

• **FOUNDRY** •  
Where Wellness Takes Shape

**Climb,  
Connect and  
Celebrate- Jasper, Alberta**

CTRA Conference, May 10-12, 2023



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Leisure Based Wellness  
Programs and  
Thriving Community  
Partnerships

May 12, 2023



# • F O U N D R Y •

## Where Wellness Takes Shape

We acknowledge, with much gratitude, that our work takes place on land steeped in rich Indigenous history and home to many First Nations, Métis 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 also acknowledge that we are visiting the traditional territories of Treaty 6 and 8 Territories as well as Metis Region 4.

We recognize that "we are all mountain people, happy to share the peace, the beauty, and the spirituality of these valleys, rivers, ridges and peaks."



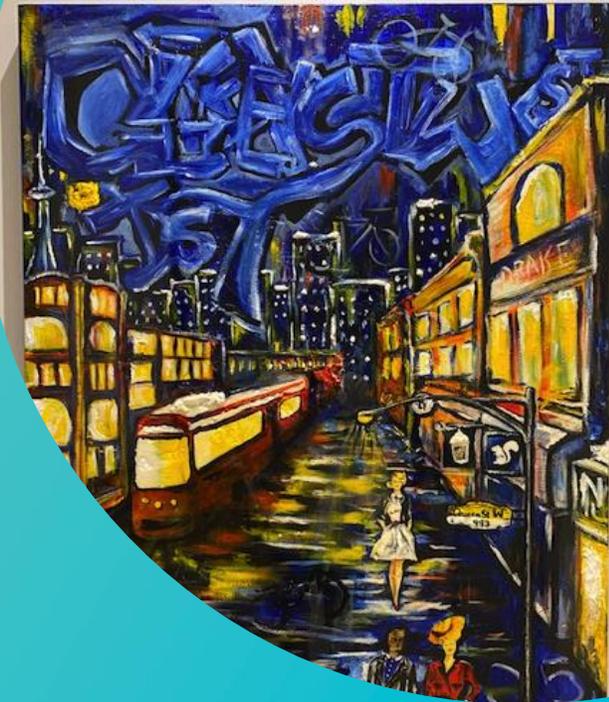
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Where Wellness Takes Shape

## Agenda:

- Welcome & Check-in
- Learning Outcomes
- Foundry & Integrated Youth Services
- Wellness Programs
- Community partnerships
- Evaluation
- Shared Learnings
- Imagining Future Possibilities
- Q & A





# Intro to Matt





# Intro to Jennifer





# Intro to Teresa

# Overview

This educational and interactive session will:

- 1) provide an overview of Leisure-based Wellness Programs offered at Foundry BC
- 2) highlight and discuss vibrant community partnerships that developed as an integral component of Wellness Programs

There will be opportunity for dialogue, shared learnings and connections with each other through interactive group work



# Learning Outcomes

1. Identify the five domains of wellness and describe how Wellness Programs target each of these domains, while complementing traditional health services for youth.
2. Demonstrate how community partnerships can be integral to programming, promote access to nature, and exploration of land and water-based settings.
3. Discuss the potential impact of low barrier, inclusive and accessible nature-based programming, strategies for evaluation, and qualitative data collection.







# This is Foundry.

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

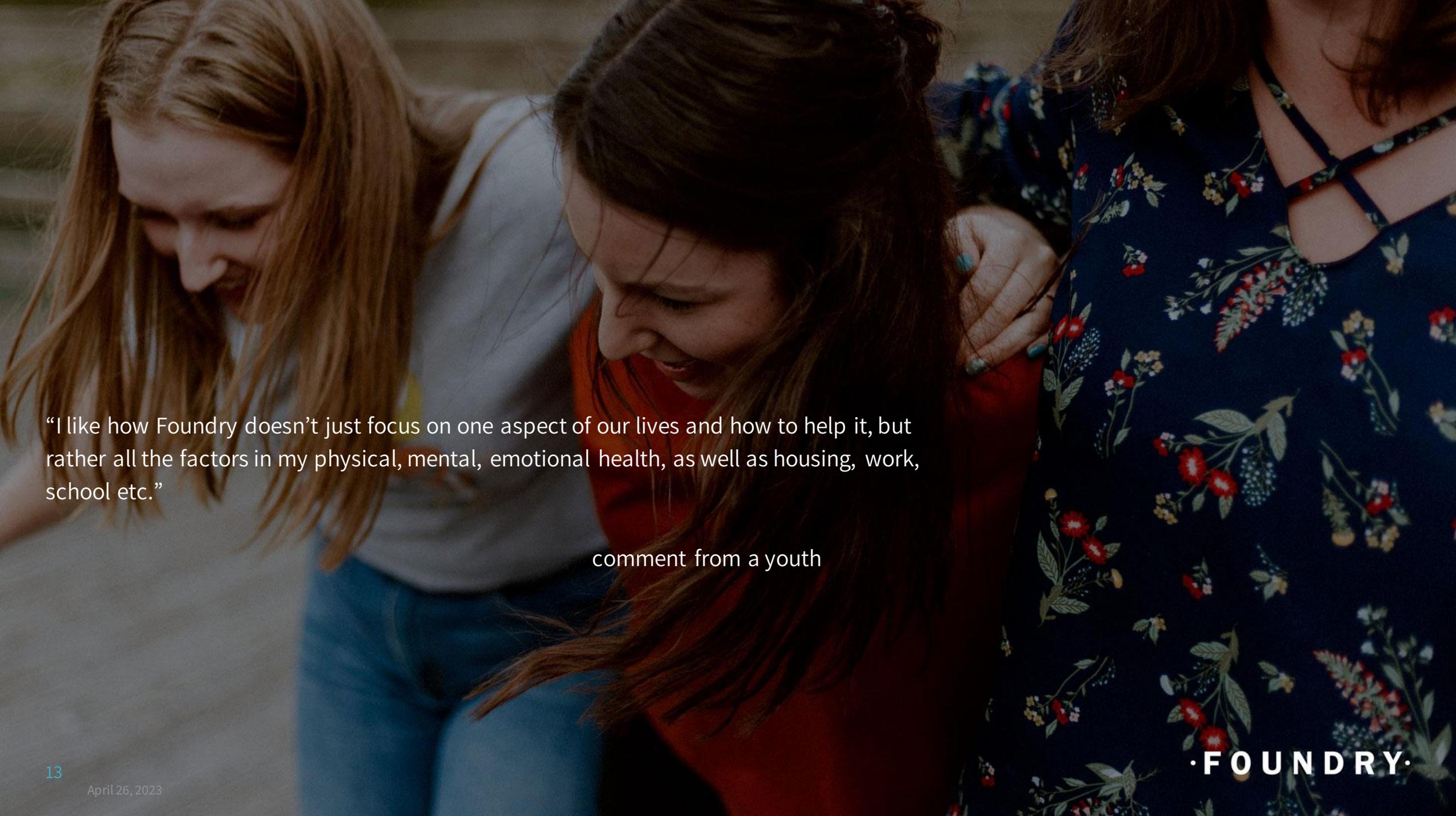
All in one place.

