

Community-Based Research Responding to Crises:

Amplifying Youth Voice in Research for Social Change: The Youth Wellness Lab

12-1pm Eastern Time | September 12, 2024

Presented by:

Cam Bautista, Stephanie Begun, Hajar Seiyad, Ayla Arhinson, & Bryn King



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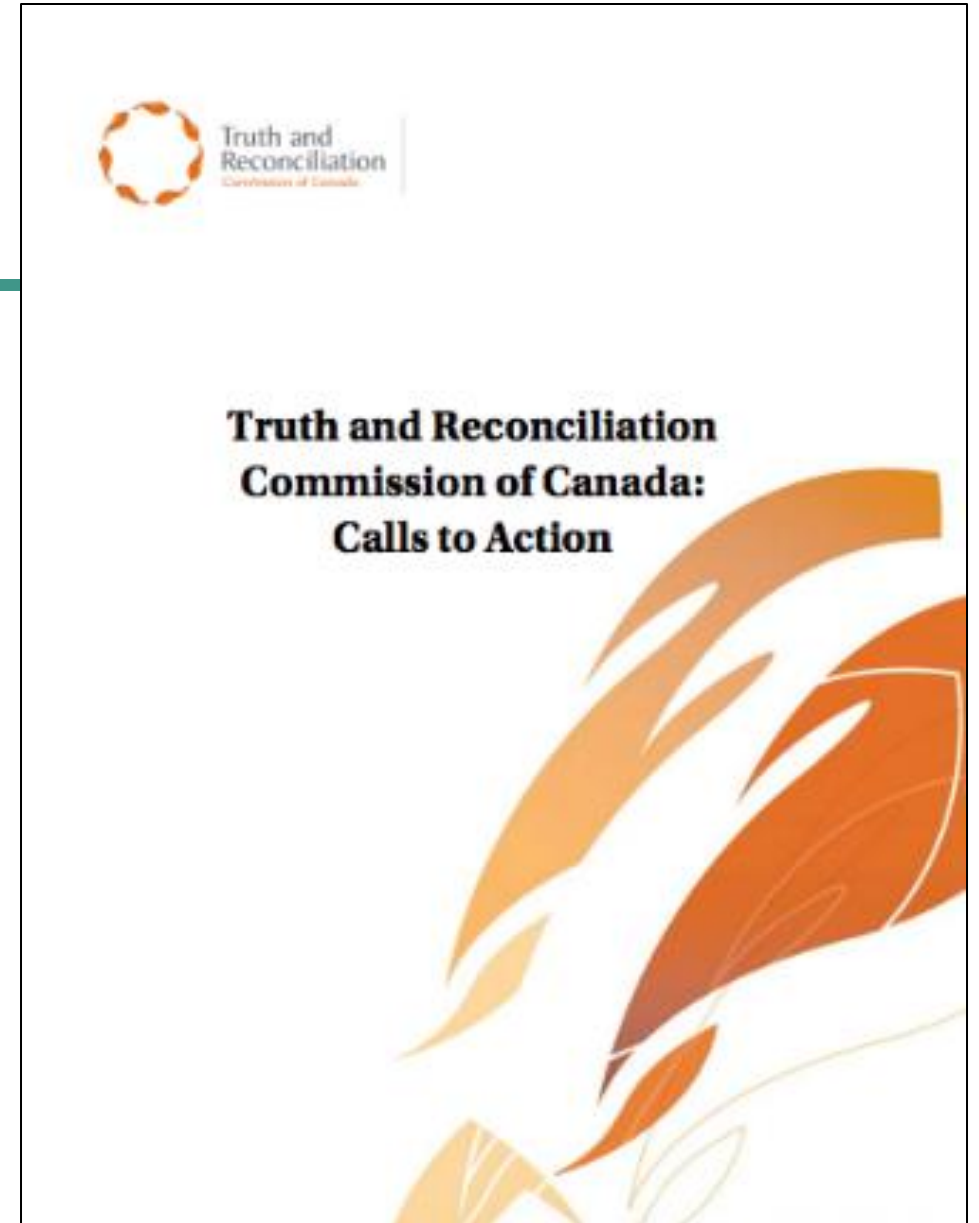
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Community Based Research Canada

Call to Action #21

“We call upon the federal government to provide sustainable funding for existing and new Aboriginal healing centres to address the physical, mental, emotional, and spiritual harms caused by residential schools, and to ensure that the funding of healing centres in Nunavut and the Northwest Territories is a priority.”



