMART Leaders may be connected to a variety of organizations, clubs, or teams.



What is the SMART Leaders Initiative?

As part of a comprehensive, ‘whole-community’ approach to wellness, the SMART Leaders Initiative actively embraces the key pillars of YouthSMART – support, mental health, resiliency, and togetherness. Motivated, energetic leaders from both student teams and community groups are championed by YouthSMART, their school or organization, and designated facilitators to collaboratively contribute to the overall climate of mental health within their community. SMART Leaders, along with their designated facilitators, work together to execute ongoing, organization-wide mental health awareness projects throughout the year. The SMART Leaders Initiative commits to the development and implementation of participant-led action plans.

Why become SMART Leaders?

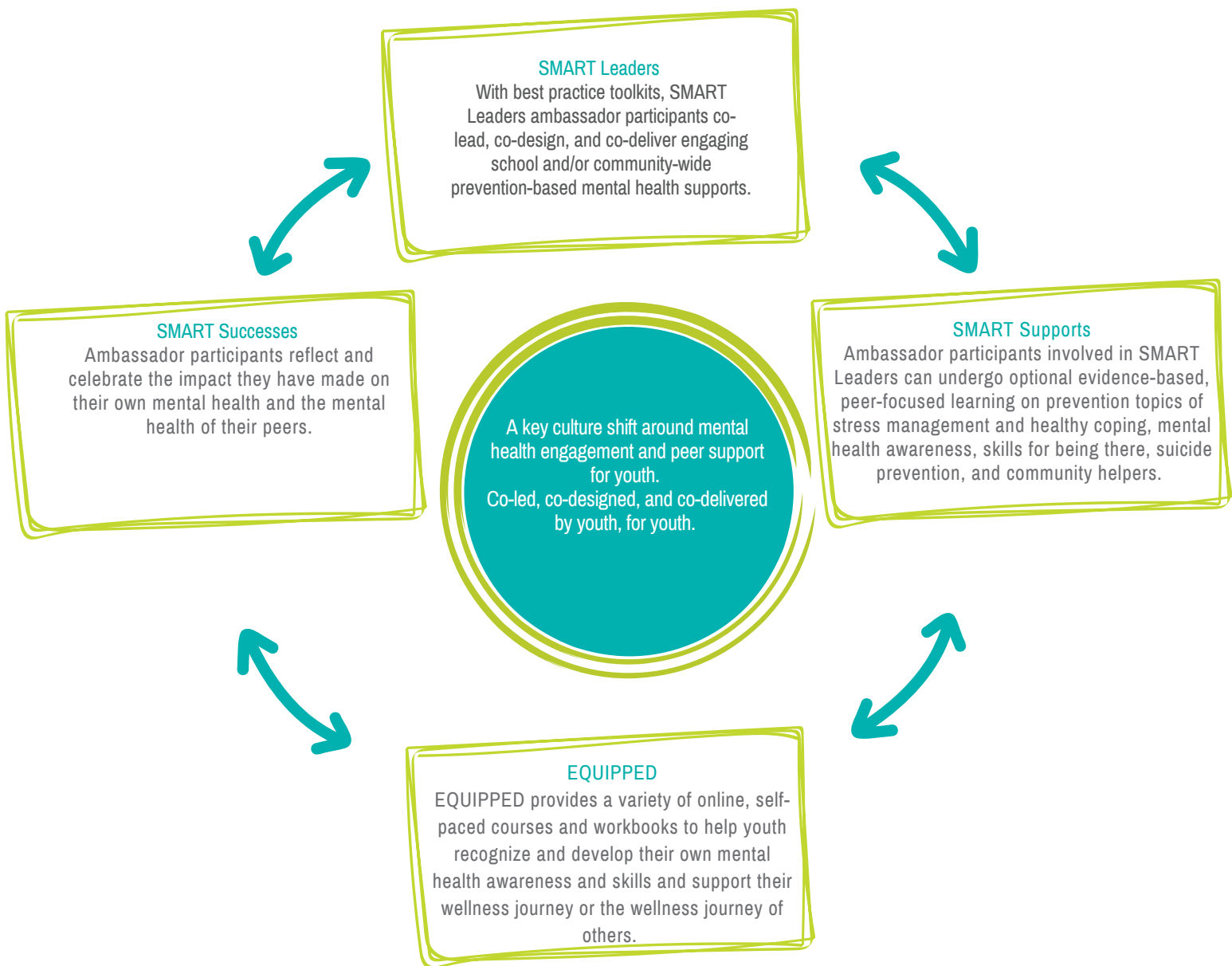
In the past, outcomes from the YouthSMART Initiative have demonstrated that participating groups experience a reduction in stigma, an improved understanding of mental health and resiliency, an increase in help-seeking behaviours, and a substantial shift toward a safe and supportive group culture.

Is the SMART Leaders Initiative right for your group?

This initiative is for any group of young people and their designated facilitators who want to develop and implement a mental health initiative in their school, community group, or organization. This initiative will provide SMART Leaders with the guiding principles to design, coordinate, and implement mental health awareness projects within their community.

Before deciding if the initiative is right for you, it is important to consider several key factors. First, think about who your audience is and what specific needs they have – understanding this will guide the process. You should also consider who will take on the leadership roles of being SMART Leaders, and how you will select these individuals. Approval from relevant stakeholders is another factor to keep in mind – be sure you have the necessary buy-in to move forward. Additionally, consider the time requirements as well as resource availability – both financial and physical. Many projects can be done for low cost, but consider if you have the tools that may be required.

What is the process of being a SMART Leader?



What can YouthSMART provide to my group?

YouthSMART features a well-developed menu of optional mental health learning opportunities called SMART Supports, that can be selected to enhance your project. **SMART Supports are designed in such a way, that participants, facilitators, school administrators, community groups, etc. can actively choose the learning opportunities they deem the most beneficial for their community.**

Some SMART Supports are single-session learning opportunities, and some require a deeper time commitment. These opportunities **can be delivered exclusively to your SMART Leaders to increase their own mental health literacy, or more widely to all members of your community.**

What does the SMART Supports menu include? Supports for Youth

Stress Management and Healthy Coping – Attainment of a healthy mind and body begins with understanding how to balance the demands of life. Understanding stress is foundational in maintaining personal health. This interactive workshop provides an overview of what the stress response is, and how it affects the body and mind. Through this workshop, participants will develop an awareness of their own particular stressors, and how to cope with stress in healthy ways. (45-90 minute workshop, designed to fit one class period.)

