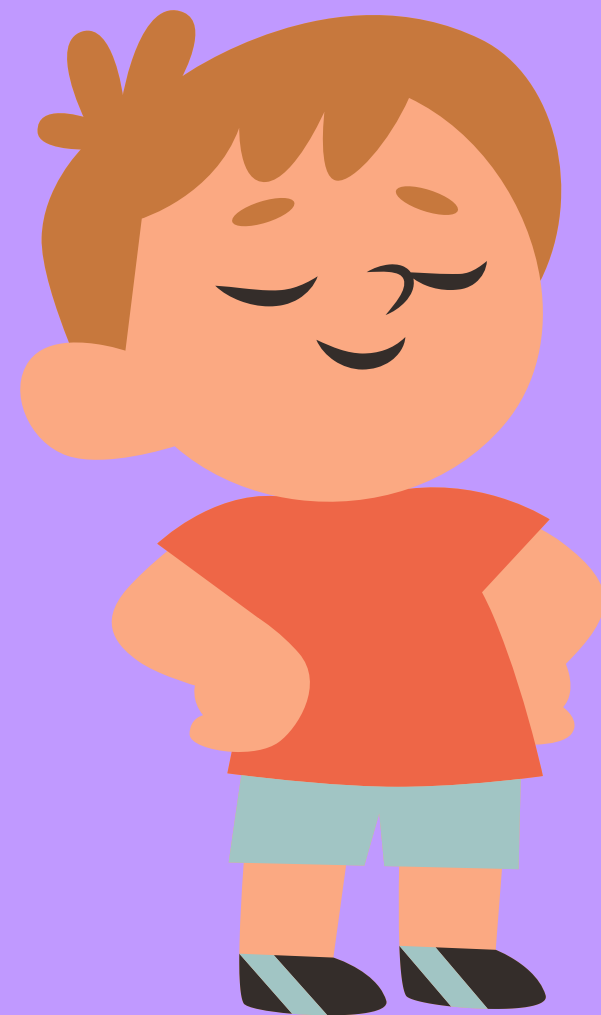


BE ANGRY

INTERSECTIONAL ENGAGEMENT: BY-YOUTH-
FOR-YOUTH (BYFY) PROJECT



HOP-C

- The Housing Outreach Project - Collaborative (HOP-C) came together as a response to the short and long-term psychosocial challenges that young people face in the transition out of homelessness.
- The primary objective of HOP-C is to **foster efforts that enable young people in transitions to healthier lives.**
- Envisioned as a compliment to Housing First.