Agenda



Opening



Presentation



Q&A



Closing

Presenters

- **Cam Bautista**, Research Assistant, Youth Wellness Lab
- **Dr. Stephanie Begun**, Associate Professor and RBC Chair in Applied Social Work Research, Factor-Inwentash Faculty of Social Work, University of Toronto; Co-founder & co-director, Youth Wellness Lab
- **Hajar Seiyad**, Research Assistant, Youth Wellness Lab
- **Ayla Arhinson**, Youth Research Assistant, Youth Wellness Lab
- **Bryn King**, Assistant Professor, Factor-Inwentash Faculty of Social Work, University of Toronto; Co-Founder & Co-director, Youth Wellness Lab

SEPTEMBER 12, 2024

YOUTH WELLNESS LAB



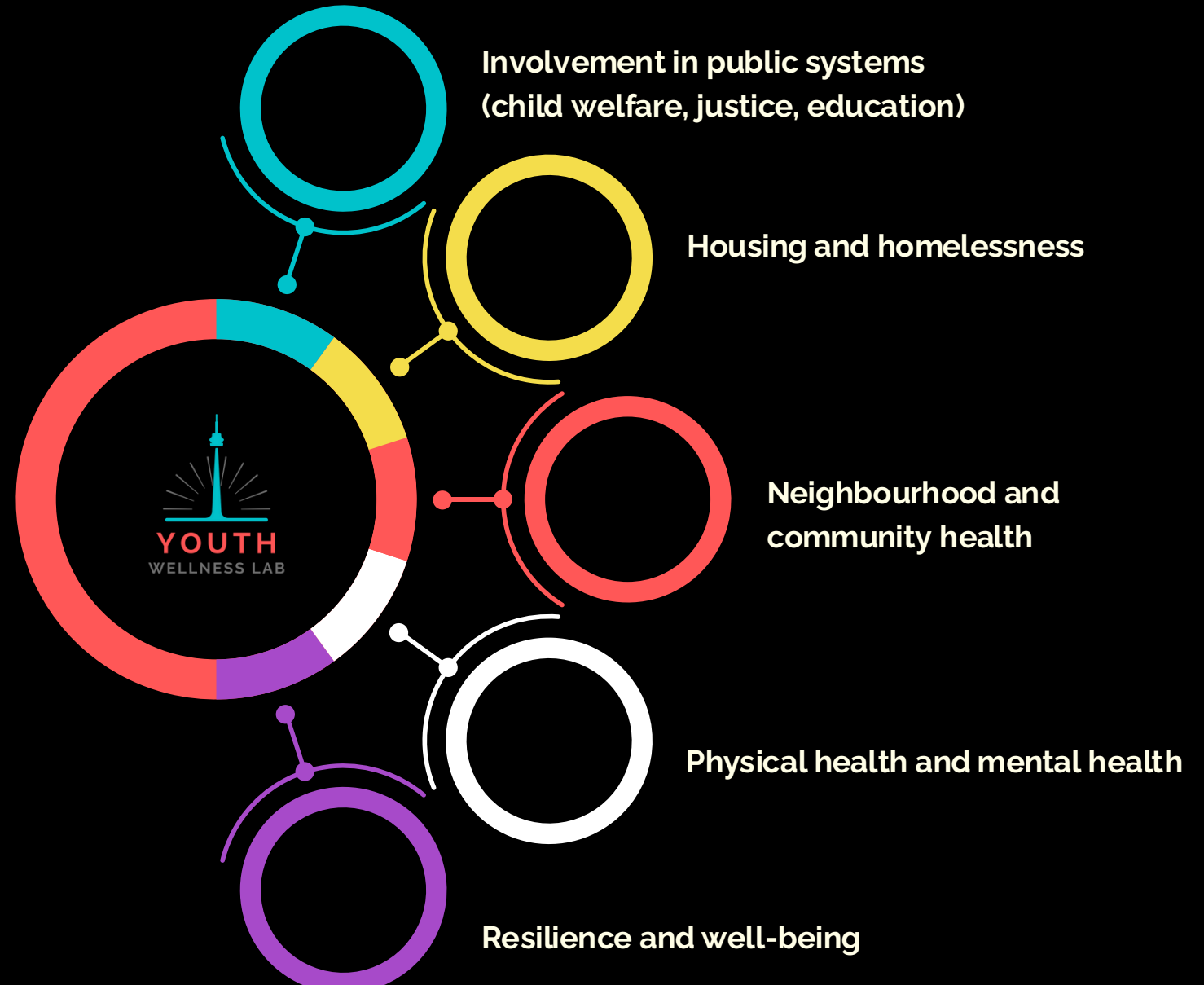
Y W L
established 2020

The Youth Wellness Lab (YWL) is a collaborative research hub, bringing together youth eager to participate in research design and dissemination, researchers dedicated to advancing youth well-being across sectors, and service providers and advocates who are committed to forming partnerships that support youth-focused research initiatives.



Key Areas of Focus

Using a variety of methods, the YWL and our partners are engaging in research that covers several intersecting areas.