Skills for Being There – How do we best support our friends? There is no perfect formula for helping someone, but you certainly can strengthen your skills. This workshop outlines how participants might recognize if someone needs support while improving their listening, communication, and helping abilities. (45-90 minute workshop, designed to fit one class period.)

Community Helpers – The Community Helpers training follows a peer support model and contributes to positive mental health within schools or community groups. The training frames its peer model with the understanding that every community has natural helpers willing to support friends in times of need. Offered in partnership with Alberta Health Services, the training uses a variety of engagement styles such as art, group work, digital videos, mini-lectures, and role-play. At the end of training, youth are able to build mental health equity in their community by understanding common mental health language, identifying levels of concern, resolving conflict through the Helping Skill, connecting to helping resources and professionals, and the practice of appropriate self-care techniques. (Typically 8 hours of training. May be delivered in one full day, two half days, or in multiple sessions.)

Mental Health Awareness – We all have mental health! This workshop breaks down common misconceptions surrounding mental illnesses and promotes a preventative approach to mental health and wellness. Participants gain a comprehensive introduction to stigma, the common warning signs for mental health concerns, and the resources available for help. (45-90 minute workshop, designed to fit one class period.)

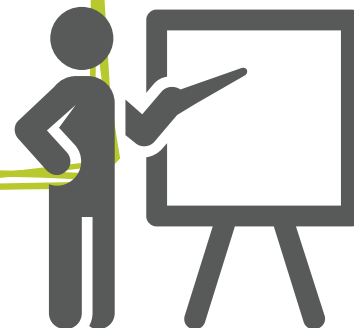
Suicide Prevention – Suicide is a leading cause of death for young people in Canada. This concerning statistic makes understanding and preventing suicide especially important. This workshop provides a compassionate and informative discussion around suicide as it seeks to dispel myths, outline warning signs and protective factors, and connect youth to professional resources. (45-90 minute workshop, designed to fit one class period.)

EQUIPPED – EQUIPPED offers mental health training and tools for young adults. The online platform provides opportunities to learn through self-paced modules and workbooks. EQUIPPED features a variety of wellness-focused topics like Stress Management and Healthy Coping, Mental Health Awareness, Skills for Being There, Mental Health Matters: 2SLGBTQ+ Mental Health, and Mental Health Explorer: Navigating Mental Health Supports.



Supports for Teachers or Group Facilitators

Teacher or Facilitator Workshops – CMHA Calgary provides short professional development workshops on a variety of mental health-related topics that help teachers or group facilitators boost their own wellness, and the wellness of their students and participants. Just ask us how we can collaborate together to support the needs of your group!




Supports for Parents and Caregivers

Mental Health Resource Guide for Parents and Caregivers – This resource is designed to build mental health literacy for supportive adults and will empower those who care for youth to develop their own mental and the mental health of their children. While this guide uses the terms “parents” throughout, the information is appropriate for anyone who supports or cares for young people in anyway. These educational materials, resources, and tools aim to increase parental mental health awareness, reduce stigma, and create greater comfort in engaging in conversations around mental health, by drawing on the unique interests, goals, strengths, intersectionality, relationships, and capabilities of caregivers, while at the same time highlighting CMHA Calgary’s community offerings.





SECTION 1



UNDERSTANDING
MENTAL HEALTH
AND RESILIENCY

Understanding Mental Health and Resiliency

What is mental health?

Mental health is more than having or not having a mental illness. We can't be truly healthy without it. It involves how we feel, think, act, and interact with the world around us. Mental health is about realizing our potential, coping with the normal stresses of life, and being involved in our community, such as our school, an art group, or a sports team. Good mental health is not about avoiding problems or trying to achieve a "perfect" life. It's about living well (wellness) and feeling capable despite challenges. Each of our individual paths to mental health will be unique, as we all have our own goals, our own struggles, our own talents, and our own supports.

What is a mental health issue?

Everyone will experience a mental health issue, like grief or stress, at some point in their lifetime. A mental health issue may arise anytime change happens, such as the death of a loved one, a relationship ending, or a big school exam. These types of feelings happen to everyone and can affect how we think, our ability to handle situations, and how we function in our day-to-day lives.

What is mental illness?

Mental illness is a serious, prolonged change in thinking, mood, or behaviour that negatively impacts a person's life over a period of time. Mental illnesses are health problems that affect the way we think about ourselves, relate to others, and interact with the world around us. Caused by a complex interplay of genetic, biological, personality, and environmental factors, mental illnesses can affect our thoughts, feelings, and behaviours. Culture, background, and personal beliefs also shape the way people understand mental illnesses. Mental illnesses can disrupt a person's life or create challenges, but with the right support, a person can get back on a path to recovery and wellness.

Who is impacted by mental health issues and mental illness?