Seamless client  
experience

Services complement  
each other

Care providers  
coordinate care and  
transitions





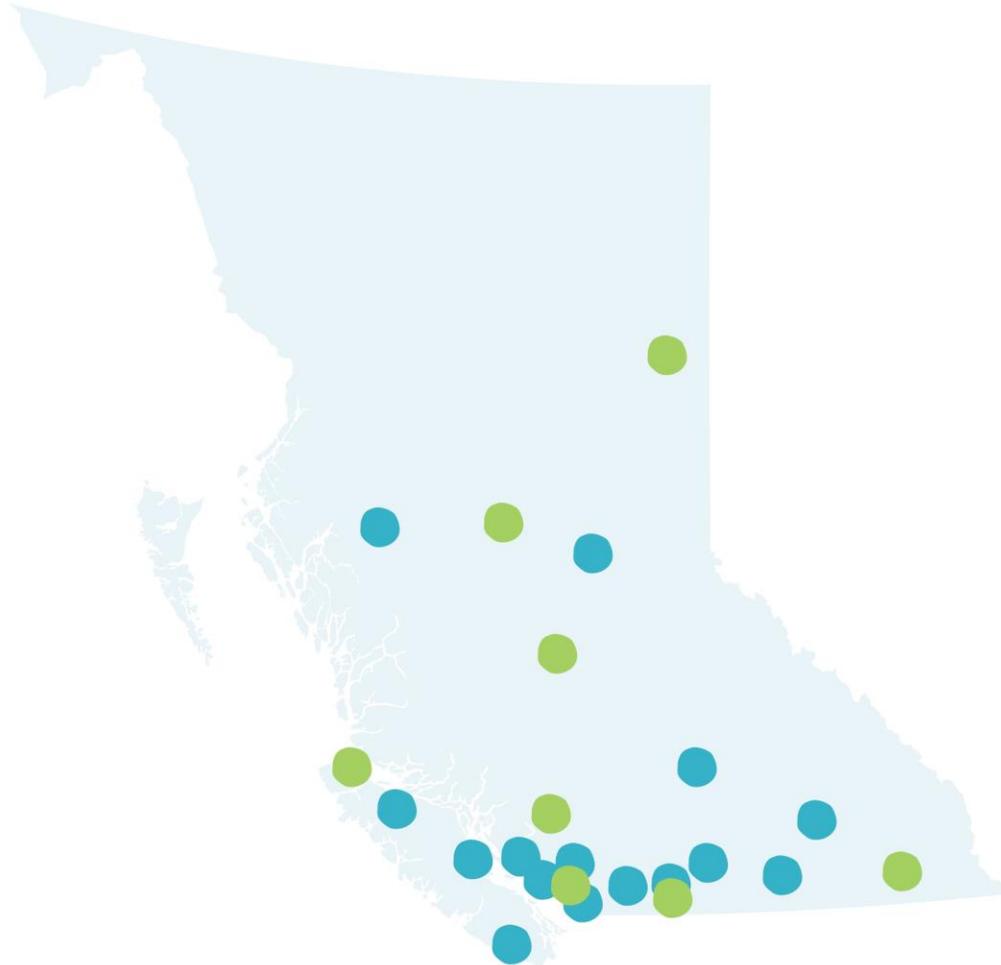
“I like how Foundry doesn’t just focus on one aspect of our lives and how to help it, but rather all the factors in my physical, mental, emotional health, as well as housing, work, school etc.”

