

LIFT FUTUR en tête

Youth Employment, Education, and Training

Youth who are not engaged in employment, education, or training are more likely to experience significant health, social, and economic challenges, including higher rates of mental health and substance use issues and low socioeconomic status.

The Lift/Futur en tête initiative was born out of the recognition that most youth with mental health and substance use health needs identify work and education as a priority, and that tailored support, such as that offered by the Individual Placement and Support program for youth (IPS-Y; see right), is rarely embedded in mental health and other youth-focused services in Canada.

Leaders from Integrated Youth Services (IYS) - a model that leverages community partnerships to provide youth with mental health and a range of other services in a safe, welcoming space - recognized the opportunity to embed IPS-Y in IYS in Canada to fill this gap.

Working in partnership with youth with lived/living experience of mental health and substance use health challenges (see below), as well as IYS leaders, providers, researchers, and others, Lift/Futur en tête resulted in the implementation and evaluation of IPS-Y in 12 IYS settings across Canada.



Individual Placement and Support for Youth (IPS-Y)

The Individual Placement and Support (IPS) is an evidence-based practice developed in the United States to help adults with significant mental health challenges work in competitive employment based on their preferences. A youth-adapted version of this program (IPS-Y) includes an additional focus on supporting youth to engage in education.

Youth Engagement and the Youth Experts Collective (YEC)

Engaging and empowering youth in mental health service design is the right thing to do.

Nobody else knows more about the experiences, needs, and preferences of youth than youth themselves. It also results in better research and service improvements and benefits youth directly.

Recognizing the importance and value of engaging and working in partnership with youth, all aspects of the Lift/Futur en tête initiative were informed by the Youth Experts Collective (YEC).

The YEC is a diverse and passionate community of young people, many of whom have lived/living experience of mental health and substance use health challenges, including:

1. **Providing advice** on how to engage in youth services
2. **Co-creating content** to support youth recruitment in Lift/Futur en tête and the development of IPY-Y provider training (see next page).
3. **Helping to plan and facilitate** the Lift/Futur en tête Summit - a 2-day gathering of youth, IYS service providers, leaders, researchers, and other committed people - to share and celebrate experiences and achievements.
4. **Growing in knowledge together** through participation in capacity building sessions over the course of the initiative.



Lift/Future en tête recruitment video developed by the YEC

Provider Training Curriculum: ECLIPS: Educating Community Leaders in IPS

Training new providers is an important component of implementing IPS-Y.

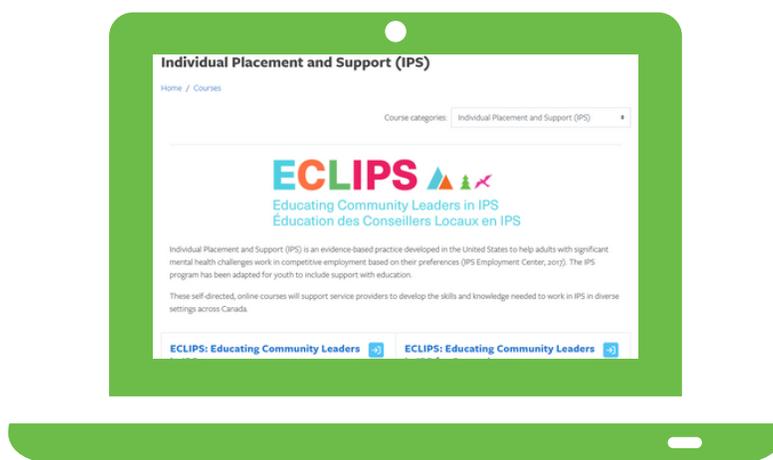
As part of the Lift/Futur en tête initiative, the existing IPS training curriculum was expanded and adjusted. This work included:

- adjusting language and practices to better fit youth-focused services in the Canadian context
- integrating a focus on equity
- integrating best practices in gender-informed, trauma-informed, anti-racist, and anti-oppressive practices

Development of the comprehensive curriculum - called ECLIPS (Educating Community Leaders in IPS) - was informed by the experiences and lessons learned from IPS-Y implementation as part of the Lift/Futur en tête initiative, as well as by the input from a range of content experts, including members of the YEC (see previous page). The developers also appreciated the advice and inspiration that the IPS Employment Center team (particularly Sarah Swanson and Deborah Becker) generously shared and their encouragement to those involved in Lift/Futur en tête to make IPS accessible to youth in Canada.

The Lift/Futur en tête curriculum was designed to help IPS providers meet the following learning objectives:

1. Demonstrate an understanding of IPS-Y and related concepts
2. Apply knowledge to support the delivery of IPS-Y services
3. Use resources for self-directed and sustained learning
4. Access resources for orientation/ onboarding



A virtual course based on the ECLIPS curriculum, as well as related learning resources for trainees, was also developed and is **now available in both English and French** to providers at IYS and other youth-serving agencies through an online learning portal (see above). The course consists of 12 eModules for IPS specialists (who provide youth with direct assistance to engage in employment, and training) and 14 eModules for IPS supervisors (who are responsible for overseeing, managing, and championing the IPS-Y program within an organization). Each module is self-paced and takes approximately two hours to complete.

To learn more about ECLIPS and to access the curriculum, visit the Centre for Addiction and Mental Health's [knowledge exchange hub](#) or use the QR code to the right.



This is a collaborative initiative with/ Cette initiative est menée en partenariat avec :

ACCESS Open Minds (pan-Canadian)/ ACCESS Esprits ouverts, Foundry (British Columbia), Youth Wellness Hubs Ontario/ carrefours bien-être pour les jeunes, hosted by Centre for Addiction and Mental Health (CAMH).

