

DEFYING CONVENTION:

Frayme Learning Institute 2021 – Defying Convention: Spotlighting alternative approaches to YMHSU services

February 24-26, 2021

#Frayme2021

FAQ for Youth and Families pertaining to the abstract submission process

I think I want to be part of the LI, but I'm not sure how to go about this.

This FAQ will provide you with answers to some of the questions that you may have been thinking about. At Frayme, we want to make sure we never miss out on an opportunity to work with others to share great ideas, even if they're from someone who's never applied to a large event before. That means you'll always find a friendly helping-hand if you contact us and ask for more info on how to prepare a great submission.

In addition, we will be hosting several webinars on abstract-writing and conference submissions in the coming weeks in order to help youth and families perfect their application skills, so watch this space and sign up to our mailing list [here](#).

First off, why is Frayme inviting youth and family to be part of the LI?

We know that youth and family advocates have critical perspectives that are rooted in their lived expertise. As a person experiencing challenges related to youth mental health and/or substance use or from seeing someone they care about struggle with these challenges, we also know that youth and family advocates have their own ideas and dreams about a system that is more helpful, accessible, and relevant. Youth and Family advocates are the “experts” and we can't achieve our goals for a better youth mental health and substance use system without you

But wait! I'm a young person/family member with some important insights that I want to share, but I'm not affiliated with an organization. Am I out of luck?

Just because you're not working with an organization doesn't mean your ideas aren't important. In fact, we view the expertise of those with lived experience, health care practitioner insight, and research perspectives as equally important forms of evidence.

If your proposal is exciting, meaningful, and in alignment with our criteria, we want to hear about it; whether you're on a team or flying solo!

What could youth and family advocate participation look like?

There are many ways that we plan to support youth and families within the LI. One of which is providing a platform for youth and families to share the important thoughts that they have about the system, through - a virtual symposium, virtual workshop and/or virtual poster presentation.

<i>Type of Submission</i>
<p>1. Virtual symposiums:</p> <p>A virtual symposium is an informative event that brings people together to learn from an expert who has a unique and innovative idea or perspective. This type of event will feature presentations by one or more speakers that are more informative in nature, and focusing on sharing out lessons, key takeaways or specific learnings from an experience or project in the youth mental health and substance use space. Think of it like a TEDTalk!</p>
<p>2. Virtual workshops:</p> <p>Virtual workshops will provide an interactive space for conversations, questions, and dialogue through audience involvement. If you're looking for a way to dream up bold ideas or facilitate solution-focused conversations on your experience or on your project, a workshop may be a great way to do this! Perhaps someone will host a workshop on topics such as <i>supporting the inclusion of youth caregivers in their loved ones care</i> or <i>how to create more youth friendly spaces in your organization</i>.</p>
<p>3. Virtual poster presentations:</p> <p>Virtual poster presentations will allow space to showcase your experience, perspectives or project through a digital poster format. This mechanisms will allow participants to interact with authors and ask questions. For instance, someone may decide to create a poster outlining a walk through of your dream mental health service, in an effort to show what youth friendly and accessible services look like from a youth perspective!</p>

Unsure of what type of submission is right for you? [Contact us](#), we're here to help!

Sooo... I have a pretty good idea of what I want to present about. What's next?

After your critical brainstorming period, the next step is submitting an abstract to

Frayme. Before going further, check below to see if your submission will align with all the criteria:

1. Workshop and symposium submissions must be *30* minutes in length and include space and time for questions and answer from the audience
2. Selections will be based on the following criteria:
 - a. Relevance to the event objectives, content streams and Frayme's mandate;
 - b. Clarity of the submission;
 - c. Relevance to potential participants;
 - d. Consideration to meaningful youth and family engagement;
 - e. (For workshops) presence of interactive components;
 - f. Consideration to equity, accessibility, inclusivity and diversity of the project/work.
3. Submissions are due to frayme.info@theroyal.ca by **midnight** Eastern Time on **December 18, 2020**. Applicants will be notified a few weeks after that about whether their submission has been accepted

My idea meets the criteria (yay!). But, what's an abstract?

An abstract is just another word for a summary of your project - it's the short and sweet explanation of what you want to present, and how you're going to do it. In this instance, the abstract process is broken down and turned into a survey format. Please see the following link for more information about the submission process:

<https://www.surveymonkey.com/r/5LTGPMJ>

How do I write an abstract then?

There are all sorts of ways of writing an abstract, but the simplest way is in the form of a short paragraph. Here's a rough approach:

- 1) Start by giving a **one-sentence introduction** to your topic.
 - a) What is your presentation about?
- 2) Then, tell us what **the specific problem** you'll be addressing is.
 - a) What're you tackling, what problem are you trying to solve?
- 3) After that, you can explain what **your methods** were.
 - a) How did you solve that problem, or at least how did you try? In other words, what is your big idea?
- 4) Here's the crucial part: tell us **the impact** of your work.
 - a) Why is this a big deal, and why should everyone need to know about what you did?
- 5) Finally, you can give a short **description of your presentation format**.

- a) How will you be presenting all this information? Will it be a lecture, a workshop, a performance, or something we've never even seen before?

You don't need to follow this structure if you've got a different way of doing things, but make sure not to get too carried away - we want a summary, not your whole presentation.

Does my submission need to be rooted in academic evidence?

That is a great question -we believe that expertise includes your own personal experiences or perspectives, so it is not a requirement. However, we do value a triangulation of evidence, as mentioned above. So, if you want to include academic evidence, it may strengthen your application. Please see the blurb below, which you may find helpful:

You may wish to include evidence in your abstract. When something is evidence-informed, that means you're using some kind of prior knowledge to decide what you're doing. Often, this means using formally published evidence - for example, articles in peer-reviewed academic journals or sets of best practices from a particular organization. That said, it can also mean less formal forms of evidence are influencing your work: feedback from others or information from advisory councils. This ties into things being evidence-generating: it means you're creating and documenting the knowledge that could inform your or someone else's experience. This can be as simple as surveying others about what works and what doesn't. You can see how this is all kind of cyclical - the evidence you generate can be the evidence that informs you and so on and so forth.

In thinking about my presentation, how can I make it interactive or dynamic?

That depends on your presentation. Some unique ways that presenters have engaged their audiences in the past is through group activities, live polls, and even games.

I see that in the application process, there is mention of *Meaningful youth and family engagement*, what does this mean?

For youth engagement to be meaningful, it has to have a real impact and be meaningful for those involved. Have youth and families contributed? Engagement can happen in all sorts of ways. For example, collaborating with youth and families during project design means that youth have a serious impact on the way the project is delivered. Involving youth and families in a particular evaluation process, whether it's picking a new hire or sitting on application committees, is another way in which the work and experience of youth and family is translated meaningfully into real-world changes. ***If you identify as a***

youth or family advocate, please let us know when asked about youth and family engagement during the application process.

What if I have more questions about the abstract submission process?

Help is available! Please let us know if you'd like assistance in submitting your abstract or ensuring your presentation is dynamic. We encourage you to think outside the box. This is not your typical conference; traditional lecture-style sessions are discouraged. Please reach out to:

Micaela Harley (she/her) - Micaela is Frayme's Engagement lead at Frayme. Reach out to her if you are interested in connecting with someone on the team to brainstorm how your lived expertise can translate into a presentation for the LI and to learn how we can offer support during your writing experience.