From HOP-C to BYFY

2015/16: HOP-C Pilot Study

2016/17: "MY" Guide created

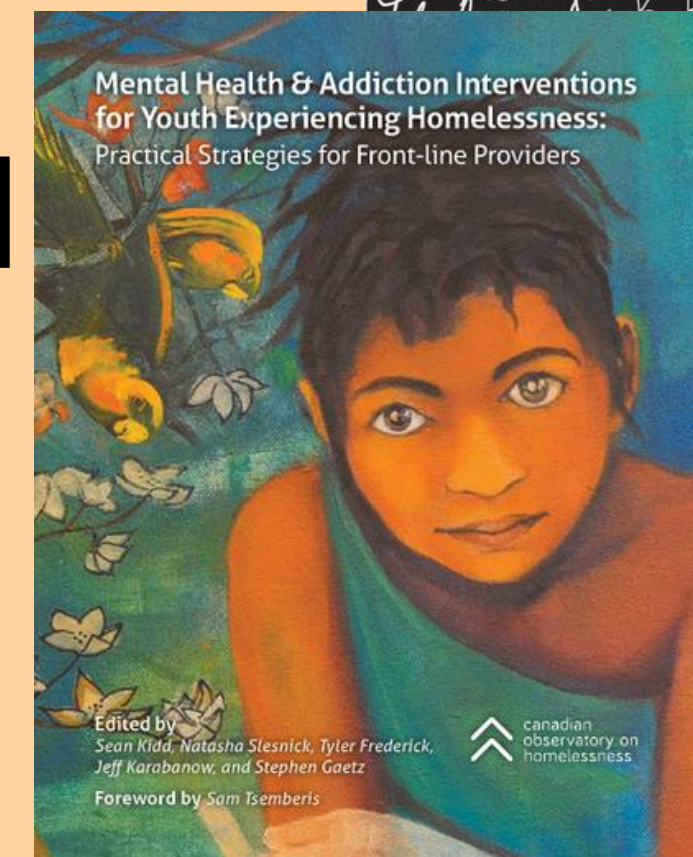
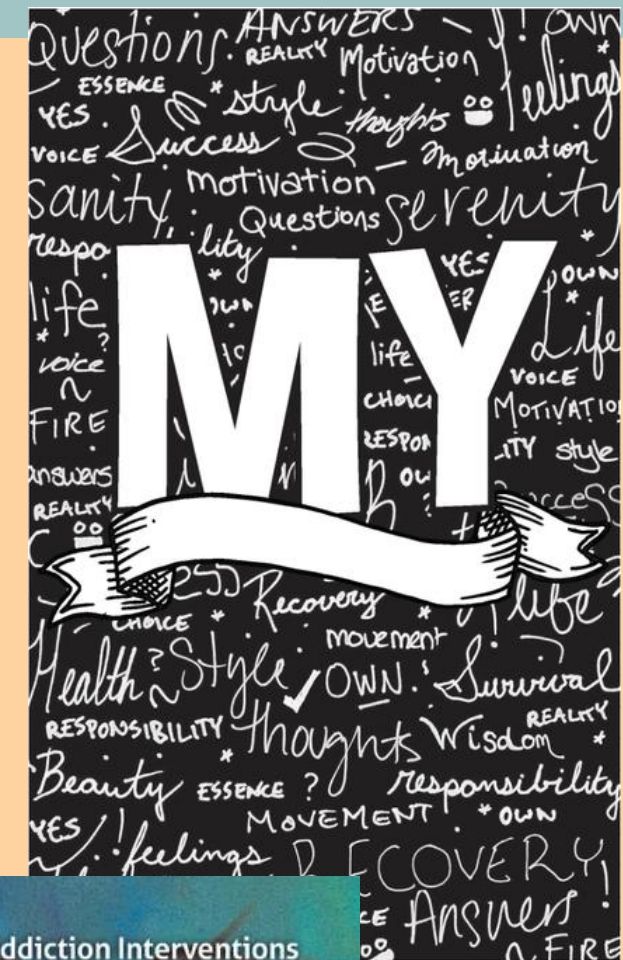
2018-2019: HOP-C Expansion,

Nourish to Flourish, Dream Home

2020: BYFY North, BYFY South created

2022: York Region joins BYFY

2023: Knowledge Translation Event



Intro to BYFY Expansion

Purpose

- Continue to explore and experiment with special consideration to unique stakeholder needs which vary per community (eg. Urban indigenous women, newcomers in GTA vs. City of Toronto etc.)
- Strong focus on intersection of culturally tailored community services vs. services as usual (ie. Community-identity informed)

Principles

- Lived experience engagement is not limited to providing anecdotal evidence
- People with lived experience are not only skilled – they are willing to learn.
- Take a strengths-based approach
- Youth can lead youth – with guidance!

What is Be Angry?

An immersive 7-week workshop series exploring & demystifying how and why anger is an important emotion to express.

Group Guidelines

1. Respect others personal 'space': take a step back, take a step forward.
2. Wait to speak and don't talk over others in this space
3. Keep it confidential, keep it safe: (Las Vegas rules: what happens in the space, stays in the space)
4. Be present: participate, turn off or mute other devices
5. When triggered: "Ouch" and "Oops"
6. Respect pronouns, avoid isms
7. Use "I" Statements
8. Be mindful of jokes and sarcasm



SHAME VS GUILT

Shame essentially relates to a person's sense of worth and it makes people want to hide

Guilt prompts apology or the making of amends

Guilt = caring; inward; propels us to repair

Shame = belonging; outward; propels us to shut down



Shamed for being Angry?

