

Appendix A: Frameworks, Plans and Guiding Curricula

Table 1: Guiding Curricula, Frameworks and Plans

***Highlighted tools were frequently cited or are informing this project in critical ways.**

Tool	Author/Organization	Year
SD 23 Curricula		
Supporting Student Health	https://curriculum.gov.bc.ca/sites/curriculum.gov.bc.ca/files/pdf/subject/phe/Supporting_Student_Health_Secondary.pdf	2022
Healthy Schools BC (District Health Promoting Schools Plan)	https://healthyschoolsbc.ca/about/comprehensive-school-health/	
Health Promoting Schools	https://sites.google.com/learn.sd23.bc.ca/hps	
Uplift (Nova Scotia but being used by some SD 23 for inspiration)	https://www.upliftns.ca/en/about-uplift	
Central Okanagan / Kelowna City Plans		
Clarity Youth Suicide Prevention Project	https://blenkfamilyfund.ca/wp-content/uploads/2022/04/CLARITY-One-Pager-April-2022.jpg Publication “Cultivating a Zest For Life”	
Kelowna Youth Services Framework (Urban Systems)	https://kelownapublishing.escribemeetings.com/filestream.ashx?DocumentId=38113	2022
Youth Homelessness Prevention Strategy	https://www.kelowna.ca/sites/files/1/docs/community/Journey-Home/awayhomekelowna_january2019.pdf	2019
Kelowna Community Safety Plan	https://issuu.com/cityofkelowna/docs/kelowna-communitysafetyplan?fr=sMGI1MTU2MzI3MzM	
Central Okanagan Poverty and Wellness Strategy	https://www.rdco.com/en/business-and-land-use/resources/Documents/FINAL_COPAWS_Strategy.pdf	
Youth Grants	https://www.kelowna.ca/our-community/strong-neighbourhoods/strong-neighbourhoods-grants	
Gang Prevention – HRVY Project	https://childhoodconnections.ca/programs/hrvy-services/	

Interior Health		
Strategic Directions 2024-2027	https://www.interiorhealth.ca/sites/default/files/PDFS/strategic-priorities.pdf	
Promoting Health of Children and Youth in School	https://www.interiorhealth.ca/health-and-wellness/infant-child-and-youth-health/school-health/promoting-health-of-children-and-youth-in-school	
Building the Foundation for Change: Child and Youth Mental Health and Substance Use Framework	https://www.interiorhealth.ca/sites/default/files/PDFS/ih-mhsu-network-child-and-youth-framework.pdf	2022-2024
Mental health Services for Children and Youth	https://www.interiorhealth.ca/sites/default/files/PDFS/mental-health-service-directory-for-youth.pdf	
Youth Substance Use Services and Resources	https://www.interiorhealth.ca/health-and-wellness/mental-health-and-substance-use/substance-use/youth-substance-use-services-and-resources https://www.interiorhealth.ca/sites/default/files/PDFS/youth-substance-use-services-brochure.pdf	
Youth Harm Reduction: A Toolkit for Service Providers	https://www.interiorhealth.ca/sites/default/files/PDFS/toolkit-youth-harm-reduction.pdf	
Safety First Youth Substance Use Guide	https://www.interiorhealth.ca/sites/default/files/PDFS/safety-first-educators-guide.pdf	
Child and Youth MHSU You Tube	https://www.youtube.com/playlist?list=PLws0NwJdLuYRjpk4m_VOdLPcKk_y3gSbN	
First Nations Health Authority		
Sacred and Strong Youth	https://www.fnha.ca/what-we-do/chief-medical-office/sacred-and-strong/youth	
Enhancing health and wellness by, for and with Indigenous youth in Canada: A scoping review	https://bmcpublichealth.biomedcentral.com/articles/10.1186/s12889-022-14047-2	
Hope, Help and Healing Prevent youth suicide	https://www.fnha.ca/WellnessSite/WellnessDocuments/FNHA-Hope-Help-and-Healing.pdf	

Indigenous Youth Wellness	https://www.indigenouslyouthwellness.ca/	
National Aboriginal Youth Suicide Prevention Strategy (NAYSPS) Program Framework	https://www.sac-isc.gc.ca/eng/1576092066815/1576092115467	
Provincial Resources		
BC Healthy Communities: Child and Youth Mental Well-being resources	https://bchealthycommunities.ca/index.php/child-and-youth-mental-well-being-resources/	
Indigenous Youth Wellness (PHSA Indigenous Health)	https://www.indigenouslyouthwellness.ca/	
Healthy Social Environments Framework	https://bchealthycommunities.ca/wp-content/uploads/2024/04/SE-Framework-Summary-V1-Dec2020.pdf	
A Pathway to Hope (specific section for youth and families)	https://www2.gov.bc.ca/assets/gov/british-columbians-our-governments/initiatives-plans-strategies/mental-health-and-addictions-strategy/bcmentalhealthroadmap_2019web-5.pdf	
Expect Respect and a Safe Education	https://www2.gov.bc.ca/gov/content/erase	
Mental Health in Schools Strategy	https://www2.gov.bc.ca/assets/gov/erase/documents/mental-health-wellness/mhis-strategy.pdf	
Building a Mental Health and Substance Use System of Care	https://www2.gov.bc.ca/assets/gov/health/mental-health/building_a_mental_health_and_substance_use_system_of_care_snapshot.pdf	
Mental Health Services for Children and Youth	https://www.childhealthbc.ca/tos/ped_MH_serv	
MyHEARTSMAP Mental Health Self-assessment Tool	http://www.bcchildrens.ca/our-services/mental-health-services/assessment-treatment/myheartsmap-mental-health-self-assessment-tool	
National Resources		