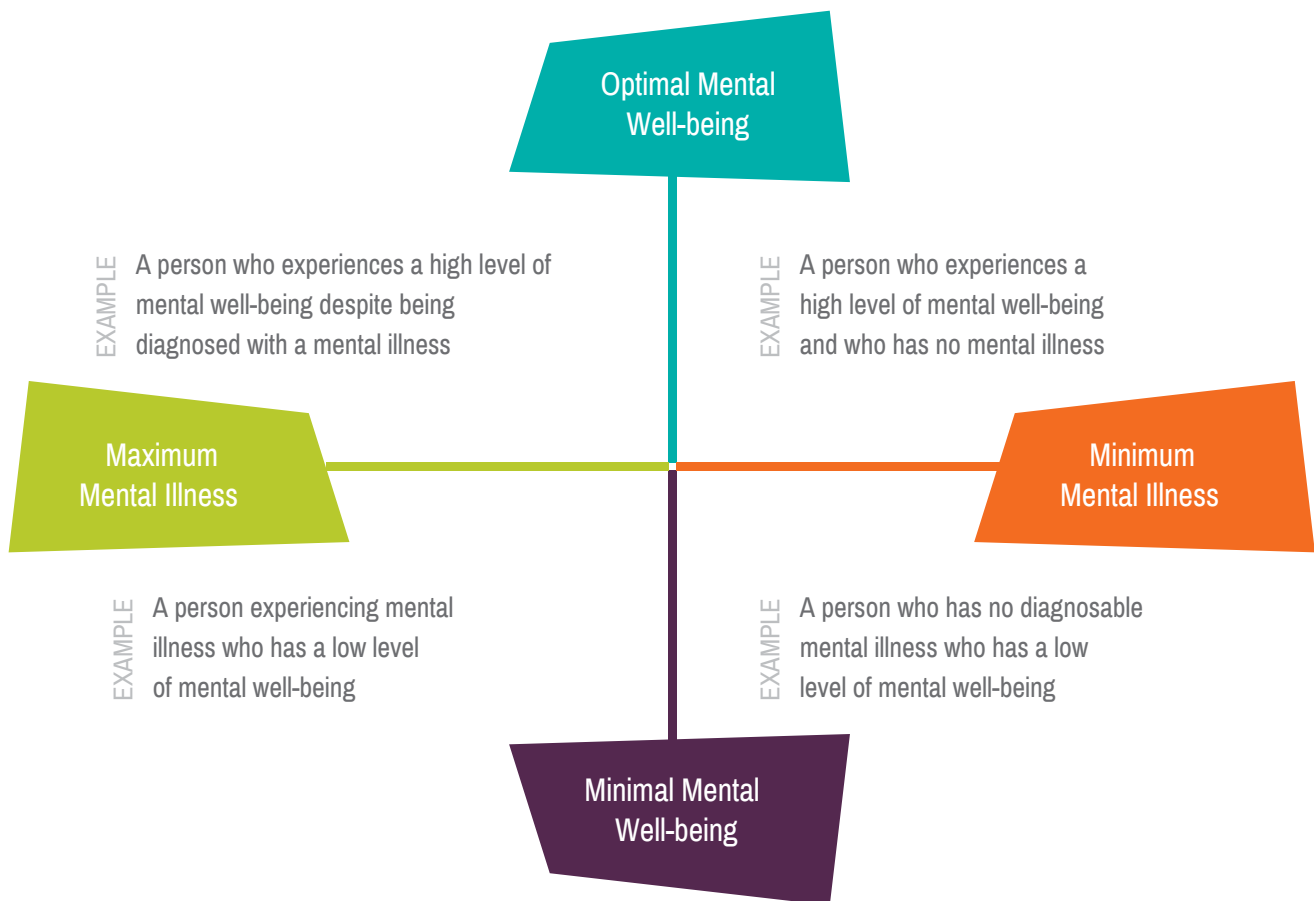
Mental health issues and mental illnesses indirectly affect all Canadians at some time whether personally, or through a family member, friend, or peer. Mental health issues and mental illness affect people of all ages, education, income levels, and cultures.

What is recovery?

Recovery is the personal process that people with mental health issues or mental illness go through to gain control, meaning, and purpose in their lives. Recovery involves different things for different people. For some, recovery means the complete absence of the symptoms of mental illness. For others, recovery means living a full life in the community while learning to live with ongoing symptoms.

What is “the continuum of mental health”?

Mental health runs on a continuum, moving from optimal mental health to minimal mental health. Mental health is not a fixed state; everyone will experience changes in their mental health at some point in their lifetime. When the demands placed on any individual exceed their resources or coping abilities, their mental health may be negatively affected.

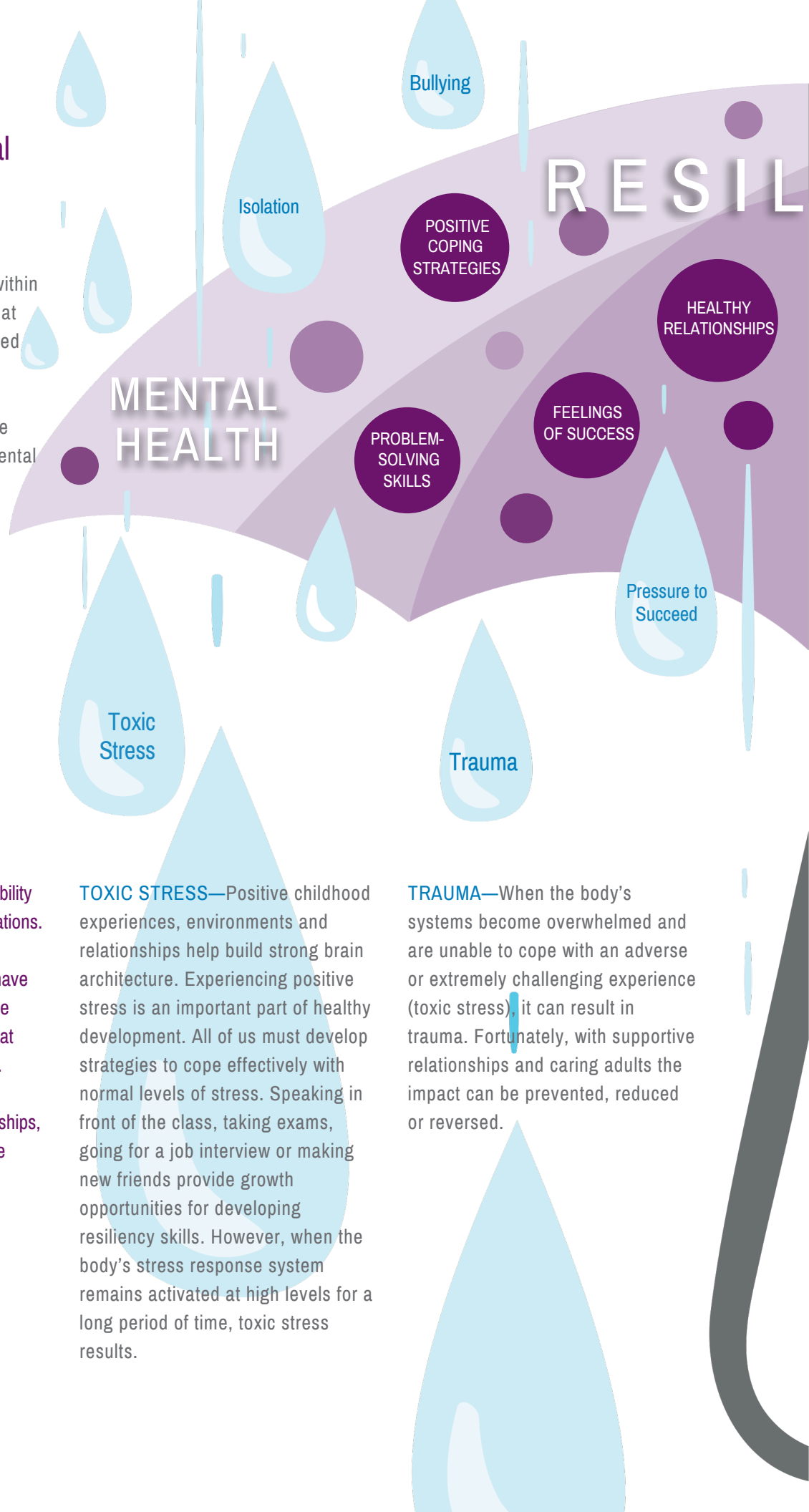


Together to Live: <http://www.togethertolive.ca/mental-health-continuum>

Resiliency and Mental Well-Being Umbrella

What is resiliency?