Anger, in contrast to shame, is possibly the most **socially undesirable** emotion, and is often confounded with aggression.



Anger has been seen as **needing to be controlled.**

Suppressed anger, however, is also a significant problem and people need to access disclaimed anger to overcome depression and anxiety.

What is Be Angry?

Session Topics:

- Foundations of Anger
- Anger Management vs Emotion Focused Therapy (EFT)
- Processing and Story-telling
- Mindful movement
- Activating our Senses
- Forgiving our Anger
- Graduation Day!



Shame Experience & Action Tendencies

The action tendency in shame is to hide the self from others, to want to disappear or to cease to exist and to withdraw from others.

Was there a time you felt shame along with your anger?



Emotion Focused Therapy (Anger/Shame in Psychotherapy)?

Emotion Focused Therapy = To correct and understand emotional processing problems by analyzing the interactions of varying emotions (i.e., Shame, Guilt).

Goal: Accept and transform reactions



Benefits + Challenges

Benefits

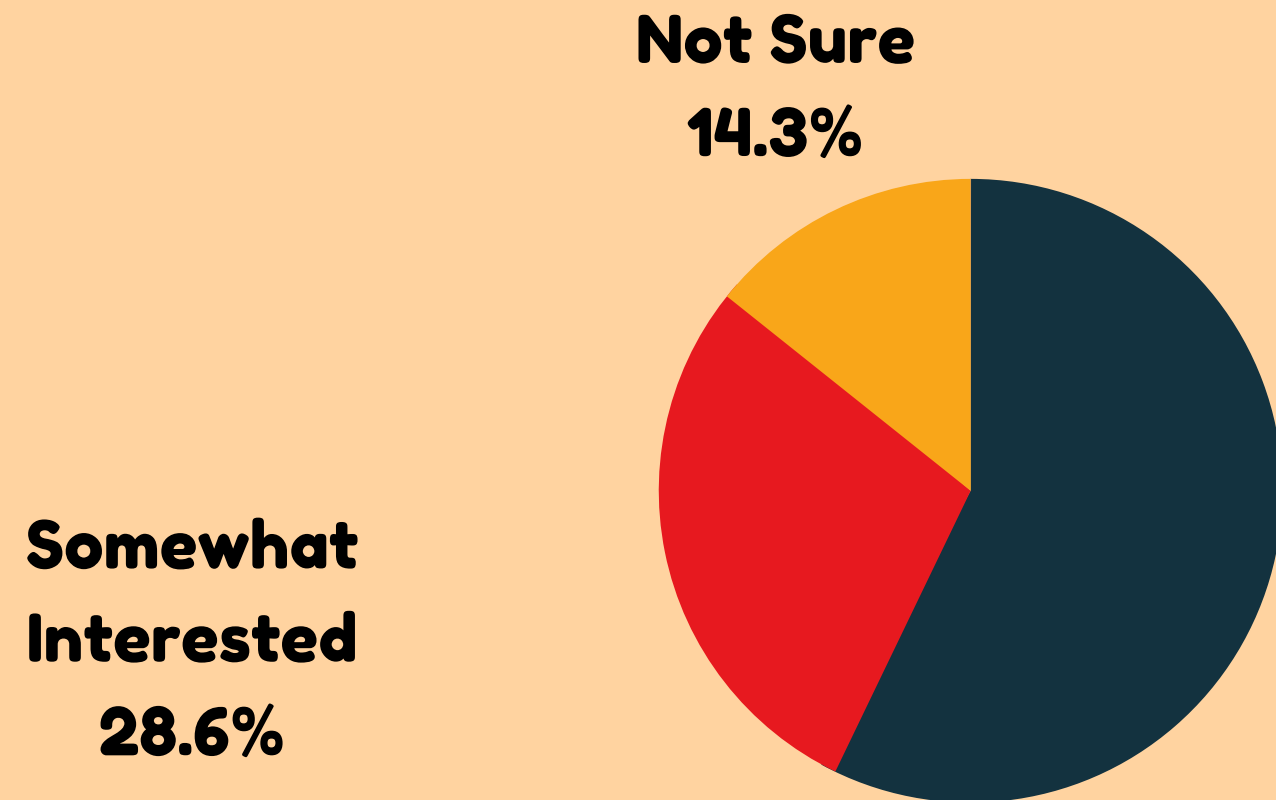
- Drop-in format / timing
- Familiar location/staff
- Psycho-education
- Variety of activities
- Interest in topic
- Pre-Workshop focus group
- Youth friendly environment