comment from a youth

# FOUNDRY's Integrated Stepped Care Model



# 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



# Powered by innovation: Co-designed spaces





# The Current Situation for Youth

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~1 in 4

**Canadian youth are affected by mental health concerns and problematic substance use.**

12 - 24

**year olds experience the highest incidence of mental disorders and substance use problems of any age group.**

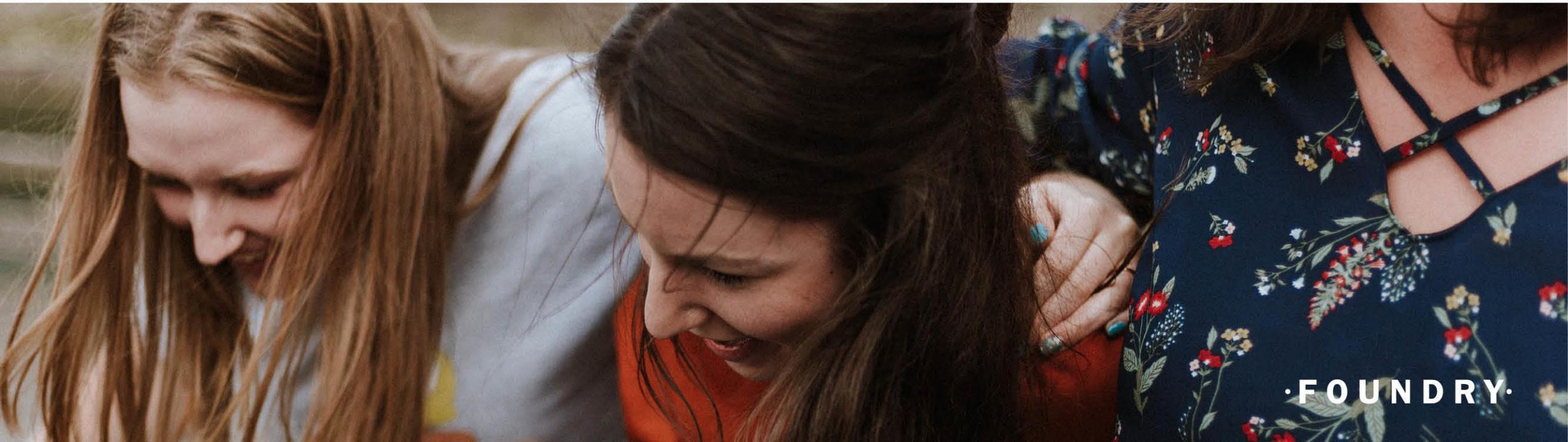


# 70%

**of mental health problems in Canada begin in childhood or adolescent years.**

Less than  
**50%**

**of youth with a mental health or substance use disorder receive the services they need to support them.**



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# 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.

# Foundry serves young people with moderate-severe mental health challenges

## OF THE YOUTH COMING TO FOUNDRY



### DISTRESS

82%

are experiencing a high or very high level of distress.

This includes youth who are not coming for a specific mental health or substance use issue.

### SUICIDE

50%

have thought about suicide in the past 90 days.

### MENTAL HEALTH

76%

rate their mental health as fair or poor.

### WITNESS VIOLENCE

36%

have seen or experienced violence in 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

# After accessing Foundry services, youth report:

Satisfied

**95%**

were satisfied with Foundry and its services.

Easy access

**95%**

agreed that having services in one place at Foundry made it easier to get help.

Tell a friend

**97%**

would suggest Foundry to a friend.

Well-equipped

**91%**

feel well-equipped to manage their health situation because of Foundry.

# What Families are Saying

95%

Having lots of services in one place at Foundry makes it easier for them to get the help they or their friend or family member need.

93%

Felt that Foundry staff did their best to understand them, including their strengths and preferences.

92%

Felt they got help with the things they wanted to get help with.

84%

Foundry provided enough information for them to feel confident supporting their family member/friend.

84%

Felt that they knew more about health or mental health in general because of their contact with Foundry.



