

Disclosure Statement

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



BRITISH
COLUMBIA



YMCA Mindfulness Programs

*Building healthy
communities*

Agenda

YMCA Mindfulness Programs

- Background
- Overview
- Approach
- BC Expansion
- Evaluation
- Next Steps

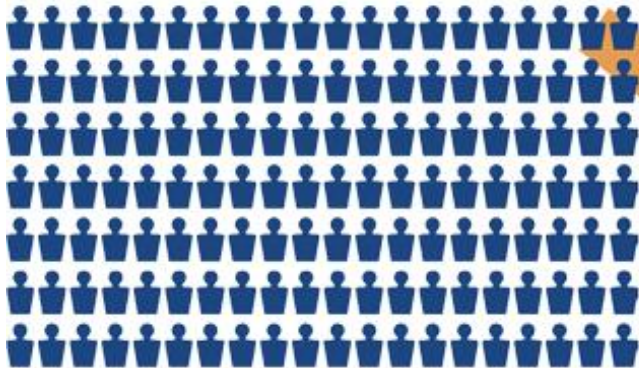


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Mindfulness Programs: Background

140,000

children & youth in BC reported as being seriously affected by a mental health disorder.^[1] (= 1000)



A HARSH TRUTH: Suicide is the 2nd leading cause of death for Canadian youth.^[2]

90% of front-line Ministry of Children & Family Development staff think that service capacity is inadequate for the current demand of youth suffering with mental health issues in British Columbia.^[3]



The Youth Mindfulness Program (YMP) grew out of a need, identified by employment program staff, for low-barrier access to mental health programs and services for youth (18-30).



1 in 4 young people (aged 12-25) are suffering through a period of mental ill-health at any given time^[4]

Mindfulness Programs: Overview

THE OBJECTIVES OF THE YOUTH MINDFULNESS PROGRAM



Meet a large gap in accessible mental health services in the Lower Mainland of BC.



Teach youth with anxiety helpful coping strategies and improve well-being.



Connect youth experiencing similar challenges within their community.

LOW-BARRIER ACCESS



No Diagnosis Required



Free of Charge



All Youth Welcome



Exercise has been proven to be an effective and positive coping strategy for anxiety. To maximize the efficiency of this mental health program, youth received free gym access during the program and gained a further extension of 6 weeks if they attended each and every program session.

Mindfulness Programs: Approach



Jon Kabat-Zinn



Mindfulness Programs

Youth Mindfulness Group (ages 18-30)

- 7 week program
- Psychoeducation & support

Teen Mindfulness Group (ages 13-17)

- 6 week program in community
- 10 session program in schools
- Includes expressive arts

Mind Medicine (Indigenous youth ages 18-30)

- 7 week program
- Culturally adapted & flexible in each community



BC Expansion

- 1. YMCA BC Delivery:** Teen & Youth Mindfulness Groups delivered in the 5 YMCA's in BC (Vancouver, Vancouver Island, Kamloops, Kelowna & Prince George)
- 2. Community Partnerships:** YMCA's in BC is partnering with community-based organizations in surrounding areas to further the reach of the program
- 3. Indigenous Communities:** partnerships with 6 Indigenous communities throughout BC to pilot Mind Medicine



Mindfulness Programs: Evaluation

Expected Outcomes

- Anxiety symptoms decrease & skills to cope with anxiety increase
- Social functioning improves
- Improved mindfulness and greater psychological flexibility
- Other improvements (e.g., overall well-being, sleep, physical activity level)
- Incorporate the skills and techniques learned once program ends

Process

- Reasons for wanting to take part & reasons for staying engaged
- Intent to use the skills and techniques learned
- Barriers that prevent application of skills & techniques
- Characteristics of those who complete the program compared to those who disengage
- Instructors' feedback about the curriculum
- The YMCA's and community agencies' partnership experience & challenges, successes, and lessons learned



Mindfulness Programs: Evaluation

The following core measures are included at each time point:

