

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

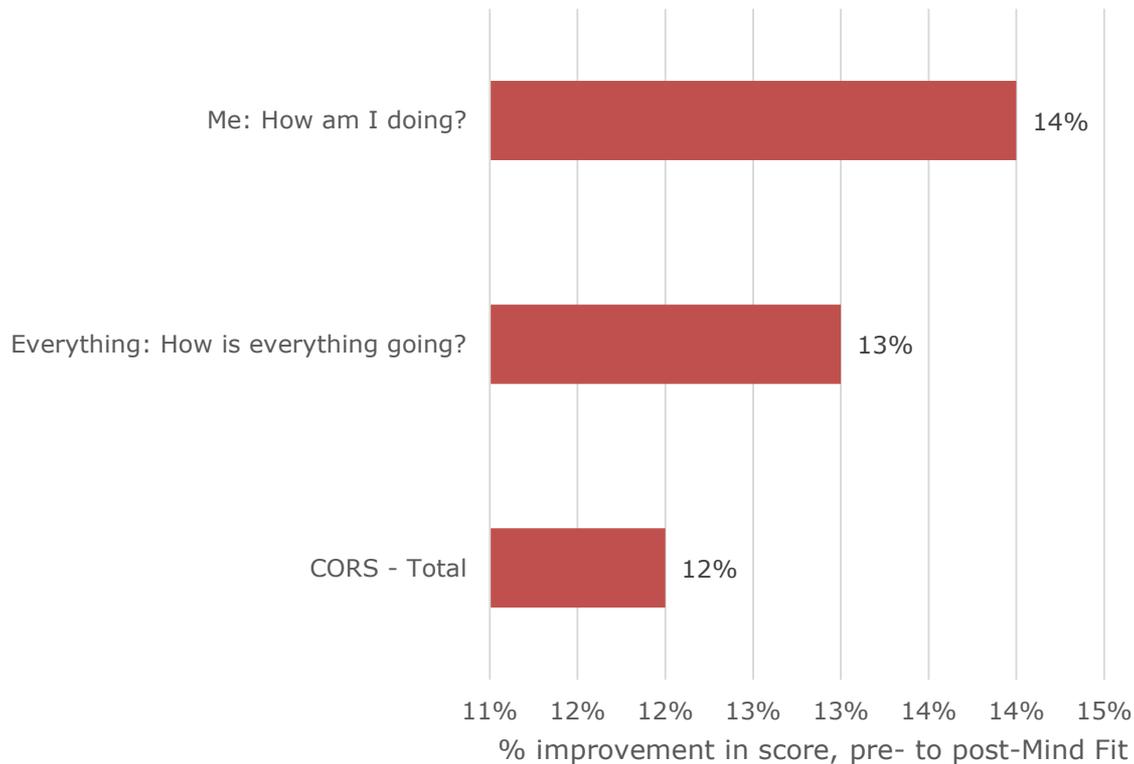


Figure 1. Percent change in CORS items (“me” and “everything”) and CORS-Total from pre- to post-Mind Fit [source: Child Outcome Rating Scale, n=58].



Evaluation

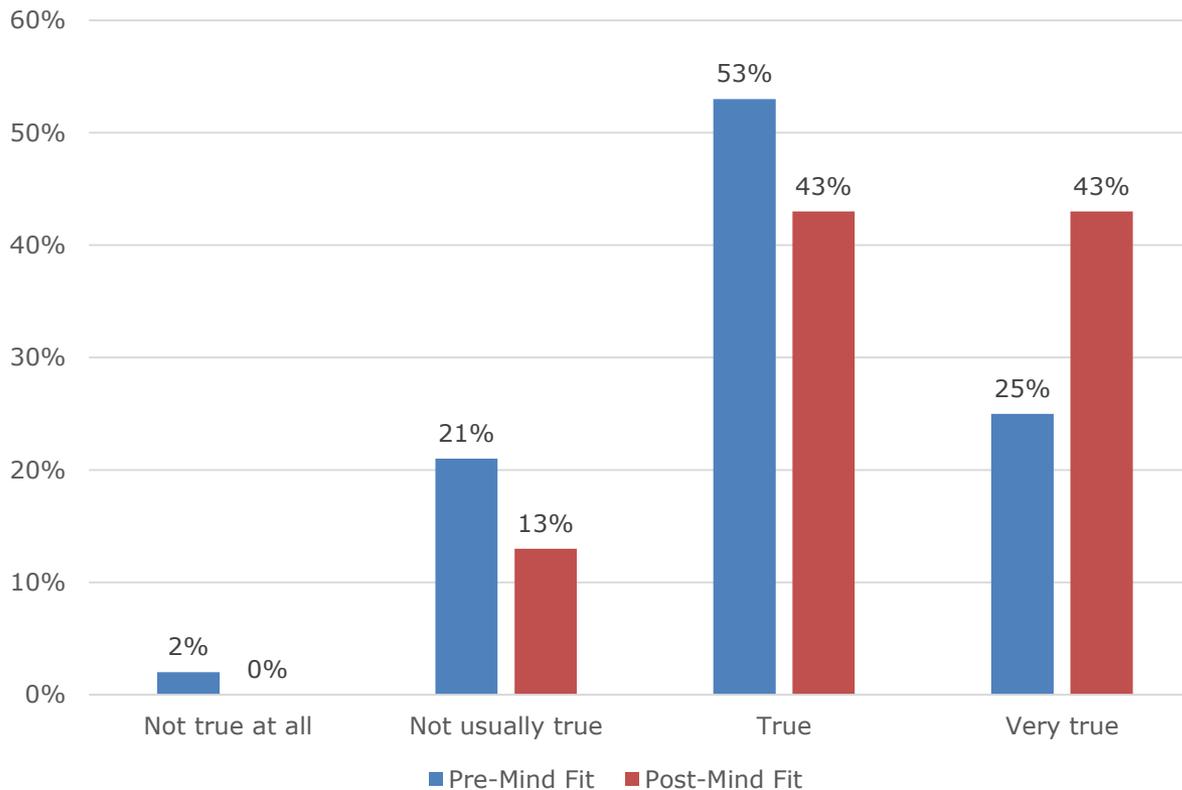


Figure 2. Proportion of Mind Fit participants responding to the statement “I think being active makes me happier” (n=45 with pre and post data).



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. The lighting is warm and indoor.

“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!

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