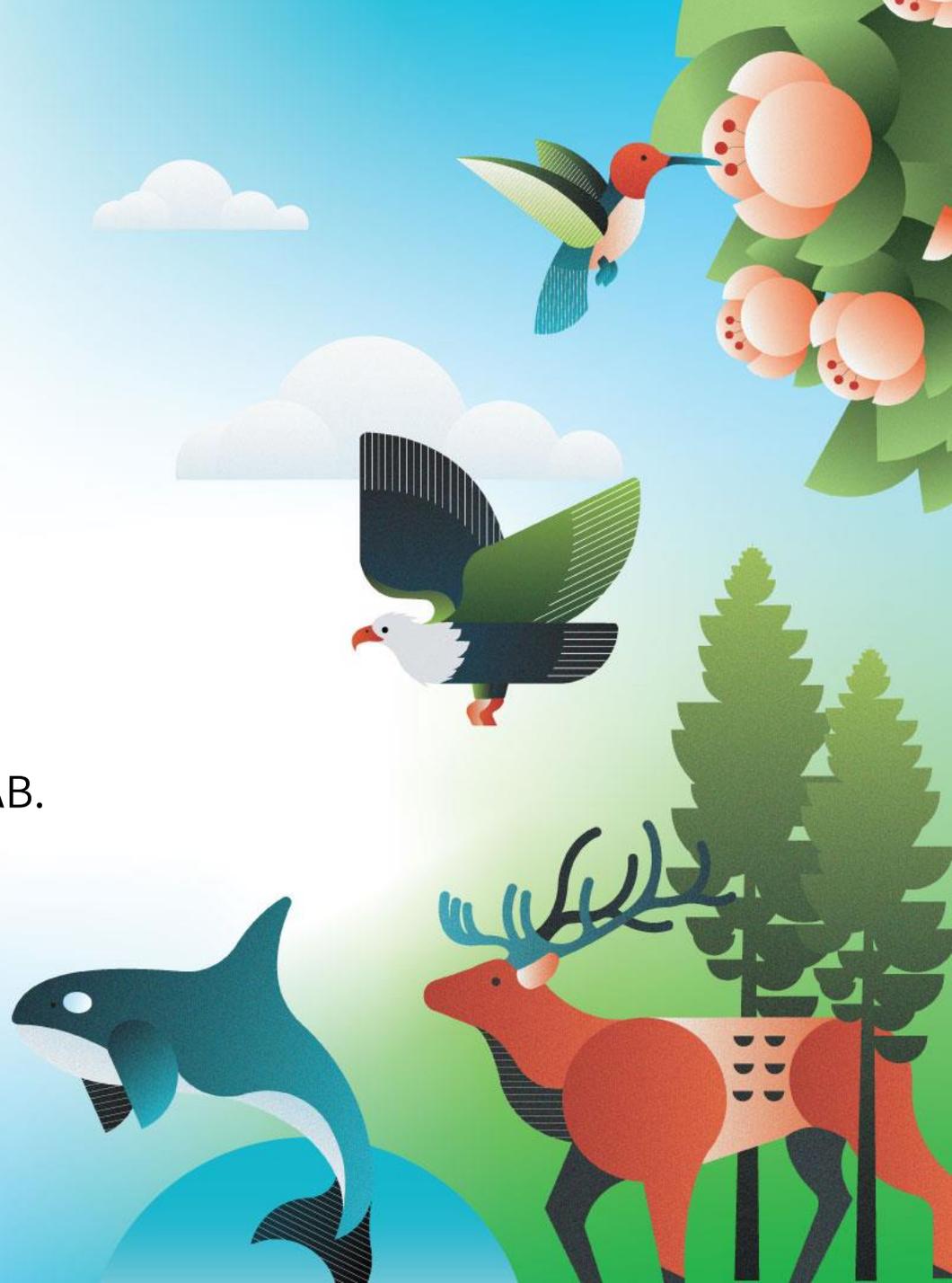


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Infusing Wellness Opportunities into Integrated Youth Services in Canada

Climb, Connect and Celebrate- CTRA Conference- Jasper, AB.

