



LEVEL UP Program Description

Prepared By: Tara Welsh
Regional Mental Health Promotion Consultant
Mental Health & Addiction Services

Approved By: Population Health Promotion Management Steering Committee

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Level Up

Children aged 6-18

Introduction

The *Level up* program was developed by OPHEA as a school-based resource that uses a proactive approach to create a positive and supportive environment for children and youth to promote healthy living, positive mental health, and emotional well-being.

Key Topics

- Healthy Living, Decision Making, Substance Use, Managing Stress

Key Messages

- Children and youth are faced with many decisions that impact their personal health and well-being and they require knowledge and skills to make informed healthy decisions.

Purpose and Objectives:

- To create a positive and supportive environment to promote healthy living, positive mental health, and emotional well-being for children and youth.
- To increase awareness regarding issues related to substance use.
- To increase awareness regarding issues related to mental health and well-being.

Training

- A 1-hour orientation is required for facilitators.
- Orientation will be provided by the [Regional Addictions Prevention Consultant/Regional Mental Health Promotion Consultant](#) and/or trained community partners.
- Facilitators are health staff, educators and/or community partners.

Resources

- *Level up* includes a program guide and easy-to-use activity cards. It also includes engaging videos and posters that are free and available in both English and French online at <https://teachingtools.ophea.net/activities/level-up/about-level>.
- Separate program resources are available depending on the age of the target group (ages 6 to 10, ages 11 to 14 and ages 15 to 18).
- Schools are the recommended location for the program.
- The [Regional Addictions Prevention Consultant](#) and [Regional Mental Health Promotion Consultant](#) are available for consultation and support for planning, orientation, and evaluation.

Budget

- Program resources are available [online](#) free of charge.
- Facilitator transportation costs for program delivery may be needed.
- Materials such as flip chart and poster paper may be needed if not available.

- Facilitators may choose to do Certificates of Completion for students and a small celebration at the end of the program.

Implementation

1. Identify Need (School? Target Grade?)
2. Identify Facilitators (School Personnel? Community Partners?)
3. Consult with school to identify classroom time and establish timelines
4. Arrange orientation with [Regional Addictions Prevention/Regional Mental Health Promotion Consultant](#).
5. Visit website to access program guide and other resources at: <https://teachingtools.ophea.net/activities/level-up/about-level>.
6. Print and prepare session materials.
7. Deliver program sessions
The number of sessions varies depending on the target age group. The timing of each session ranges from 30 to 75 minutes (split longer sessions into 2 sessions to fit class time)
8. Complete evaluation and submit to [Regional Addictions Prevention/Regional Mental Health Promotion Consultant](#).

Evaluation Plan

Evaluation for this program is ongoing and consists of various measures to ensure students are understanding the topics covered including questions on the activity cards, Facilitators use the included rubric, checkbric and checklist to measure students grasp and understanding of the topics covered. Final program evaluation also consists of a [Facilitator Feedback Form](#) to be completed at the end of the program.

Evidence

This is an evidence-based program designed by OPHEA in Ontario to meet the curriculum outcomes. Evidence supporting the implementation of this program can be accessed by contacting the [Regional Addictions Prevention/Regional Mental Health Promotion Consultants](#).