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| ACADEMIC INSTITUTION | Centennial College | PROJECT NAME | Project Reset |
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NEED AND AUDIENCE

What need does this project address?

Project Reset's purpose consists of two primary objectives: To decrease the severity of youth mental health concerns using **three pillars: education, engagement, and empowerment.**

Project Reset- Enactus Centennial is **a program that is helping students/youth to develop good mental health and educate them on how to deal with/overcome systemic inequalities such as racism, poverty, discrimination, and others.**

What audience(s) did you target and why?

Ages 15-29: The research by the Canadian Mental Health Association (CMHA) suggests that **systemic inequalities such as racism, poverty, homelessness, discrimination, colonial and gender-based violence, among others, can lead to mental illness in youth** (Fast Facts about Mental Health and Mental Illness, 2021). According to YMHC (Young Mental Health Canada), people aged between 15-24 have the most probability to experience Mental illness in comparison to any other age group (Youth Mental Health Canada, 2020).

ACTION TAKEN

- Online yoga and meditation events.
- Collaboration with Centennial College Student Association Incorporated (CCSAI) to give away mental rescue kits to students during the wellness week.
- Selling of Project Reset eyemasks to Rogers and other people to generate revenue to develop wellness kits.
- Developing potential partnership with Centennial Leadership Academy to create a microcertification on mental health for students.
- Reached out to the Centre for Addiction and Mental Health (CAMH) for hosting mental health awareness events- First event to be hosted in June(Tentative)
- Developing collaboration with PCHS (Punjabi Community Health Services) to host interactive workshops for youth on mental health.
- Reaching out to organizations to get sponsorship for the events to give away Project Reset and Enactus Centennial designed Mental Rescue Kits to youth.

What partners did you work with?

- Kat Amey- Yoga and Meditation Instructor- Hosted yoga events on Instagram
- Centennial College Student Association Incorporated (CCSAI) - Bought Mental Rescue Kits for wellness week
- Rogers Communications- Bought Reset Eye Masks
- Northbridge Financial Corporation- Grant Provider
- Punjabi Community Health Services (PCHS)- Potential Partnership for interactive workshops (still in talking terms)
- Centre for Addiction and Mental Health (CAMH)- Tentative event date in June

IMPACT

Please outline the overall impact your project had on participants

- Mental Rescue kits helped students to get calm when things get tough mentally
- Yoga and Meditation sessions on Instagram helped participants to relax and reset
- Youth become more aware of Mental Health through social media posts

Include any metrics not in the table below

- Reach of Yoga and Meditation sessions on Instagram- 755 Account
- Reach of Mental Health-related posts- 500+ Accounts
- 2500 CAD grant received from Northbridge Financial Corporation
- 30 Mental Rescue Kits (Sponsored by CCSAI) given away to Centennial Students
- 80+ reset eyemasks sold to various individuals, and Rogers Communications

STANDARD METRICS

(These metrics are related only to the project presented and represent work done since March 1, 2021)

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|--|---------------------------|--|-----|
| Number of businesses started | 1 | Number of existing entrepreneurs helped | 0 |
| Number of people exposed to entrepreneurship | 15 (Enactus Team Members) | Number of jobs created | 0 |
| PROJECT START DATE | September 2020 | IS THIS PROJECT WHOLLY-OWNED AND OPERATED BY THE TEAM? | Yes |