

Recreation for Mental Health



Connecting Nova Scotia



November 20, 2013

Agenda

- 11:30 Welcome & Introductions
- 11:35 Project Background & Updates
- 12:00 Lunch
- 12:30 Sharing Lessons Learned – Grant Updates
- 12:45 Sharing Lessons Learned - Inspiring Programs
- 1:00 Partnership Mapping
- 1:30 Advisory Committee
- 1:40 Recreation and Mental Health in Post-War Sierra Leone - Mc'Collins Jones

Project Background & Updates



Context

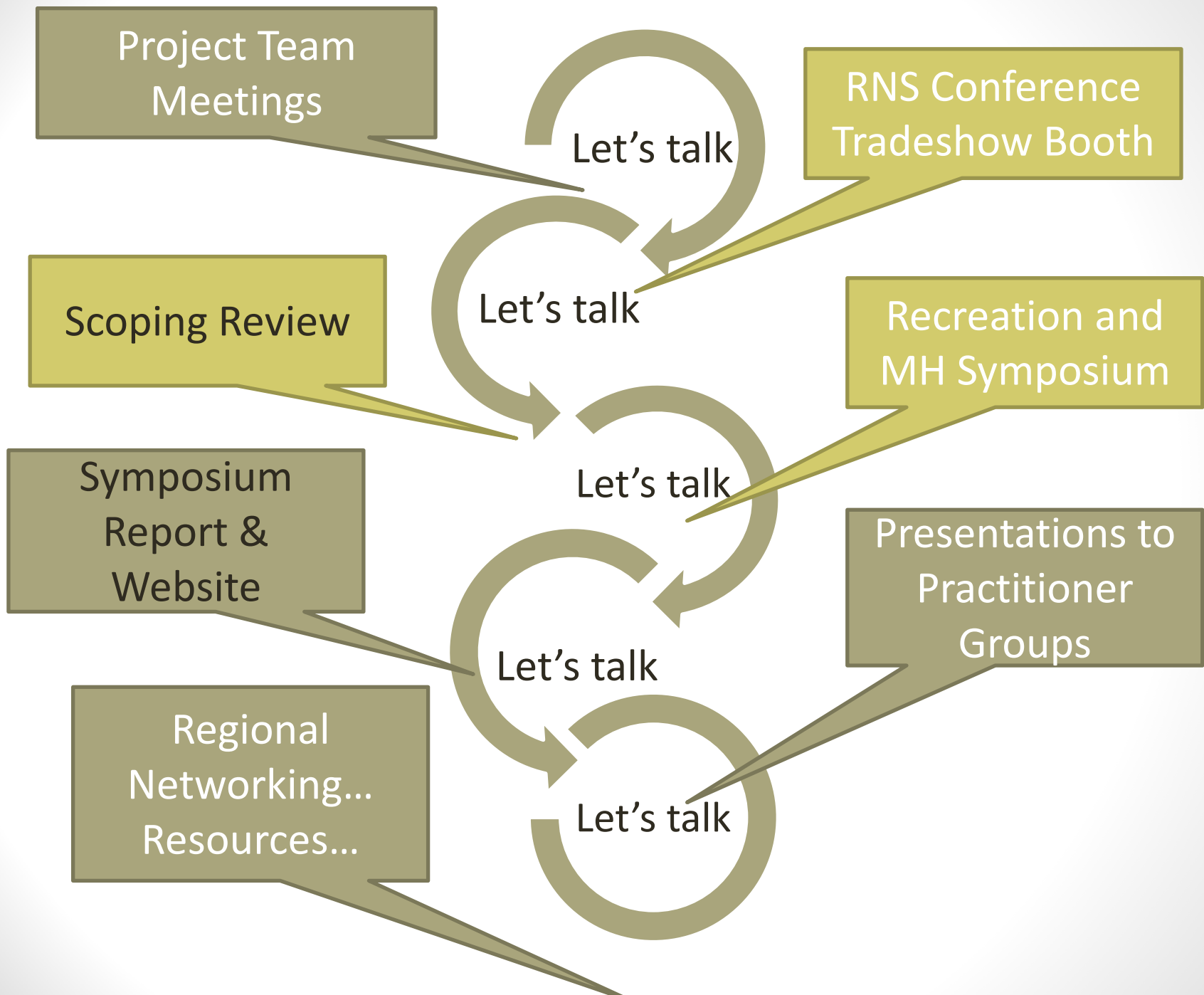
- Nova Scotia Mental Health & Addiction Strategy



