

September 2024







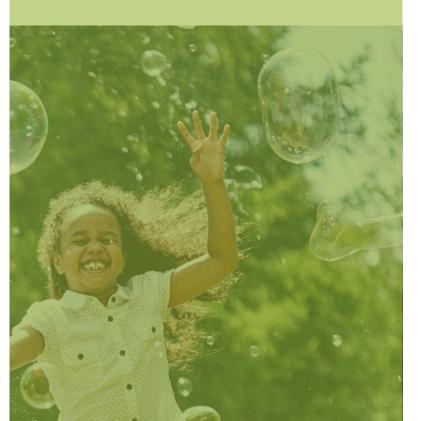


Introduction









INTRODUCTION





The **UpLift** Partnership's vision is *a healthier Nova Scotia through* a youth-engaged Health Promoting Schools approach. In working towards this vision, a focus of the **UpLift** Partnership is to align with

and enhance work that is currently underway to support the health and well-being of children and youth through effective implementation of the HPS model using a youth engagement (YE) approach. The vision is achieved through six areas of work. These areas and associated goals are:

Partnerships Health Promoting Schools (HPS) approach that is resourced by and embedded within the Nova Scotia (NS) health and education system;



Planning & Evidence-informed HPS approach across NS with a comprehensive **Evaluation:** accountability framework aligned with partner goals;



Youth Engaged and empowered NS youth who support child and youth **Engagement:** health and well-being through a HPS approach;



School & Community School and community environments across NS that support child **Engagement & Action:** and youth health and well-being through a HPS approach;



Evidence-informed practice within the NS health and education systems to support HPS;



Community support across NS for a HPS approach.

This evaluation of *partnerships and leadership* work gathered data to describe activities done by **UpLift** to build relationships and partnerships at the provincial and regional level, as well as to assess the outcomes of partnerships and leadership:



Committed and shared provincial and regional leadership for HPS and YE



Increased provincial and regional collaboration to support **UpLift** and **HPS** outcomes



YE in HPS embedded in provincial and regional system processes and structures and enhanced alignment of goals and strategies

The evaluation used both quantitative and qualitative methods:



Tracking forms completed by the project manager and other **UpLift** staff



A review of program documents



A partnership survey



Interviews with 16 partners, 8 YECs, and the PM and Co-Lead





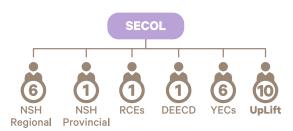


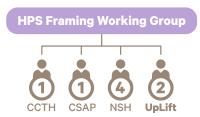


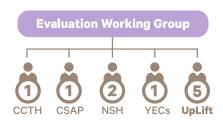


UpLift Partnership Structure









Purpose of UpLift Partnership Structure





CSAP: Conseil scolaire acadien provincial CCTH: Department of Communities, Culture, Tourism and Heritage Department of Education and Early Childhood Development **HPS:** Health Promoting Schools

MPP: Municipal Policy Project

Nova Scotia

NSDHW: Nova Scotia Department of Health and Wellness

NSELC: Nova Scotia Education Leadership Consortium

NSH: Nova Scotia Health

PHAC: Public Health Agency of Canada RCEs: Regional Centres for Education

SECOL: Student Engagement Community of Learning

YE: Youth engagement

YECs: Youth Engagement Coordinators











Short Term Outcome:

Committed and shared provincial and regional leadership for HPS and YE.

As described, a key role of the **UpLift** core staff (particularly the Project Manager and Co-leads) is to build partnerships at the provincial and regional level. While **UpLift** staff have built relationships and facilitated partnerships with many organizations working to support HPS and YE, three sectors were most often engaged including health through NSH Public Health provincially and regionally; education through the DEECD and CSAP provincially and RCEs regionally; and CCTH provincially and regionally.