May 11, 2023



Agenda

- Welcome & Introductions
- Overview of Foundry wellness programs & participants
- Vibrant Community partnerships
- Findings & Future Possibilities
- Q & A



Land Acknowledgment

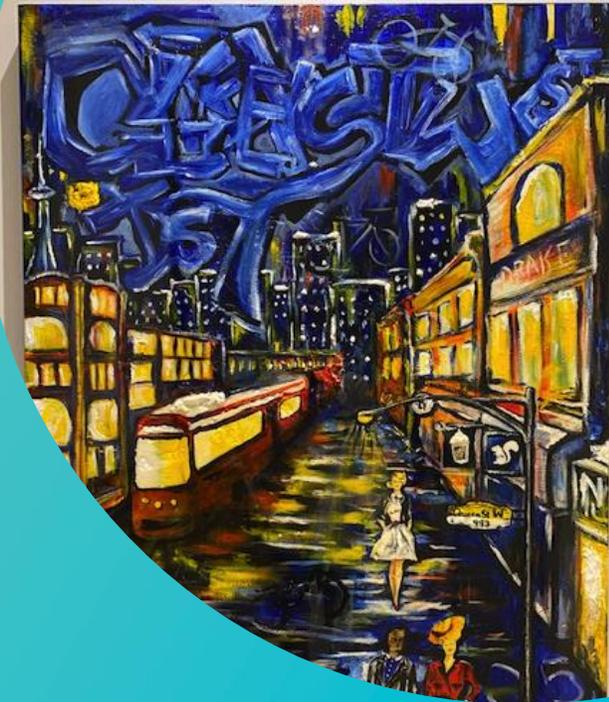
We acknowledge, with much gratitude, that our work and play takes place on land steeped in rich Indigenous history and home to many First Nations, Metis and Inuit people today. We recognize and respect Indigenous people as traditional stewards of this land and the enduring relationship that exists between Indigenous peoples and their traditional territories

We acknowledge as an act of gratitude that we are visiting the traditional territories of Treaty 6 and 8 Territories as well as Metis Region 4.

We also acknowledge that " we are all mountain people, *e iska win cha sabby*, happy to share the peace, the beauty, and the spirituality of these valleys, rivers, ridges and peaks."

We recognize that for some Indigenous people, the mountains themselves are their ancestors, watching over and protecting us all."





Intro to Matt







Intro to Teresa

Overview: examine leisure- based programs and thriving community partnerships that provides innovative health promotion strategies for young people with mental health and substance use concerns.

Learning Outcome: describe how Wellness Programs were implemented into Integrated Youth Services (IYS); overview of what Wellness Programs are and who has accessed them



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Our vision is to **transform access** to health and social services for young people ages 12 to 24 and their families.

Our mission is to support youth in **living a good life.**



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This is Foundry.

Access virtually and in person.
No referrals required.
Services are free.
All in one place.