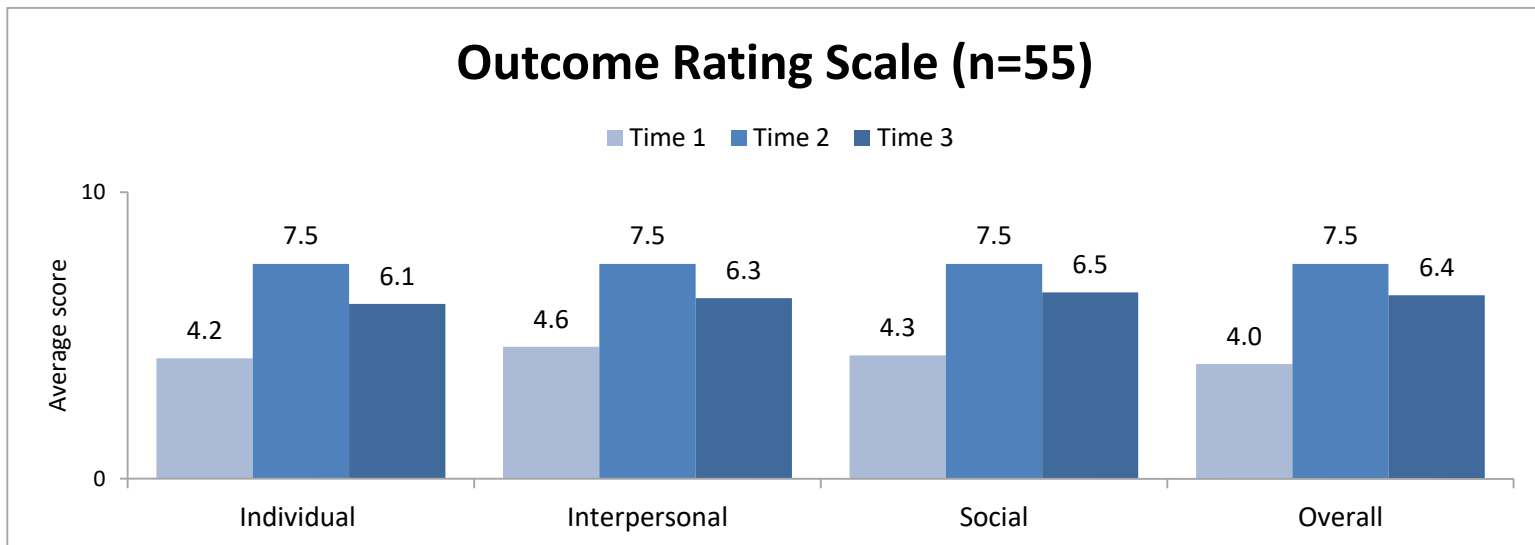
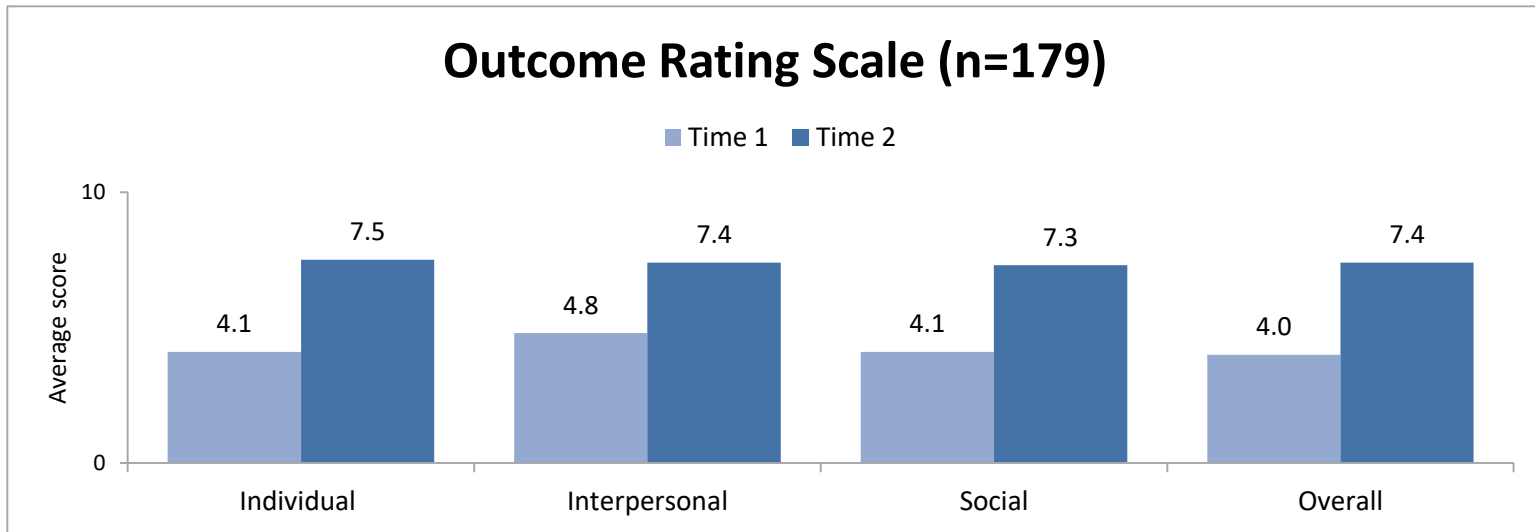
- **Outcome Rating Scale (ORS)**
- **Generalized Anxiety Disorder 7-item scale (GAD-7)**
- **Child and Adolescent Mindfulness Measure (CAMM)**
- **Acceptance and Action Questionnaire-II (AAQ-II)**
- **Other: sleep, physical activity, mental health etc.**