Promoting mental health for children and youth: Protective factors	https://www.canada.ca/en/public-health/services/publications/diseases-conditions/infographic-mental-health-wellbeing-children-youth-protective-factors.html	
Blueprint for Action: Preventing substance-related harms among youth through a Comprehensive School Health Approach	https://www.canada.ca/en/public-health/services/publications/healthy-living/blueprint-for-action-preventing-substance-related-harms-youth-comprehensive-school-health.html	2021
Preventing substance-related harms among Canadian youth through action within school communities: A policy paper	https://www.canada.ca/en/public-health/services/publications/healthy-living/policy-paper-preventing-substance-related-harms-canadian-youth-action-school-communities.html	2021
Canadian Centre for Safer Communities (Practitioner guides for Crime Prevention and Community Wellbeing)	https://ccfsc-cccs.ca/about/our-story/#:~:text=The%20Canadian%20Centre%20for%20Safer,%2C%20research%2C%20and%20knowledge%20exchange	
Healthy Settings for Young People (older but still frequently quoted)	https://www.canada.ca/content/dam/phac-aspc/migration/phac-aspc/hp-ps/dca-dea/publications/healthy-setting-cadre-sain/pdf/summ-eng.pdf	2006
R2: Resilience Curriculum	https://resilienceresearch.org/welcome-r2/	
Wellstream: Canadian Centre for Innovation in Child and Youth Mental Health and SU	https://wellstream.ca/	
National Aboriginal Youth Suicide Prevention Strategy	https://www.sac-isc.gc.ca/eng/1576092066815/1576092115467	
Inspiring (but not connected)		
McMaster Quality of Life Framework	https://research.mcmaster.ca/industry-investors/technologies-available-for-licensing/quality-of-life-questionnaires-tools/ https://www.canchild.ca/en/resources/74-quality-of-life-training-program	

Open Parachute (some teachers using)	https://www.openparachute.ca/	
Icelandic Model	https://pmc.ncbi.nlm.nih.gov/articles/PMC6918020/ https://www.youtube.com/watch?v=3V2pGZQbesg	
Health Canada Icelandic References	https://www.canada.ca/content/dam/hc-sc/documents/services/substance-use/canadian-drugs-substances-strategy/youth-substance-use-prevention-program/youth_substance_use_prevention_program.pdf	

Appendix B: Youth Wellbeing Data

Table 2: Data and Health Surveillance

Tool	Organization	Year
BC Community Health Data	http://communityhealth.phsa.ca/HealthProfiles#panel-ih	
Middle Years Development Instrument (MDI). Grades 4-8	https://mdi.dashboard.earlylearning.ubc.ca/?input_s_&assetsSelector=%22wellbeing%22&assetsTrendChartSelector=%22wellbeing_thriving%22&demoSelector=%22LANGUAGES%20SPOKEN%20AT%20HOME%22&dimensionsSectionSelector=%22social_measures%22&dimensionsChartSelector=%22social_measures_optimism_thriving%22&searchInput=%22%22&exploreChartSelector=%22Thriving%22&boundarySelector=%22GEOSD%22&dimensionsMeasureSelector=%22social_measures_optimism%22&introjs-dontShowAgain=false&exploreAssetsSelector=%22wellbeing%22&assetsComponentMeasureSelector=%22wellbeing_optimism%22&dimensionsDimensionSelector=%22social%22&assetsComponentChartSelector=%22wellbeing_optimism_thriving%22&regionSelector=%22GEOSD_ALL%22	
Youth Development Instrument	https://chartlab.ca/wp-content/uploads/2024/06/ydi-2024-report-2024-05-27-sd23.pdf	2024
Central Okanagan: Student Learning Survey	https://studentsuccess.gov.bc.ca/school-district/023/report/student-satisfaction	
BC Adolescent Health Survey (McCreary Centre Society)	https://mcs.bc.ca/about_bcahs	Annual
Canadian Campus Wellbeing Survey	https://www.ccws-becc.ca/	Every 3 years.
Homeless Youth Health and Wellness Survey	https://mcs.bc.ca/hys	2023
Anxious Generation – Jonathon Haidt	https://docs.google.com/presentation/d/1PLVzI9MwcZsx37JdM5ujcD9Rm8jBCTi4HTeLFDwJb-Y/edit#slide=id.g23e6dd2ed76_0_95	