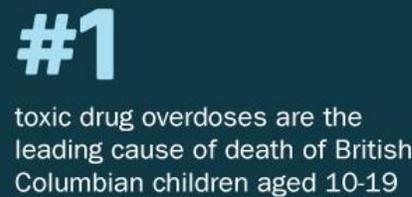
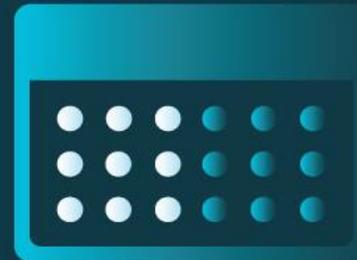
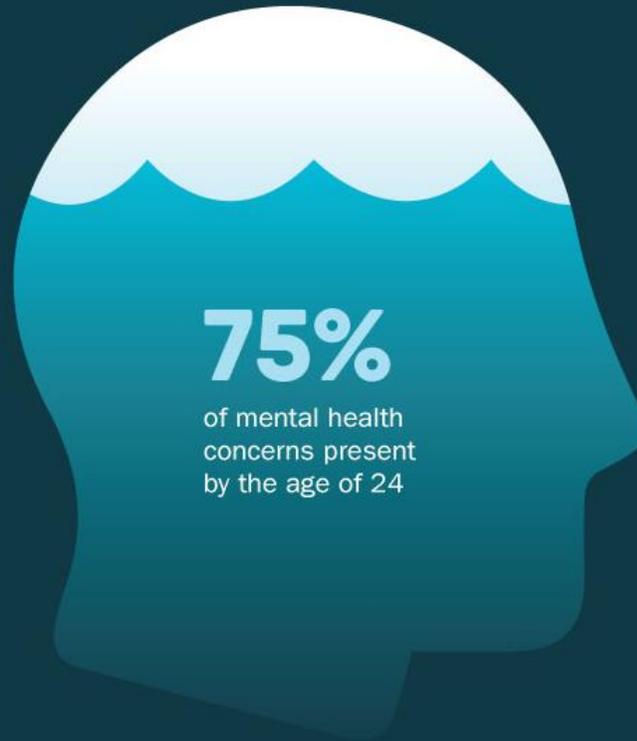
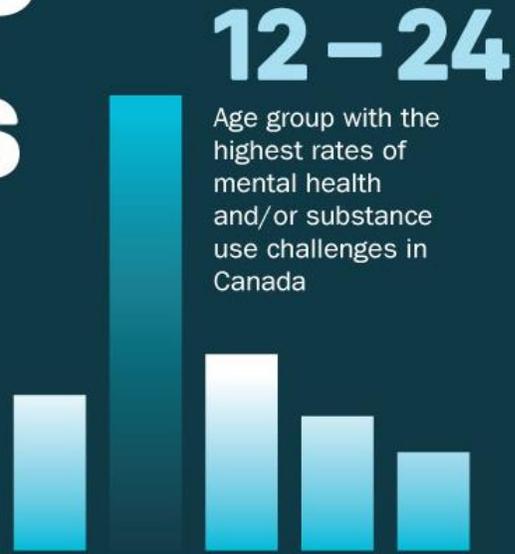
Seamless client
experience

Services complement
each other

Care providers
coordinate care and
transitions



What the numbers tell us.



Young Canadians are in need of support more than ever.



COVID-19

The pandemic has had a significant negative impact on the mental health and well-being of Canadian youth, exacerbating an already challenging situation.

INCREASED NEEDS

COVID-19 has exacerbated the need for integrated youth services and easy access to appropriate care, as we are seeing the highest increases in rates of anxiety, post traumatic stress, depression and behavioural challenges among young people.

OVERDOSE CRISIS

2020 was the worst year ever for overdose deaths in BC since the toxic drug epidemic began. Unfortunately, 2021 is on track to break records again.

LOSS OF WORK

The group most affected by loss of employment due to the pandemic are young people aged 15-24 – over 123,000 BC youth.

HELP WHEN NEEDED

Now more than ever, young people and their family members need a place to go where they can feel safe and find the help they need, when they need it – whether online or in their communities.

A young woman with long, straight black hair is the central figure. She is wearing a white t-shirt with black trim on the sleeves and collar. The t-shirt has the words "California Dreaming" printed on it in a black, cursive font. She is also wearing blue denim jeans and a black belt. Her arms are crossed, and she is looking slightly to the right of the camera with a neutral expression. The background is a dense, dark green forest with large, tropical-looking leaves, possibly a jungle or conservatory. The lighting is soft and natural, highlighting her face and the texture of her clothing.

A Snapshot of Youth Accessing Foundry Services

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At the time of a young person's first visit:

Distressed

82%

are experiencing high levels of distress, including youth who are not accessing mental health or substance use services.

Suicidal thoughts

50%

have thought about suicide in the past 90 days.

Poor mental health

76%

rate their mental health as fair or poor.

Witness violence

36%

have seen or experienced violence in the last 3 months.

Young people have additional complex needs

Young people accessing Foundry services face housing, education, employment, physical health and other challenges.

