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# Comprehensive Youth Pilot Project (CYPP) Implementation and Evaluation



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## Outline of presentation

- What CYPP is
- Why and how it was implemented
- Participant results of CYPP evaluation
- Key factors needed to implement CYPP
- Moving forward...next steps

## What is CYPP?

- A participatory community mobilization approach with youth
- To identify priority health issues in high school/community
- To plan, implement and evaluate these activities

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## CYPP Goals

- To empower youth to act as agents of change in their schools and communities.
- To create or enhance supportive environments.
- To improve health and well-being and to reduce risk taking behaviours among youth.

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## Why did we do CYPP?

- New Ontario Public Health Standards and Guidelines
  - Comprehensive health approach
- Previous success with youth engagement strategies
- Reach out to youth in community
- Best-practice

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## How did we implement CYPP?

- Developed CYPP conceptual framework
  - Youth Empowerment - Holden et al.
  - Community Action Cycle
  - Principles of youth engagement
  - Systems orientation and foundational theory for program evaluation - D. L. Wasserman

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## Who participated in CYPP?

- 6 publically-funded schools in the Ottawa area (English and French)
- 4 'Community Houses'
- CYPP groups:
  - Youth 12-18 years
  - Teacher or Youth Worker
  - OPH Staff and Youth Facilitator



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## What did CYPP groups do? Community Action Cycle



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## What did CYPP look like?

- School
  - Met once a week over lunch hour
  - Planned school-based activities
- Community House
  - Met every 2 weeks in evening (2 hrs)
  - Focused on youth issues in community

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## CYPP Evaluation Plan

- Based on conceptual framework
- Several tools/methods used
- REB approval sought from OPH and school boards – active consent

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## CYPP Evaluation Results

- Participant data, not process
- Evaluation limitations
  - Lower response rate - Bias to those most engaged?
  - Challenges – timing, active consent
- 2 sites stopped participating half-way through

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## Collective Action Outcomes

CYPP did result in the identification of local health issues of priority to youth

- Schools –mental health\*\*, school spirit, tobacco prevention/cessation, physical activity
  - Strategies: Events and activities, contests
- CHs – employment, physical activity
  - Strategies: Grants, advocacy

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## Changes in youth due to CYPP

### Individual

- Developed new skills
- Learned health-related info/skills
- Positive impact on community
- Increased confidence to speak out
- Sense of belonging/valued

### Group

- Greater sense of ownership for CYPP over time
- Made a greater difference in the process of CYPP over time
- Higher youth are on YE continuum, more the group accomplished

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## What did youth think about CYPP?

*“I have thought about the choices I’ve made and made good decisions with the information I’ve learned”*

*“This is a good group to help you find out who you are. It builds character”*



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## Physical and Social Change - Success Stories

- Youth advocated for updated basketball structure in community and granted \$50,000 to go ahead with improvement plan
- Youth asked for and then developed a girls' only gym space
- Youth promoted positive school spirit through 1 activity/month that got many students involved in fun and creative activities
- Youth did a 'Mental Health Week' with daily activities to promote positive mental health

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## Key factors for positive outcomes in CYPP

- Site staff and OPH staff who valued youth-led approach
- Shared responsibility for decision-making
- Access to resources – Funds, space
- Group identity (belonging) and purpose

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## Key factors for positive outcomes in CYPP con't

- Interested, available youth
- Fun, food and incentives
- A process to guide work forward (i.e. CAC)
- Importance of building relationships

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## Moving forward...

- Using CYPP approach in high schools in 2011-2012 school year
  - Incorporated key findings
  - Incorporated concepts into elementary programming
- Created separate OPH team to address social determinants of health and work with community houses/housing

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Thank you.  
Questions?