# WELLNESS PROGRAM

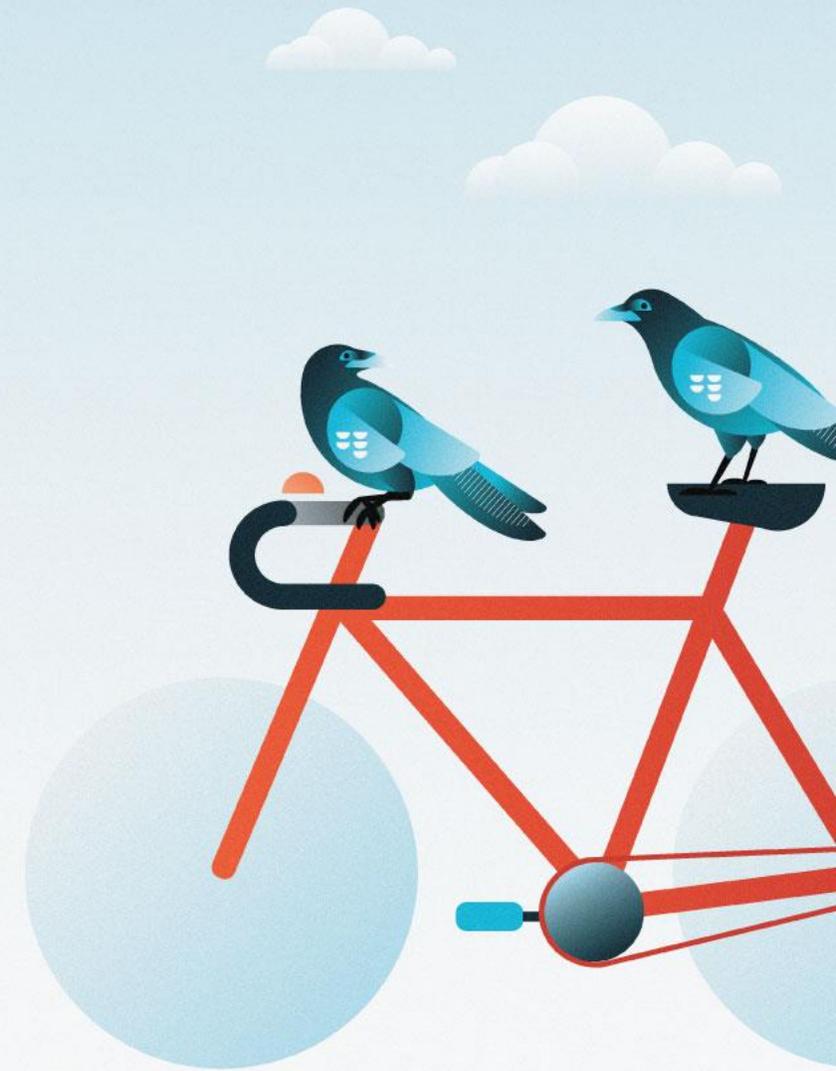


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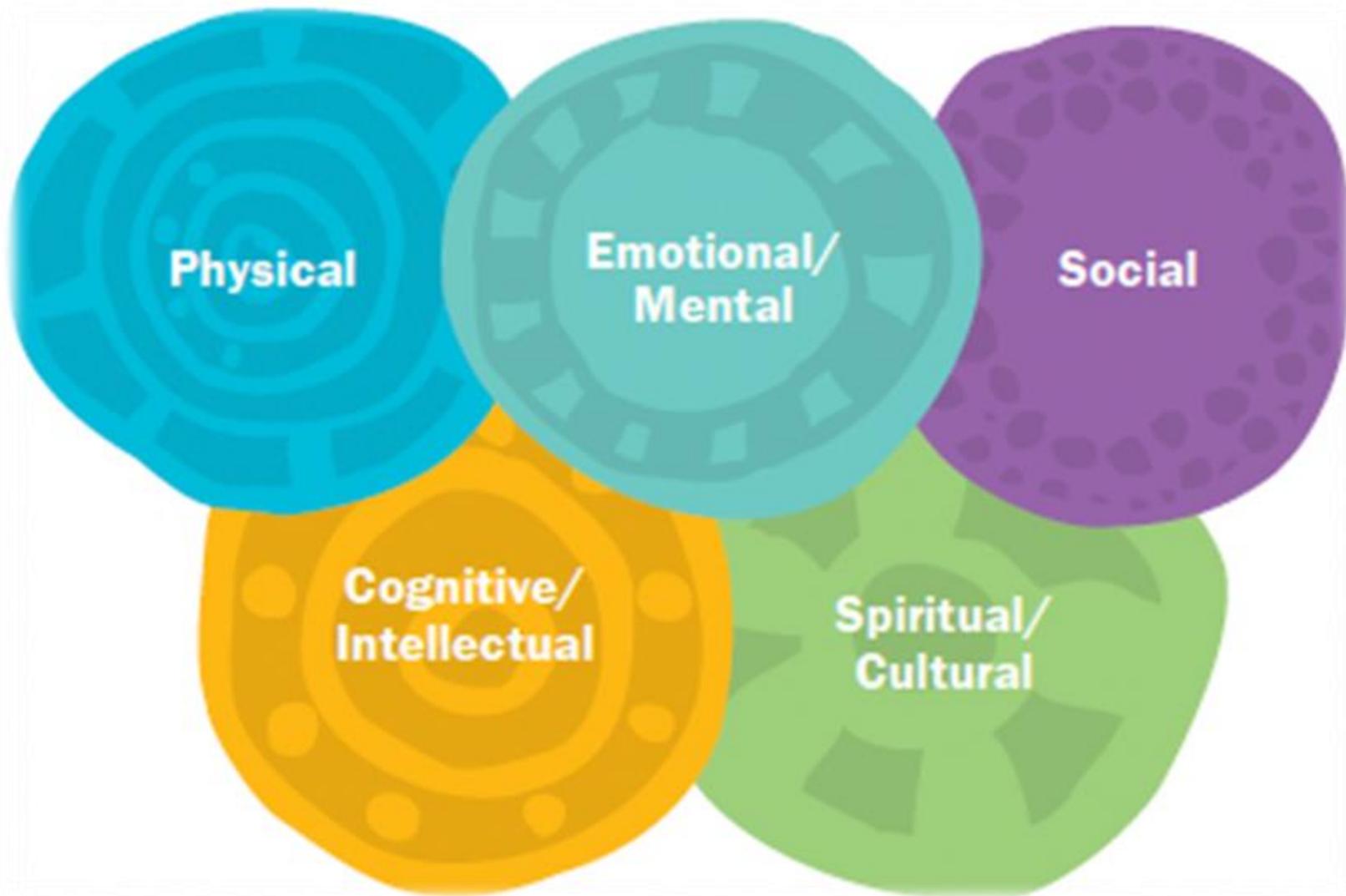
# Wellness Program

## Objectives:

- Leisure-based and recreational activities, in social, physical, emotional, cognitive and spiritual domains
- Educational component and emphasis on social inclusion
- Connection with self, others and nature
- Engage with community partners
- Enhance service model by infusing wellness opportunities
- Evaluate impact of wellness activities on the holistic wellness of youth