7%

homeless or couch surfing

13%

are not employed, are not in education & are not in training

33%

either are not sure of or don't have a family doctor

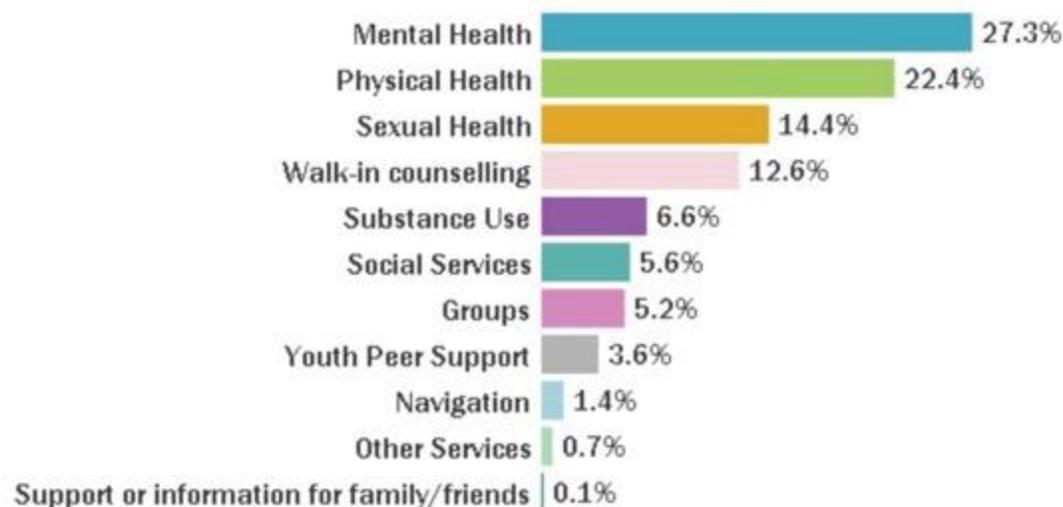
19%

spent at least one night in the hospital in the last year

What kind of supports are young people seeking?

Foundry provides a broad offering of primary health care and social services all in one location. While most of our Walk-in-Counseling sessions are mental health related, almost 10% of WIC conversations are to discuss substance use.

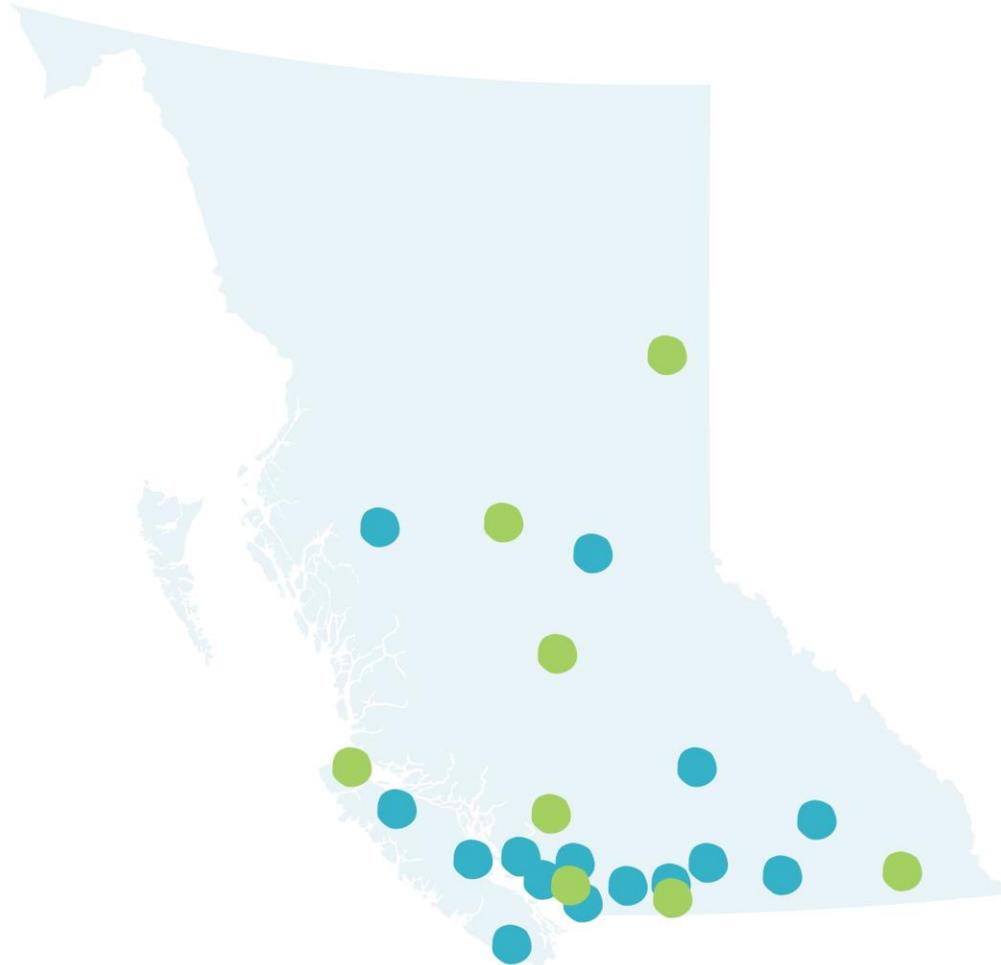
Services Accessed by Service Type (n=236,473)



