

# Engagement & Relationship Building

## Purpose

These learning activities are meant to be completed after watching the [Webinar #1 Engagement & Relationship Building](#) and can be incorporated into mental health education sessions for individuals or groups.

## Learning Objectives

- Enhance current skills to engage and build rapport with children and youth with mental health conditions.
- Recognize the importance of engaging with family/caregiver(s)/community.
- Review confidentiality and consent practices as it applies to children, youth and their families.
- Explore the context in which you are providing care and how systemic discrimination affects your interactions and experiences with others.

## Learning Activities

### Activities: Building Rapport and Engaging

Time	Target Audience	Activity
20 minutes	Individual or group	Video- <a href="#">Pediatric Mental Health: Key Ingredients of Service Delivery</a> <ul style="list-style-type: none"> <li>• Consider including as a part of orientation for new and returning staff.</li> </ul>
Participants can choose to complete different sections of the module* 3-30 minutes  <i>*Learning Links account required-free to sign up</i>	Individual	Learning Links: Enhanced Learning Series in Child and Youth Mental Health <ul style="list-style-type: none"> <li>• <a href="#">Module 3: Building Rapport with Children and Youth</a></li> <li>• Learn techniques on how to engage and build rapport with children and youth.</li> </ul>
5 minutes	Individual	Check out this one pager: <a href="#">Tips for Engaging Children and Youth in Acute Care Settings</a>
20-30 minutes	Group	<u>Case discussion</u> : Share experiences of when you were successful and/or unsuccessful when engaging with a child/youth. What worked well and what didn't? What have you learned and has this changed your practice?
Multiple resources and activities (some quick and others longer)	Individual	Gender affirming care. Complete activities: <a href="#">The Safe Zone Project</a>  Check-out this two-pager: <a href="#">Gender Inclusive Language: Building relationships with new clients</a>

**Activities: Engaging Families and Caregivers**

Time	Target Audience	Activity
3 minutes	Individual	Video: <a href="#">Brené Brown on Empathy</a> Reflect on how to use empathy in practice with children/youth/families and caregivers.
47 minutes	Individual	Video: <a href="#">Building Rapport with Children, Youth and Their Families</a> (includes video above)

**Activities: Confidentiality, Consent and the Mental Health Act**

Time	Target Audience	Activity
60 minutes	Individual	Learning Hub online module: <a href="#">Infants Act: Determining Consent for Treatment and Information Sharing</a> (Island Health course but the content is applicable across Health Authorities)-open to all Learning Hub users.
20-60 minutes	Individual	Review the information and complete the online learning module: <a href="#">BC Mental Health Act Toolkit</a> A collection of tools, links, resources and learning materials on the BC Mental Health Act.
15- 20 minutes	Small groups of 3 learners	In breakout rooms/small groups practice explaining confidentiality & informed consent with a child/youth/parent.

**Activities: Structuring Care in the Context of Systemic Discrimination**

Time	Target Audience	Activity
Video- 3 minutes 10-15 minutes total for reflection	Individual	Video <a href="#">Intersectionality 101 - YouTube</a>  Write a paragraph about your own social location and worldview. Reflect on how they influence your practice. Explore how you balance your personal values with those of your organization. In what ways can you leverage your circles of influence to foster greater awareness of intersectionality and related concepts?
15-30 minutes	Individual	Review content from site below: Includes case studies and videos.  <a href="#">Culturally Connected</a> is an approach that brings together cultural humility and health literacy to help care providers and their clients develop a shared understanding of each other's values, beliefs, needs, and priorities.

## Additional Resources

**Cultural Safety and Humility Action Webinar Series:** These webinars are to encourage participation, learning, self-reflection and positive change among BC's healthcare professionals. The 11 part series supports the development of tools and skills for advancing cultural safety and humility and understanding and integrating this work into practice and interaction with First Nations clients.

**Family Smart:** Video- [Enhancing Engagement of Families - For Service Providers](#)

**Hearing Our Voices – Nurse Advocacy in Action – NNPBC**

**Kelty Mental Health Resource Centre:** A BC resource that provides information/education for healthcare professionals, parents and youth.

**Northern Health Videos:** Youtube Playlist

- [Introduction to Child and Youth Mental Health](#)
- [Normative vs. Atypical Development for Children and Youth](#)
- [Attachment Theory: Understanding Children and Youth](#)
- [Building Rapport with Children, Youth and Their Families](#)

**San'yas Anti-Racism Indigenous Cultural Safety Training: Core Health Training Module:** Anyone working in health care who intends to enhance their knowledge, awareness, and skills when working with Indigenous people.

**Transcare BC:** Educational opportunities for learning about gender diversity and creating gender-affirming environments.

**What are Indigenous and Western Ways of Knowing?**

**Zone of Balance Workshop (wordpress.com):** Notebook for guided conversation/reflection.