# DOMAINS OF WELLNESS



# Move Your Body, Calm Your Mind Vision

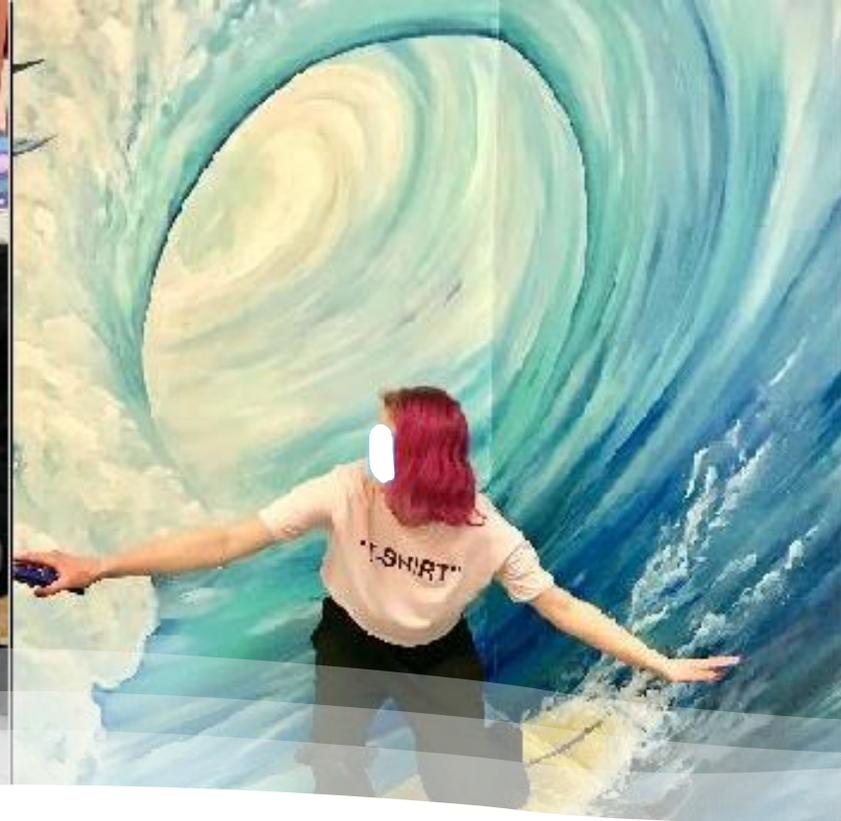
Initial funding by Morris Foundation

- Grant 1: 2019-2021
- Vancouver, Kelowna, North Shore, Campbell River, Abbotsford, Prince George, Victoria
- Penticton and Ridge Meadows

Subsequent funding included: Nicola Family Foundation, anonymous matching donors

- Grant 2: 2021- 2024
- Richmond, Terrace
- Burns Lake, Comox Valley, Cranbrook. Langley, Port Hardy, Squamish, Surrey and Cariboo-Chilcotin





## Foundry Vancouver-Granville

- Outings: skating, bunny café, local market
- Weekly art group
- Writing sessions with local poets
- Music sessions with local musicians

# Foundry Cariboo Chilcotin

- Cariboo Arts Beat partnership
- Carving
- Bannock Tuesdays
- Fly tying
- Snowshoe nature walks
- Sewing group
- Cooking



# Foundry Langley



# COMMUNITY PARTNERSHIPS

- BC PARKS FOUNDATION
  - Healthy By Nature; Outdoors & Unplugged
- POWER TO BE
- YMCA
- Parks and Recreation
- Gardens and farms
- Gyms, yoga, fitness classes
- School boards
  
- Canadian Women's National Field Hockey Team



# FOUNDRY PARTNERS

- The voice of youth with lived and living experience
- Youth Advisory Council
- Family; caregivers; supporters
- Peer support and mentors
- Philanthropy – donors; supporters
- Youth co-design in research and evaluation; Youth Research Advisory Panel
- YPE-Youth peer evaluators



# PARTNERS IN WELLNESS

## Key Benefits of Partnership:

- Co-creating a vision
- Shared learnings
- Community asset building
- Collaborative opportunities for evaluation and research
- Community connection
- Sustainable outcomes



# Healthy by Nature Foundry Abbotsford

**“Thank you for all of your support! I continue to hear such positive reviews from our youth as well as other staff letting me know what a great time the youth had on trips as they rave about it to their other service providers.”**

- Nicole Clarke, Youth and Family Empowerment Coordinator



# Power to Be- Foundry Granville, North Shore and Victoria

- Everyone Belongs in Nature
- Creating opportunities for youth to take part in outdoor experiences that focus on support, facilitation and empowerment
- Empowering people living with cognitive , physical, financial or social barriers to explore their limitless abilities through adventures in nature
- Power to Be designs, adapts and delivers inclusive and accessible nature-based experiences
- [powertobe.ca](http://powertobe.ca)



## Interactive Table Discussion

- What innovative strategies do you use within your teams to build new partnerships?
- What strategies sustain collaborative partnerships and trusting relationships?



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WELLNESS PROGRAM  
EVALUATION

Sept 2019 to 2022



## Evaluation Objectives

The evaluation explored the following key objectives:

1. To what extent did the wellness programs impact youth health and well-being?
2. To what extent were young people satisfied with the wellness programs?
3. To what extent were the wellness programs implemented as intended?
4. To what extent did wellness programs enhance Foundry service offerings?
5. To what extent did wellness programs impact the way youth engage with technology?

## Evaluation Principles

The evaluation was designed with the following guiding principles in mind:

- **Collect** qualitative and quantitative data to understand the impact of the Wellness Program.
- **Empower** youth by prioritizing the youth voice and hiring youth peer evaluator(s).
- **Study** the impact to Foundry's service model.
- **Collaborate** with researchers to critically investigate the integration of wellness programs.



