

Recreation for Mental Health 101

Dr. Lara Fenton

Post-Doctoral Fellow
Dalhousie University, Halifax, NS

Recreation for Mental Health

- ◆ A partnership between the Canadian Mental Health Association, Recreation Nova Scotia, and Dalhousie University

Recreation for Mental Health

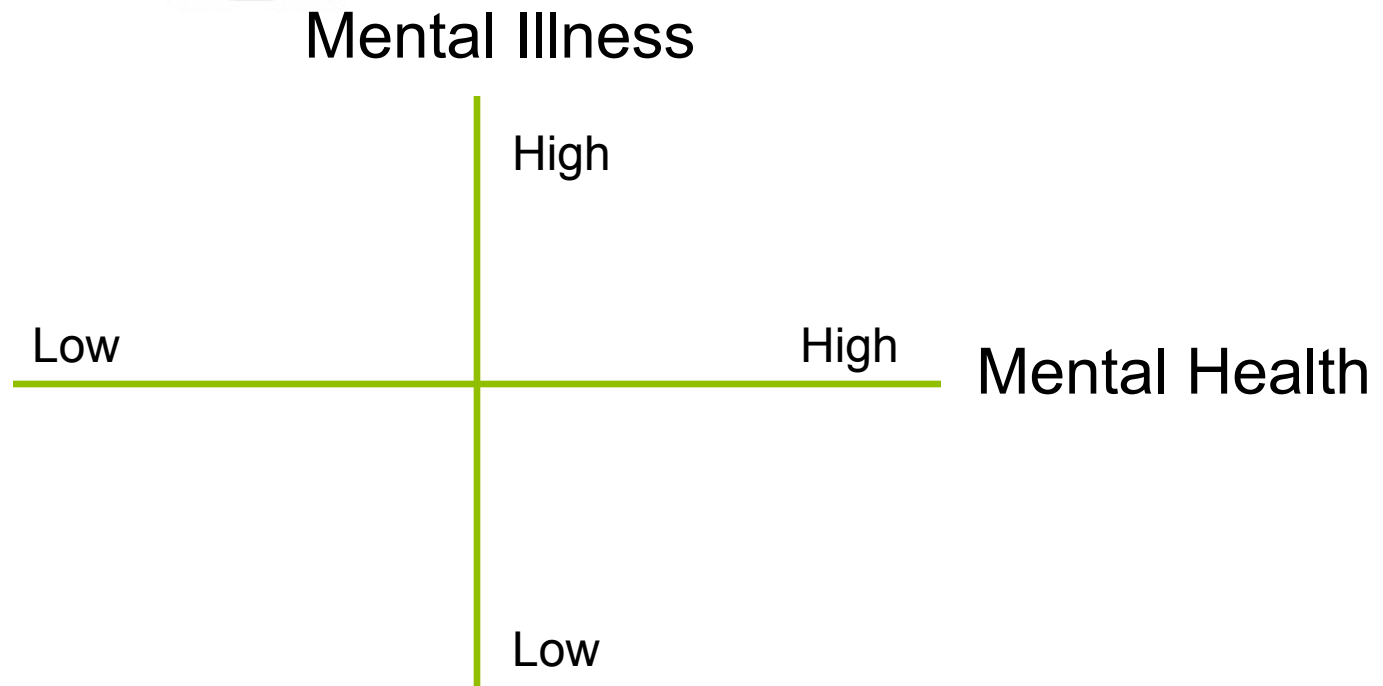
- ◆ Our mission statement: “To work together across recreation and mental health sectors to support the inclusion of people living with mental health challenges in the recreation life of their community”