The following are included at specific time points:

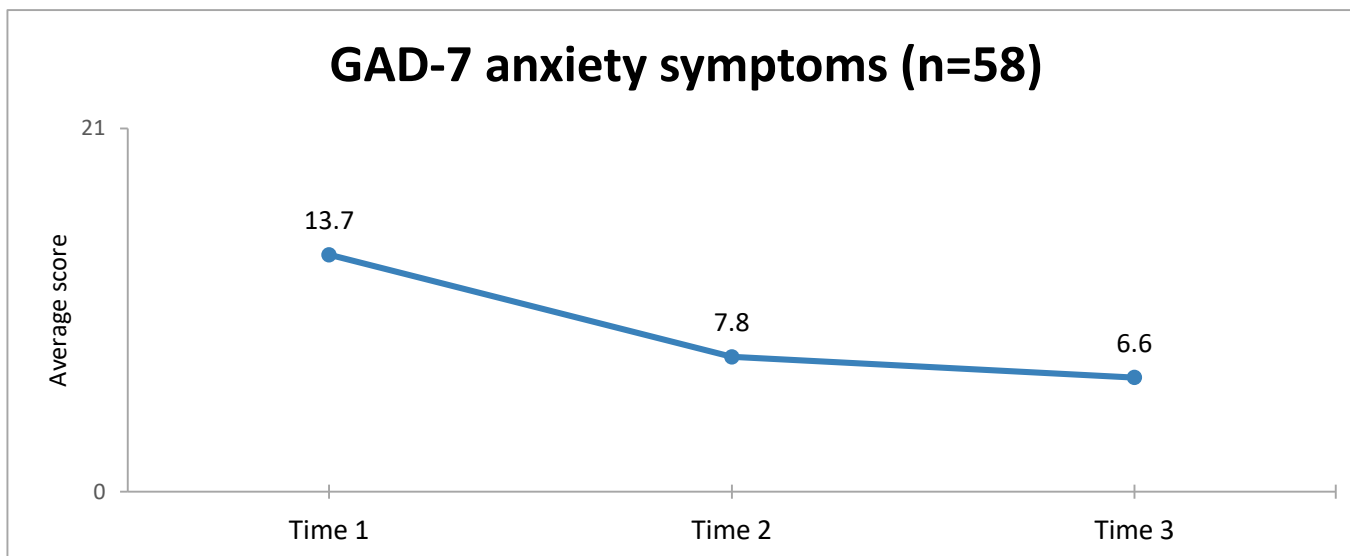
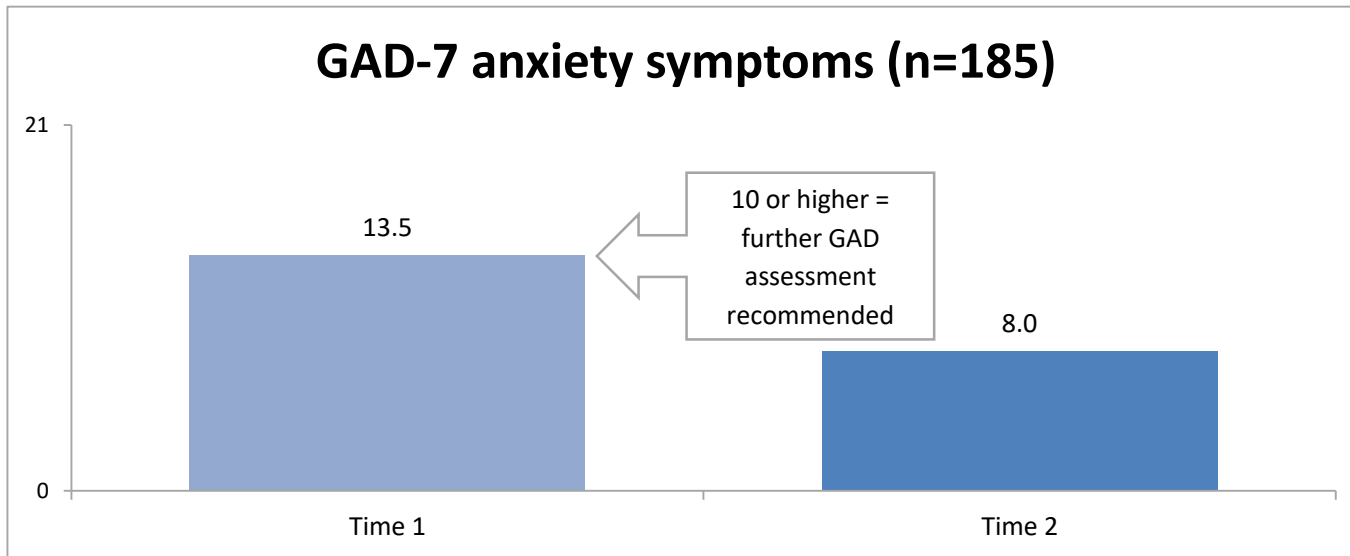
- **School-Based Questionnaire**
- **Instructor Survey**
- **Interviews**
- **Session Attendance Forms**



