

# From Surviving to Thriving: Critical Health Literacy for Young People Research Project



## Preliminary Findings from Pilot Study Young People's Wellness Collaborative



# Overview

- Overview of the pilot critical health literacy project
- Feedback on the pilot
- Next steps



# “From Surviving to Thriving” Young People’s Critical Health Literacy Pilot

1. Three of Check Your Head’s workshops, which included an educational and action component to each
    - New workshop: Introduction to concept of social determinants of health
    - Followed by two of Check Your Head’s existing workshops:
      - Food Security/Sovereignty
      - Poverty and Income Inequality
  2. Followed by two meetings with community leaders:
    - Metro Vancouver Alliance’s Provincial Electoral Assembly with John Horgan and Andrew Weaver
    - Our Place’s Youth Matter’s meeting with regional inter-sectoral leaders and youth –serving agency reps
- Participants ranged from approx 4 to 15



# Outcome evaluation process



1. Feedback sessions with youth participants after each workshop and meetings with political/policy leaders and a follow up focus group
2. Inter-stakeholder focus group sessions

# Engagement of 7 young people 19-24 years of age

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- Are you a young person between the ages of 13 and 24 years?
- Are you interested in learning about how to help young people about how aspects of our community impacts young people's and wellbeing?
- Would you like to learn how to strengthen your voice with our community leaders? Would you like to support young people to more control over the resources in our community that affect their health and wellbeing?
- Do you plan to attend one of the "From Surviving to Thriving" workshops?
- If so, contact Shari, the researcher to learn more: text/phone: 604-484-6014 or email: [slaliberte@vcc.ca](mailto:slaliberte@vcc.ca)

### How can I become involved in this research?

- 1) Contact the researcher to arrange a meeting to learn more about this project
- 2) There are a few research meetings you can join to share your feedback. For example, you can come and meet with a small group of young people and the researcher after attending one of the From Surviving to Thriving critical health literacy workshops to share your feedback on those workshops.
- 3) Young people can also arrange to meet 1:1 with the researcher

### Who is conducting this research?

This is a participatory action research project in collaboration with:

- Check Your Head
- Vancouver Community College
- "Our Place" -Aboriginal Life Enhancement Society (ALIVE) and Raycam Community Cooperative Centre
- Metro Vancouver Alliance

To learn more, contact Shari:

Email: [slaliberte@vcc.ca](mailto:slaliberte@vcc.ca)

Phone or Text: 604-484-6014

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# Feedback on the pilot: Findings



- Dimensions of the workshops for consideration in developing future workshops
- Outcomes:
  - Learning
  - Health-wellbeing
    - Level of empowerment/influence/control over SDOH

# Considerations in developing future critical health literacy initiative



- Recruitment
- Offering resources to enable access to
- Creating safety for youth to participate
- Location of workshops/meetings with political/policy leaders
- Degree to which group members know each other
- Diversity of participants
- Size of group
- Age range
- Learning styles

# Recommended future workshop topics



- Corporations: their role, influence, and power in systemic issues
- Globalization
- More process oriented: engage youth in community organizing process guided by their day to day experiences/challenges they face supported with mentorship



# Outcomes-Reported learning



- Greater awareness of inter-related systemic issues
- Learned about myths, new concepts, and gained greater language
- Baseline and wanting to learn more
- Expanded understanding of meaning of holistic health
- Levels of action to increase control over SDOH

# Outcomes – One's health and wellbeing



- Sense of connection with bigger whole
- Greater “perspective” / “self-reflection”
- Sense of purpose, fulfillment
- Feeling part of inter-generational change feels good
- Anticipated longer term change would benefit them

# Outcomes – One’s health and wellbeing=tensions



- However, tensions between purpose and feeling overwhelmed/ “stressed” /”frustrated” when couldn’t make choices they knew they should make
- Recognized that access to resources influences choice/ability to engage in social action

# Outcomes- influence/control/empowerment

- Aspects of workshops that supported sense of agency/empowerment
  - Linking information with action
  - Interactive activities
  - Location/link to resources both to access the CHL program and for one's personal health
  - Dialogue with others
  - Regular meetings fosters hope and sense of momentum
  - Peer based
  - Information/awareness of where you fit into bigger picture
  - Creating youth friendly spaces in ways that connect them to adult allies/leaders



# Outcomes- influence/control/empowerment



- Aspects of meetings with leaders that influenced empowerment:
  - Degree of youth and cultural representation
  - Degree of youth friendly space
  - Need training/preparation for youth
  - Need debriefing after meetings
  - Engage youth in regular strategy meetings at the local neighborhood level
  - Supports to enable access to meetings



# Outcomes- influence/control/empowerment



- Aspects of CHL pilot as a whole that supported empowerment:
  - Social capital- networking, learning about groups, connecting with people
  - Grounding it in a PAR research context=feel sense that one's voice matters

# Inter-stakeholder focus group sessions



- Recruitment through our networks
- 14 participants who joined 1 of 5 focus group sessions

# Critical health literacy initiative

PAR/CHL Advisory Team

Curriculum

Referrals:

- Health sector
- Community centres
- Schools etc.

Levels of support

in CHL group:

1. Normalizing distress
2. Linking youth to organizing initiatives
3. Supporting young people to turn issues into campaign issues
4. Advocating on behalf of youth

Process oriented curriculum:

- Community organizing skills
- Political-economic system/bureaucracy
- Demystifying policy advocacy
- Working in a union

Partners offering process-oriented curriculum:

- MVA
- First Call
- Peer Net
- RISE

Content focused curriculum:

- Social determinants of health
- Food, housing, income and health
- Colonization/health
- Corporate power
- Alternative economic systems: cooperative economics

Partners offering content focused curriculum:

- Check Your Head
- VCC Nursing
- RISE
- BC Coop Economic Federation etc.

Link to existing youth development programs:

- Lead Now
- Next Up
- Organize BC
- McCreary

Link to existing governance, community organizing and policy advocacy work:

- Our Place Youth Councils/strategies
- MVA actions
- First Call campaigns

Location? Schools (planning 10); Community Centres- youth councils; Health centre (Reach/VCC Wellness outreach);



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Questions?