Challenges

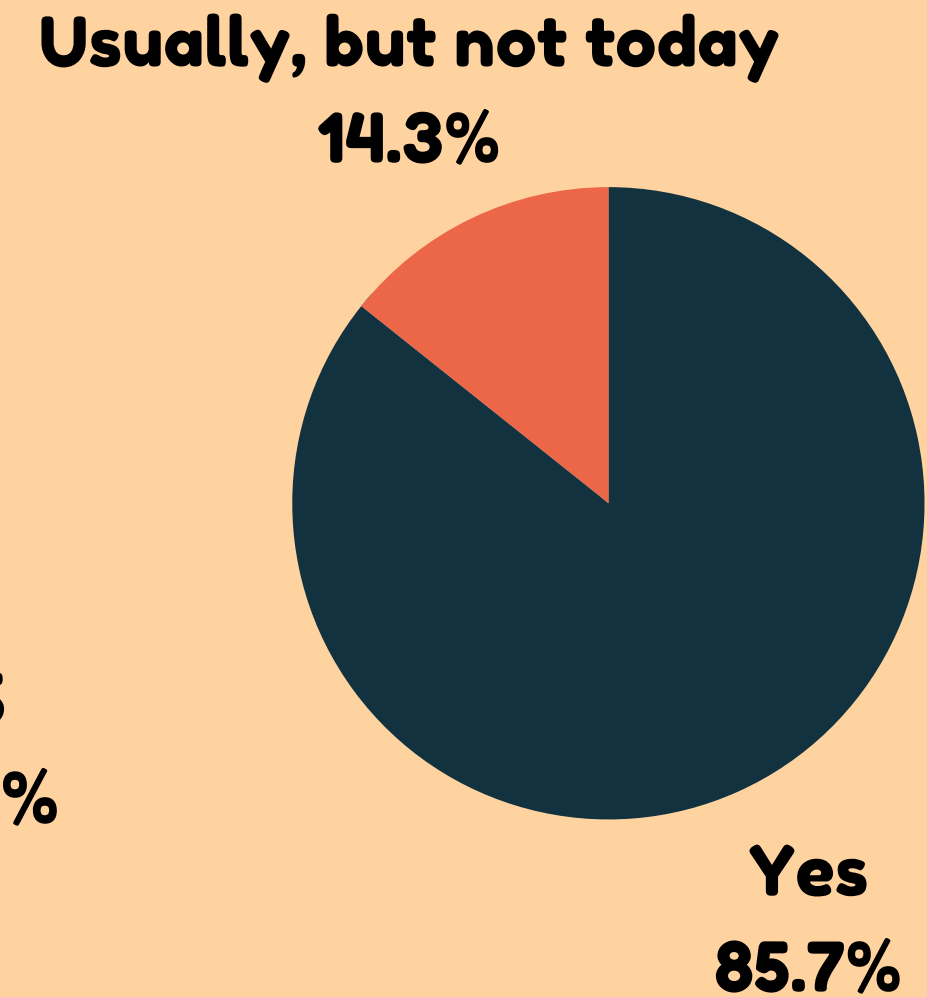
- Unexpected life events for youth
- HOP-C specific program
- Different journeys with anger, shame, and guilt

