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# Infusing Wellness Opportunities into Integrated Youth Services in Canada

Climb, Connect and Celebrate- CTRA Conference- Jasper, AB.

May 11, 2023



# Agenda

- Welcome & Introductions
- Overview of Foundry wellness programs & participants
- Vibrant Community partnerships
- Findings & Future Possibilities
- Q & A





# Land Acknowledgment

We acknowledge, with much gratitude, that our work and play takes place on land steeped in rich Indigenous history and home to many First Nations, Metis and Inuit people today. We recognize and respect Indigenous people as traditional stewards of this land and the enduring relationship that exists between Indigenous peoples and their traditional territories

We acknowledge as an act of gratitude that we are visiting the traditional territories of Treaty 6 and 8 Territories as well as Metis Region 4.

We also acknowledge that " we are all mountain people, *e iska win cha sabby*, happy to share the peace, the beauty, and the spirituality of these valleys, rivers, ridges and peaks."

We recognize that for some Indigenous people, the mountains themselves are their ancestors, watching over and protecting us all."







## Intro to Matt











# Intro to Teresa

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Overview: examine leisure- based programs and thriving community partnerships that provides innovative health promotion strategies for young people with mental health and substance use concerns.

Learning Outcome: describe how Wellness Programs were implemented into Integrated Youth Services (IYS); overview of what Wellness Programs are and who has accessed them



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**Our vision** is to **transform access** to health and social services for young people ages 12 to 24 and their families.

**Our mission** is to support youth in **living a good life.**



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**Access virtually and in person.**  
**No referrals required.**  
**Services are free.**  
**All in one place.**

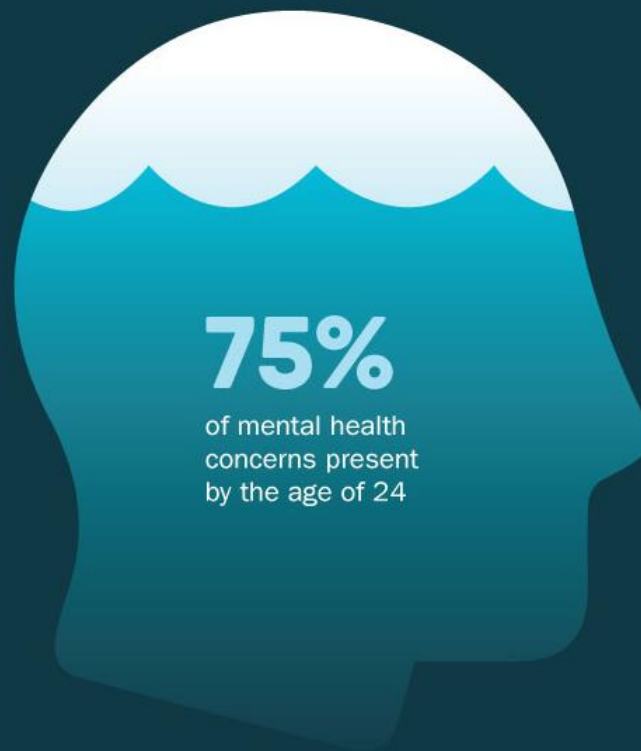
## All in one place.



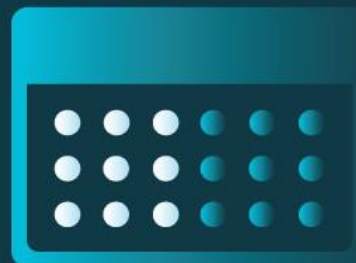
## Care providers coordinate care and transitions



# What the numbers tell us.



**80%**  
of substance use troubles present by age 20



**50%**  
of youth coming to Foundry have thought about suicide in the past 90 days



# Young Canadians are in need of support more than ever.



## COVID-19

The pandemic has had a significant negative impact on the mental health and well-being of Canadian youth, exacerbating an already challenging situation.

## INCREASED NEEDS

COVID-19 has exacerbated the need for integrated youth services and easy access to appropriate care, as we are seeing the highest increases in rates of anxiety, post traumatic stress, depression and behavioural challenges among young people.

## OVERDOSE CRISIS


2020 was the worst year ever for overdose deaths in BC since the toxic drug epidemic began. Unfortunately, 2021 is on track to break records again.