- Nova Scotia Health Research Foundation Grant

“How can we strengthen capacity for mental health promotion in community recreation contexts in Nova Scotia?”





Project Team Meetings

RNS Conference Tradeshow Booth

Let's talk

Scoping Review

Let's talk

Recreation and MH Symposium

Symposium Report & Website

Let's talk

Presentations to Practitioner Groups

Regional Networking... Resources...

Let's talk

Let's talk

RNS Conference Tradeshow

You can make a difference connecting
Recreation and Mental Health!

What resources do you and your
community need to make this happen?

Training staff?

Program
Samples?

Resources for
participants?

Equal
opportunities

Simple activities
to help people
feel heard

Awareness

Don't Assume
Social gatherings
provide support

Address & effects
of social isolation
→ bring people together

Thanks for sharing
your thoughts on
this topic. I'm
looking forward
to our next session

Great idea
to bring
people together

Great
feedback
on social
isolation. I'm
looking forward
to our next session

Need social
contact

Inclusion

Group Participation

Re. Creation
of the
map?

Need to have
open house / info
to help people
understand

Inclusion

Group Participation

Re. Creation
of the
map?

Great
feedback
on social
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looking forward
to our next session

Need to have
open house / info
to help people
understand

Inclusion

Group Participation

Re. Creation
of the
map?

Re. Creation
of the
map?

Break
the
Stigma

Need to have
open house / info
to help people
understand

Inclusion

Group Participation

Re. Creation
of the
map?

Re. Creation
of the
map?



Recreation and Mental Health Symposium

May 8-10, 2013
Debert NS

Department of Health and Wellness
Physical Activity, Sport and Recreation Division
Regional Development Grant



Overarching Goal

To learn *from, about,*
and with each other
about how recreation
service delivery can
support mental health
promotion



116 Delegates

- Researchers: 9
- Municipal Recreation: 14
- Therapeutic Recreation: 13
- Community Mental Health: 20
- Health & Wellness: 12
- Community Services: 2
- Provincial NGOs: 10
- Community Groups: 5
- First Nations: 2
- Provincial Recreation/Sport Organizations: 4
- Self-Advocates: 6
- Students: 11
- Planning Committee: 8

Highlights

- Key note: Dr. Bryan McCormick
 - Recreation as an agent in the (re)creation of mental health
- MH Addiction Strategy & PASR Branch Priorities
- Results from scoping review
- **Inspiring Practices**