Outcomes of Be Angry

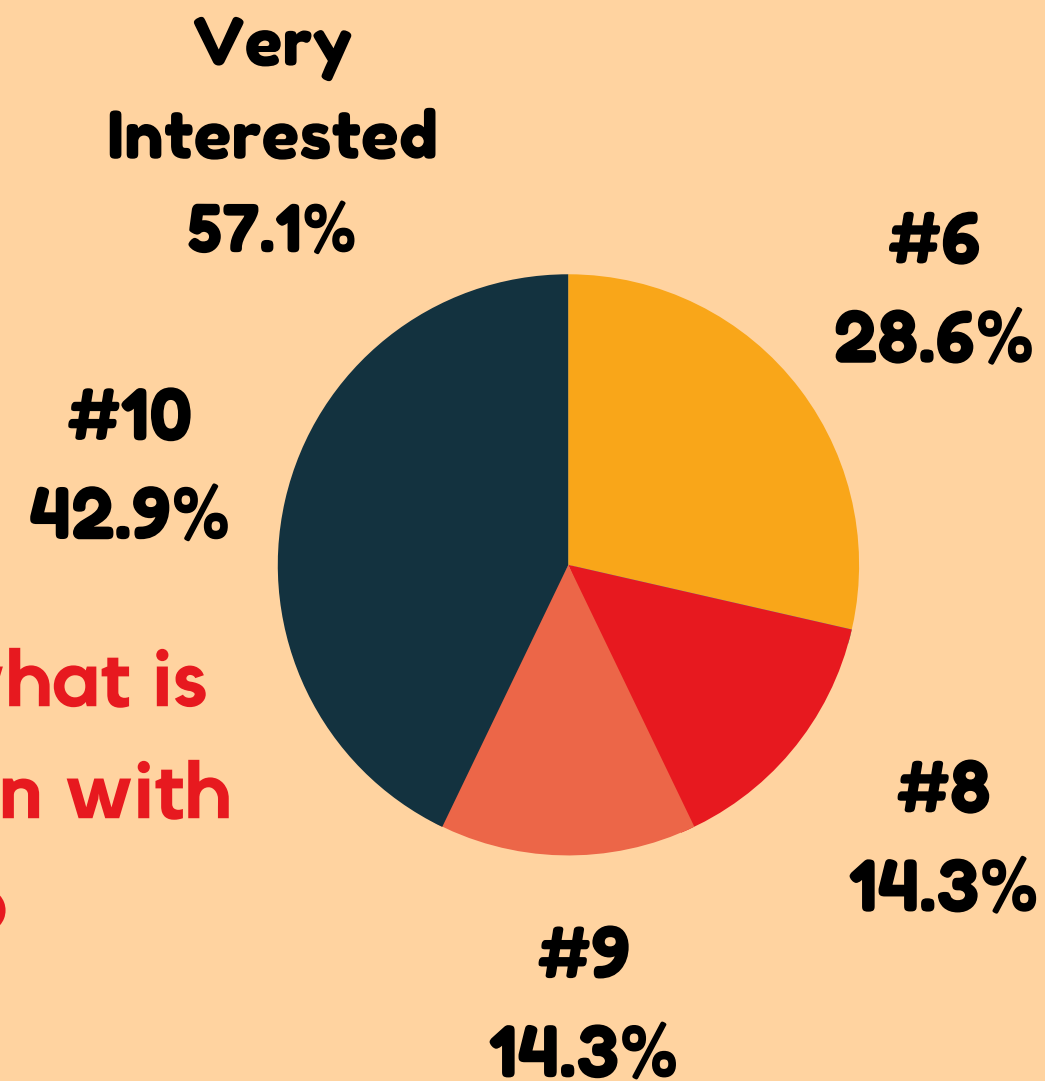
Before attending, how interested were you in a workshop regarding the topic of anger?



Did you feel comfortable discussing your anger in the space?



