



Creating Connections

Final Report - Section III

South Shore Region



South Shore Region Working Group

Participants: Nine

Question 1: What are the possibilities?

Build on existing resources:

- South Shore Active Community
- MPAL – Municipal Physical Activity Leadership

Creation of supportive environments

- Environments that we create: Reinforced watching the Park Bench Players.
 - Need more information on the kinds of environments specific to meeting needs of mental health.
 - Reducing stigma and removing barriers.
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- Take more into the communities.
 - Because of barriers people do not want to go into the programs.
 - Park Bench Players was a recreation opportunity but also acted as a support group.
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Outdoor recreation as resource

- It may be harder for individuals to participate in structured programs rather than outdoor activities. We are leaving out outdoor piece by focusing on indoor recreation.

Creating community capacity

- Jam sessions are vital but if the resources and location is not available in the community then it cannot happen.
- Professionals are prescribing recreation, but there is lack of resources and support to get started doing such activities.
- Individualized supports needed to address barriers.
- Barriers are different for each mental health diagnosis; needs to be individualized.
- Municipal recreation could do better being more individualized.
- Community Recreation Director need more education on mental health; working with the professionals at South Shore Health Authority. How can they help the individuals being discharged from the hospital into the community...

Focus on Mental Health Promotion

- Differentiate between mental illness and mental health; we should be promoting mental health rather than addressing mental illness.
- When you look at stress for example, what is the first thing that stops? “Leisure”.
- Focus towards prevention rather than treatment.

Promoting mental health and meaningful engagement

- Linking this benefit to activity.
- Look at/communicate holistic benefits for health: physical, emotional, spiritual, social.
- Keeping individuals connected with things they love to do.

Strengthening Connections between Recreation and Health

- Relationship Building.
- Education: recreation professionals - health professionals.
- Make connections with information from practitioners from hospital into the community.
- Community recreation integration navigator - Leisure Educator.
- Call # for one-stop service - 211 Explore South Shore - who to call when having a question from a clinical professional.

Focus on Supports for Children and Youth

- How do you engage children, six to twelve in recreation, and support them in that environment (Education) - all staff are encouraging that supportive environment.
- Schools Plus Program - bridging the gaps.
- There are no members of the education system at the symposium. Looking at the research of 60 minutes plus physical activity a day is not occurring.
- Mental health first aid provided by the Canadian Mental Health Association.

Question 2: What are the priorities for next steps in the South Shore region?

- Network to bridge and connect is a priority and the action steps will follow not just with the individuals but with health professionals.
- Exploring the kinds of environments that support mental health both indoor and outdoor: linked to educating recreation professionals - health professionals - mental health first aid - HIGH FIVE*.

* Note: Point identified by the group as priority next step.

Section III

Question 2...

- Going to rural, smaller communities*.
- Individualized supports/how we can bridge/connect/network for individualized supports*.
- Promoting mental health - linking this benefit to activity - communication*.
- Community recreation integration navigator - supporting individuals in the community.



Question 3: What are the possible collaborations/partnerships/action steps for moving forward?

- Plan another South Shore meeting; school educators, recreation professionals, all players involved - Team: Trudy, Joey, Carol, Deb, Tara - Action Plan.

* Note: Point identified by the group as priority next step.