



# North BEAT

## NEWSLETTER

April 2019

### Introduction to Psychosis: Module 1 coming soon!

**We are thrilled to announce that we have completed the testing phase of Phase One of our eLearning development, and we will begin piloting the first module as soon as summer 2019.**

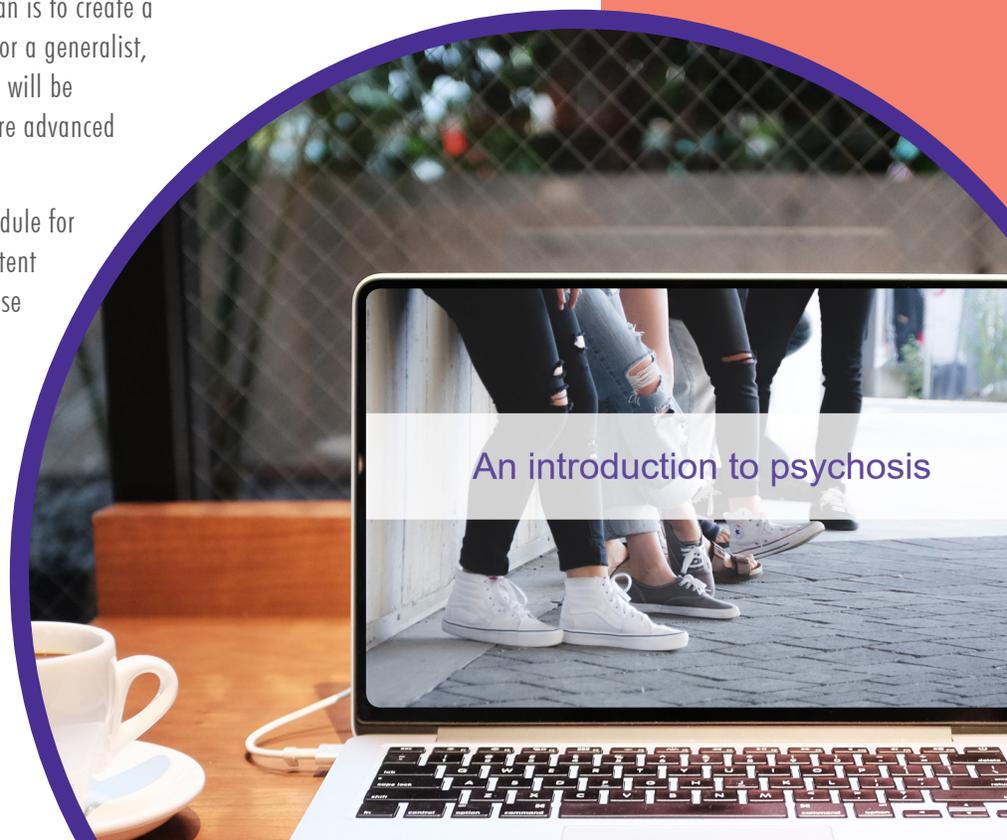
Phase One of NorthBEAT's eLearning development plan is to create a generic "Introduction to Psychosis" training module for a generalist, non-specialist service provider audience. This module will be supplemented by additional modules which cover more advanced topics such as screening and recovery.

This spring, a small group of testers took the first module for a test-drive and provided feedback regarding the content strategy for the second module. Special thanks to these reviewers for dedicating your time and expertise to guide this eLearning initiative! We anticipate that Module One will enter the pilot stage—and be shared with Collaborative members first—in summer of 2019.

Following the launch of Module One, the supplementary modules will begin rolling out at a faster pace. If all goes according to plan, there will be a total of four free training modules available by the end of 2019. Stay tuned!

#### WHAT'S INSIDE

- Youth Group Update...2
- Knowledge Exchange...2
- NorthBEAT Video Updates...3
- Member Profiles...4



# News from the #northbeatYAG

## General YAG update

NorthBEAT's Youth Advisory Group has 37 total members, with around 12 coming to each meeting. Boys & Girls Club was gracious to offer us meeting space, and with their support we have been holding monthly meetings with the YAG since November 2018. We are also grateful to Eat Local Pizza for keeping our group fed during the meetings!

The youth who attend our meetings are very engaged and keen on giving feedback and constructive criticism of NorthBEAT's activities. With the wheels in motion on some of our larger goals (e.g., eLearning modules), it's an exciting time for YAG input. We look forward to what comes next and appreciate all of the work our YAG has done to help us ensure the youth voice is integrated into everything we do.

## Resource Co-Creation

NorthBEAT's YAG has been brainstorming ideas for resources or campaigns that will help increase knowledge about psychosis among youth in Northwestern Ontario. As part of a three-step co-creation process, the youth have strategized a social media educational campaign directed

at youth in Northwestern Ontario that includes information about psychosis and where to get help. In partnership with the Partnerships, Education, Access and Knowledge translation (PEAK) working group at the Early Psychosis Intervention Ontario Network (EPION), the campaign will leverage the resources already available on the EPION website. On April 27, the YAG gathered for a 2 hour work-session to fine-tune the campaign details and next steps for implementation. The campaign will be launched in late summer 2019.