There are a variety of factors within the mental health continuum that increase mental wellbeing, called “protective factors”. Factors that decrease mental wellbeing are called “risk factors”. All of these factors are key topics within mental health.

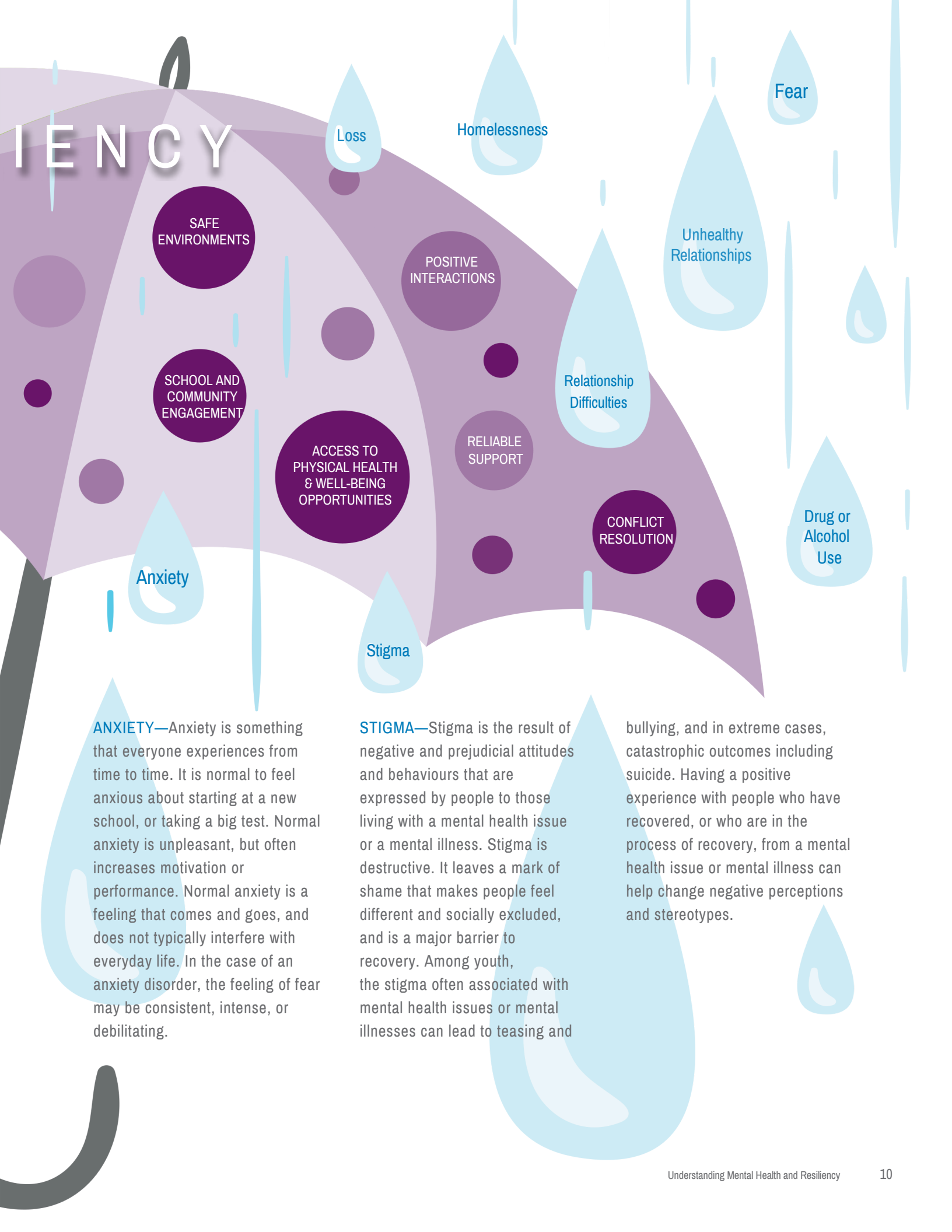


RESILIENCY—Resiliency is the ability to bounce back from adverse situations. Despite challenging or stressful experiences, resilient individuals have developed skills to adapt and move forward. Resilience is not a trait that people either have or do not have. Rather, it is built through the combination of supportive relationships, adaptive skill-building, and positive experiences.

TOXIC STRESS—Positive childhood experiences, environments and relationships help build strong brain architecture. Experiencing positive stress is an important part of healthy development. All of us must develop strategies to cope effectively with normal levels of stress. Speaking in front of the class, taking exams, going for a job interview or making new friends provide growth opportunities for developing resiliency skills. However, when the body’s stress response system remains activated at high levels for a long period of time, toxic stress results.

TRAUMA—When the body’s systems become overwhelmed and are unable to cope with an adverse or extremely challenging experience (toxic stress), it can result in trauma. Fortunately, with supportive relationships and caring adults the impact can be prevented, reduced or reversed.

RESILIENCY



SAFE ENVIRONMENTS

SCHOOL AND COMMUNITY ENGAGEMENT

ACCESS TO PHYSICAL HEALTH & WELL-BEING OPPORTUNITIES

POSITIVE INTERACTIONS

RELIABLE SUPPORT

CONFLICT RESOLUTION

Loss

Homelessness

Fear

Unhealthy Relationships

Relationship Difficulties

Drug or Alcohol Use

Anxiety

Stigma

ANXIETY—Anxiety is something that everyone experiences from time to time. It is normal to feel anxious about starting at a new school, or taking a big test. Normal anxiety is unpleasant, but often increases motivation or performance. Normal anxiety is a feeling that comes and goes, and does not typically interfere with everyday life. In the case of an anxiety disorder, the feeling of fear may be consistent, intense, or debilitating.

