

Virtual HEADSTRONG Summit AN OVERVIEW



We know that having an in-person Summit is not always possible, but we believe that it is important to let every young person in Canada know it's OK to Be Brave, Reach Out, and Speak Up for mental health.

What will the Virtual HEADSTRONG Summit look like?

As far as possible, we want to bring the energy and interaction of the live experience with a virtual program. A Virtual HEADSTRONG Summit will share the important messages and activities of the in-person program over a short series of carefully structured modules that can be delivered in the classroom and for students learning from home.

Model

Three 70-minute modules to be delivered within a one-week timeframe. A follow-up session approximately one month after completion.

→ Module 1 – BE BRAVE

Introduction to HEADSTRONG, the Mental Health Continuum, supporting mental health in your school and community.

→ Module 2 – REACH OUT

The effects of stigma and how to make positive changes.

→ Module 3 – SPEAK UP

Planning mental health actions. The importance of youth leadership. Follow-up session – check-in, sharing the results of youth activities and plans for upcoming events.

Key elements of a Virtual HEADSTRONG Summit include:

- A live Emcee who will lead the sessions and interact with youth
- High-quality video presentations to highlight key messages
- High-quality video presentations of lived-experience stories from a diverse range of speakers
- Mental health support for participating youth
- Facilitated interactive breakout activities
- Draws and prizes
- Action planning for youth mental health leadership activities
- A check-in after the Summit to share the results of completed youth mental health awareness activities and to highlight those planned for the rest of the school year
- Electronic evaluation surveys will track success
- Available in English and French

When will it be available and for how long?

The Virtual HEADSTRONG Summit program will launch in the spring of 2021, and we will continue to offer this option for HEADSTRONG for as long as it is useful. The Virtual HEADSTRONG Summit will continue to be accessible for communities who can't access the in-person HEADSTRONG program because of geographic isolation or because youth are learning from home on a permanent basis.

HEADSTRONG will always Be Brave and Reach Out to youth across Canada and empower them to Speak Up for mental health in their homes, schools, and communities.



**LA TÊTE HAUTE
HEADSTRONG**



**PRENEZ COURAGE BE BRAVE
TENDEZ LA MAIN REACH OUT
DITES-LE SPEAK UP**

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