Definitions

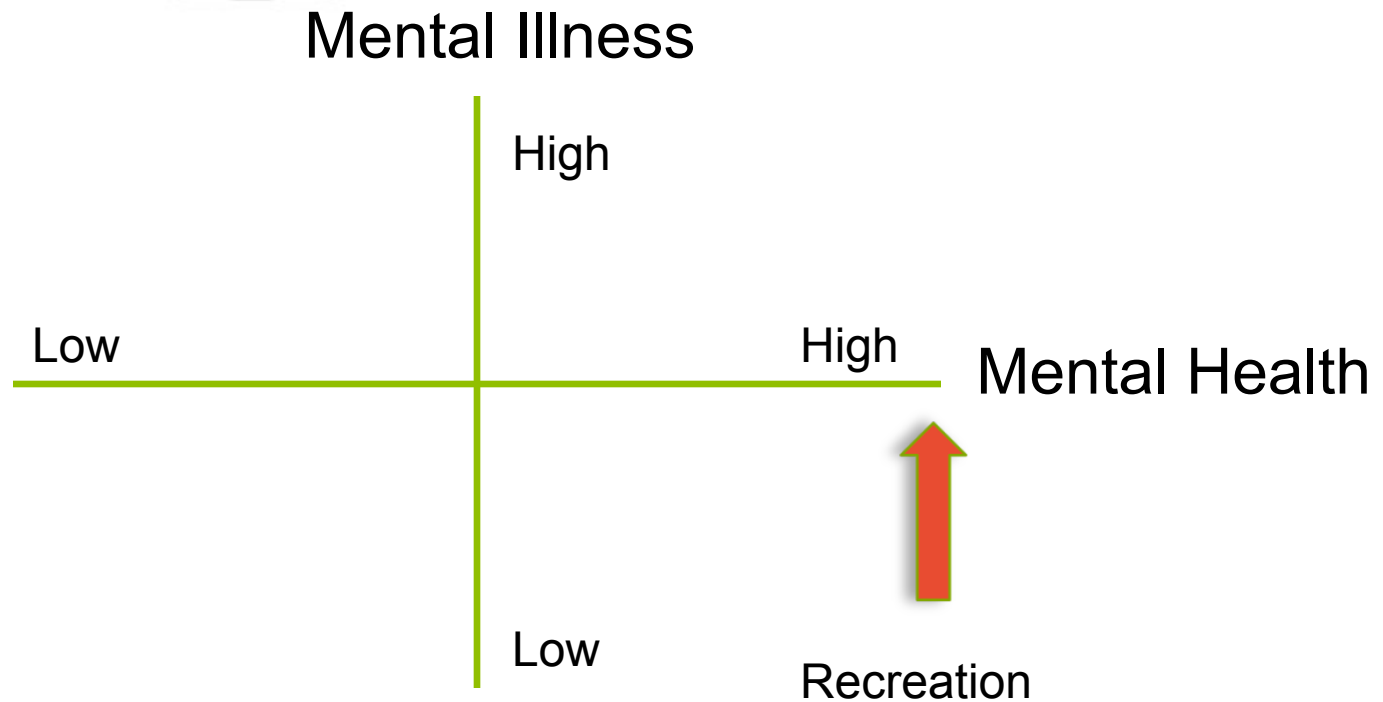
- ◆ Mental health: “A state of well being where people can cope with the normal stresses of life”
- ◆ Mental illness: “A diagnosable mental disorder characterized by alterations in thinking, mood, or behaviour associated with impaired functioning”

(World Health Organization)

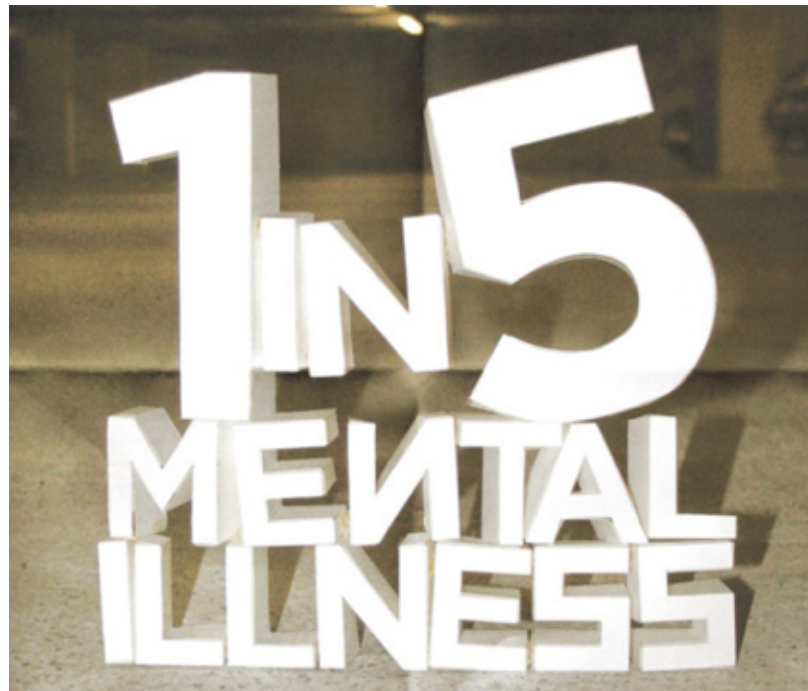
Continuums of Mental Health and Mental Illness



Continuums of Mental Health and Mental Illness



So what?



So What?

