

# YOUTH INSIGHT

Youth Insight is a United Way of London & Middlesex funded program which raises awareness about youth issues in our community. In the program, Youth Insight team members share their stories of obstacles and resiliency and how, with supportive services, they took positive steps to build better lives.

In sharing their stories with schools, businesses, groups and organizations, team members help break down stigmas associated with addiction, homelessness, mental illness, poverty and unemployment.

Would your school, business, group or organization benefit from a Youth Insight presentation?

We would be happy to arrange a time that works with your schedule. **For more information on these dynamic presentations call 519.432.1112.**

## Youth Share Their Stories

### Overcoming Addiction

A youth who, with perseverance and bravery, recovered from the devastating effects of drug use and addiction speaks about the risk factors related to drug use and addiction. Risk factors include unstable family life, homelessness, peers involved in negative street culture and poor school performance/attendance.

### Leaving the Streets Behind

A youth who has experienced life on the streets and became involved in negative street culture speaks about struggling with addictions, the lack of a safe environment, the impact of family and mental health issues and peer influence. Learn about life on the street, staying in shelters and what it means to couch surf. Find out why youth need a good support system to find direction, leave the streets behind and sustain a new life.

### Managing Mental Illness

A youth who has experienced the pain of mental illness and has now learned to manage the extremes of emotional ups and downs speaks about the challenges of recognizing the signs of mental illness and the varied and often overlapping causes of mental illness. Learn how informal counselling, community referrals, treatment options and a support network can enable youth to manage their illness and lead a stable life.

### Breaking the Cycle of Poverty

A youth who has experienced dire poverty and has taken steps toward financial stability speaks about how, without the appropriate supports, youth can 'fall into poverty' and stay there. Learn what youth need to achieve basic needs, housing, education, skills training and job success and break the cycle of poverty.

### Succeeding in the Working World

A youth, who was jobless with no prospects in sight yet became a youth leader, speaks about the frustrations of being unemployed, of unproductive job searches, lack of income and lack of personal supports. Learn how the youth developed new strategies to reach goals, address personal barriers, find rewarding employment and succeed in the working world.



YOUTH OPPORTUNITIES UNLIMITED

Since 1982, **Youth Opportunities Unlimited** has provided transition, career, and enterprise services to local youth. We provide a caring and active place where all youth are engaged in learning and creating opportunities to build their future.