

FEATURE RESOURCE

New! Research and Data at your Fingertips!

Are you looking for information about a program, policy or topic that relates to youth violence prevention? Ever wondered what the research says works? Looking for Peel-specific data? Then check out our latest resources on the PeelThinkShare website – Research to Practice Briefs and Data Fact Sheets. Both are designed for professionals in the community to quickly access and understand relevant research.

Research to Practice Briefs - Quickly understand what current, pre-appraised, high-quality research says works about youth violence related topics and programs. They

provide considerations for implementation and links to more resources to support evidence-based practices in the community.

Data Fact Sheets – Quickly access and use current data about the Peel population for program planning and service delivery purposes. Peel-specific data is compared to provincial and/or national data when possible.

Are you interested in a topic, program or data that has not been covered in our Research to Practice or Data Fact Sheet Series yet? Let us know by emailing peelthinkshare@peelregion.ca and we can look into the research!

FEATURE AGENCY

Spotlight on EIDM in Practice: Nexus Youth Services



Nexus Youth Services (NYS) is committed to a service culture that authentically works with youth in all aspects of service delivery and embeds this philosophy into its continuous quality improvement efforts. NYS embraces an evidence-informed decision-making (EIDM) approach to make the best use of limited resources to have the greatest impact for Peel youth.

As a first step to developing their service delivery model, staff conducted a comprehensive literature review to ensure that key decisions were informed by existing knowledge. This research explained how youth could transition from their traditional role of service recipient to recognizing youth as assets, resources and valuable partners in service delivery. The review indicated that the Positive Youth Development (PYD) approach provides both a conceptual and practical

lens. It encourages programs and communities to develop and implement services, opportunities and supports designed to engage youth and help them reach their full potential while also enhancing prevention, intervention and treatment models for working with youth (1,2).

Research indicates that governance within the context of youth engagement in organizations should focus on establishing legitimate opportunities for youth to participate in decision-making processes (3). This can take many forms including the development and delivery of projects, input and consultation and shared leadership (4). This model provides opportunities for all youth to build on their strengths and gain new skills. As a result, youth are actively engaged in planning and hosting events at NYS' drop-in centre, consulting and collaborating with staff on agency initiatives, and four Peer Youth Workers have been hired to assist with the development and facilitation of programs.

Overall, using evidence-informed decision-making processes and tools is helping NYS achieve a high standard of service delivery to youth in Peel and authentic youth engagement in the agency!

References

1. Colorado Department of Public Health and Environment (n.d.) Positive Youth Development. Available online: colorado.gov/cdphe/positive-youth-development.
2. National Research Council and Institute of Medicine (2002). Community programs to promote youth development. Committee on Community-Level Programs for Youth. Washington D.C.:National Academy of Sciences. ▶

RESEARCH HIGHLIGHT

Building Resilience among Youth in Challenging Contexts

Resilience refers to the capacity of individuals to navigate their way to the social, psychological, cultural and physical resources that can sustain their well-being, in the context of having to overcome adversity (1). It also refers to the capacity, individually and collectively, to negotiate for these resources to be provided and experienced in a culturally meaningful way (1). Resilience is influenced by both the person and the environment around them.

Resilience is important in the healthy development of children and youth growing up in challenging contexts such as exposure to family violence, substance abuse, mental health issues, poverty, discrimination, marginalization and living in foster care.

What works to build resilience among youth in challenging contexts? In a rapid review of evidence conducted in 2014 (2), here's what was found:

- Overall, solutions need to be identified beyond the individual to the broader environment and system that can support positive youth development and build resilience.
- The following components can be built into strategies and initiatives that intend to build resilience in youth:
 - Build on youth's social, emotional and personal competence skills.
 - Promote self-efficacy of youth through helping them to define their own outcomes and involving them in the development of services they receive.
 - Build parenting skills that include family-centered concepts such as positive parenting, family management, bonding and parent-child communications.
 - Ensure that each youth served has at least one secure relationship with an adult caregiver that is predictable and stable.
 - Support youth in their ability to build social capital and connectedness with resources in their community.

While community and systems level interventions are required, there is limited evidence to date on their effectiveness, likely because they are hard to evaluate and

system-level change takes a long time. When working to create change at these levels, ensure evaluation is conducted to track progress and impact in the short and long term.

For more information, check out the full report – What are Effective Interventions for Building Resilience Among At-Risk Youth?

References.

1. Ungar, M. Ghazinour, M. & Richter, J. (2013). Annual research review: what is resilience within the social ecology of human development? The Journal of Child Psychology and Psychiatry, 54:4, 348-366.
2. LeMoine, K. & Labelle, J. (2014). What are effective interventions for building resilience among at-risk youth? Region of Peel, Health Services. Available online: peelregion.ca/health/library/pdf/rapid-review-resilience-at-risk-youth.pdf

UPCOMING EVENTS

Community Research Café: Sharing Local Innovative Research for Peel's Children and Youth Sector

Peel Think Share's first Community Research Café, hosted in partnership with Sheridan College and the Peel Children and Youth Initiative. This will be an opportunity for community agencies, researchers and students to share their local research and spark collaboration and innovation. Poster Presentation submissions are currently being accepted!

Date: April 17, 2015 | **Time:** 8:30 a.m. – 12 p.m.

Location: Sheridan College, Davis Campus, Brampton

Young Lives Restored Conference: Bridging the Gap to Resilience and Change

Gain insight on the impact of the root causes of the behaviors and problems presented by at-risk children and youth in our community.

Date: April 20, 2015

Location: Living Arts Centre, Mississauga

5th Annual Collaborative State of Mind Conference

Theme: Self-regulation, Mindfulness and Youth Mental Health

Date: April 29, 2015

Location: Mississauga Grand Conference Centre

FEATURE AGENCY

▶ continued from front page

References

3. Bonnell J., & Zizys, T. (2005). Best Practices for Youth Programs (Research report). Prepared for United Way of Greater Toronto. Available online: unitedwaytoronto.com/downloads/whatWeDo/reports/YouthBestPractices-
4. Interagency working Group on Youth Programs. Available online: findyouthinfo.gov/feature-article/interagency-working-group-youth-programs-develops-common-language-positive-youth

THE EDITORIAL TEAM

Community Health Initiatives, Region of Peel
Pat Rosati, Administrative Assistant
Karen LeMoine, Research and Policy Analyst
Sophia Graham, Community Development Specialist
Judy Labelle, Manager
Mei Ling, Communication Specialist

Contact us at peelthinkshare@peelregion.ca

