



GIRLS NIGHT OUT – LIFE PROMOTION Program Description

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Approved By: Population Health Promotion Management Steering Committee

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Girls Night Out – Life Promotion

Girls (12+ years) and Women

Introduction

Girls Night Out is a 3-hour interactive program that provides an opportunity for girls/women to engage in conversations about mental health, self-care, suicide prevention, and local supports. It takes a hands-on life promotion approach to suicide prevention.

Key Topics

- Life Promotion, Self-Care, Suicide Prevention

Key Messages

- The importance of self-care to overall health.
- Know the warning signs of suicide and available supports.

Purpose and Objectives

- To promote key suicide prevention messages to girls and women.
- To support the promotion of positive mental health among girls and women (life promotion).

Training

- A 1-hour orientation is required for facilitators.
- Orientation will be provided by the [Regional Addictions Prevention Consultant/Regional Mental Health Promotion Consultant](#) and/or trained community partners.
- Facilitators are health staff, educators and/or community partners.

Resources:

- [Girls Night Out Planning Guide](#), Power Point Slides, Vinyl Banner and Toolkit.
- The program requires access to a computer and projector.
- See [Girls Night Out Planning Guide](#) for a complete list of resources.
- The [Regional Addictions Prevention Consultant](#) and [Regional Mental Health Promotion Consultant](#) are available for consultation and support for planning, orientation, and evaluation.

Budget

Category	Details	Cost
Girls Night Out Toolkit	<ul style="list-style-type: none">• Visit www.westernhealth.nl.ca/mha to request the toolkit and other available print resources as listed in the Girls Night Out Planning Guide,	FREE
Facility Rentals	½ Day Facility Rental	\$100.00
Food &	<ul style="list-style-type: none">• 6 Party Pizzas	\$300.00

Beverage	<ul style="list-style-type: none"> • 6 Large Salads • Salad Dressing, Water, Napkins, Glasses, Plates, and Cutlery 	
Mocktails	<ul style="list-style-type: none"> • Juice, Pop, Straws, Glasses, Cranberries, Limes, Ice, Napkins, etc. 	\$30.00
Photo Booth	<ul style="list-style-type: none"> • Supplies to make Props: Bristol Board, Glue, Skewers, Dowels, etc. 	\$20.00
Graffiti Wall	<ul style="list-style-type: none"> • Banner Paper, Markers 	\$20.00
Hand Spa	<ul style="list-style-type: none"> • Olive Oil and Sugar 	\$10.00
Miscellaneous Supplies	<ul style="list-style-type: none"> • Ticky Tack, Lifesaver candy, plain paper plates, post-it notes, wrapping paper, etc. 	\$20.00
TOTAL for Girls Night Event with 36 Participants =		\$500.00

External funding sources such as the [Western Regional Wellness Coalition’s Community Grants Program](#) and the [Community Addictions Prevention and Mental Health Promotion Fund](#) are available.

Implementation

1. Identify Need (Target Group?)
2. Identify Date/Time/Venue/Co-facilitator
3. Arrange orientation with [Regional Addictions Prevention/Regional Mental Health Promotion Consultant](#).
4. Visit [website](#) to access program guide and toolkit.
5. See [Girls Night Out Planning Guide](#) for details on implementation of this program.
6. Purchase/prepare program materials and supplies. Checklist available in [Girls Night Out Planning Guide](#).
7. Promote program to recruit participants.
8. Deliver 3-hour program.
9. Complete evaluation and submit to [Regional Addictions Prevention/Regional Mental Health Promotion Consultant](#).

Evaluation Plan

Evaluation for the program consists of participant feedback collected in the Whole Body Experience activity of the program. Program evaluation also consists of a [Facilitator Feedback Form](#) to be completed upon delivery of the program.

Evidence

Evidence supporting the implementation of this program can be accessed by contacting the [Regional Addictions Prevention/Regional Mental Health Promotion Consultants](#).