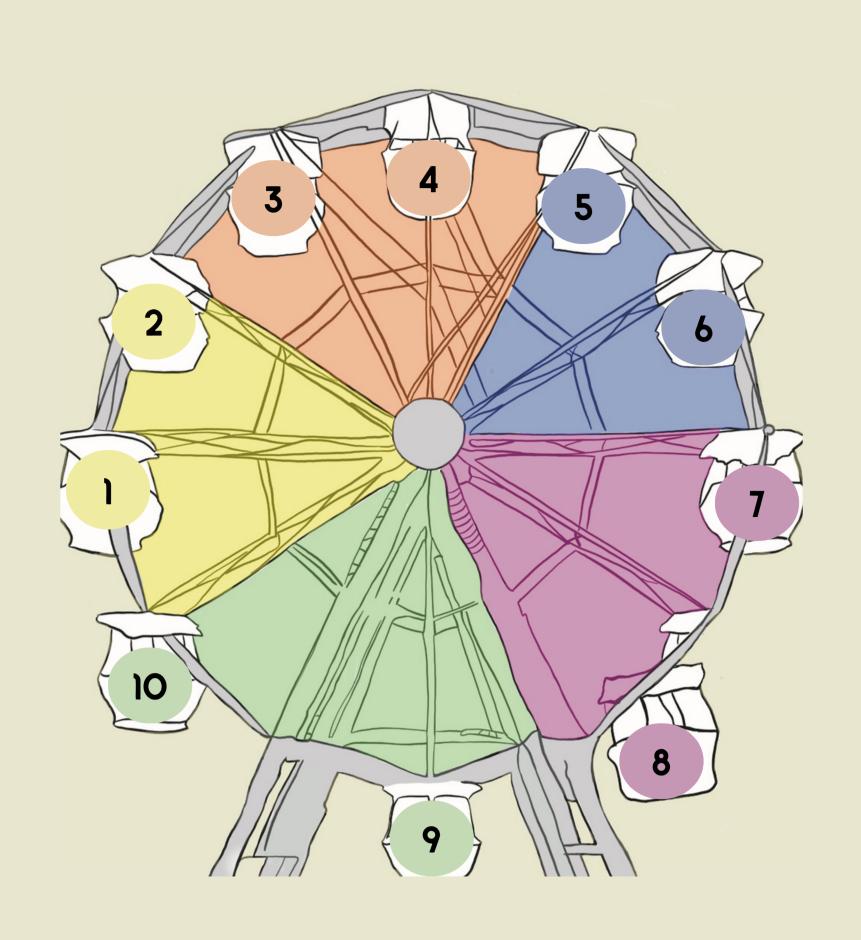
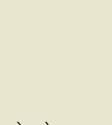
Social Determinants and the Fairness Wheel : a Path to Empowering Youth



Adolescence and early adulthood are filled with uncertainties and challenges. Youth navigate through difficult periods and at times face unexpected circumstances.

We propose the metaphor of the *Fairness Wheel* to illustrate that life is not a straight path but a moving wheel. While people may face barriers such as unstable housing, lack of access to care, trauma and mental health challenges, there are also ways to find purpose, meaning and hope - through art, time in nature, strong supports systems (family and friends), belonging, reconnecting with one's culture and community.

Each path is different and unique, shaping who we are. We choose to empower youth through an assemblage of drawings and painting - a gallery that reflects resilience, chaos, and the beauty of different journeys.







Mental illness (1) and Addictions (2)

We are living through a "youth mental health crisis"

Across the world, young people are facing rising levels of stress, uncertainty and pressure about their future, from climate change, to social inequalities to a "digital revolution"²



Mental illness accounts for at least **45** % of the overall burden of disease for those aged **10-24 years**³

46% (aged 15 to 24) and 33% (aged 25 to 34) of young people report using their smartphone as frequently as every 15 minutes⁴



physical, social and mental

outcomes, including⁵:



Poor sleep quality

Deterioration of personal relationship

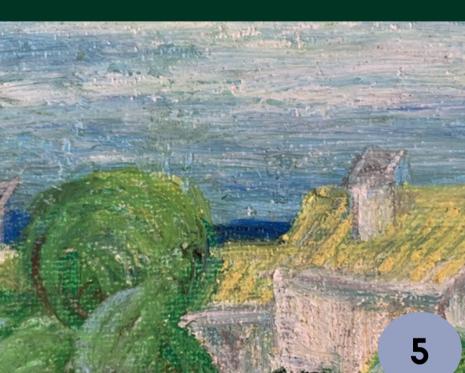
Mental illness (depression, anxiety, etc.)