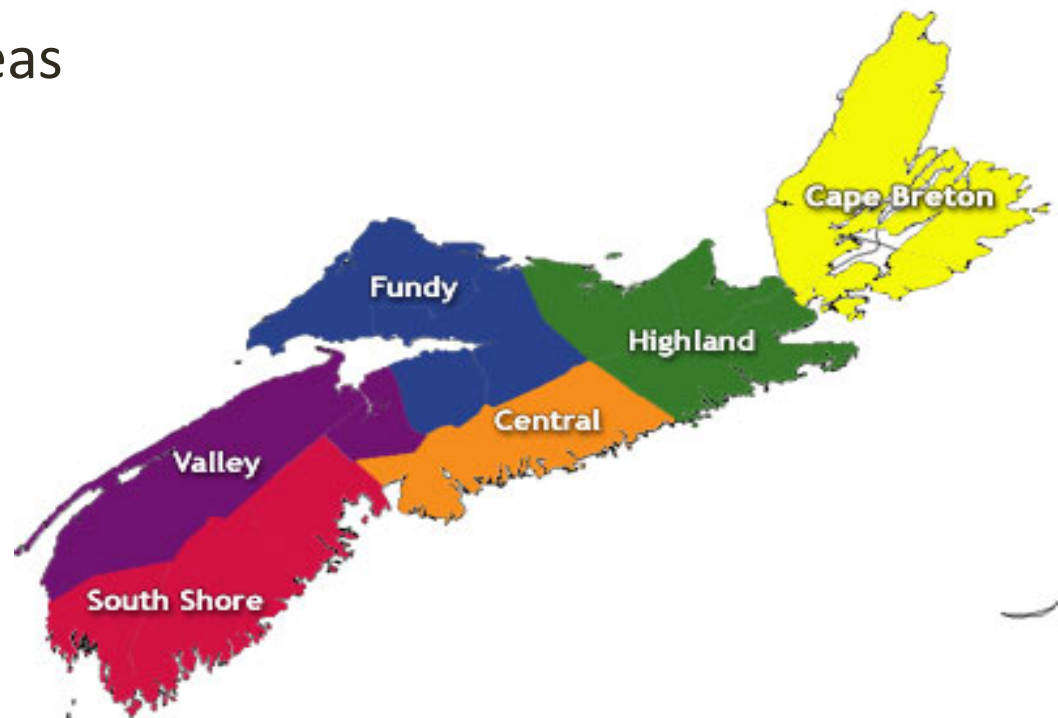


First voice performances



Facilitated Conversations

- Facilitated discussions among delegates:
 - By age group of interest
 - By geographic areas



Priorities

Overarching Need to:

- Build capacity for community-based services and supports
- Create supportive environments



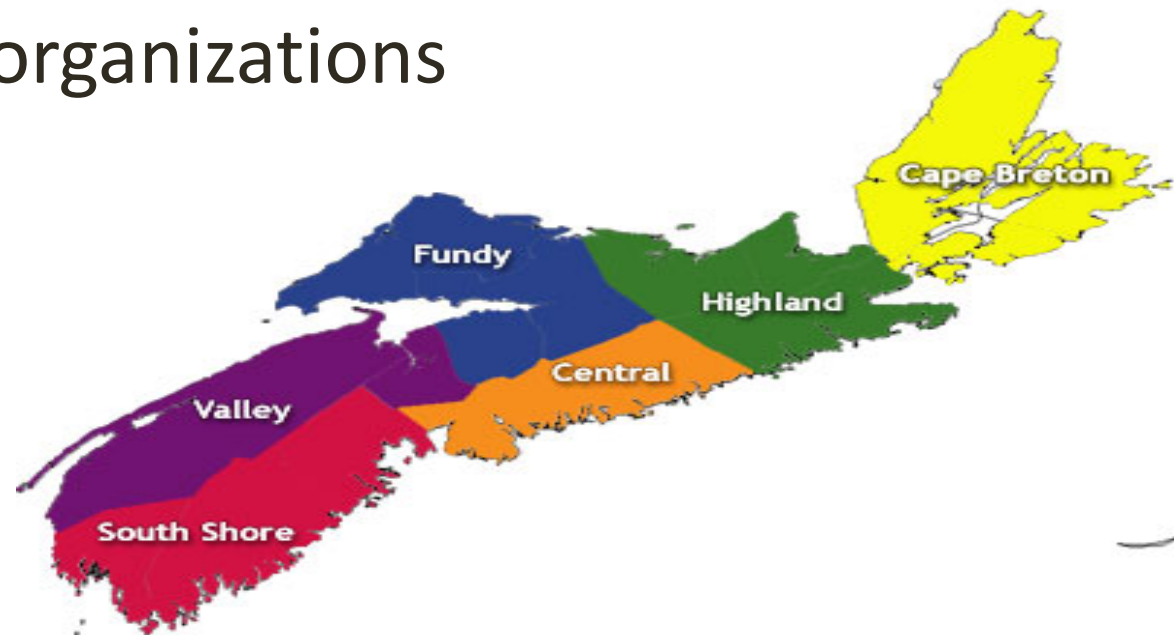
“Provincial” Perspective

- Mapping assets and needs
- Recreation Nova Scotia leadership
- Need to engage senior decision makers, have the research, align with provincial policy