Partner Contributions & Level of Engagement

Organization	#	Total						
	20-21	21-22	22-23	23-24	2020-24			
Participation of the Main UpLift Partners								
NSH – Provincial	40	91	78	59	268			
NSH – Regional	47	76	92	49	264			
DEECD – Provincial	30	22	23	22	97			
RCEs – Regional	30	38	48	21	137			
CSAP	24	29	20	5	78			
CCTH – Provincial	14	21	16	4	55			
CCTH - Regional	7	19	11	2	39			

Participation of Other UpLift Partners							
Community Organizations/ municipalities	-	-	-	2	2		
Department of Community Services	-	-	-	1	1		
DHW	3	-	6	5	14		
IWK	8	5	4	6	23		
PSAANS	2	8	5	3	18		
Universities	-	-	-	2	2		
ELCNS	3	2	5	-	10		
TOTAL	208	311	308	181	1,008		

^{*}Calculated based on the # of meetings per person within the organization so if more than one staff member participated in a meeting the number would be calculated based on # of staff attending









The contributions of partners are themed into three categories as depicted in the following figure



Networking & Relationships

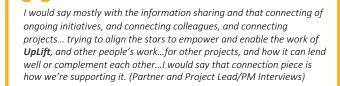
- Participating on the **Advisory Committee** and Working Groups
- within their
- Sharing outcomes of UpLift

...keeping it part of the conversation between [senior leaders] as we think about health promotion, and how that work was shaping up in the province...and keeping health promotion alive in that conversation broadly, and building understanding. (Partner and Project Lead/PM Interviews)



Connecting & Aligning

- other positions in their organization
- Identifying opportunities to link the work of **UpLift** to organizational
- Inviting UpLift core team members to organizational meetings
- Helping to mitigate risks and
- Strategizing about how to influence





Collaborating

- Planning and co-chairing Advisory Committee and Working Group meetings
- Planning and developing capacity building **UpLift** core team and other partners
- Investing resources to support the organizational processes and structures

...the youth engagement coordinators under **UpLift** are integrated into our Health Promoting Schools work...the staff are supported by managers. From a program perspective, again, we've nested it under that umbrella of Health Promoting Schools, and so they work alongside other multidisciplinary members of our team to support that work. (Partner and Project Lead/PM Interviews)













Short Term Outcome:

Increased provincial and regional collaboration to support **UpLift** and HPS outcomes



As previously described, the building of relationships and networking among partners to enhance HPS and YE in HPS was an important outcome of the UpLift Partnership. The benefits and success of UpLift in supporting and increasing collaborative action for HPS and YE were described by partners.



...when you bring in those concentrated resources, and you have all those collaborations and partnerships, that's what I see is a big benefit. Especially in the field...health promotion...a field that's very hard to articulate what it is...I think that having some of that demonstration of what's possible... some of that infusion of resources also just has that spinoff, and helps bring people together...sometimes it is challenging across sectors. I think when there's an opportunity, that can help facilitate people coming together, and I'm sure there will be a legacy of that in NSH and with the education system. (Partner and Project Lead/PM Interviews)



A few key informants noted the benefit of the partnership with Dalhousie University and link to academia to connect the work to research and best practices related to student health and well-being, **HPS and YE.**



I think it is helpful to have that link with academia for some of this work...to give it some credibility... through [co-lead] work, having the One Chance report work, and being able to connect...would connect back to HPS work,...other pieces she's involved in...and the connection there is very important, and the connection through Dalhousie and HPI as, this is credible, validated work that we're doing. (Partner and Project Lead/PM Interviews)













Intermediate Term Outcome:

Partnership are depicted in the following figure.