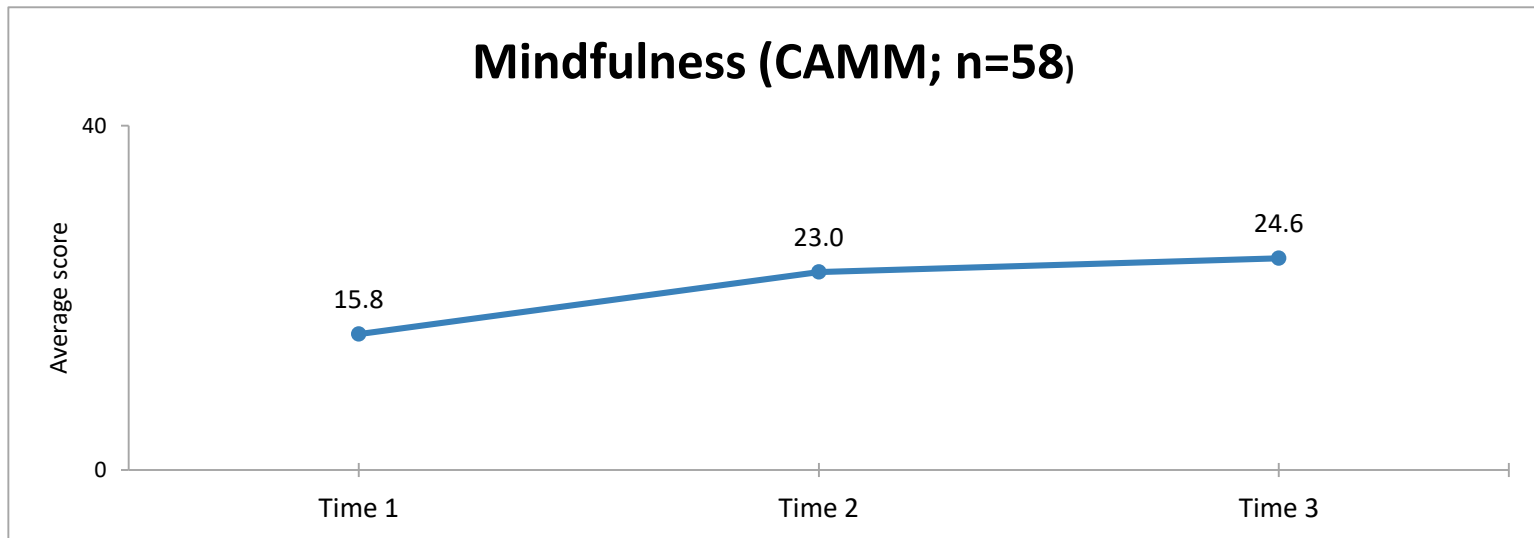
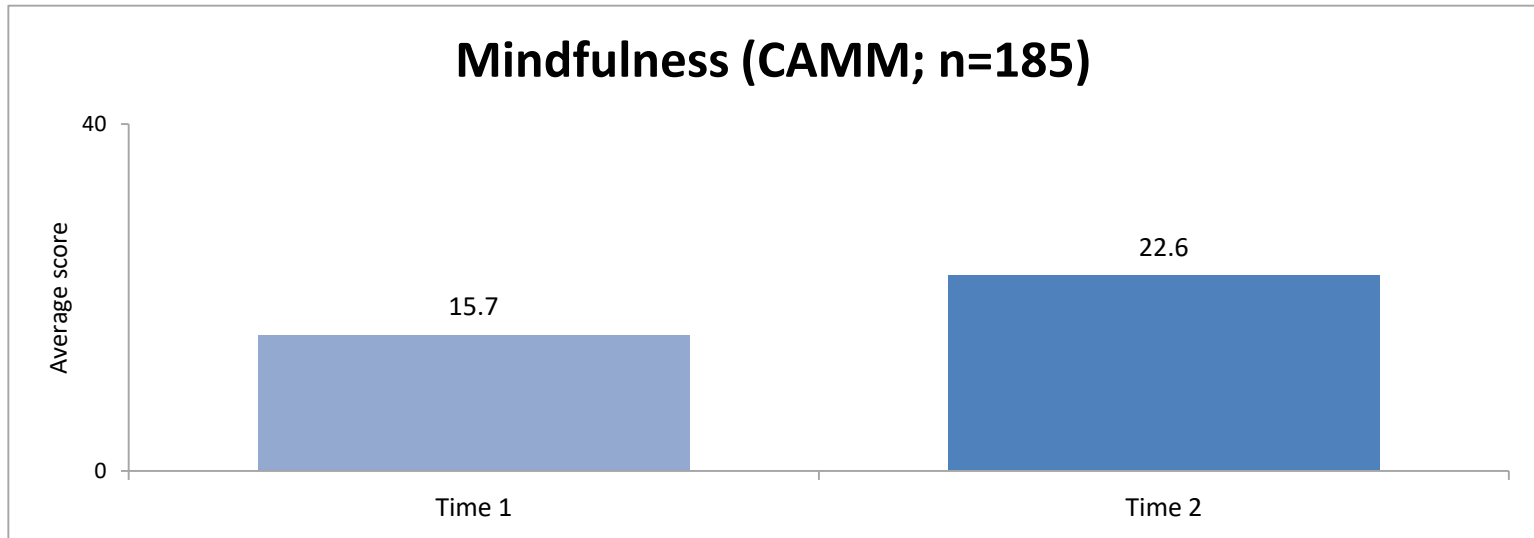
Youth Mindfulness Group: Evaluation