STIGMA—Stigma is the result of negative and prejudicial attitudes and behaviours that are expressed by people to those living with a mental health issue or a mental illness. Stigma is destructive. It leaves a mark of shame that makes people feel different and socially excluded, and is a major barrier to recovery. Among youth, the stigma often associated with mental health issues or mental illnesses can lead to teasing and

bullying, and in extreme cases, catastrophic outcomes including suicide. Having a positive experience with people who have recovered, or who are in the process of recovery, from a mental health issue or mental illness can help change negative perceptions and stereotypes.

Common Myths about Mental Health and Mental Illness

Myth #1

Mental illnesses aren't real illnesses.

FACT: The words we use to describe mental illnesses have changed greatly over time. What hasn't changed is the fact that mental illnesses are not the regular ups and downs of life. Mental illnesses create distress, don't go away on their own, and are real health problems with effective treatments. When someone breaks their arm, we wouldn't expect them to just "get over it." Nor would we blame them if they needed a cast, sling, or other help in their daily life while they recovered.

Myth #2

Mental illnesses will never affect me.

FACT: All of us will be affected by mental illnesses. Researchers estimate that as many as one in five Canadians will directly experience a mental illness at some point in their life. You may not experience a mental illness yourself, but it's very likely that a family member, friend, or peer will experience challenges.

Myth #3

Mental illnesses are just an excuse for poor behaviour.

FACT: It's true that some people who experience mental illnesses may act in ways that are unexpected or seem strange to others. We need to remember that the illness, not the person, is behind these behaviours. No one chooses to experience a mental illness. People who experience a change in their behaviour due to a mental illness may feel extremely embarrassed or ashamed around others. It's also true that people with a history of a mental illness are like anyone else: they may make poor choices or do something unexpected for reasons unrelated to symptoms of their illness.

Myth #4

Bad parenting causes mental illnesses.

FACT: No one factor can cause mental illnesses. Mental illnesses are complicated conditions that arise from a combination of genetics, biology, environment, and life experiences. Family members and loved ones do play a big role in support and recovery.

Myth #5

People with mental illnesses are violent and dangerous.

FACT: Researchers agree that mental illnesses are not a good predictor of violence. In fact, if we look at mental illnesses on their own, people who experience a mental illness are no more violent than people without a mental illness. Excluding people from communities is linked to violence. And people with mental illnesses are often among those who are excluded. It's also important to note that people who experience mental illnesses are much more likely to be victims of violence than to be violent.

Myth #6

People don't recover from mental illnesses.

FACT: People can and do recover from mental illnesses. Today, there are many different kinds of treatments, services, and supports that can help. No one should expect to feel unwell forever. The fact is, people who experience mental illnesses can and do lead productive, engaged lives. They work, volunteer, or contribute their unique skills and abilities to their communities. Even when people experience mental illnesses that last for a long time, they can learn how to manage their symptoms so they can get back to their goals. If someone continues to experience many challenges, it may be a sign that different approaches or supports are needed.

Myth #7

People who experience mental illnesses are weak and can't handle stress.

FACT: Stress impacts wellbeing, but this is true for everyone. People who experience mental illnesses may actually be better at managing stress than people who haven't experienced mental illnesses. Many people who experience mental illnesses learn skills like stress management and problem-solving so they can take care of stress before it affects their wellbeing. Taking care of yourself and asking for help when you need it are signs of strength, not weakness.

Myth #8

Youth can't have a mental illnesses. Those are adult problems.

FACT: Children and youth can experience mental illnesses. In fact, many mental illnesses first appear when a person is young. Mental illnesses may look different in youth than in adults, but they are a real concern. Mental illnesses can impact the way young people build skills, which can lead to challenges in the future. Unfortunately, many young people don't receive the help they need.

Myth #9

Youth who experience mental illnesses can't go to school and/or participate in extracurricular activities.

FACT: Whether you realize it or not, schools, communities, and social groups are filled with people who have experienced mental illnesses. A climate of support around mental health and safety can make a significant difference in the personal and academic success of individuals experiencing mental illnesses.



SECTION 2

SMART STEPS
TO SUCCESS

SMART Steps to Success

The SMART Leaders Initiative from CMHA Calgary's YouthSMART is designed to generate an awareness of mental health topics and to provide participating SMART Leaders with the skills and confidence to make change surrounding mental health in their communities.

As SMART Leaders, you will design an action plan to spark increased awareness and understanding about a topic related to mental health. Your advocacy and activities will promote mental health, and help foster a sense of resiliency in your community.

To facilitate learning between SMART Leader groups, we invite you to share the ongoing process of developing and implementing your participant-led action plan and projects on social media using the #SMARTLeadersYYC

How is your team going to do this?

CHECK BOX



STEP 5: Reevaluate, reflect, and enjoy your hard work with a celebration.

STEP 4: Engage with YouthSMART online, via social media, or through optional SMART Supports learning sessions.

STEP 3: Apply your leadership skills to ensure your community is aware of your SMART Leaders project and learning more about your mental health topic through events and/or campaigns.

STEP 2: Develop an action plan to address this topic and promote mental health.

STEP 1: Identify one key mental health topic to address in your school or community this year.

Strategies for success

Pick just one key mental health topic to focus on. Page 16 has some great topic examples.

Check-out the suggestions on page 18 of this toolkit for campaign and event ideas. Modify them and make them your own!

Think about the people in your community. Does your work support your intended audience as well as other key community members?

Look for other groups in your school/community doing similar work. Seek out opportunities to connect and collaborate.

Read some mental health information on page 7, engage with the optional SMART Supports, and learn more at YouthSMART.ca

Collaborate with YouthSMART. Our team of outstanding educators can help enhance your projects.

Find other excellent community resources to support your organization on page 30.



How can your school or community group best support you?

To maximize the impact of participants within their community, strong commitment from leadership and staff is essential. Actively supporting SMART Leaders or program participants, connecting their work to the related group priorities, building the capacity of all involved, and engaging with families and other stakeholders will help foster a strong foundation for creating a welcoming, caring, respectful, and safe environment. This, in turn, nurtures mental health and supports the development of a positive sense of self. Current research shows that using a comprehensive, organization-wide approach is the most effective way to build environments where all individuals feel safe.

