

## **Empowerment and Engagement of Youth in the Management of Their Own Mental Health and Wellbeing**

Dr. Simon Davidson

Through several well established youth friendly mental health services, the importance of youth engagement as a foundation of programming will be presented. Each program, Youth Net/Réseau Ado, Dare to Dream, The New Mentality and the Youth Council of the Mental Health Commission of Canada will be presented in summary. The presentation will highlight several aspects of youth engagement including the case for it, the definition and recipe for success, models, tips for success, barriers and obstacles to meaningful youth engagement. By the end of the presentation, the audience will have a good working knowledge about meaningful youth engagement. An interactive question and answer period will follow.