YE in HPS embedded in provincial and regional system processes and structures and enhanced alignment of goals and strategies Outcomes within organizations and across systems as a result of the work of the UpLift



I think it's created a really good groundswell throughout its time, and showed the importance of... engaging youth, and bringing youth into some of these decisions. And implementing what is HPS, and how it can be implemented effectively within schools. So, I would say it's brought to light a different way of working with students, and with youth... how that impacts other areas of their learning and health. (Partner and Project Lead/PM Interviews)





Embedded & Changed **Practice**

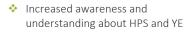


Invested & Changed Culture



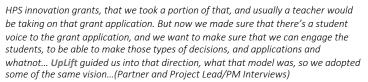
...the process of the youth engagement work has totally rubbed off on teachers in terms of teachers adopting those principles that have been used in the youth engagement work by the youth engagement folks, and by our health promoters... that message is getting out there to teachers who wouldn't necessarily have had any of that kind of training in their earlier education training. BEd models have shifted immensely, but... a

huge percentage of our workforce graduated well before any of these tenets were showing up in the education process. So, they're learning and seeing how it works with students, and adopting those kinds of things in their other work as well. And I think that's paying big dividends because the more engaging our teachers are, and the more engaged our students are, well then, we're winning... I really think that that foundational youth engagement work has been a real shot in the arm for a lot of people's teaching practice. (Partner and Project Lead/PM Interviews)



- Increased visibility of YE and HPS
- Enhanced credibility of YE and HPS
- Embedded HPS and YE in training for other organizational staff
- Incorporated HPS and YE within planning and curriculum
- Incorporated UpLift evaluation tools into planning and evaluation processes
- Public health, NSH invested in 9 YEC positions
- Partners invested staff time
- Organizational culture changing to include more meaningful YE and/or evidence informed/best practice HPS approach







The biggest success...is that we have sustained funding moving forward for the positions of the youth engagement coordinators. ...it [youth engagement in HPS] wasn't happening within the HPS space... And now, not only is it happening, but it's actually being celebrated as it is a really important part of it [HPS]...we've changed the culture, so that we are doing this more, we're seeing it showing up. ...youth engagement is now not only in the system, it's also actually appreciated in the system, and I think that's really huge. And that will help it to be sustained. (Partner and Project Lead/PM Interviews)









An evaluation was conducted of partnerships and leadership to describe high level activities and measure outcomes.



Partnership building with a range of organizations in various sectors has been a key activity of the **UpLift** core team.



Partners have invested significant staff time, particularly NSH (both provincially and regionally), the Education sector, and CCTH.



Partners have contributed through networking and sharing; connecting and aligning **UpLift** activities within their organizations and networks; and collaborating to move YE in HPS forward.



Provincial and regional collaboration to support HPS and YE has been strengthened.



HPS and YE has been embedded within provincial and regional processes and structures with enhanced alignment of goals and strategies including:

- Building awareness and understanding about YE in HPS resulting in increased visibility of and credibility for the work;
- Embedding of HPS and YE in organizational training and planning and evaluation processes;
- ❖ A shift in culture to ensure more meaningful and evidence-based YE in HPS; and
- ❖ Investment by Public Health, NSH in nine YE focused positions across the province to help sustain and continue YE in HPS in the long-term.



The **UpLift** Partnership's vision was *a healthier Nova Scotia through a youth-engaged Health Promoting Schools approach*. In working towards this vision, a focus of the **UpLift**Partnership was to align with and enhance work that is currently underway to support the health and well-being of children and youth. This work focused on the effective implementation of the HPS model through catalyzing meaningful YE within the model. **UpLift** included the following areas of work: partnerships and leadership, capacity building, planning and evaluation, communications and KE, and school community engagement and action with a focus on YE.

The **UpLift** Partnership provided a significant investment of resources in Nova Scotia to support YE in HPS and student health and well-being. This investment has demonstrated the value of YE in HPS, culminating in an investment by NSH in nine YE focused positions across the province. Valuable products and processes have been developed, and many will be sustained to support YE in HPS moving forward. The vision of **UpLift** -- *a healthier Nova Scotia through a youth-engaged Health Promoting Schools approach* -- guided the work of the **UpLift** Partnership and will continue to guide HPS and YE work in Nova Scotia in the longer term. Continued investment in YE in HPS catalyzed through **UpLift** will help to ensure a sustainable and consistent approach across Nova Scotia, build healthy communities, and improve student achievement and health and well-being of Nova Scotian children and youth. The **UpLift** Partnership has achieved what it set out to do, and sustained YE is a critical legacy of the last 6 years.













