



Youth BEAT

Breakthrough to
Employment And Training



Ministry of
Advanced Education,
Skills and Training

*Building healthy
communities*



Youth BEAT

B - Breakthrough to

E - Employment

A - And

T - Training



YMCA Youth BEAT is a FREE employment program that supports youth with mental health barriers to Breakthrough to Employment And Training. We offer programming in the Vancouver and Fraser Valley areas.

The program helps youth gain confidence in kick-starting their careers. This holistic program, in partnership with service providers and employers in the Fraser Valley and Greater Vancouver area, provides a wealth of support, training and mentorship that is tailored to meet the individual needs of our participants



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Youth BEAT

Eligibility

- aged 17-29
- Canadian Citizen, Permanent Resident, or Confirmed Refugee
- Not in full time school
- Unemployed or precariously employed
- Experiencing mental health challenge as a barrier to employment
 - Not required to have formal diagnosis
 - Best suited for those with mild-moderate symptoms
- Seeking employment/career development
- Residing in Greater Vancouver, Fraser Valley areas
- No referrals required

Availability

- Program offered 4 times per year, once per season
- Connect with staff to attend online information session and consultation
- Learn more and register at youthbeatfraservalley.eventbrite.ca or website at gv.ymca.ca
- OR call, text or email
- youthbeat.fv@gv.ymca.ca
- Cell: 236-522-1277
- Location: Currently online using Zoom and a Learning Management System



Program Overview

Workshop description (5 weeks) Online-Live Delivery

- Pre-employment-assessments, resumes, interviewing
- Life skills-communication, time management, budgeting etc.
- Short-term training & guest speakers
- Mental wellness

Follow Up Support (12+ weeks)

- Group job development sessions (For those not working)
- Individual support
- Possible Pathways:
 1. Employment
 2. Substantive Education
 3. Volunteer placement

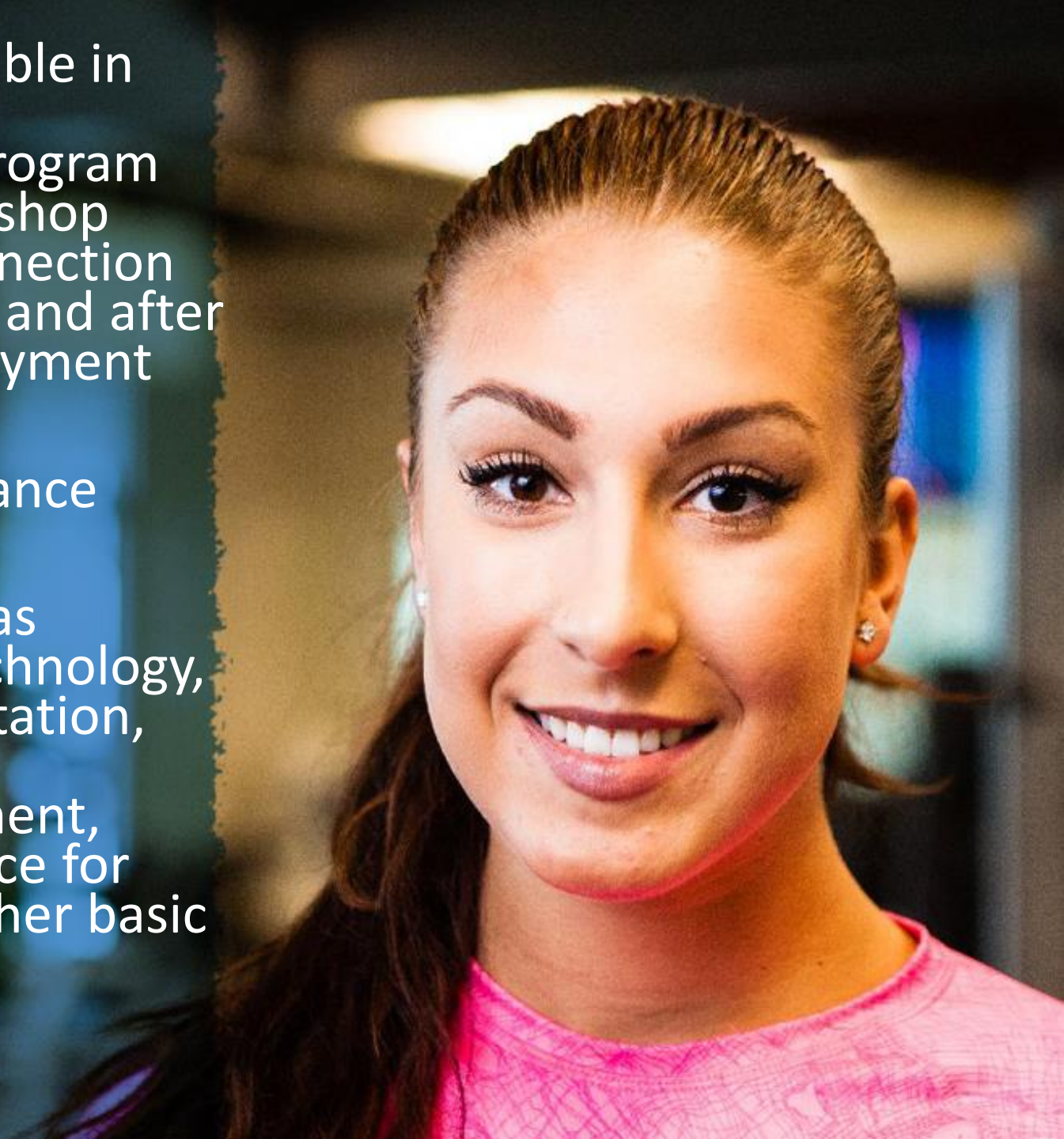


Program Components

- Workshop Phase: 5 week GBES offered online utilizing Zoom, Learning Management system
- Offered live Monday-Thursday 9:30am-3pm, 1-1 appts Friday mornings)
- focus on physical and mental wellness, & stress management in addition to employability/job search/life skills, options of certifications
- Small classes (12 participants)
- Programming flexibility to suit part-time employment, 1-1 support and customized programming options
- Employment/Further Training Phase: 12+ week additional support and follow up
- Ongoing support post-outcome



- \$600 total available in honorariums for completion of program outcomes: workshop completion, connection to employment, and after 3 months employment
- Volunteer allowance
- Other supports as needed: incl. technology, transit/transportation, work related clothing/equipment, funding assistance for childcare and other basic necessities



Specialized Mental Health Components

- Consistency - structure and routine of workshops – we see marked improvement in sleep hygiene, self-confidence and sense of purpose. Employment has similar outcomes
- Connection to peers with lived experience, and staff members validating living with mental health concerns
- Insights around behaviours that lead to difficulties connecting with people/problems at work – via staff assessment and feedback as rapport develops
- Insights around preferences for workplaces and self-acceptance – for example, not needing to feel shameful about a dislike for customer-facing roles



Specialized Mental Health Components

- Tangible coping skills for stress and anxiety – mindfulness, ACT, CBT based thought challenging techniques, visual grounding techniques etc.
- Education, support and empowerment to:
 - seek suitable employment, accommodations
 - disclose mental health related job/education needs
- Long-standing Employer Partnerships– participants tend to feel there is a lesser chance of being stigmatized for disclosing mental health challenges in the workplace



Questions?

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YMCA of Greater Vancouver

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