# Method Summary

**355** unique youth (tracked in Toolbox)\*

**19** youth survey respondents

**2** youth focus groups

**7** staff interviews conducted

\*Toolbox is Foundry's data collection system. Because of challenges tracking in Toolbox, note that the number of participants and groups is likely underrepresented in this report



## LEARNING 1 Diverse young people with mental health needs are accessing the Wellness Programs

78%

of survey participants rate their mental health as fair or poor

19 years average age

N=353, Toolbox data, Sept 2019-2021

White	58.2%
Other	22.6%
Indigenous	19.2%
Chinese	3.9%
Filipino	3.9%

N=179, Toolbox data, Sept 2019-2021

Female	58.2%
Gender-Diverse	22.6%
Male	19.2%

N=177, Toolbox data, Sept 2019-2021

Heterosexual	40%
Bisexual	24%
Prefer no answer	11%
Gay/Lesbian	9%
Other	8%
Questioning	6%
Asexual	2%

N=172, Toolbox data, Sept 2019-2021

### Participant demographics



## LEARNING 2

Wellness Programs are having a positive impact on youth mental health and well-being

Among youth survey participants:

**85%** agree that participating in this activity positively impacted their overall wellbeing

“It helped me feel more comfortable in my own skin. Some may say it's just a hike, but I have some [health] conditions that make simple tasks difficult. This was amazing to be a part of”

- Youth Focus Group



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## LEARNING 3

Wellness programs are creating a low-barrier, accessible entry point for youth to connect with other Foundry services

Among youth survey participants:

**78%** were more interested in accessing Foundry services after attending Wellness Programs

Among youth who accessed wellness programs (n=355):

**1/3** accessed other Foundry services after engaging with wellness programs

“Youth might start in our lowest barrier activity where it’s a one-off thing and then they might then build up the capacity and also confidence, because they feel like they can actually commit to something like getting to know us to do something a little more structured and long term”

*-Wellness Staff Interview*

## LEARNING 4

Wellness Programs at Foundry offer a safe, inclusive environment where youth feel welcome



Among youth survey participants:

**100%** felt welcome in the program

**95%** felt supported and that their needs were met

“Participating in stuff like this... I definitely realize stuff about myself and realize how to take care of myself... [it] felt supportive like other people were also putting in the work for their like mental health and stuff and I wasn't the only one who was struggling”

- Youth Focus Group

## LEARNING 5

The Wellness Program is enhancing social connections for young people during a particularly isolating time

Among youth survey participants:

**84%** agree that participating in this activity had a positive impact on their social connections.

**83%** agree that participating in this activity had a positive impact on other areas of their life.

“Going to the Foundry gave an opportunity for me to sort of, just reap the rewards of social interaction without having to go and set them up myself. Which was really sort of medicinal honestly because I think that was a feeling that myself and I think many others needed to feel.”

- Youth Focus Group

# Recommendations

## 1. Improve program access by addressing barriers:

- **Flexible programming** by offering programs on evenings and weekends, or virtually to make these activities more accessible
- **Support participation** by providing youth with transportation and food
- **Easier registration** using the Foundry App to register for programs

## 2. Partner with more community organizations:

- **Reduce burden** on Foundry staff by partnering with community organizations that have more resources and infrastructure to offer recreational programs
- **Increase sustainability** by looking into organized activities outside of Foundry centres