A holistic approach to success incorporates well-being as an essential element of overall achievement. Actions should address four distinct, inter-related, and mutually reinforcing components:



Joint Consortium of School Health: <http://www.jcsh-cces.ca/>

- **Positive Social Environment:** The quality of relationships and emotional well-being among all members of the community (participants, staff, volunteers, etc.).
- **Learning and Development:** Providing age-appropriate, skill-building activities that focus on mental health, personal growth, and community well-being.
- **Policies and Practices:** Implementing procedures and practices that promote a safe and supportive environment for everyone.
- **Partnerships and Support Networks:** Building strong relationships across home, community, and organizational levels to create a network of support.

STEP 1

Identify one key mental health topic to address in your school or community

Check out some examples of mental health topics SMART Leaders could focus on. Which topic is the most important to address at your school or community group? Does your topic support all members of your school or community—youth, teachers/facilitators, and families?

Mental Health Awareness	Busting Stigma	Stress Management
Youth Anxiety	Depression	Healthy Relationships
Self-Esteem	Sense of Belonging	Resiliency
Positive Coping	Screen Time and Social Media	Appropriate Help Seeking
Preventing Isolation	Kindness	Peer Support
Community Supports	Suicide Prevention	Add your own idea if not listed

STEP 2

Develop an action plan to address this topic and promote mental health

Our Group Name	
Mental health topic will we address in our project. Look at page 16 for topic suggestions.	
Why is this topic important to address in our school or community? Does it support all members – youth, participants, teachers/facilitators, and/or families?	
What is our project? How will our project address this topic? Look at page 18 for awesome ideas.	
What resources will we need from our organization?	
What support will we need?	
How will we ensure our entire school or community knows about our topic and our project?	
How will we measure our success? How will we know we are making a difference in our school?	
How will we communicate our goals and successes back to stakeholders?	

Check-out Step 3 on page 18 for ideas!

Your plan may change and grow throughout the journey - this is part of the creative process

Share your group's action plan on social media using **#SMARTLeadersYYC**

STEP 3

Apply your leadership skills to ensure your entire school or community is aware of your SMART Leaders work and learning more about your mental health topic

What are some examples of SMART Leaders Projects we could consider?

Building Belonging - Foster a sense of community by making sure everyone feels they belong. Promote an ongoing activity like games, speed friending, hug-in-a-mug, or buddy clubs to foster connections and reduce isolation.

Wellness Kits - Create and distribute "wellness kits" to help your peers de-stress and increase their mental health. Include information about YouthSMART and EQUIPPED.

Mindful Movies - Got your popcorn ready? How about a film fest aimed at generating discussion around your mental health topic? Show a Hollywood blockbuster, make your own film, or encourage your peers to create a variety of PSAs.

Social Media Campaign - Create a campaign focused on mental health awareness. You could share tips, participant stories, or interviews with experts. Use TikTok, Instagram, or other social media apps to share your mental health projects and your work with the entire SMART Leaders community.

Participant-Led Wellness Conference - Design an entire day for your school or community dedicated to understanding your mental health topic. Feature speakers, participant-created workshops, and activities.

Lived Experience Learning - Hearing stories of hope from real people helps to bust stigma! Organize a talk for your school or community from credible individuals with lived experience of mental illness.

Days of the Week - Plan one mental health theme for each day of the week that highlights a mental health tip or resource. Maybe Motivation Mondays or Wellness Wednesdays? Find creative ways to share the information.

The Push-Up Challenge - TPUC is an international event hosted through CMHA Calgary to bust stigma and raise funds to support mental health programs in our city. Join CMHA Calgary's annual campaign or plan a push-up-a-thon for your school or community group.

Mindfulness Zones - Work with your designated facilitators to create a welcoming space for participants to use when they need to chill. Include calming materials like colouring and meditation techniques, and provide information on mental health resources.

Mental Health Ambassador Program - Identify and train participants who can act as "ambassadors" for mental health awareness, advocating for resources and talking to peers to increase knowledge of how to seek help.

CHOOSE YOUR OWN ADVENTURE!

SMART Leaders may use any of the above suggestions, modify the ideas to make them their own, or work together to create something totally original for your group. **Remember to ensure your entire school or community is aware of your work, and learning more about your mental health topic.**



How will our activities increase mental health and a sense of belonging in our school or community?

Think about the seven dimensions of mental health. Are your project activities addressing these areas? Which ones are most important for your school or community this year?



Environmental: Living in and supporting a clean and safe environment

Occupational: Satisfaction with career or academic work, feeling safe and secure in the job or school environment, financial security

Emotional: Positive feelings, optimistic view on life, ability to express and process emotions

Intellectual: Stimulated with activities, growing knowledge and abilities, learning new skills

Physical: Physical health and activities

Social: Positive connection and relationships with family, friends, community; supporting others and asking for help when needed

Spiritual: Connection to one's meaning and purpose, a feeling of or belief in something greater, and/or feeling connected to your spiritual beliefs



SECTION 3

TIPS FOR
SMART LEADERS

What does it mean to be a SMART Leader?

What do SMART Leaders do?

They...

- Work in collaboration with important decision-makers whether it be administration, teachers, or designated facilitators to collaboratively contribute to the overall climate of mental health within their school or community.
- Promote “whole-community” mental health awareness by identifying key mental health topics unique to their group.
- Plan for activities, events, and campaigns to address these topics, utilize their leadership skills to engage others in their community, and celebrate their milestones and achievements.

What traits do SMART Leaders demonstrate?

A SMART Leader is...

- Proactive: A SMART Leader will take positive action. Their actions can and do make a powerful difference in their community.
- A positive thinker: A positive attitude and an open mind keep a SMART Leader flexible during challenges.
- A planner: A SMART Leader knows what they want to accomplish, and how they intend to get there. SMART Leaders have developed a strong action plan to address their mental health topic.
- A motivator: Motivating those around them, helps others to understand and support the plan.
- A communicator: Communicating their plan effectively, helps a SMART Leader in motivating others around the plan. SMART Leaders ensure their entire community knows about their mental health topic and their project plans. They also regularly communicate and engage with YouthSMART.
- A team player: A SMART Leader respects and supports the ideas of their teammates, and arrives at the finish line together with their team.
- A celebrator: A SMART Leader recognizes the importance of celebrating all team accomplishments and takes pride in their successes.

STEP 4 Engage with YouthSMART

YOUTHSMART IS HERE TO HELP!!

