

Engaging Those Who Need it Most (From Northern Links Web site – www.northernlinks.org)

[Youth Engagement Principles: Letter and Document](http://lin.ca/new-northernlinks-resource-details/18264)

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The Youth Engagement Advisory Group (YEAG) was created to advise the Ministry of Health Promotion and Sport in establishing new models for engaging Ontario's youth in tobacco and health promotion initiatives. A significant outcome has been the identification of eleven Youth Engagement Principles for any decision or program that involves or affects youth. Both the letter to stakeholders and the document outlining the principles are attached.

[Youth as Decision Makers: Strategies for Youth Engagement in Governance and Decision-Making in Recreation - Full Report](http://lin.ca/new-northernlinks-resource-details/4709)

<http://lin.ca/new-northernlinks-resource-details/4709>

This study, Youth as Decision-Makers: Effective Strategies for Youth Engagement explores current practices in youth engagement and provides advice for organizations interested in developing and evaluating youth engagement initiatives.

[WHAT WORKS FOR OLDER YOUTH DURING THE TRANSITION TO ADULTHOOD: Lessons from Experimental Evaluations of Programs and Interventions](http://kms.lin.ca/KO/KODetails.aspx)

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This synthesis examines the role that programs designed to serve older youth can play in promoting positive development and subsequent self-sufficiency in adulthood. Findings from 31 studies that implemented random assignment intent-to-treat experimental evaluations to examine the impacts of various intervention strategies on youth well-being outcomes during the transition to adulthood (ages 18 to 25) are discussed. Although the report focusses on socio-economic issues such as career development, sexual risk taking and substance abuse, the underlying principals could be useful when considering recreation programming.

[Engaging Aboriginal Youth](http://kms.lin.ca/KO/KODetails.aspx)

<http://kms.lin.ca/KO/KODetails.aspx>

This presentation from the 2012 Recreation Connections Manitoba Annual Conference, describes a youth driven development model and the particular application to aboriginal youth.

[Winnipeg Early Gang Prevention and Intervention Programs for Youth](http://kms.lin.ca/KO/KODetails.aspx)

<http://kms.lin.ca/KO/KODetails.aspx>

This report looked at an environmental scan of existing early intervention programs in Manitoba and Winnipeg that focus on preventing youth from joining gangs or engaging in criminal activities, and considered the merits of a made-in-Manitoba version of the Halifax Youth Advocate Program, including looking at potential program partners, funding sources, and synergies with the LiveSAFE process.

The resulting recommendations are: 1) That the City of Winnipeg Community Services Department provides free recreational opportunities to children and families involved with the Province of Manitoba's Turnabout Program in Winnipeg; 2) That the City of Winnipeg in partnership with the Province of Manitoba Department of Justice conduct further analysis with respect to identifying gaps in crime prevention services and supports for youth aged 12-14 years who have been in conflict with the law or are at risk; 3) That the Public Service report back to Council in one year on how the investment in recreation services has helped to improve outcomes for children served by Province of Manitoba's Turnabout Program.

[Physical Activity Approaches at the Ground-Level: Promising Practices Targeting Aboriginal Children and Youth](http://kms.lin.ca/KO/KODetails.aspx)

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To provide support for Aboriginal leaders involved in the planning and development of physical activity programming aimed at increasing participation among Aboriginal children and youth, the Federal-Provincial-Territorial Physical Activity and Recreation Committee (PARC) in partnership with the Aboriginal Diabetes Initiative of the First Nations and Inuit Health Branch at Health Canada are pleased to make available fifteen case studies identifying promising practices for the promotion of physical activity for Aboriginal children and youth.

Case studies are documented in the online report titled *Physical Activity Approaches at the Ground-Level: Promising Practices Targeting Aboriginal Children and Youth*. They are intended to facilitate dialogue with policy makers, governments and Aboriginal communities in support of childhood physical fitness and healthy living practices through culturally relevant and engaging program opportunities.

[Municipal Aboriginal Pathways: Next Steps - Aboriginal Youth Strategy - Winnipeg](#)

<http://kms.lin.ca/KO/KODetails.aspx>

Background information, data, and recommendations of the Winnipeg Public Service, submitted to Council, to support the delivery of Aboriginal services, funding for same, and to develop a full implementation and performance measurement plan for City of Winnipeg Aboriginal youth-focused programs and services.

Municipal Aboriginal Pathways: Next Steps - Aboriginal Youth Strategy – Winnipeg

[Aboriginal Sport, Recreation and Physical Activity Strategy](#)

<http://lin.ca/resource-details/26299>

The overall direction of the ASRPA Strategy is to contribute to a healthier future for Aboriginal communities, families and individuals by making sport, recreation and physical activity a priority. The Strategy takes a youth-centered approach because, as the largest growing population sector in Canada, they represent the future for Aboriginal communities. Youth are the sector of the population most easily attracted to participating in sport, recreation and physical activity, and for whom the opportunity to learn about a healthy, active lifestyle and achieve better health, enhanced self-esteem and self-confidence can best translate into positive life choices that, in turn, will improve health in the short and long term.</p>

[Preventing or Reducing Socio-emotional Problems in Adolescents](#)

<http://lin.ca/resource-details/21022>

For some young people, serious, internalizing problems such as depressive or anxious moods, negative self-perceptions and emotional distress, compromise healthy development and can undermine one's ability to succeed in school and work, form and maintain close relationships with others, and live a healthy, fulfilling life.

This Child Trends' brief synthesized findings from 37 random-assignment social intervention programs designed to prevent or treat internalizing problems for adolescents. Findings suggest that social interventions to address internalizing problems are most effective when they teach adolescents how to cope with negative thoughts and emotions, solve problems, and interact effectively with others. Therapeutic approaches appear to be effective. Psychological findings also indicate that combining psychotherapy with antidepressant medications is more effective than therapy alone. Mixed results were found for programs including activities to increase self-esteem and programs directed at non-clinical populations of youth.