



LEAD, YOUTH MENTAL HEALTH WORKSHOP SERIES (Toronto, Ontario)

Request for Services – Independent Consultant

The Lesbian Gay Bi Trans YouthLine is a Queer, Trans, Two-Spirit youth-led organization that affirms and supports the experiences of youth (29 & under) across Ontario. We do this by:

- Providing anonymous peer support & referrals;
- Training youth to provide support to other youth; &
- Providing resources so youth can make informed decisions.

About the Project: LGBT YouthLine has received funding from the City of Toronto to run a multi-week workshop series focused on providing practical & hands-on support skills to 2SLGBTQ+ youth to better support their own mental health; this includes skills in active listening, grounding, boundary setting, and nervous system regulation. Skills will also focus on strengthening their ability to build more mutually supportive spaces with their peers. Each workshop will be focused on a specific approach or tool that youth can do at home on their own to support their emotional and psychological well-being.

What we are looking for: We are looking for an individual or a group to develop, deliver, and evaluate the workshop series that includes 4 cohorts of 10-12 youth (closed groups for specific identities), and 2 cohorts for YouthLine Peer Support Volunteers.

The consultant(s) must be part of the 2SLGBTQ+ community and belong to one or more of the communities prioritized in this program: BIPOC (Black, Indigenous, People of Colour); Trans; and/or Disabled.

- The consultant(s) must have direct experience working with 2SLGBTQ+ youth, prioritizing the experiences of Black, Indigenous, People of Colour (BIPOC), disabled, and trans youth.
- Consultant(s) must also have knowledge and experience with practices related to community-based mental health supports (e.g.: embodied and somatic grounding, arts-based). They must be committed to mentorship, youth-led work, and to the knowledge and skill development of youth.
- Consultant(s) must align with YouthLine's approach and values of anti-oppression, anti-racism, accessibility, and decolonizing work.

Key responsibilities include:

- Designing the workshop series, determining the optimal timing, structure, focus/topics, and duration for the different components;
- Developing a recruitment and selection plan for each cohort, and supporting implementation;
- Identifying and coordinating 2SLGBTQ+ topic experts* to facilitate sessions for all cohorts; also working with the topic experts to complete a sharable tool related to their topic;
- Providing structure and guidance to the workshop series, supporting YouthLine staff and volunteers to lead the facilitation alongside topic experts;
- Designing and conducting evaluation activities for all aspects of the program;
- Preparing a final report summarizing learnings, evaluative findings, outcomes, and recommendations for future work.

* Consultant(s) experts may facilitate content for one or multiple workshop series depending on skills/identities

See **appendix** (p. 4) for a more detailed program breakdown of the project.

Compensation:

Consultant Fees may not exceed \$12,000 (or \$12,800 with HST). This includes all costs associated with coordinating and leading this project. Additional funds are available for:

1. Topic experts/facilitators (including if you play a role as a topic expert/facilitator)
2. Graphic design and videographer support for tools (including if you play a role as a graphic designer/videographer)

Volunteer honorariums, a youth access fund, food, and workshop supplies (to be mailed to participants) are already allocated for the workshop series.

Additionally, YouthLine staff will support promotions, logistics, and facilitation of the 4 cohorts; consultant(s) are not expected to attend every cohort session.

Program Timeline (August 2021-March 2022):

Train the trainer sessions for YouthLine Volunteers:

- September - October 2021 (Cohort 1)
- January - February 2022 (Cohort 2)

Identity-based cohort timelines will be finalized with the consultant to run between September 2021 – February 2022.

Learning tool development and release:

- September 2021 - January 2022 (tools are developed/recorded and design/editing work is completed)
- March 2022 (Public release of resource tools)

Application Instructions

Your application must include the following components:

- Your experience with similar work or projects;
- Your understanding of the goals of this project, and your approach and strategy to meet the program requirements;
- Examples of facilitators and/or community members that you would reach out to as potential topic experts (these do not need to be confirmed);
- Division of labour, if applying as part of a team;
- High level budget breakdown of your fees; and
- Contact information of all members of consultant group (if applying as a group or pair)

Responses to the following questions:

- What are your connections to the Toronto area and the communities prioritized as part of this workshop series?
- What are your connections to community-based mental health, and how do you understand the focus and goals of this workshop series?

Note: We may ask for references related to similar work.

Questions regarding applications or project:

Please submit questions to minnaf@youthline.ca by **July 18th, 2021**. We will respond to questions on a rolling basis and at latest by **July 21th, 2021**.

Please send applications by August 2nd, 2021 at 11:59 pm to jobs@youthline.ca with subject line: Lead, Youth MH Workshops.

Appendix 1

Program Breakdown:

Two Cohorts of Peer Support Volunteers

Following a peer-led model, we will begin with a train-the-trainer series open only to our current Peer Support Volunteers. Each session will be led by a topic expert who will also be 2SLGBTQ community members themselves.

This series will be 5 weeks long, and will include:

- Train-the-trainer sessions to prepare them to teach active listening basics in our following series, facilitated by our internal team
- Arts-based coping tools
- Embodied & somatic grounding tools
- Setting healthy boundaries

Four Identity-specific Cohorts

The workshop series will be divided into four cohorts:

- BIPOC (Black, Indigenous, People of Colour) youth
- Youth aged 12-18
- Disabled youth
- Trans youth

In these cohorts, youth will learn basics of Active Listening using LGBT YouthLine's unique peer support model, and will also learn grounding, regulation, and boundary-setting skills led by topic experts.

Each series will be four weeks long. They will be facilitated by Peer Support Volunteers from earlier cohorts as well as topic experts primarily focused on a specific tool/approach. Content will include:

- Active listening basics
- Embodied & somatic grounding tools
- Arts-based healthy coping tools
- Healthy boundaries

Topic experts will also be 2SLGBTQ+ community members, as well as community members of their respective identity-based cohorts. Content will be tailored based on this lived expertise, and will allow for mentorship opportunities between topic experts, trained volunteers, and participants. Each cohort can focus on one or more of the content areas; cohorts can also have a single facilitator (topic focus) or multiple facilitators over the four weeks. We anticipate the Peer Support Volunteer Cohorts to be run by the same facilitators as those hired for the four Identity-specific cohorts.

Written/Visual Tools

Each topic expert from the series will also develop a short instructional tool demonstrating a skill or practice related to their topic which will be incorporated into YouthLine's training and shared publicly on our website for youth to access. This may be written, visual, or audio-visual/video content. We anticipate a total of four tools to be created through topic experts.

Additional funds are available to support hiring of a videographer, illustrator, and/or graphic designer to support the development of these tools.