

COPING WITH VIOLENCE

checklist

Many service providers, researchers and communities are already actively working to reduce the harmful impacts of violence on children and youth. This checklist can help your organization follow best practices.

1) Integrated, multi-level approaches to mental health care are essential to addressing the complex needs of children and youth in challenging contexts.

Wherever possible, we integrate elements of mental health promotion, prevention and treatment into the services we deliver.	
We have partnerships with local services that provide interventions in mental health promotion, prevention and treatment.	
We are connected to and/or collaborate with local, regional and national partners that do work in mental health promotion, prevention, and treatment in order to further a comprehensive approach.	

2) Strengths-based approaches to mental health promotion, prevention and treatment build protective factors among at-risk youth and their families and communities.

We provide staff and volunteers with education and training on using a strengths based approach.	
We use a coordinated strengths-based approach to increase resiliency among young people, their families and communities. This can include opportunities for skill building and for developing healthy, supportive relationships.	
Because a caregiver's wellbeing is essential to a child's wellbeing, we provide services or referrals to services that can help caregivers heal from their own trauma.	
We promote the use of a strengths-based approach with our partners.	

3) Interventions need to be relevant to the needs of at-risk young people from diverse contexts, cultures and genders.

Our staff receive regular training on delivering culturally sensitive services. Our organization strives towards cultural competence.	
We engage youth and their families from different genders, cultures and contexts so that our programming reflects their needs.	
We are in touch with cultural leaders in our community and we ask them to help shape our programming (i.e. Elders, spiritual leaders).	

We have and follow a protocol for checking that children and youth from diverse cultural and linguistic backgrounds can understand resources (spoken and written). Where possible, translators are available who can be trusted by young people.	
Where possible, our services are offered using a variety of mediums such as artsbased programming to help ensure children and youth have access to services despite communication and cultural barriers.	

4) Engaging young people, families and communities will result in more effective services.

We have and follow a Youth Engagement Plan (see CYCC Network paper on Youth Engagement).	
We use a participatory approach to ensure program elements are matched to local needs and assets within the community.	

5) Program monitoring and evaluation are important to overall program and organizational effectiveness.

A monitoring and evaluation plan has been developed. It is integrated into the design and delivery of our program(s).	
A Logic Model is developed that will help us identify if we are making progress on reaching our objectives.	
Young people are involved in program monitoring and evaluation as per our Youth Engagement Model.	

6) Effective documentation and knowledge sharing can help programs learn from each other.

We are documenting as best we can our process so that we can share what we are learning.	
We are connected to other organizations that work in the area of mental health so that we can share and learn from each other.	

7) Following clear ethical guidelines when working with children and youth is necessary to prevent stigma and further vulnerability and risk.

We follow an ethical framework when working with children and youth.	
Our ethical framework includes guidelines for involving children and youth in research and evaluation.	