On a scale from 1-10, what is your level of satisfaction with today's workshop

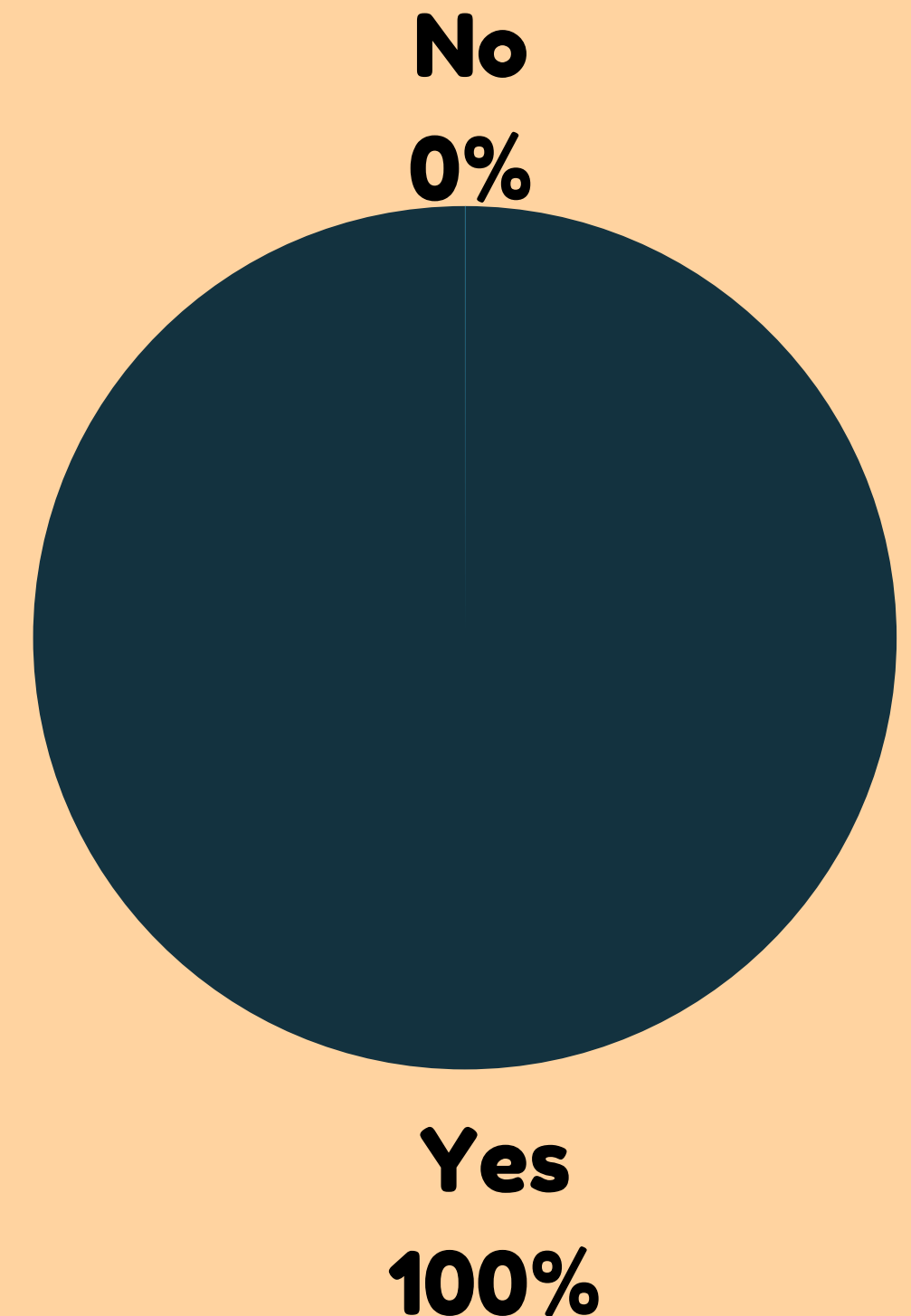


Testimonials

What did you like most about this group?

- “The laid back attitude and understanding.”
- “Learning the more formal definitions of guilt and shame.”
- “That I was able to smash the object.”
- “Learning more about how guilt and shame are different and the activity (breaking ceramics and putting it back together).”

Would you attend this group again?



Thank you!

Contact us!

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