

# Theory of Change



Ensure all Rural Ottawa Youth Mental Health activities are developed with a **Rural Lens**

Strategies

Activities

Outcomes

Intended Impact: By 2024, 30% of rural Ottawa youth<sup>1</sup> get the mental health support they need<sup>2</sup>

<sup>1</sup>For this work, youth are aged 12-24. For guidance, on the scale of this work, there are 16,830 youth in rural Ottawa now (ages 10 – 19); 30% of those is 5,049.

<sup>2</sup>The Collective's research shows that rural youth, 'getting the mental health support they need' means:

- Convenient and accessible youth mental health counselling
- Crisis support
- Mental health support by text
- Mental health support by phone
- Mental health prevention and treatment education for youth
- Mental health education for parents
- A trusting relationship with the person providing mental health support
- LGBTQ+ services
- Positive lifestyle courses
- Support groups or information nights for parents
- Info nights for friends on helping their peers with mental health support
- Decision tree to help youth identify their feelings and decide if help should be sought
- Feeling understood
- The ability to have open mental health conversations without stigma
- Mental health support groups
- Helpful youth centre staff (COC) who will talk to you / offer support
- Access to someone who is genuinely interested in you and cares for your mental health
- Consistent and safe place to talk to people
- Someone who will listen and show genuine empathy
- Youth engaged / youth led programs
- Rural transportation mechanism
- Resilience programming
- Mentoring
- Knowing how to recognize when youth need help and where to turn when they need it
- Increase in mental health literacy