Check out YouthSMART.ca for more mental health information and education opportunities.

How can we engage with YouthSMART?

- Online at YouthSMART.ca
- Via Email at info@cmha.calgary.ab.ca
- On social media with #SMARTLeadersYYC
 - X @CMHACalgary
 - IG @CMHACalgary
 - FB @CMHA Calgary Region



STEP 5

Reevaluate, reflect, and enjoy your hard work— reflection

Our Group Name	
Mental health topic we addressed in our project.	
How did our project address this topic?	
Did our entire school and/or community know about our topic and our project? How do we know?	
How did we collaborate and engage with important stakeholders?	
What are we the most proud of this year?	
What difference did we make in our community? How do we know?	
What could have gone better? What would we do differently?	
What do we hope to work on next year? What are our next steps?	

How Did Everything Go?

CHECK BOX

STEP 1: Identify one key mental health topic to address in your school or community.

STEP 2: Develop an action plan to address this topic and promote mental health.

STEP 3: Apply your leadership skills to ensure your community is aware of your SMART Leaders project and learning more about your mental health topic through events and/or campaigns.

STEP 4: Engage with YouthSMART online, via social media, and through optional SMART Supports.

STEP 5: Reevaluate, reflect, and enjoy your hard work by celebrating.





SECTION 4



PLANNING SHEETS

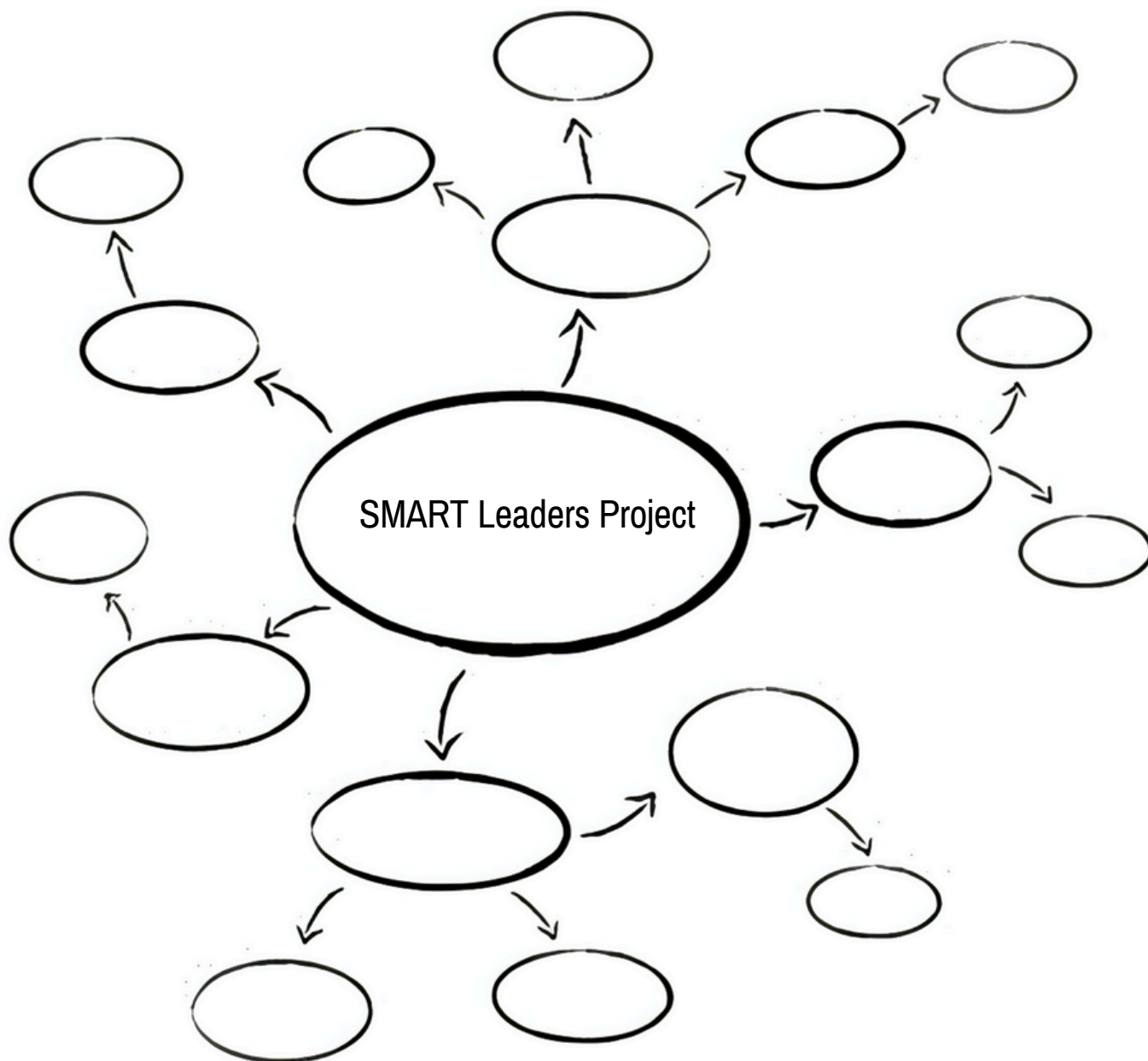
Use these planning sheets to help prepare for your SMART Leaders project. These sheets are optional and should be used as a guide. You may need to adapt or supplement them depending on your project.

Brainstorming Sheet

Use this brainstorming planning sheet to help generate and organize ideas. It's a tool to capture your thoughts, explore different possibilities, and prioritize key concepts, so you can shape your project with clarity and creativity from the very start.

Questions to consider:

- Who is our target audience?
- What are some common challenges our peers are facing?
- How can we make it easier to talk about mental health?
- Who could be involved in our initiative?
- What kinds of activities or workshops would make it easier or more fun to learn about mental health in a meaningful way?
- How can we reach our audience?
- What kinds of resources/tools do we already have? What kinds of tools do we need?



Roles & Responsibilities

This planning sheet is designed to help you organize and clarify the roles and responsibilities for your mental health project. It will guide you in breaking down tasks, assigning specific duties, and ensuring that everyone is on the same page, so that you can work together effectively and make a real impact.

Tasks to be Completed:

Think about the big tasks that need to be completed to execute your project. Then break the task down into the smaller details that will help you be successful. Finally, assign tasks to people or the whole team as needed.