Walk-in Counselling Breakdown (n=27,008)



Centres Current and Future



Open

- Campbell River
- Cariboo Chilcotin
- Comox Valley
- Kelowna
- Langley
- North Shore
- Prince George
- Vancouver-Granville
- Abbotsford
- Victoria
- Penticton
- Ridge Meadows
- Richmond
- Sea to Sky
- Terrace

Coming Soon

- Burns Lake
- East Kootenay
- Fort St. John
- Kamloops
- Port Hardy
- Sunshine Coast
- Surrey
- Tri-Cities



WELLNESS PROGRAM

OBJECTIVES:

- recreational, creative, social & spiritual activities
- social inclusion & connection: with others, with nature, with themselves
- educational component: develop emotional & social skills
- enhance service model by infusing wellness opportunities
- engage with community partners
- evaluate impact of wellness activities on the holistic wellness of youth

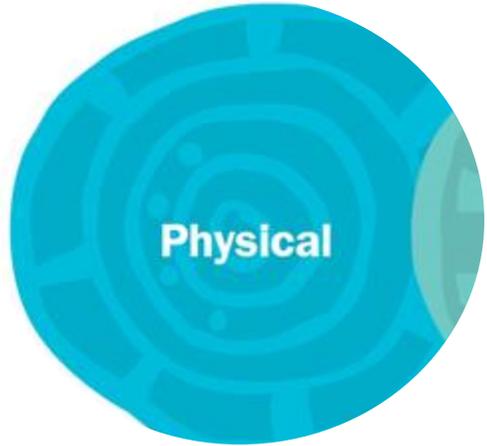


MOVE YOUR BODY,
CALM YOUR MIND



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Wellness Programs



Definition: Move more, eat well, sleep better

Aim: Physical activity, nutrition, sleep, connections to nature, outdoor recreation

