

OUR PARTNERS:

FAMILY & NATURAL SUPPORTS APPROACH

A **youth-oriented** approach focused on strengthening relationships with family and important natural supports as identified by the youth.

COLLABORATIVE APPROACH

Aims to reduce the social care burdens from educators through **shared responsibility** & **cross-sector collaboration** between schools, community-based services, and key supporters.



Central Okanagan
Public Schools
Together We Learn



Canadian Mental
Health Association
Kelowna

Operators of

FOUNDRY
KELOWNA



MAKING
THE SHIFT
youth homelessness
demonstration lab



canadian
observatory on
homelessness

is a project of the Canadian Observatory on Homelessness and
A Way Home Canada



Upstream Kelowna is grateful for the ongoing support of our community.

To learn more contact upstreamkelowna@bgco.ca

To donate visit bgco.ca/donate



Upstream is a preventative, school-based, community collaborative which aims to build **RESILIENCY** and overall **WELL-BEING** in the lives of students and their families.

Upstream Kelowna is a local adaptation of Upstream Canada: A research initiative aimed at ending school disengagement, youth homelessness, and promoting mental health.



Funded in part by the Government of Canada's Support for Student Learning Program



3 STEP PROCESS

All steps are optional.

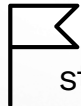
1



Students complete a **Student Needs Assessment** (SNA).

- All answers are CONFIDENTIAL.

2



Based on the results, flagged students have the opportunity to participate in a **Check-In** with Upstream support person.

3



If needs are identified, students can choose to **connect to support**, Upstream will launch services for students and family.

OUR 2021 IMPACT

367 assessed & 138 students

offered support across 2 middle schools in School District 23.

Of these students:

51 YOUTH & THEIR FAMILIES CONNECTED TO SUPPORT.



Had unknown risk factors.

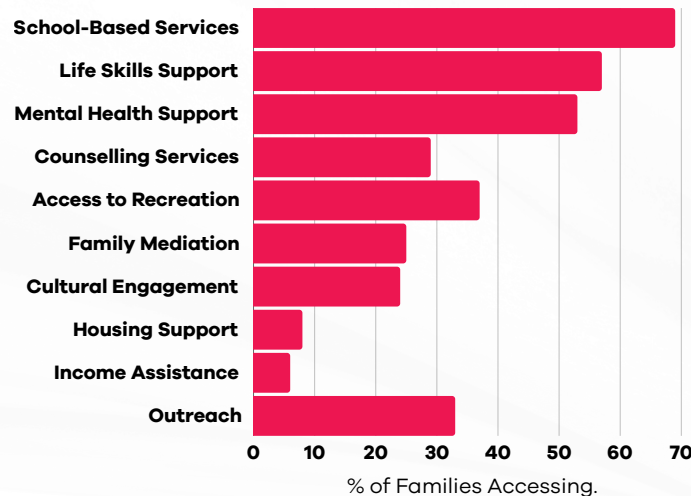


Identify as 2SLGBTQIA+.



Identify as Indigenous.

TYPES OF SUPPORT ACCESSED



“I can manage my stress better, I even sleep better and things are easier at home and at school.

-Student

ULTIMATE GOALS

Normalize the practice of **prevention & health promotion**; by enhancing students' resiliency, safety and sense of belonging - starting in our schools.



End school disengagement, youth homelessness, and promote mental health within our community.



WHAT IS MENTAL HEALTH?

"Mental health is the capacity to feel, think and act in ways that **enhance our ability to enjoy life** and deal with the challenges we face."

"It is a **positive sense of emotional and spiritual well-being** that respects the importance of culture, social justice, interconnections, equity and personal dignity."

-Public Health Agency of Canada (p.2)