Priorities actions identified across all regions:

- Host follow up meeting in regions & with organizations with provincial mandate
- Broaden participation from people/organizations





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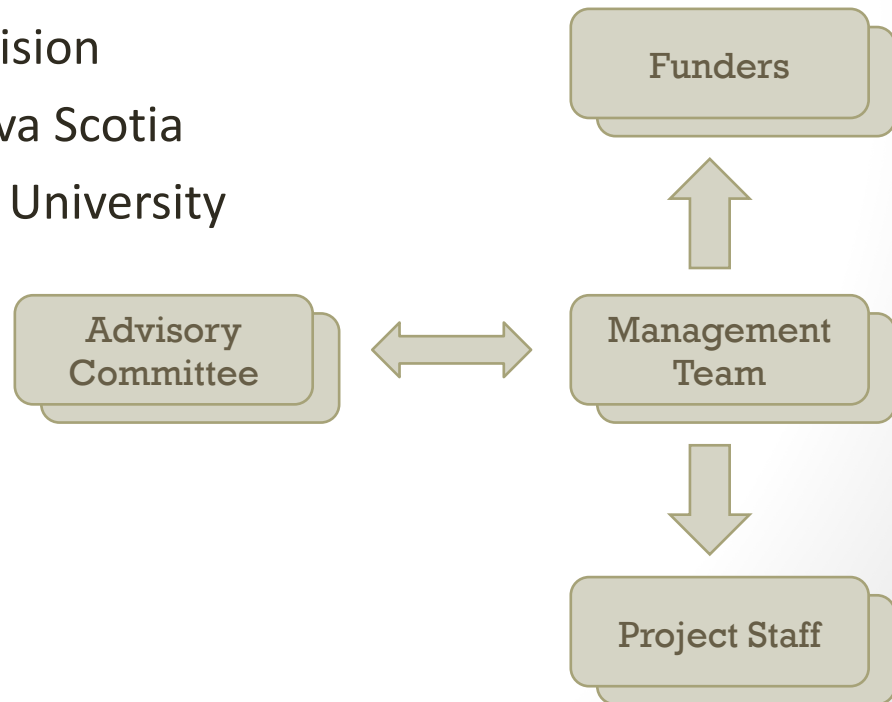
Regional Networking... Resources...

Let's talk

Let's talk

We Did It!

- “Supporting Knowledge Mobilization and Capacity Building for Recreation and Mental Health in Nova Scotia”
- Management team:
 - Sue Marchand, CMHA NS Division
 - Debbie Bauld, Recreation Nova Scotia
 - Susan Hutchinson, Dalhousie University
- Project Coordinator
 - Brittany Naugler



Project Goals

- Supporting Networking and Knowledge Sharing
- Knowledge Mobilization
- Capacity Building

SUPPORTING NETWORKING AND KNOWLEDGE SHARING	Responsibility	Timeframe
Support regional groups in conducting community/regional needs/assets assessment	Project Coordinator (working with regional leadership teams)	To begin today!