adapted from Payne, Ainsworth & Godbey²







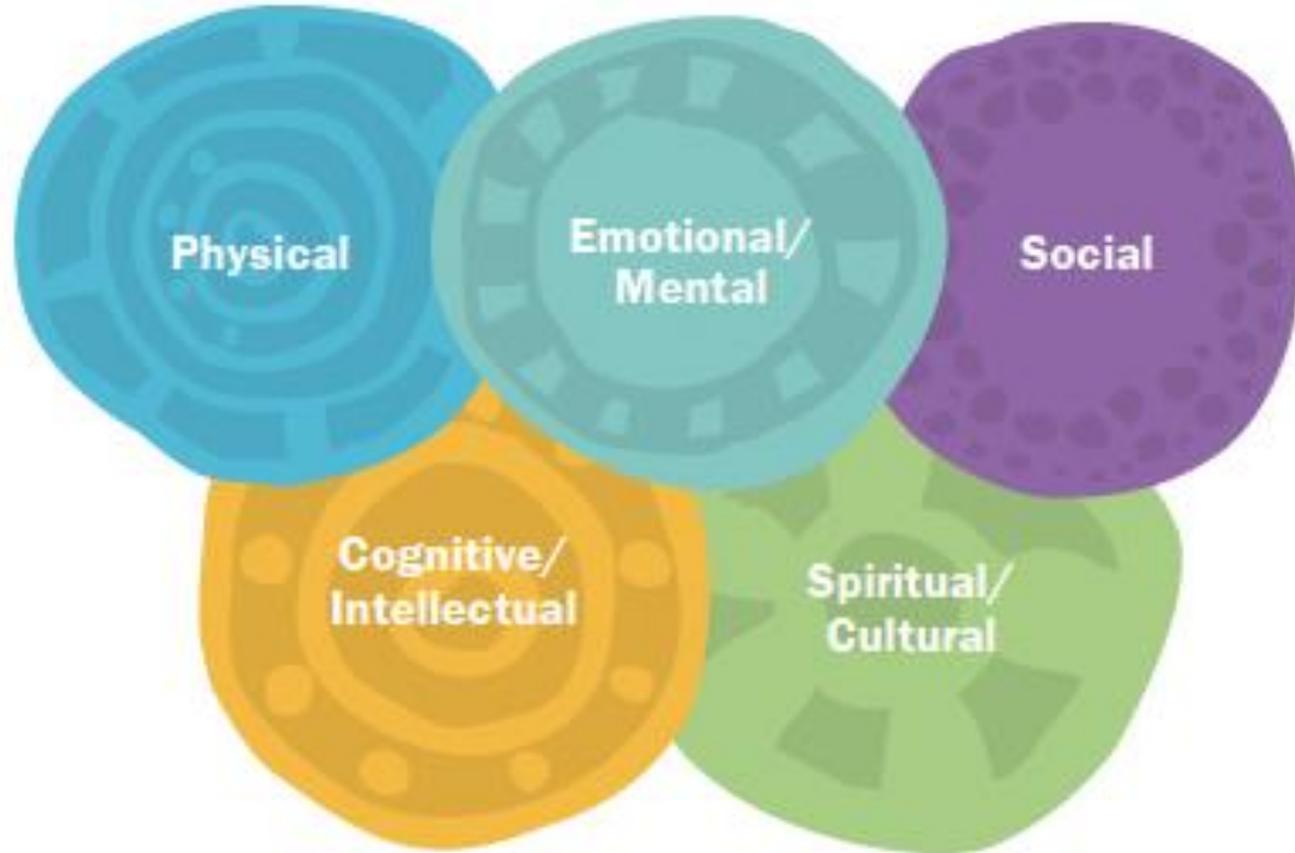


Wellness programs

- Inclusive, accessible and diverse in nature
- Tailored to the unique needs of each community and young people served
- Encourages connection with self, others and the land
- Can be individual, small or large group; in-person, community or virtual
- Targets the five domains of wellness