the role of a

YWL YOUTH RESEARCHER

LITERATURE REVIEWS

Sourcing and compiling literature relevant to individual research projects

DATA COLLECTION & ANALYSIS

Qualitative & quantitative data collection, analysis, and briefing of findings

GROUP FACILITATION

Coordination and documentation of group style interviews and consultations

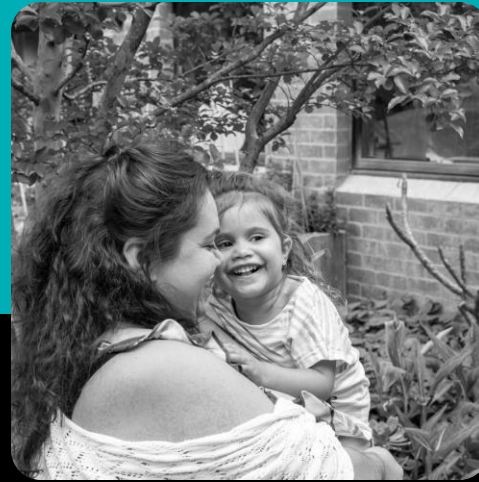
WRITING

Drafting and contributing to peer-reviewed articles and presentations

research spotlight



THE REAL TO



THE YOUNG
PARENTS STUDY



THE CART-ACCESS
PROJECT

THE REAL TO

Engaging Youth as Researchers and Change Agents in a Tumultuous Time





Youth discussed a range of topics every week

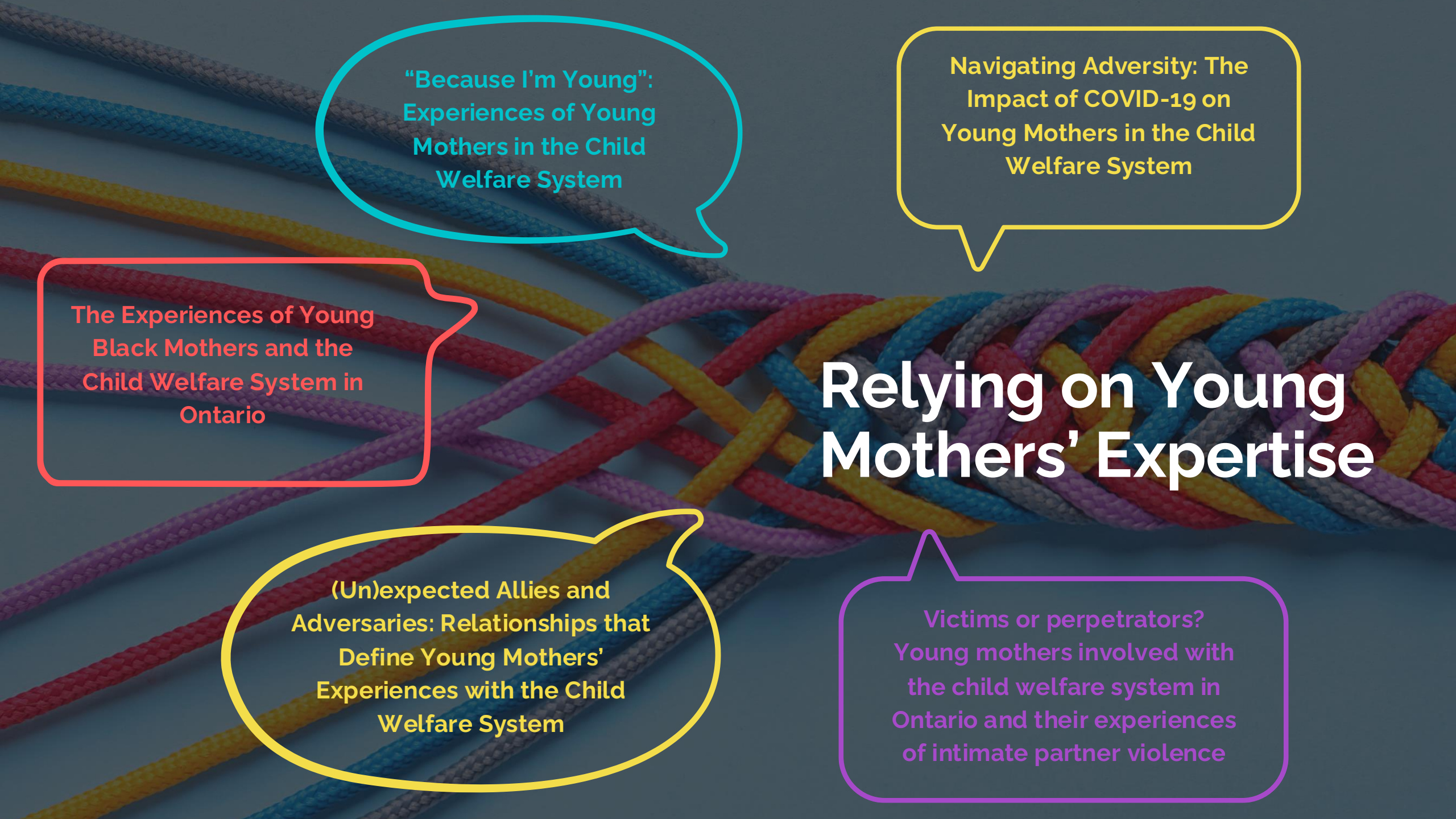


Our work made it to conferences!

THE YOUNG PARENTS PROJECT

—
Exploring young mothers' experiences
with the child welfare system in Ontario





**“Because I’m Young”:
Experiences of Young
Mothers in the Child
Welfare System**

**Navigating Adversity: The
Impact of COVID-19 on
Young Mothers in the Child
Welfare System**

**The Experiences of Young
Black Mothers and the
Child Welfare System in
Ontario**

Relying on Young Mothers’ Expertise

**(Un)expected Allies and
Adversaries: Relationships that
Define Young Mothers’
Experiences with the Child
Welfare System**

**Victims or perpetrators?
Young mothers involved with
the child welfare system in
Ontario and their experiences
of intimate partner violence**

THE CART - ACCESS PROJECT

Investigating the Landscape of Abortion
Provision in Canada



ABORTION MYTHS DEBUNKED!

MYTHS VS FACTS

MYTH Abortions are illegal.

FACT Abortions are legal! People under 18 years old do not need parental consent to access abortion in most of Canada.

DID YOU KNOW! Approximately 1 in 3 people who are able to get pregnant will have an abortion in their lifetime. Abortions are *very common!*

MYTH Abortions increase your risk for cancer.

FACT Abortions are safe! Multiple comprehensive studies have found no credible evidence of a link between abortion and cancer.

MYTH Surgical abortion is safer than medical abortion.

FACT Both of these procedures are safe, and the choice is personal.

MYTH My friend told me that if I have an abortion, I may not be able to get pregnant again...is that true?

FACT That's a myth! Having an abortion will not change anything about your fertility.

