

Disclosure Statement

- I have no affiliation (financial or otherwise) with a pharmaceutical, medical device or communications organization.



Mind Fit

Activating BC Teens
with Mild to Moderate
Depression



Building healthy
communities



BRITISH
COLUMBIA

Supported by the Province of British Columbia



BC Alliance
for Healthy Living

Agenda

1. Mind Fit

- Rationale
- Overview
- Expansion
- Partnerships
- Challenges and Opportunities

2. Questions and Discussion



Mind Fit – Rationale

- Teens with symptoms of mood disorders are significantly less likely to participate in physical activity as compared to their peers
- Students who reported a mental or emotional health condition were less likely to report exercising and participation in organized sports (41% vs. 60% without such a condition)
- 13% of youth who had experienced severe stress in the past month had not exercised in the past week, compared to 7% who did not report being stressed.
- Physical activity has the potential for reducing depressive symptoms. (Rosenbaum, Tiedemann, Sherrington, et al. 2014)



Mind Fit

A targeted approach to reaching and supporting teens aged 13-19 years with symptoms of mild-to-moderate depression and/or anxiety to be physically active



Mind Fit - Purpose

- To engage hard-to-reach teens in increasing their physical activities through a group based intervention – low to no barrier
- To provide psycho-education and build awareness of symptoms of anxiety and depression and teach healthy coping strategies
- To create a safe space where teens can socially connect with one another in a non-stigmatizing environment so they feel less isolated and lonely



Mind Fit – Program Details

- 2 hour program: 1 hour group mental wellness visit and 1 hour physical activity;
- Mental Health Clinician + Physical Activity Specialist
- Closed group of 10-12 teens
- Education, support and resources so teens can understand their mental health better and use physical activity as a healthy coping strategy



Activities to Date

- Adapted Jumpstep adult program content developed by the Mood Disorder Association of BC for teen population, using McCreary Center Society's Youth Research Academy to ensure the program was youth informed
- First pilot cycle: March - June 2017 at Langara Family YMCA in Vancouver, to date 20 additional cycles have run in BC
- Funding from BC Alliance for Healthy Living (BCAHL), Mind Fit expanded into more communities across BC



Current Partnerships

- Mind Fit has increased YMCA, school, and community partnerships in communities across BC for referrals of teens and facilitation in some communities.
- Vancouver staff trained Y staff in Langford, Prince George, Kamloops and Kelowna to deliver the program and support external delivery partnerships.
- YMCA works to build capacity and increase reach through partnership model.





Evaluation

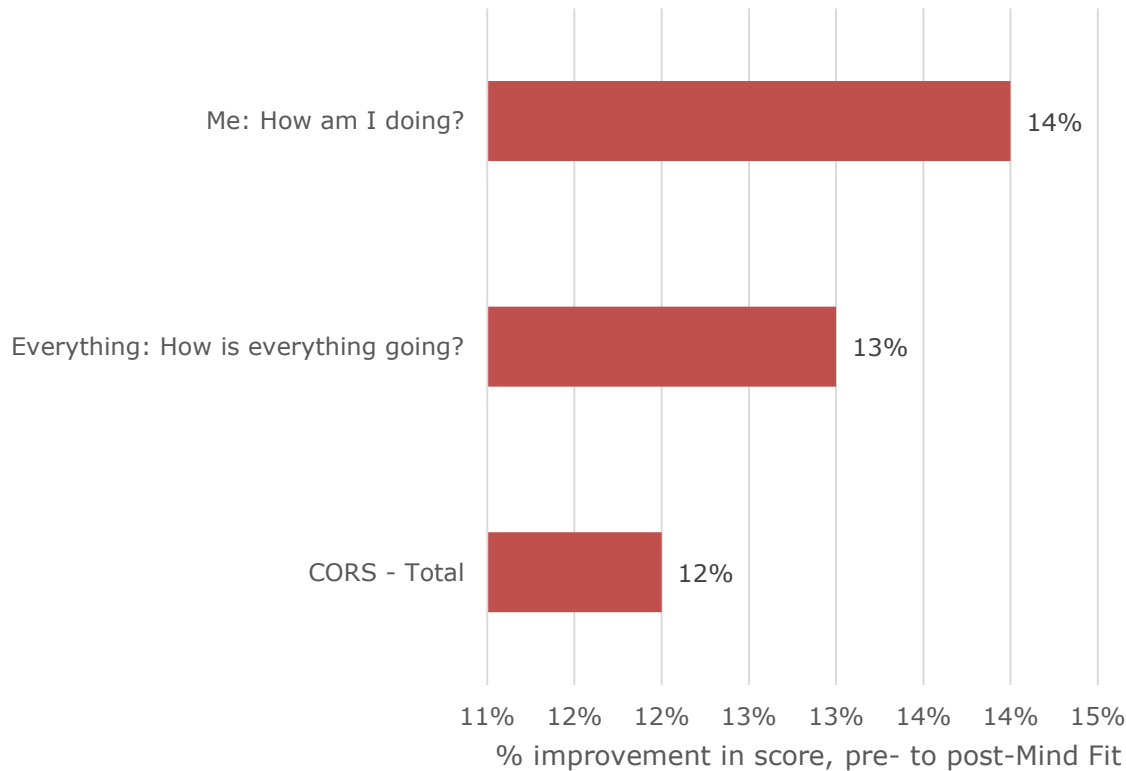


Figure 1. Percent change in CORS items (“me” and “everything”) and CORS-Total from pre- to post-Mind Fit [source: Child Outcome Rating Scale, n=58].