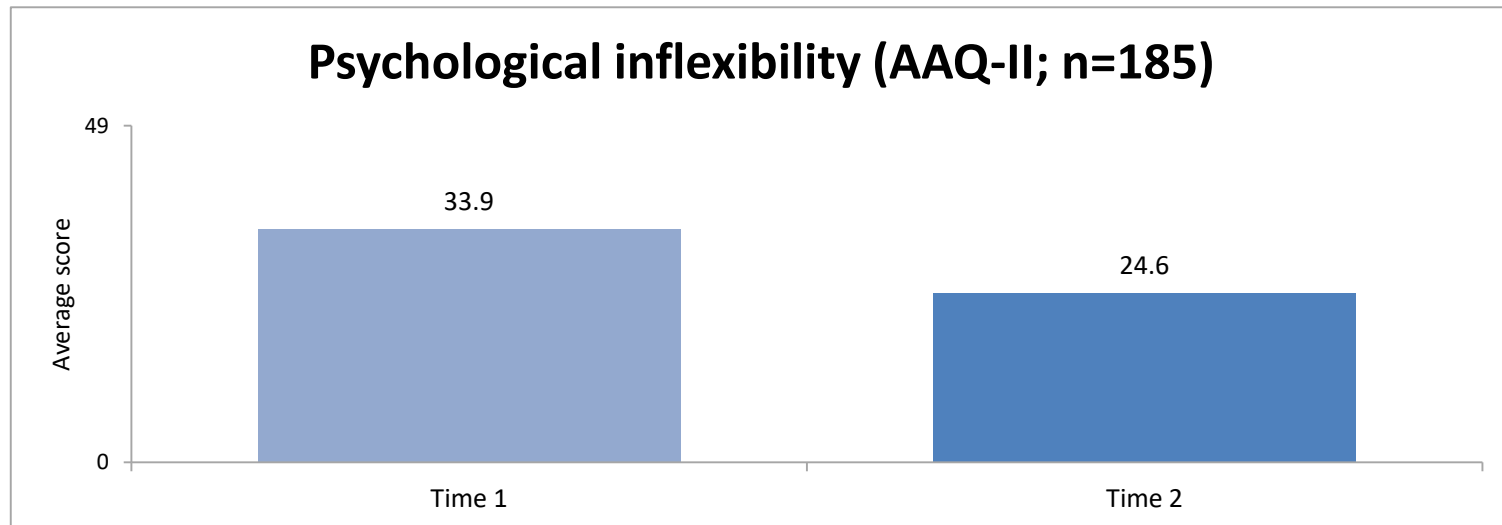
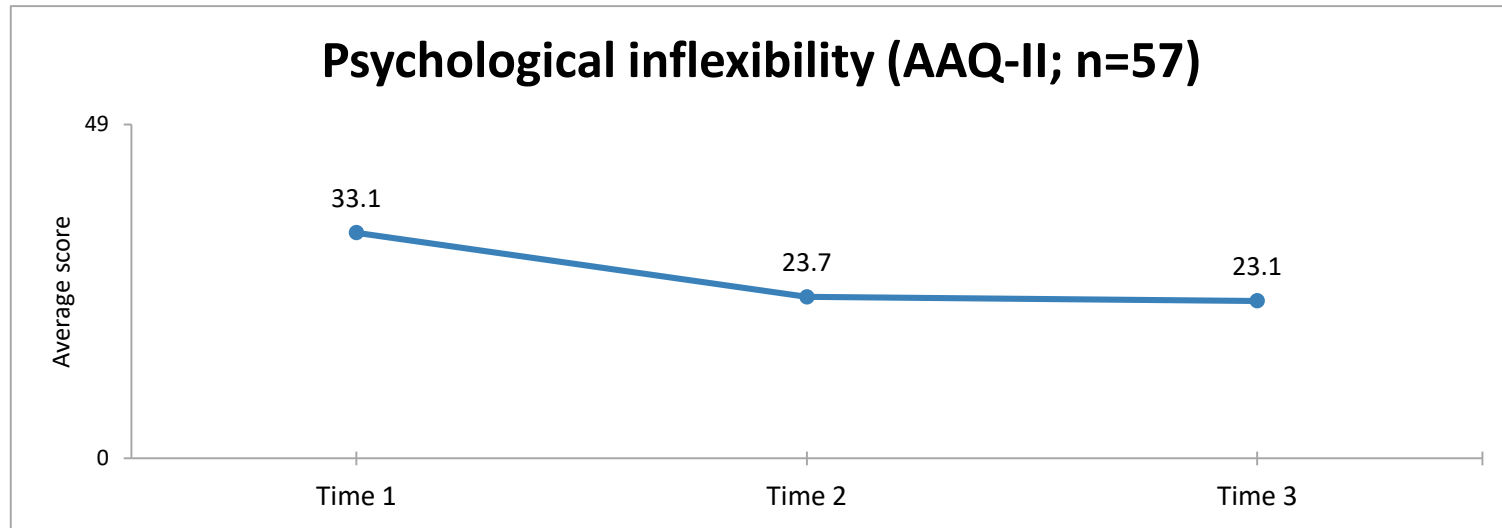
Youth Mindfulness Group: Evaluation



