



Creating Connections

Final Report - Section III

Valley Region



Section III

Valley Region Working Group



Participants: Twelve

Question 1: What are the possibilities?

Recreation as intervention in mental illness:

- Learnings: language around mental illness and mental wellness.
- What is the difference? What defines them? What is the difference between recreation and leisure? What is meant by Physical Activity?
- It would be helpful to have a workshop to define these so all stakeholders are on the same page and using consistent language.
- Examples of best practices needed.

Strengthen relationships between recreation providers and with health:

- NSRPH and TRAAC (the therapeutic recreation associations) - a relationship needs to be developed with these partners and municipal recreation and PASR.
- PASR meeting with Valley Therapeutic Recreation Associations.
- Co-ordinate and collaborate on the provision of services across the various sectors (develop a Network within the Valley Region).

Possibilities for Creating a Valley Network

- Special Olympics
- ECE
- Acadia
- NSCC
- Family resource centres
- Community Services
- Housing Commission
- Sport Nova Scotia

Possibilities...

- PASR
- First Nations
- MPALs
- Recreation Directors
- Councillors and other municipal officials
- Acadian communities
- AVRSB* (* indicates that all three regional school boards would be included)
- NSRPH, valley region
- AVDHA* (*indicates that all three regional DHAs would be included)
- RCDA
- VACC
- Senior Safety Officers (RCMP)
- Homecare staff

Healthy School Communities

- Educate them of the value of PA/recreation/leisure and their impact on mental wellness and mental health.

Valley Workshop:

- Identify partners; inform, educate, connect. Acadia University as a resource in planning and development of Workshop.
- “Scan” on partners in mental health/wellness in Valley Region.
- Is funding available for a day workshop? Looking at two days with the second day providing mental health first aid training.
- Information sessions: Susan Hutchinson, Beverly Dietze, Mike Hudson-physical literacy, someone from mental health.
- Consistent language: need for a background paper circulated prior to the event to have everyone on the same page.
- Notion of having FUN - outdoor play and participation tie into this.

From workshop the creation of a Network

Coordinators: Sue Hutchinson's student resource
Mary Sweatman, Acadia University and her students
Carrie Schell, PASR

Build capacity for community-based services and supports

- Universal design of programs is important.
- Train homecare providers in how to provide recreational activities and physical activities within the home environment.
- Mental Health First Aid Course: provide course and promote course's value.

Education

- For primary care providers (physicians, nurses etc) on the value of recreation and physical activity on mental wellness and mental health. Provide them with the research, value and best practices.

Framing Document to include:

- Language on mental wellness, mental illness, recreation, leisure and physical activity.
- Also brief scan on evidence to date supporting PA and mental wellness.

Workshop:

Day 1: morning would be information sessions: Sue, Beverly, Mike H?, Mental Health.

Afternoon: collaboration, programs, services and network development.

Day 2: mental health first aid workshop.

Actions: Save the date asap