DOMAINS OF WELLNESS



PARTNERSHIPS

BC PARKS FOUNDATION
Healthy By Nature

POWER TO BE

CANADIAN WOMEN'S NATIONAL FIELD HOCKEY TEAM

COMMUNITY PARTNERS

Recreation centres

Gardens and farms

YMCA

Gyms, yoga, fitness classes

School boards



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Findings

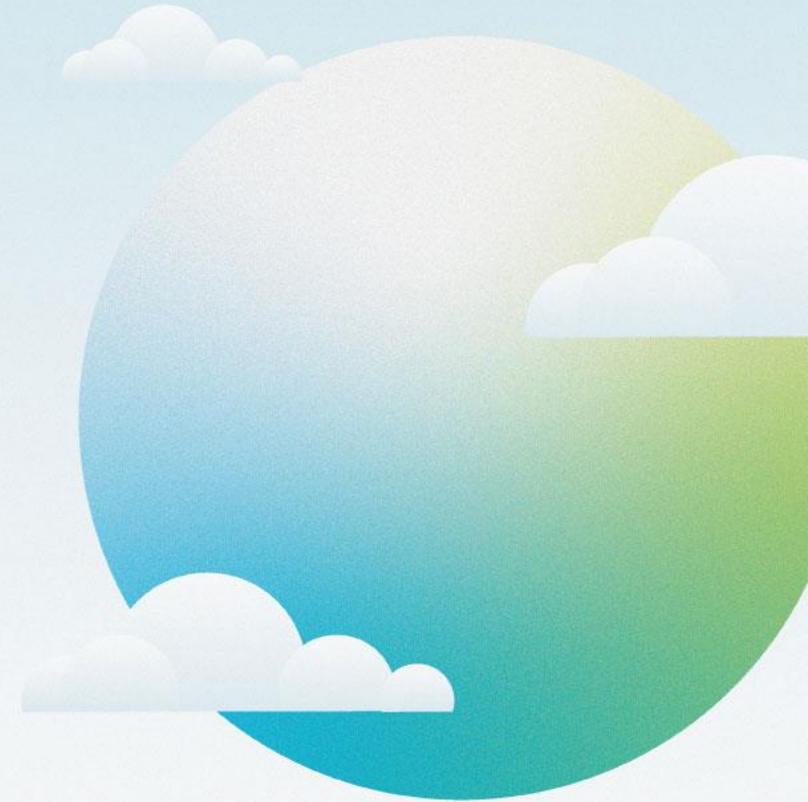
By tracking the Wellness program, we discovered:

- 384 different activities were offered
- 355 unique youth accessed the program and 40 % identified this as first entry point to Foundry services
- Partnerships with **Power to Be** and **BC Parks Foundation** promoted inclusion, access to nature and exploration of land and water-based settings



Findings and Future Opportunities

- The Wellness Program targets all five domains of wellness and complements traditional health services offered within IYS
- Partnerships are integral to promoting access to nature and exploration of land- and water-based settings
- Work is ongoing for quality assurance and better understanding of program impact on health outcomes



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Thank You

info@foundrybc.ca

foundrybc.ca

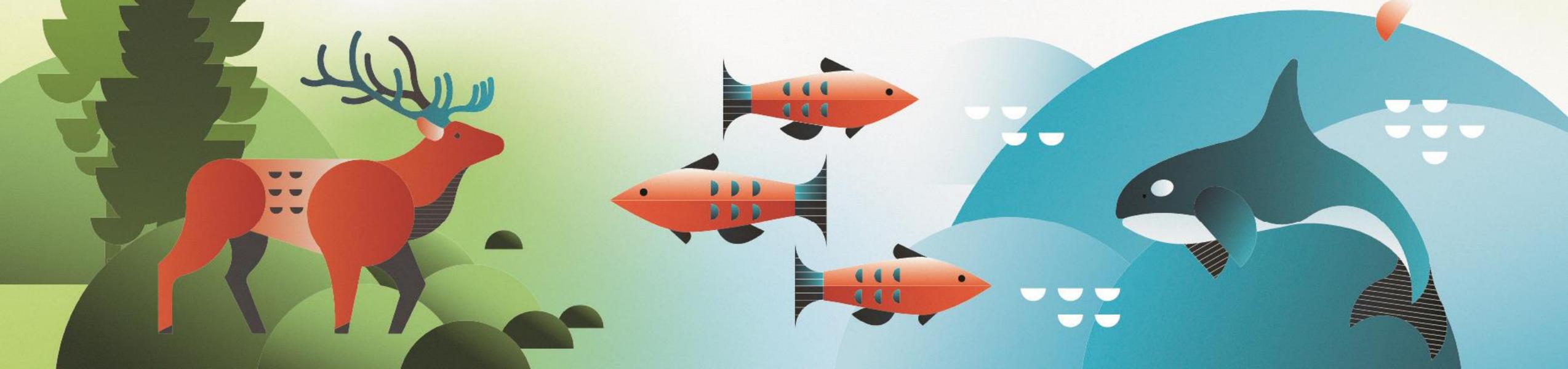
mwenger@foundrybc.ca

jaffolder@foundrybc.ca





• F O U N D R Y .



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