



Community of Practice (CoP) Project Spotlight

Celebrating CoP Intervention Projects

Project: Healthy Relationships Program (HRP) by RISE-R

Organization: Centre for School Mental Health, Western University

About the Program



The Healthy Relationships Program was adapted to fit the culture, identities, settings and lived experience of diverse youth across Canada.



The RISE-R team worked closely with each community partner to tailor the program while still adhering to evidence-informed components.

Program Delivery Learnings

Facilitators had to be skilled in areas such as:

- Knowledge of gender-based violence & consent
- Online and in-person youth engagement
- Managing group dynamics
- Managing potential trauma reactions



Supporting youth who are facing systemic barriers (e.g., racism) is challenging work; to do this in a good way, facilitators should receive unique support, especially if facilitators themselves have also faced those systemic barriers.

Given the emotional impact of youth stories, facilitators could benefit from debriefs and personal reflection to help process these experiences.



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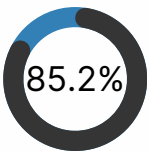
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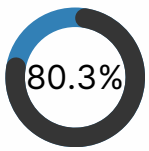
Program Evaluation Findings



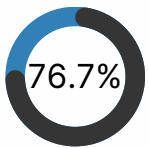
Youth learned and practiced relationship skills, and benefitted from the connections and healthy relationships among one another and with the facilitators.



85.2 % of youth reported an increase in knowledge about mental health and healthy relationships



80.3% of youth reported that they were more likely to use the HRP skills after the program (e.g. make a respectful apology if they did something wrong)



76.7% of youth reported improved confidence in using HRP strategies (e.g. healthy strategies to cope with life stressors)

Impact of the CoP



The CoP's continuum of supports and resources was able to support groups in both research and program delivery.



HRP Program experts also had the opportunity to give back and share their expertise with CoP members.