KNOWLEDGE MOBILIZATION	Responsibility	Timeframe
<i>Begin</i> to develop practice guidelines from information gathered from scoping review/background report &	Postdoctoral fellow with input from Advisory Committee	June, 2014

CAPACITY BUILDING	Responsibility	Timeframe
Conduct survey to identify current workforce capacity in regions	PDF with support from Dal research team and Project Coordinator	February-March, 2014

Sharing lessons learned

- New projects & initiatives
- Nova Scotia Department of Health and Wellness
 - Mental Health Grants - Enhancing Community Supports
 - Recreation



Sharing lessons learned

Inspiring, Innovative, Exciting

Recreation & Mental Health Programs or Practices

Let's take action on sharing inspiring programs!

- Will be available on website

www.recreationns.ns.ca/mental-health-and-recreation/

- ✧ Have you heard about an inspiring program?
- ✧ Do you have an idea for an interesting program?



CAMP KANADA

Recreation for Mental Health: Inspiring Programs

Wilderness Wellness

Nova Scotia Central Region

2013

Recreation Therapy Inpatient Mental Health

Capital District Health Authority
Abbie J. Lane Building
Recreation Therapists: Jacqueline Connors & Robert Baird

Wilderness Wellness supports the recovery and rehabilitation of individuals experiencing mental health issues through the combination of recreation and a safe, supportive, natural environment. The program provides patients with the opportunity to develop goals, make new social connections, and improve on or learn functional skills. It takes place on a three-day camping trip and includes activities such as hiking, music, games, campfires, cooking, arts and crafts, and writing. Wilderness Wellness facilitates the development of skills for optimal success in the community by providing a chance to address real-life challenges and barriers.

For more information on this program please visit www.cdha.nshealth.ca/recreation-therapy-mental-health/locations-programs/abbie-j-lane

Wilderness Wellness is funded in part by the
Mental Health Foundation of Nova Scotia.



Camp Kanada, Musquodobb Harbour, N.S.

Recreation for Mental Health
Connecting Nova Scotia

Submit your inspiring program to
mentalhealth@recreationns.ca

To view other inspiring programs or
to discover resources for recreation
and mental health please visit
www.recreationns.ca/mental-health-and-recreation/



Partnership Principles

- For partnerships to work there needs to be:
 - **Diversity** (i.e. Cross-sector; cross-discipline)
 - Partners can fill different roles
 - **Locally, community driven**
 - **Trust** between partners
 - **Commitment, time, resources & personnel** to maintain partnerships/networks
 - **Network/partnership evaluation**

Partnership “Best Practices”