- ◆ In 2012, the Mental Health Commission of Canada released Canada's first mental health strategy
- ◆ Emphasizes transitional support
- ◆ Recovery focused care: support individuals living to their fullest potential while recognizing that recovery is not a linear process

BUT

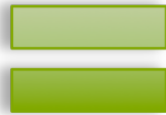
- ◆ Individuals have inadequate support as they transition from primary care to their home communities

Recreation for Mental Health

A continuum of recreation opportunities
across the recovery spectrum

Definitions

💧 Recreation



💧 Personally
meaningful

💧 Community based

Benefits of Recreation

Daily structure

Reduce anxiety, Stress, Depression

Temporary distraction, Skill development,
Meaningful experience, Self expression

Reduce social isolation, Increase positive
relationships

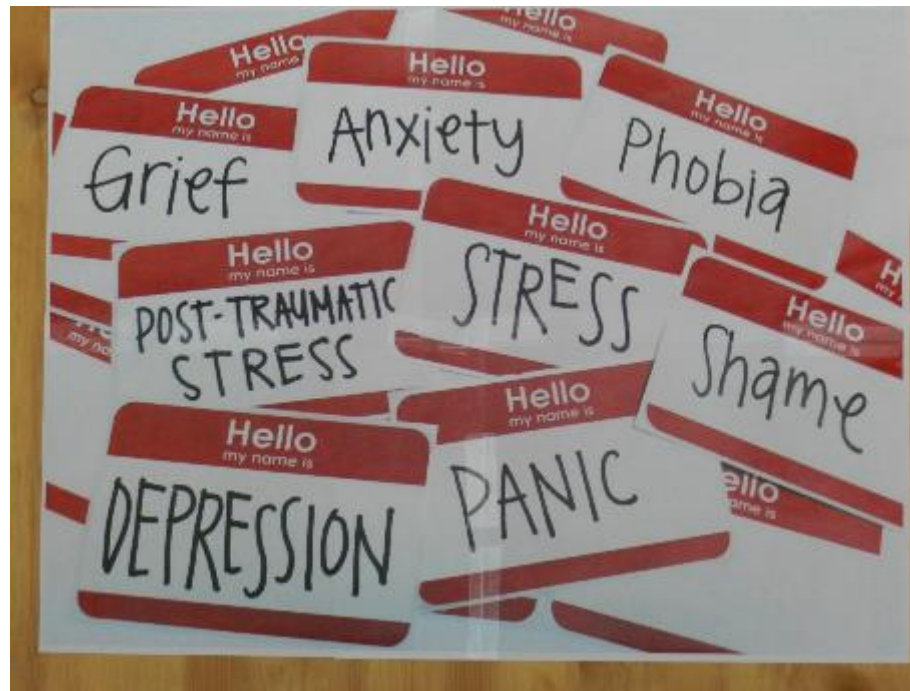
Barriers to Participation in Recreation

Stigma

- ◆ Individual: Barriers associated with the mental illness, unwelcoming leisure environments, financial, transportation
- ◆ Interpersonal: Not having a leisure buddy.
- ◆ Organizational: Recreation providers lack of knowledge about mental health and creating supportive environments, mental health providers lack of valuing recreation.
- ◆ Community: Lack of coordination or collaboration amongst organizations/ agencies and service providers within and across recreation and mental health sectors.
- ◆ Policy: Focus on rehabilitation rather than prevention.

Lack of valuing recreation

Stigma



Canadian Mental Health Association

- ◆ “Stigma is a reality for many people with a mental illness, and they report that how others judge them is one of their greatest barriers to a complete and satisfying life.”

Social Determinants of Mental Health

- ◆ Freedom from discrimination and violence
- ◆ Social inclusion
- ◆ Access to economic resources

(Keleher & Armstrong, 2006)

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Social Inclusion and Recovery Framework and Stigma Reduction Goals



Methods

- 1) Information sharing
- 2) Research and Evaluation
- 3) Knowledge Translation
- 4) Asset mapping for capacity building

Information Sharing

- ◆ Mental Health First Aid
- ◆ Local municipal recreation

Research and Evaluation

- ◆ What does promising practice look like?

Knowledge Translation

- ◆ “closing the gap between what we know and what we do” (Mental Health Commission of Canada”

Asset based community development

A process where “communities can 'begin to assemble their strengths into new combinations [and] new structures of opportunity” {Mathie, 2003 , p. 476).

Asset mapping

- ◆ Collecting stories of community success and analyzing the reasons for success

Stories of success

- ◆ What are your stories of success? What made it a success?
- ◆ Youth project: LGBT youth swim at Centennial pool
- ◆ Free your mind festival

Moving forward

- ◆ Asset mapping
- ◆ Research that supports recreation opportunities for adults with mental health challenges
- ◆ For you: A brief feedback survey



Thank you!!!