## LOSS OF WORK

The group most affected by loss of employment due to the pandemic are young people aged 15-24 – over 123,000 BC youth.

## HELP WHEN NEEDED

Now more than ever, young people and their family members need a place to go where they can feel safe and find the help they need, when they need it – whether online or in their communities.

A young woman with long dark hair is standing in a lush, green, tropical-looking environment. She is wearing a white t-shirt with the words 'California Dreaming' printed on it, and sunglasses are hanging from the neckline. She is also wearing blue jeans and a dark belt. Her arms are crossed, and she is looking towards the camera with a slight smile. The background is filled with large, dark green leaves and stems, creating a dense, natural setting.

# A Snapshot of Youth Accessing Foundry Services

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# At the time of a young person's first visit:

**Distressed**

**82%**

are experiencing high levels of distress, including youth who are not accessing mental health or substance use services.

**Suicidal thoughts**

**50%**

have thought about suicide in the past 90 days.

**Poor mental health**

**76%**

rate their mental health as fair or poor.

**Witness violence**

**36%**

have seen or experienced violence in the last 3 months.



# Young people have additional complex needs

Young people accessing Foundry services face housing, education, employment, physical health and other challenges.

**7%**

homeless or couch surfing

**13%**

are not employed,  
are not in education  
& are not in training

**33%**

either are not sure  
of or don't have a  
family doctor

**19%**

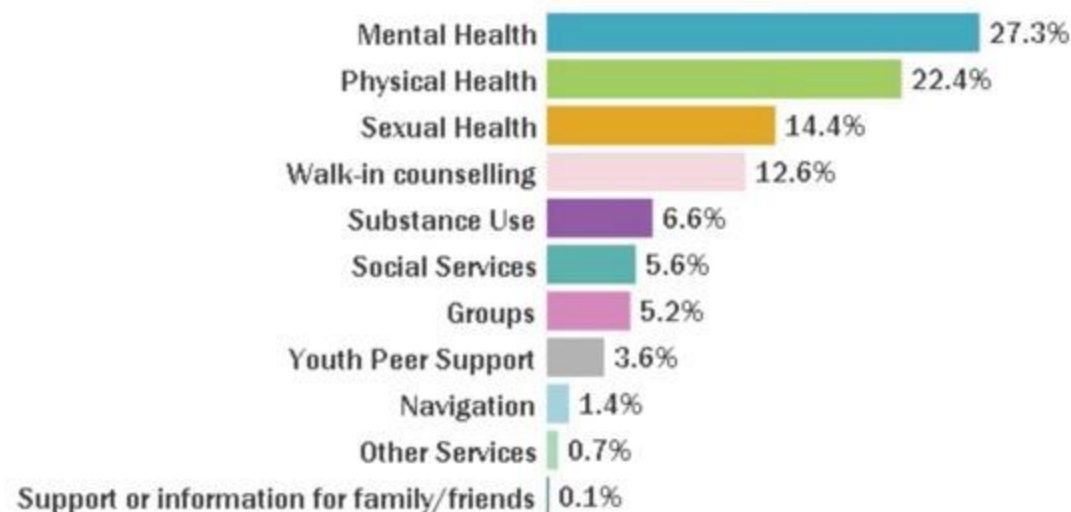
spent at least one  
night in the hospital  
in the last year



# What kind of supports are young people seeking?

Foundry provides a broad offering of primary health care and social services all in one location. While most of our Walk-in-Counseling sessions are mental health related, almost 10% of WIC conversations are to discuss substance use.

