

Resilient Kids Program Logic Model

Information for Youth Participant Fund Applicants – January 2024

Healthy North Coast co-designed the Resilient Kids Program with local young people, communities and service providers. This process defined four program activity areas which seek to drive 10 key short-term outcomes to improve the mental health and wellbeing of young people.

The table on the next page provides an overview of the 10 key outcomes. The Youth Participation Fund is not intended to address all 10 key short-term outcomes but rather to focus on four of those (which are marked with purple crosses).

1. Young people are able to make informed wellbeing decisions

Wellbeing education can promote protective factors and positive behaviours such as help seeking, healthy lifestyle choices and constructive coping strategies. For example, social and emotional wellbeing or resilience group programs could provide this education.

2. Young people are able to emotionally and socially support their peers.

Social support from friends and peers is a protective factor for mental health impacts following extreme weather disasters, and a lack of social support is a risk factor. Young people place higher value on speaking to peers who have experienced the same thing compared to discussing feelings with an adult stranger. Peer-to-peer programs are therefore a possible strategy to provide young people with an opportunity to connect with their peers.

3. Young people feel more confident and able to prepare for and recover from natural disasters and contribute to tackling climate change.

Disaster resilience and climate change education have become increasingly more important to young people to gain a sense of control over their situations. Education that focuses on investigation and problem-solving has been shown to be effective when delivering disaster resilience education.

4. Young people have opportunities to participate in fun community activities

Community connection is a protective factor for young people's mental health.

The pandemic, the floods, and subsequent family financial distress has meant that young people have missed out on fun. It is therefore important to create opportunities and spaces for children and young people to come together and have fun, with other young people and with community members, and without any worry about cost. Where possible, these activities should be youth-led and respond to the unique needs of each community.

Resilient Kids Program logic model

This logic model outlines the 10 key short-term outcomes that was recommended to the design of the Resilient Kids program. These short-term outcomes have been mapped to potential medium- and long-term outcomes that contribute to the overall impact of improving mental health and social and emotional wellbeing of young people.

A single initiative is unlikely to drive all 10 of the short-term outcomes, but the entire suite of initiatives commissioned should together form a holistic program ecosystem that drives all of the outcomes to achieve the Resilient Kids program objectives.