Negative academic performance







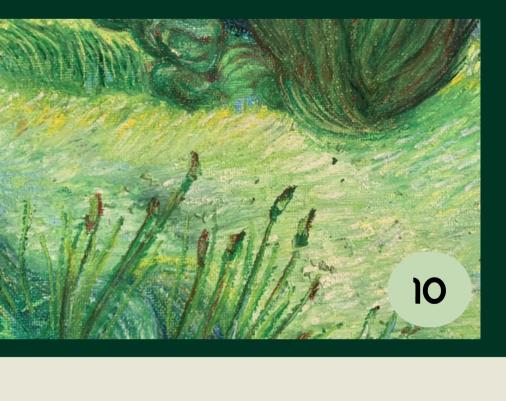






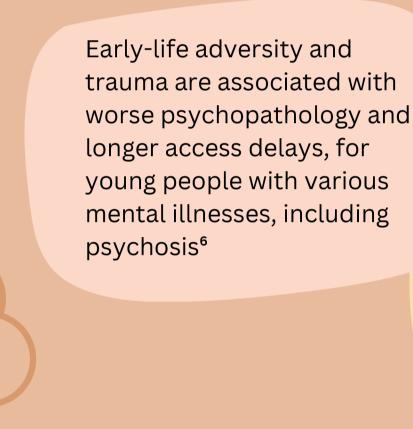






Housing insecurity (3) and Early-life adversity (4)

Early life adversity, such as trauma (emotional, physical and sexual) during periods of development has been linked to severe consequences in young adulthood, including those related to housing insecurity⁶.



Youth homelessness is both a cause for mental illness and a consequence of it, which many youth having experienced trauma⁷.

Many young people live in unstable and

precarious conditions, including hidden forms of homelessness⁷.

Indigenous, transgender and immigrant youth are much more at risk for

precarious housing⁷

A survey⁸ found that youth (aged 13-24) represent 12% of people experiencing homelessness in Canada. 44% of respondents (9,654 people) mentioned experiencing homeless for the first time before the age of 25.



Unequal opportunities (5) and Access to care (6)

Unequal opportunities such as poverty, unstable housing and lack of access to care strongly affect the lives of youth by exacerbating suffering and gaps in society. However, when care becomes more accessible and inclusive, youth are given the chance to grow — to feel supported, empowered and connected to resources they need to build a brighter future. Below are some components linked to barriers to care:

Individuals not in education, employment or training face increased barriers to care, which ultimately create more socioeconomic divides¹¹

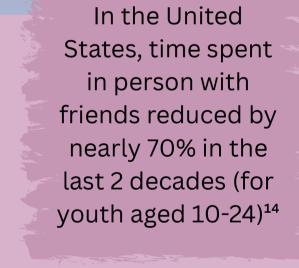
Stigma towards mental health is a strong barrier to care for young people, and increasing ••••• awareness and positive attitudes can have powerful effects for those who need help¹o

Untreated conditions and worsening of symptoms over time¹³

Unmet needs can lead to traumatic pathways

to care (police involvement, restrain used,
violence)¹²

• Lack of trust in the healthcare system¹²



Isolation (7) VS Social connectedness (8)

Peer rejection

Loneliness

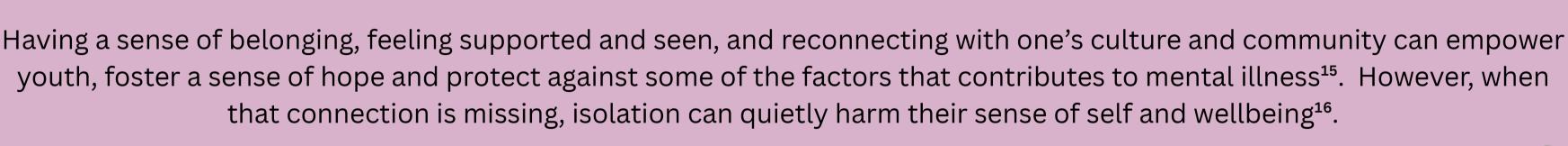
Sense of belonging

Feeling misunderstood and alienated

Feeling supported and seen alienated

Mutual care and openness

Disconnection from collective (Re)connecting with one's culture and community



Arts (9) and Green spaces (10)

Engaging in various forms of arts (visual arts, performative arts, digital arts) and spending time in nature have been proven to increase mental health and wellbeing¹⁷.

Engaging in art and creativity

Promotes healing, reconciliation and social connection¹⁹

Reduces stigma and promote sensitization of mental illness¹⁸

Conne

Connecting with green spaces and

Decreases stress, anxiety and depression²⁰

nature

Increases one's sense of autonomy, agency and belonging¹⁷

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