Evaluation

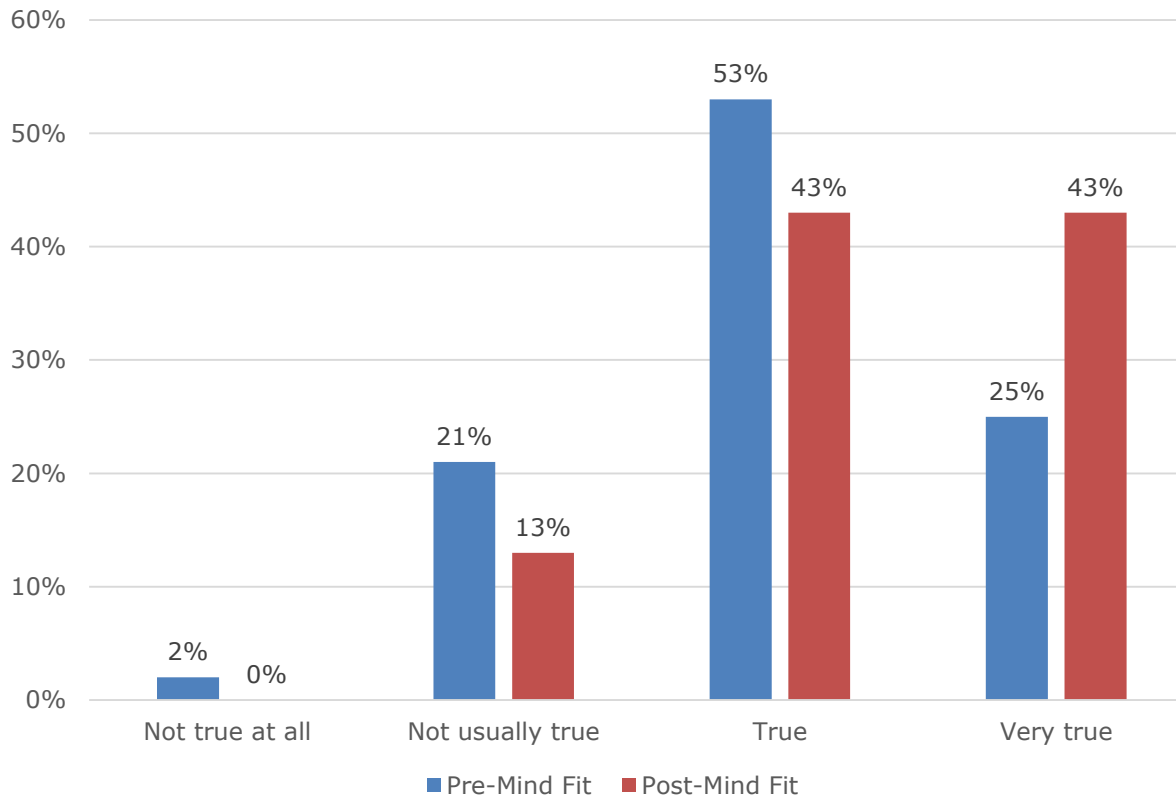



Figure 2. Proportion of Mind Fit participants responding to the statement “I think being active makes me happier” (n=45 with pre and post data).



Challenges and Opportunities

- Mind Fit connects with schools, school districts, counsellors and community partners to find teens who are a good fit – but it takes a lot of promotion to get 10 participants.
- Teens identified improvements in outlook and mood; however, it takes a lot of encouragement to keep teens invested, impacting attendance.
- Staff retention and consistent teen attendance were identified in process evaluation as areas for attention. Y Staff are working to overcome these challenges with input from evaluators, facilitators and teens



A young woman with dark hair, wearing a blue t-shirt and shorts, is sitting on a wooden gym floor. She is smiling and looking towards the camera. She has a basketball resting on her lap. In the background, another person is sitting on the floor, and the gymnasium has a wooden floor with yellow and black lines. A blue speech bubble is overlaid on the left side of the image, containing text.

“The things I liked most about the program were the people and the atmosphere. I have learnt that if I put my mind to something, I can do it! I now have a habit of being active and going to the gym.”

(Participant, Cycle 2 2018,
Vancouver Island)

Thank you!

Samantha Hartley-Folz

Director, Strategic Partnerships

samantha.hartley-folz@gv.ymca.ca

Sarah Blackmore

Manager, Mental Wellness Programs

sarah.blackmore@gv.ymca.ca

