

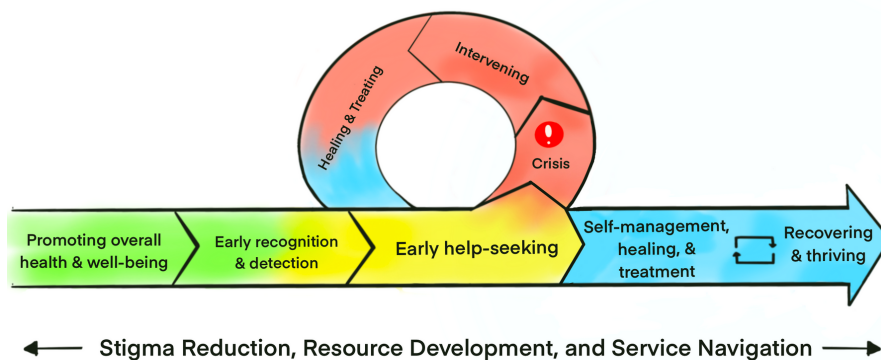
# The BC Children's Hospital Health Promotion & Health Literacy Team

## Who we are:

**Our team aims to enhance the physical and mental health and well-being of BC's children, youth, and families through health promotion and health literacy.**

Our team members have expertise in health promotion, public health, mental health, education, and project management. We work with partners in hospital, school, and community settings to empower BC youth and families through information, learning, and services. Our work aligns with the Ministry of Health mandate, the PHSA strategic plan, and the BC Children's Hospital (BCCH) directional plan.

## Health Promotion & Health Literacy Across the Continuum of Health



## What our team does:

- Develop, adapt, curate, promote, and navigate resources for our audiences
- Offer education, peer support, and professional development
- Build capacity across complex systems like schools, communities, and health organizations
- Grow provincial networks and partnerships

## How we work:

Partnerships are central to our approach. We collaborate with clinical and hospital-based teams; youth and families; and community leaders including educators, policymakers, and advocates.

Through these partnerships, we develop and disseminate information, resources, and services to support mental health, safer substance use, and well-being. We reflect BC's diversity, championing accessible resources in varied formats. We bring leadership, creativity, teamwork, and stakeholder engagement to our projects.

## Our projects support:

- Children and youth
- Families and caregivers
- Health professionals
- School professionals
- Community organizations

## We value:

- Lived experience
- Engaging stakeholders and communities
- Collaborating and connecting
- Practical information, tools and strategies
- Equity and diversity
- Improving access to health resources through innovation
- Upstream thinking that improves well-being

## We develop and manage provincial programs, resources, and initiatives:

- **BCCH Kelty Mental Health Resource Centre** supports BC families and their children in their mental health journeys. The Kelty Centre selects and promotes high-quality information and resources on mental health and safer substance use. Parents and families navigating the mental health system can connect with peer support through a partnership with FamilySmart. The Kelty Centre also offers province-wide education through webinars and podcasts.
- **The Family Support & Resource Centre** is a library for BC families, and a community space for parents, children, and youth at BC Children's Hospital and BC Women's Hospital + Health Centre. The library lends resources on health topics and challenges to adults, children, and youth, and provides health information searches. Families can borrow resources for free, anywhere in BC.
- **The Provincial Child and Youth Mental Health Literacy Initiative** develops online tools, resources, projects, and initiatives to advance health literacy and health promotion among BC children, youth, and young adults. The Initiative oversees the development and promotion of [foundrybc.ca](http://foundrybc.ca), a one-stop access point where young people ages 12-24 can find health and wellness information, services, and supports.
- **School-based Initiatives** engage whole communities, and build mental health literacy skills in children, youth, and educators. These offerings are province-wide, or customized to local school communities.
- **Shapedown BC** is a program that helps children and teens aged 6-17 that face challenges with weight management. Participants and their families work with health professionals to recognize and overcome barriers to active living and healthy eating. The Health Promotion and Health Literacy team oversees this program in BC.

## We provide leadership and support for BCCH programs:

- **The BCCH Centre for Mindfulness**, a hub where children, youth, families, caregivers and health professionals can develop their mindfulness practice. The Centre runs clinical and educational programs, supports health professional development, and supports research.
- **Pain Care 360**, a provincial pain program for children, youth, and families at BC Children's Hospital. This project offers an integrated approach that addresses the physical and emotional effects of both acute and complex chronic pain in children. Through education, capacity building, and implementing evidence-based approaches, Pain Care 360 aims to transform pain assessment, management, and prevention at BC Children's Hospital and across BC.
- **The Compass Team**, a province-wide service that supports evidence based care to all BC children and youth (0-25) living with mental health and substance use concerns. This is done by supporting community care providers with the information, advice and resources they need to deliver appropriate and timely care to children and youth close to home.