It's My Choice

Disclaimer: The information provided is for general informational purposes only and is not intended as medical advice. Please consult with a healthcare provider for further guidance. For more information, please visit <https://www.canada.ca/en/health-canada/services/sexual-reproductive-health/abortion.html>.

NEXPLANON 101

WHAT DO I NEED TO KNOW?

What is it?

A flexible implant that is inserted in your upper arm and works by producing a tiny quantity of hormones, which prevent pregnancy. This continuous release of low-dose progestin can work between 3-5 years.

How does it work?

The hormones in the birth control implant prevent pregnancy in **two ways**:

- Progestin thickens the mucus on your cervix, which stops sperm from swimming through to your egg.
- Progestin can also stop eggs from leaving your ovaries, so there's no egg to fertilize.

Implantation Process

You can have Nexplanon implanted in your arm at a doctor's office. The doctor or nurse will numb your skin before inserting the implant beneath the skin on your upper arm. This requires several minutes and does not hurt.

Affirmations for Trans and Non-binary folks

- I deserve safe and accessible abortion care
- I made the best decision for me and my body
- An abortion does not make me less trans or non-binary
- My transness should be respected
- It's okay to feel overwhelmed or confused
- I deserve the life that I want
- My abortion story is mine to share - or not
- It's okay to feel relieved
- I deserve gender affirming care

Financial contribution: Health Canada, Santé Canada

a) The views expressed herein do not necessarily represent the views of Health Canada. b) Les opinions exprimées ici ne représentent pas nécessairement celles de Santé Canada.

The Social Worker's ABORTION ACCESS CHECKLIST

REFERRALS

- Do I have a wide list of abortion-related resources?
 - gender affirming doctors + abortion clinics
 - hospitals/clinics equipped to manage disabilities
 - culturally aware clinics
 - harm reduction sites
 - trauma-informed mental health services
 - sexual assault crisis centres
 - lawyers and legal services

HARM REDUCTION

- Is my client using substances? Have I explored a safety plan around use before and after abortion?
- Does my client need to discontinue use for a period of time to access abortion? Have I communicated this information to my client?
- Does my client have a safe space to complete a medication abortion?

COUNSELLING

- Does my client have accurate information about abortion? Have I provided my client with all available information about pregnancy and abortion options?
- Is the information I am providing accessible to my client?
- Have I prepared my client for conversations with parents/guardians/partners about their options?
- Am I able to explain the abortion process in a step-by-step way?
- Have I developed a list of supports with my client to access care post-abortion?
- Have I explored any conflicting or ambivalent feelings about abortion that my client may be experiencing?
- Have I assessed for reproductive coercion or violence that may affect my client's decision-making?

SYSTEM NAVIGATION

- Am I able to refer my clients to low-cost or free abortion services?
- Have I referred clients to abortion services using the names and pronouns they use for themselves?
- Have I discussed travel, housing and potential costs in and around the abortion process?
- Have I discussed options for pain or anxiety management with my client? Does my client feel equipped to discuss their needs with a health care provider?

ADVOCACY

- Have I visited the spaces and/or made phone calls to the sites I plan to send my clients to?
- Have I reduced the steps my client needs to take to get information about abortion?
- Does my client need support understanding or filling out any forms required for the abortion process?
- Does my client require support attending appointments or picking up medication related to their abortion?

AFTER CARE


- Have I monitored for health-related symptoms, pain levels and/or complications post-abortion?
- Have I checked in about mental and emotional well-being post-abortion?

FACTOR-INVENTASHA COLLEGE OF SOCIAL WORKERS

Financial contribution: Province of Ontario, Ontario Health Services, Ontario Health Services

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Resources created by a team of youth researchers!



**Be sure to check
these out in the
(very) near
future!**

Our Bodies, Our
Stories podcast

CART Year 2
materials

Day in the Life of
the YWL

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Question and Answer



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Next E-Learning Event



Community-Based Research Responding to Crises:

Centering Community: Health System Innovation in a Poly-Crisis Age

12-1pm Eastern Time | October 17, 2024

Presented by:
Shanell Twan & Ginetta Salvalaggio

An E-learning event brought to you by



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Thank You!

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