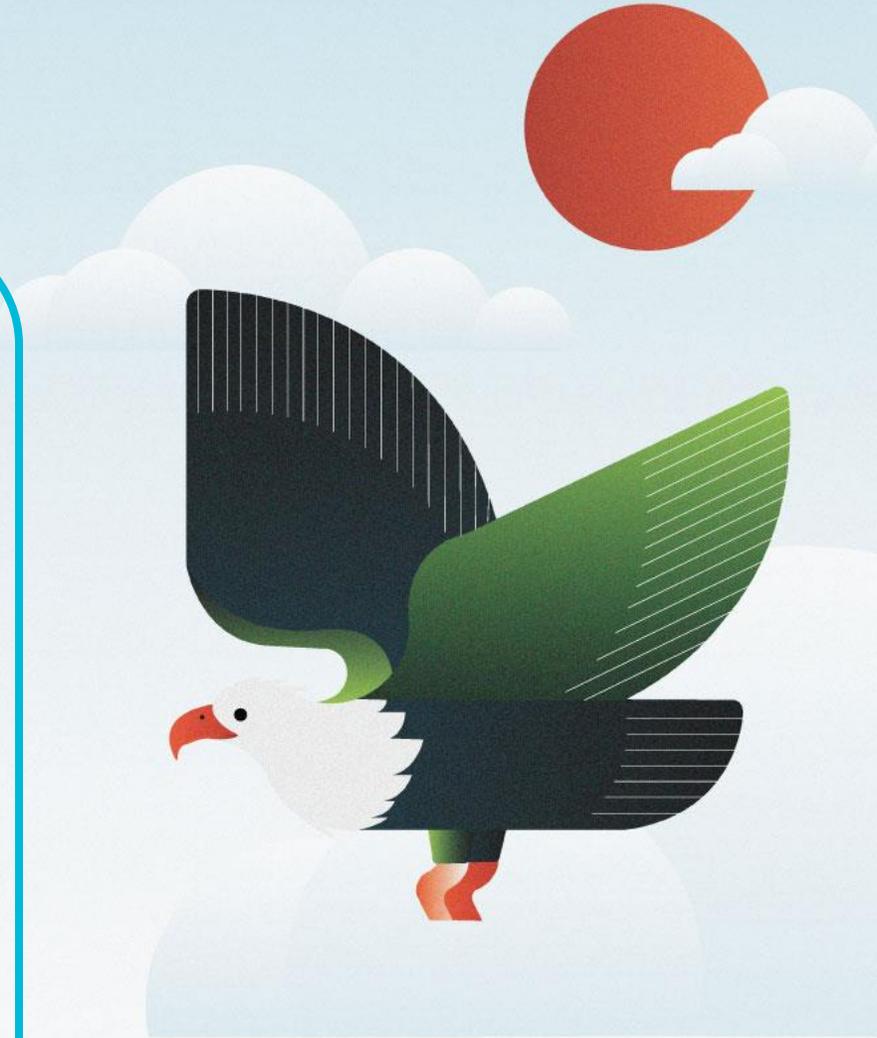
# Recommendations

## 3. Hire additional program staff to support the wellness programs:

- **More Staffing support** to offer the programs effectively, hire staff that solely focus on this program as part of their role
- **Hire youth peers** to help run the programs, which would in turn help resolve staffing needs, ensure the programs are youth informed and employ young people with lived experience

## 4. Offer groups or events for new people:

- **Welcome new people** by organizing specific events for folks who are new to the program and want to get to know each other



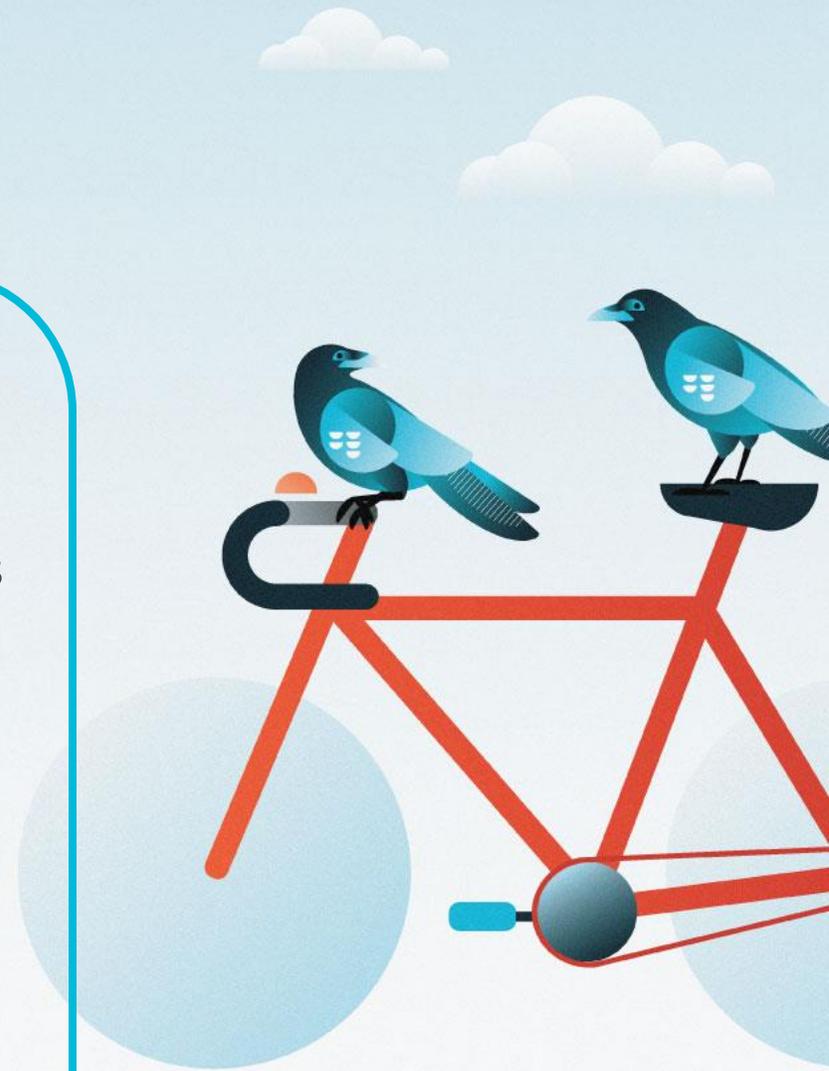
# Recommendations

## 5. Embed mental health supports or conversations within the program

- **More mental health discussions** to help connect them with Foundry service needs more intentionally
- **Integrate** these discussions into regular programming

## 6. Increase marketing of the programs through social media and youth networks

- **Advertise** Wellness Programs on social media platforms to help reach more young people
- **Reach out to schools** and other programs to help spread the word



# Wellness Program Guide

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WHERE WELLNESS TAKES SHAPE

## Wellness Program Guide

November 2021



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# Program Impact

**Wellness is what happens when you add “we” to any illness.**

Which is exactly what being a part of Foundry does.

Foundry helps turn our mental illnesses into wellnesses.

Seeing them as obstacles instead of failures.

Before Foundry I had no idea what it meant to be well.

Wellness is thriving, instead of just surviving and

with Foundry, I feel like I can finally begin.”

Youth testimonial



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I found that for myself I went on different field trips to places where I had never really gone and probably would not have if it wasn't for Foundry.

– Youth Feedback on Wellness Activities



Copenhagen welcomes  
**IAYMH 2022**  
SIXTH INTERNATIONAL CONFERENCE

CO-HOSTED BY  
**YOUTH MENTAL HEALTH**  
Danish Society for Mental Health

**Reimagining**  
Youth Mental Health

#IAYMH2022

The banner features a large, colorful abstract graphic at the bottom, composed of overlapping shapes in red, orange, yellow, green, and blue. The text is arranged in a clean, modern layout with various font weights and colors.