Tasks	Details	Who is Responsible

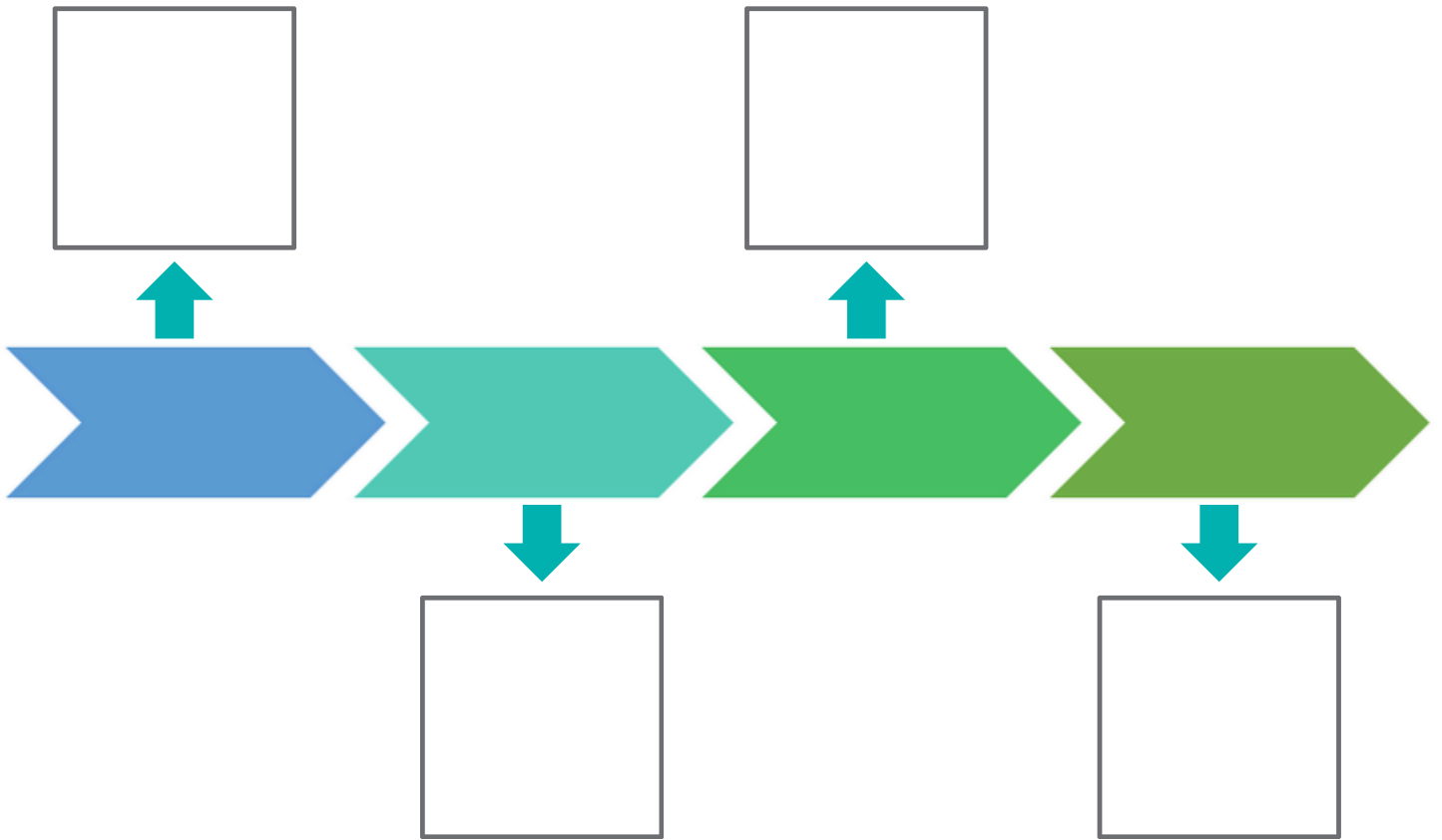
Resources Needed:

What do you need for your project to be successful?

-
-
-
-
-
-
-
-

Timeline and Milestones

This timeline and milestones planning sheet is designed to help you track the progress of your project. It breaks down the big picture into manageable steps, with deadlines. It will help keep everyone accountable and ensure your project stays on track from start to finish.



SECTION 5

COMMUNITY
RESOURCES

Community Resources

CMHA Resources

YouthSMART: www.youthsmart.ca
EQUIPPED: www.equipped.youthsmart.ca/
CMHA Calgary: www.cmha.calgary.ab.ca
Recovery College: www.recoverycollegecalgary.ca
CMHA National: www.cmha.ca



Additional Resources

Youth Mental Health Resources
www.breathingroom.me
www.mykickstand.ca/
www.mindyourmind.ca
www.livinglifetotheull.ca/our-courses/

Suicide Prevention Resources
www.kidshelpphone.ca (use the “resources near me” tool to find more resources!)
www.distresscentre.com
www.reachout.com
www.thetrevorproject.org

Self-Injury Prevention Resources
www.sioutreach.org
www.alberta.cmha.ca/documents/youth-self-injury/

Understanding Brain Development
www.albertafamilywellness.org
www.developingchild.harvard.edu
www.sciencenewsforstudents.org/article/teenage-brain

Support Resources

Distress Center (24 hour crisis line): 403-266-HELP (4357)
Distress Center (24 hour crisis line): 1-800-SUICIDE (toll free)
Connect Teen (5pm-10pm): 403-264-TEEN (8336) or text: 587-333-2724
Kids Help Phone: 1-800-668-6868
Reporting Child Abuse Calgary: 403-297-4995
Communities Against Sexual Abuse (24 hour helpline): 403-237-5888

Mobile Response Team (9am – 11pm): 403-266-1605
Access Mental Health (7:30am – 7pm M-F): 403-943-1500
Police Emergency: 911
Suicide Crisis Helpline: 988
Police Non-Emergency: 403-266-1234
Community and Social Services: 211

Drugs and Alcohol
www.talkaboutalcohol.com
www.teenchallenge.ca
www.kidshealth.org

2SLGBTQ+ Resources
2SLGBTQ+ Crisis Line: 1-888-843-4564
www.thetrevorproject.org
www.skippingstone.ca
www.centreforsexuality.ca

Healthy Relationships
www.thatnotcool.com

Supporting a Friend or Loved One
www.bethere.org

