

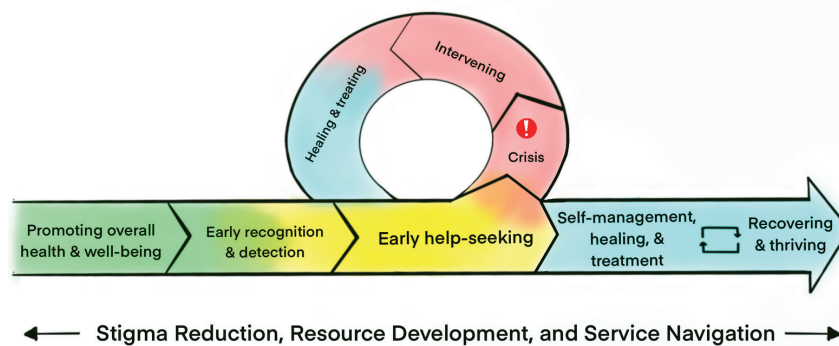
# The BC Children's Hospital Health Promotion & Health Literacy Team

## 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 project management, 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 we do:

- 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 engagement to our projects.

## Our projects support:

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

## We value:

- Lived experience
- Engaging 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:

- The **BCCH Kelty Mental Health Resource Centre** provides mental health and substance use information and resources, assistance navigating the mental health system, as well as free personalized support from parent peer support workers for families across BC and the Yukon. Learn more at [keltymentalhealth.ca](http://keltymentalhealth.ca).
- The **Family Library** lends health-related books, eBooks, games and learning kits to families in BC and the Yukon. Library staff also support families with online searches for health information.
- Our team supports youth and young adult health literacy through the development of content and resources for the **foundrybc.ca website**. Foundry provides free and confidential health and wellness services for BC youth ages 12-24 and their families/caregivers. Young people can access health promotion and health literacy information and resources through [foundrybc.ca](http://foundrybc.ca).
- The **School Health Promotion Team** works collaboratively with education and health partners to enhance capacity for system-wide changes to improve student mental health and well-being in BC school communities. The team provides support with health promotion planning and implementation through coaching, resources and professional learning for school professionals.
- **Shapedown BC** is a family-centred healthy living program that offers medical, nutritional, and mental health care for children and youth aged 6-17 living with obesity or presenting with health complications associated with overweight. The program is delivered by a team of doctors, dietitians, mental health professionals and exercise professionals.

## We provide leadership and support for BCCH programs:

- The **BCCH Centre for Mindfulness** aspires to foster a more mindful hospital where mindfulness and compassion guide every aspect of hospital culture and care for children, youth, families, caregivers and health professionals. The Centre is a hub to connect, share and nurture mindfulness activities throughout the hospital community, including clinical and educational programs, health professional development and research.
- **BCCH Priority Initiatives** support BCCH leadership with projects across the BCCH Campus that are deemed to have high priority, impact and value. Examples include space utilization, anti-indigenous racism and indigenous cultural safety and the transition of outreach services. This team also provides a best practice model in Project Management for the BCCH Campus.
- The **BCCH Compass Program** provides telephone consultation and capacity building opportunities to community care providers to support the delivery of evidence-based care for all BC children and youth (0-25) living with mental health and substance use concerns. Learn more at [compassbc.ca](http://compassbc.ca).
- The **BC Children's Knowledge Centre** is a knowledge mobilization program that creates and disseminates knowledge products, processes, and campaigns. In collaboration with families and partners, the Knowledge Centre creates and enhances innovative knowledge products, supporting all BC families' health and wellness priorities.