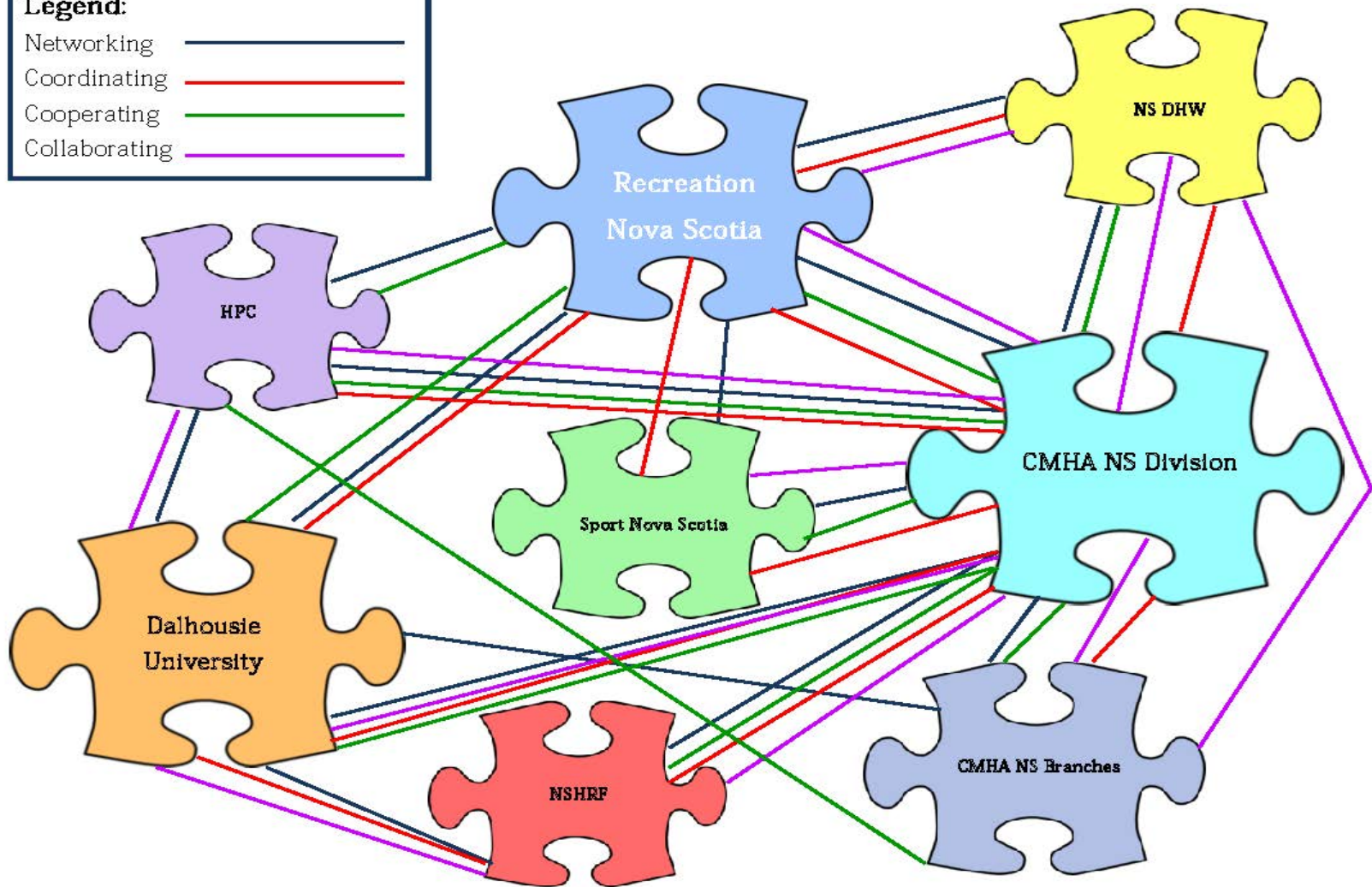
- A good **broker/facilitator** to build relationships
- The right **decision-makers** at the table with a **commitment** to contribute
- A clear **purpose**
- Good **processes**
- Ongoing motivation through **champions** and **achievement reports**

(Pope & Lewis, 2008)

Partnership Types

- Networking
- Coordinating
- Cooperating
- Collaborating

Partnership Example



Partnership Mapping Exercise

1. Represent your department or organization (words, picture)
2. Then think about organizations you are connected to that could support your goals of recreation for mental health
3. “Map” the strength of this relationship:
 - Is it a networking relationship? (i.e., sharing information)
 - Is it a coordinating relationship? (i.e., altering activities for common purpose)
 - Is it a cooperating relationship? (i.e., sharing resources)
 - Is it a collaborating relationship? (i.e., enhancing capacity of other partner for common goal)
4. What organizations/groups exist in your community/region that you'd like to add to this “map”?

Advisory Committee

- Provide recommendations and offer feedback re:
 - Priorities, project leadership
 - Development and implementation of project initiatives
- Represent community mental health and recreation organizations
- Represent the interests of individuals and families living with mental health challenges

Advisory Committee

- 6-12 members
- 1 year commitment
- Representation areas:
 - Mental Health Community
 - Therapeutic Recreation Community
 - Mental Health First Voice
 - Education Sector
 - Community Recreation (Youth, Aboriginal, LGBTQI, Seniors)
 - Geographic Regions

Evaluation



Recreation for Mental Health



Connecting Nova Scotia



www.recreationns.ns.ca/mental-health-and-recreation/

Mc'Collins Jones

