
northern jack summit

10.18

Northern Jack Summit
Synthesis

We got together.



8

advocates from the Yukon

31

advocates from the Northwest Territories

13

advocates from Nunavut

We got inspired.



October 20th, 2018. 50 young mental health advocates representing Nunavut, the Northwest Territories, and the Yukon held the largest youth-led summit on mental health to ever hit the Canadian north. It was the first-ever Northern Jack Summit, and it sparked a revolution.

By showing up, we made a commitment. We committed ourselves to leading the change we want to see in our communities, and vigorously, energetically making a critical difference.



Jack Talk with MCs Shania Clark and Shelby Clarke



Keynote Speaker Kiera-Dawn Colson

“Just because we come from a small place it doesn’t mean that our expectations for ourselves have to be small.”

Kiera-Dawn Colson

We got to work.

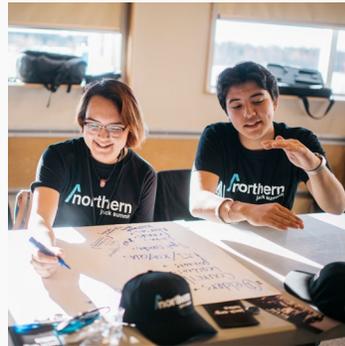


Body Mapping with FOXY/ SMASH

Body Mapping is an arts-based workshop where participants explore their identity, strengths, interests, and support systems to build resiliency for mental health advocacy.

Leadership Skills with Northern Youth

We began to develop the skills we need to lead the mental health revolution in the north.



Collaborative Sessions

Fifty brains are better than one. We identified issues that are unique to our regions, and developed real strategies for change.

We spoke up.

“Often the **importance of mental health is not addressed** anywhere, and this results in a **lack of knowledge**.”

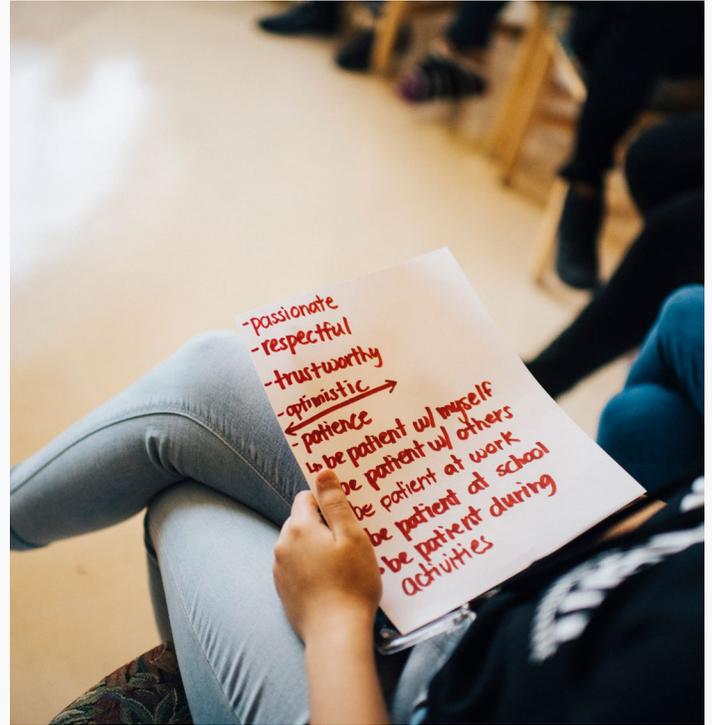
“People don’t reach out for help because they’re **scared of being seen as weak** by others.”

“Mental health **counsellors** come from outside of our community and **are removed from community-specific needs and culture**.”

“Our post-secondary institutions **lack clear mental health policies**.”

“There is a **generational divide** in mental health knowledge. Younger generations understand how important mental health is, while older generations aren’t as educated.

“People don’t know about the **few resources** that do exist because they **aren’t promoted properly**.”



We set goals.

Increase mental health awareness in our communities.

We will work together to open up the conversation about mental health where we live, work, and go to school.

Collaborate with adult allies.

We will reach out to our teachers, deans, and community leaders to discuss opportunities to work together to achieve our goals.

Join or start a Jack Chapter to keep the momentum going year-round.

We will come together to plan initiatives to dismantle barriers to positive mental health.

Next steps.

Join a Chapter.

The revolution is now! See if there's a Chapter in your region at jack.org/chapters/find-a-chapter

Start a Chapter.

Bring the revolution to your own backyard. Email the Jack Chapter team at chapters@jack.org and tell them you attended Northern #JackSummit!

Become a Talks Speaker.

Inspire young people across the territories! Email the Jack Talks team at talks@jack.org and tell them you attended the Northern Jack Summit.

Plan a Regional Summit.

Move your community to action! Email the Regional Summit team at regionalsummits@jack.org and tell them where you're from.

Keep talking.



Talk to each other: join the network Facebook group at facebook.com/jackdotorg

Connect to a national network.

 [@jackdotorg](https://instagram.com/jackdotorg)



Thanks to our revolutionary sponsors.

NATIONAL JACK SUMMIT SPONSOR



COLLABORATION SPONSORS