Youth Mindfulness Group: Evaluation

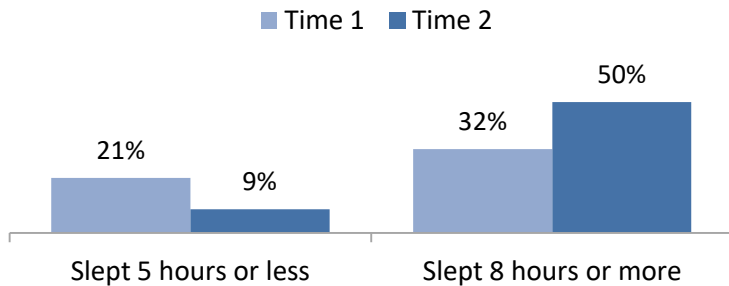


Youth Mindfulness Group: Evaluation



Youth Mindfulness Group: Evaluation

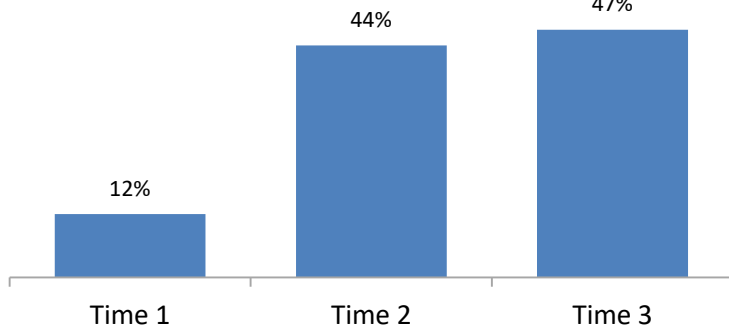
Hours slept the night before completing each survey (n=152)



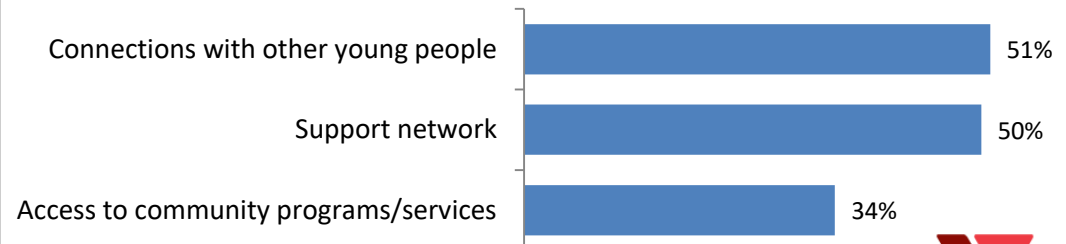
Youth who reported quite a bit or very much improvement in their... (Time 2, n=168)



Good/excellent mental health ratings (n=46)



Improved connections and supports which youth attributed to their involvement in Y Mind (those who indicated quite a bit or very much improvement; Time 2, n=167)



Next Steps

- Continue delivery of Youth & Teen Mindfulness Groups at YMCA facilitates & partnership sites
- Expand community partnership sites across BC
- Continue program evaluation & revise curriculum as needed
- Cultural adaptation of Teen Mindfulness for Indigenous Teens – with funding from BC Ministry of Mental Health & Addictions



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