## Recruitment

Recruitment for the YAG is ongoing and sign up remains consistent. We plan on doing more community engagement this summer at events around the region. If your organization has any events that you think NorthBEAT should attend, please don't hesitate to let us know!



Questions about NorthBEAT's advisory groups? Please contact:

Heather Zachozy | [northbeat@tbh.net](mailto:northbeat@tbh.net) | 807.346.3693



## KNOWLEDGE EXCHANGE

Working in partnership with the Youth Advisory Group, the NorthBEAT coordinating team has started documenting our youth engagement activities and processes in the interest of spreading the word in the youth engagement community.

To date, we have submitted abstracts to the International Association for Youth Mental Health (IAYMH) and Early Psychosis Intervention Ontario Network (EPION) conferences coming up in fall 2019. If accepted, these conference presentations will allow us to get feedback, generate new ideas, and build awareness around what the YAG is doing.



## What If Video Update

For those of you who have been with us since the beginning, you might remember a video that was previewed at our media launch in December 2017. The video serves as an introduction to the NorthBEAT Collaborative, and where the Collaborative is headed. The video features signed members, the NorthBEAT staff, youth advisory members, and youth with lived experience.

We are excited to announce that we have partnered with local videographer Akio Brayshaw to help us edit the original video, shoot some added footage, and give further context to our work. We are aiming for a new NorthBEAT Collaborative video to be shared by summer 2019. We are also working with Akio

and the Youth Advisory Group (YAG) to bring some of their great ideas to life—including creation of short videos celebrating the YAG and the work they are doing, and to help educate youth in our region about psychosis.

The process of editing the original NorthBEAT Collaborative video has allowed us to reflect on some of the questions people have about what we do, where we're going, and how we got here. Video offers an engaging opportunity to answer these questions, while introducing what the NorthBEAT Collaborative is doing to help youth with psychosis in Northwestern Ontario get the help they need, when they need it.

### MEET THE VIDEOGRAPHER



**Akio Brayshaw** is a local videographer, entrepreneur and jack-of-all-trades with a background in television broadcasting. Akio has designed and produced several multimedia youth mentorship productions over the past decade or so, including short films,

documentaries, and music videos for a wide range of community-focused clients.

Akio is looking forward to helping NorthBEAT tell its story through video, and to increase awareness about psychosis in Northwestern Ontario.

FAMILY & LIVED EXPERIENCE ADVISORY GROUP

JOIN OUR  
**ADVISORY GROUP!**

Family and Lived Experience Advisory Group (FLAG) members will help identify potential solutions for increased understanding of psychosis and how to help families in Northwestern Ontario navigate mental health services.

AGES 25+ • BI-MONTHLY MEETINGS

FOR MORE INFO, SCAN OR VISIT: [northbeat.ca](http://northbeat.ca)

# NorthBEAT Collaborative: Member Profiles

The NorthBEAT core team is collecting responses for a new 'Member Profiles' feature showcasing signed members of the NorthBEAT Collaborative. These Member Profiles are a written feature that will be shared with our stakeholders and help us educate other members, youth, families, and the community about what our members do, the youth they serve, and anything else they would like the community to know. This is a great opportunity for members to share information about their services, events, or other calls to action.

Once we have collected responses to our interview questions from all members, the Profiles will be shared

biweekly to give each organization a chance to be featured. The Profiles will be shared by email, on our website, and across our social media platforms.

We are looking forward to showcasing the awesome organizations that make up the NorthBEAT Collaborative, and spreading the word about the great things happening for youth in Northwestern Ontario!



For more information or to submit your profile, please contact:

Doug Eddington | [northbeat@tbh.net](mailto:northbeat@tbh.net) | 807.346.3693



@northbeat\_on



@northbeat\_on



@northbeaton



@northbeaton



fb.me/northbeaton



@northbeatyag



North BEAT  
COLLABORATIVE

SUPPORTED BY ST. JOSEPH'S CARE GROUP  
& ONTARIO TRILLIUM FOUNDATION

## Contact Us

NorthBEAT Team  
c/o Centre for Applied Health Research, SJCG  
35 Algoma Street North, Room E2020  
Thunder Bay, ON P7B 5G7  
E: [northbeat@tbh.net](mailto:northbeat@tbh.net) T: 807-346-3693

The NorthBEAT Collaborative is funded by the Ontario Trillium Foundation Youth Opportunities Fund and sponsored by the Centre for Applied Health Research at St. Joseph's Care Group.

Ontario  
Trillium  
Foundation



Fondation  
Trillium  
de l'Ontario

An agency of the Government of Ontario  
Un organisme du gouvernement de l'Ontario