# Shared Learnings & Future Possibilities

Reimagining Youth Mental Health

IAYMH, Copenhagen, 2022

Sixth International Conference

- The voice of youth and young people
- Youth and student co-design for research in youth mental wellness





# Infusing Wellness Opportunities into Integrated Youth Services in Canada

Krista Glowacki, Jennifer Affolder, Brooke Macnab, Alayna Ewert, Matthew Wenger, Karen Tee, Skye Barbic



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## Introduction

### What is the Wellness Program?

- The Wellness Program is offered at Foundry, an integrated youth services (IYS) initiative for ages 12-24, in British Columbia, Canada [1]
- Includes leisure-based activities that integrate mind, body and spirit [2]
- Vision: "Move your Body, Calm your Mind" [2]
- Encourages connection with self, others and the land [2]
- Can be individual, small or large group; in-person, community or virtual [2]
- Targets five domains of wellness (Figure 1)



Figure 1: Five domains of wellness (adapted from Payne and colleagues) [3]

## Objectives

The purposes of this work were to:

- 1) Provide an overview of what the Wellness Program is and who has accessed it since program inception over a two-year period
- 2) Highlight and discuss community partnerships that developed as an integral component of the Wellness Program

## Methods

A phased approach was used to implement the program across nine Foundry centres from August 2019-September 2021



The program was tracked through 'Toolbox,' Foundry's centralized data platform



Community partnerships were established locally and provincially by connecting with organizations promoting low-barrier, inclusive and accessible nature-based programming

## Results

By tracking the 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
- Examples of activities within wellness domains:

Wellness Domain [3]	Description	Activities
Physical	Moving the body	Hiking Yoga
Emotional	Expressing self	Mindful Photography
Social	Building connections	Pizza & Paint Night
Cognitive	Brain boosting	Book Club Farm-to-Table Cooking
Spiritual	Feeding the soul	Cedar Weaving Drumming



" Foundry hosts groups that are soft and inclusive – kayaking with them was no different. An exhilarating experience, with experienced guides and safety protocols. I would highly recommend this group to anyone who is looking to socialize more, or who is trying to add some excitement into their life."  
- Participant in Kayaking with BC Parks Foundation and "Outdoors & Unplugged," Foundry Abbotsford



" Doing art has always made me be able to express who I truly am. But having a physical space at Foundry in Art Group where other youth are also working towards wellness inspires me to continue doing what I love. Art Group has helped me grow as an individual knowing that I have the space to express myself without ridicule or judgement." - Participant in Art Program, Foundry Vancouver Granville

## Conclusion

The Wellness Program targeted all five wellness domains and complements traditional health services offered within IYS

Partnerships were integral to promote 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



foundrybc.ca/iaymh2022



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1. <https://foundrybc.ca/>  
2. Providence Health Care Society d.b.a. Foundry. Wellness Program Guide, 2021 Nov.  
3. Payne L, Ainsworth B, Godbey G. Leisure, Health, and Wellness: Making the Connections. Urbana, IL: Venture Publishing, Inc.; 2010.





# Interactive Table Discussion

## Climb, Connect and Celebrate –Imagine Future Possibilities

- Imagine a future program /or partnership
- What is the first step?
- How can you involve participants in co-design?



We welcome your questions!  
Thank you for sharing your learnings



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Thank You

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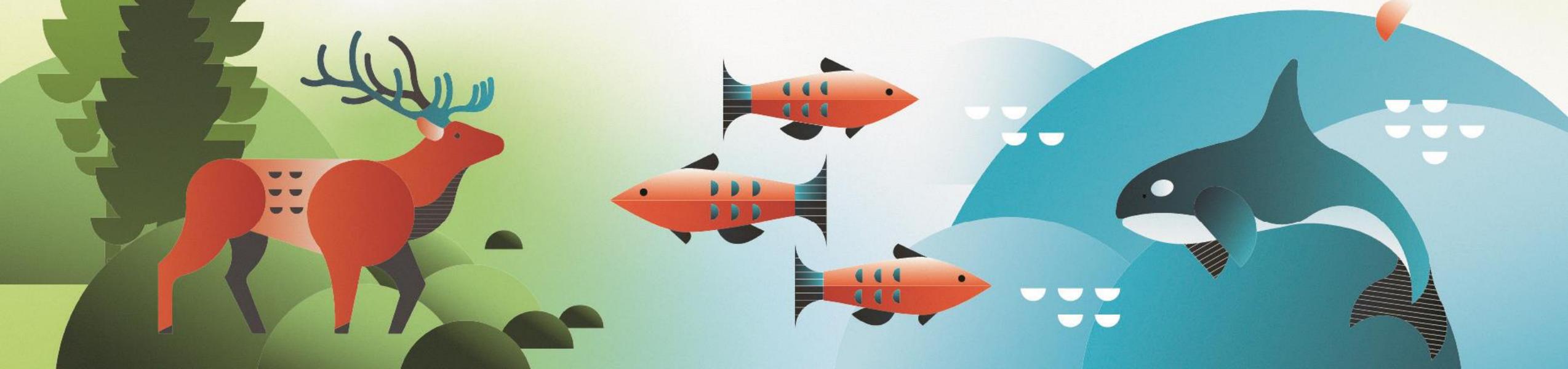
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