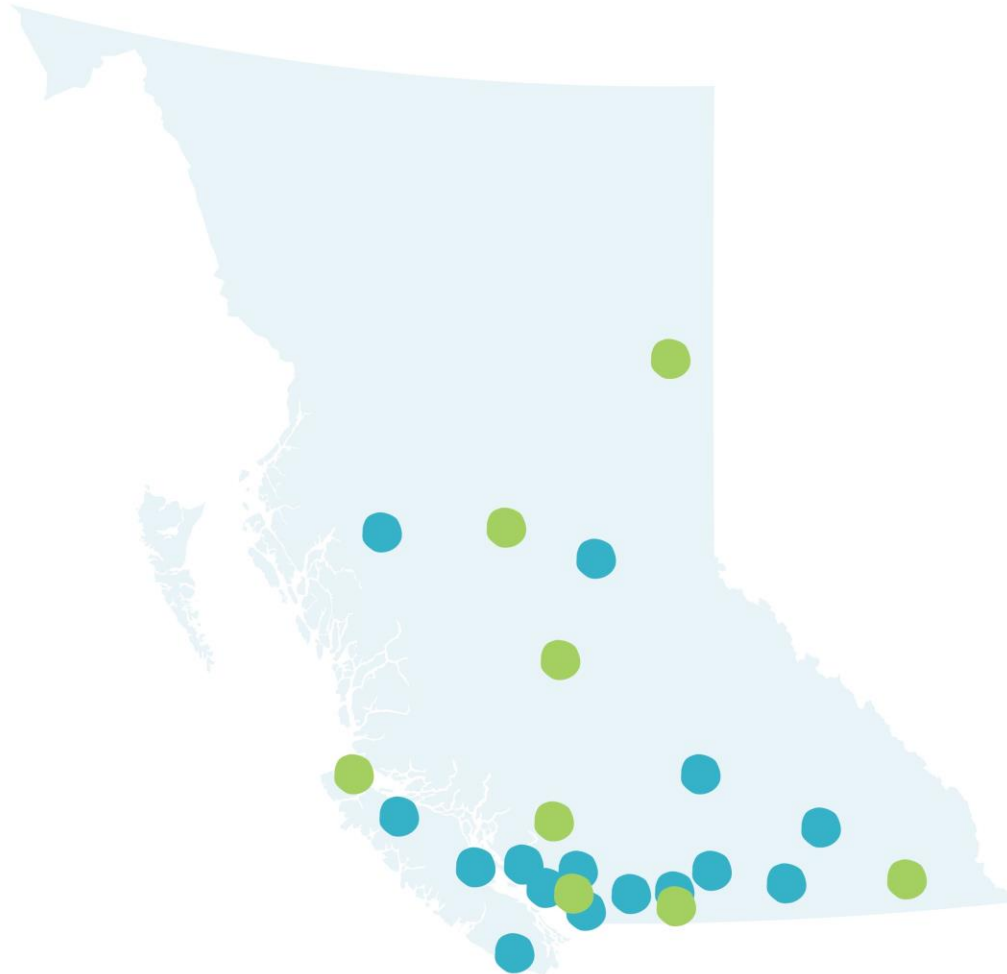
## Services Accessed by Service Type (n=236,473)



## Walk-in Counselling Breakdown (n=27,008)



# Centres Current and Future



## Open

Campbell River  
Cariboo Chilcotin  
Comox Valley  
Kelowna  
Langley  
North Shore  
Prince George  
Vancouver-Granville  
Abbotsford  
Victoria  
Penticton  
Ridge Meadows  
Richmond  
Sea to Sky  
Terrace

## Coming Soon

Burns Lake  
East Kootenay  
Fort St. John  
Kamloops  
Port Hardy  
Sunshine Coast  
Surrey  
Tri-Cities



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# ***WELLNESS PROGRAM***

## OBJECTIVES:

- recreational, creative, social & spiritual activities
- social inclusion & connection: with others, with nature, with themselves
- educational component: develop emotional & social skills
- enhance service model by infusing wellness opportunities
- engage with community partners
- evaluate impact of wellness activities on the holistic wellness of youth



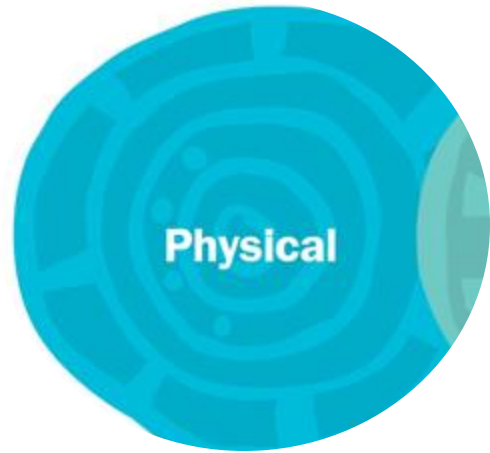
**MOVE** YOUR BODY,  
**CALM** YOUR MIND



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# Wellness Programs



**Definition:** Move more, eat well, sleep better

**Aim:** Physical activity, nutrition, sleep, connections to nature, outdoor recreation

adapted from Payne, Ainsworth & Godbey<sup>2</sup>















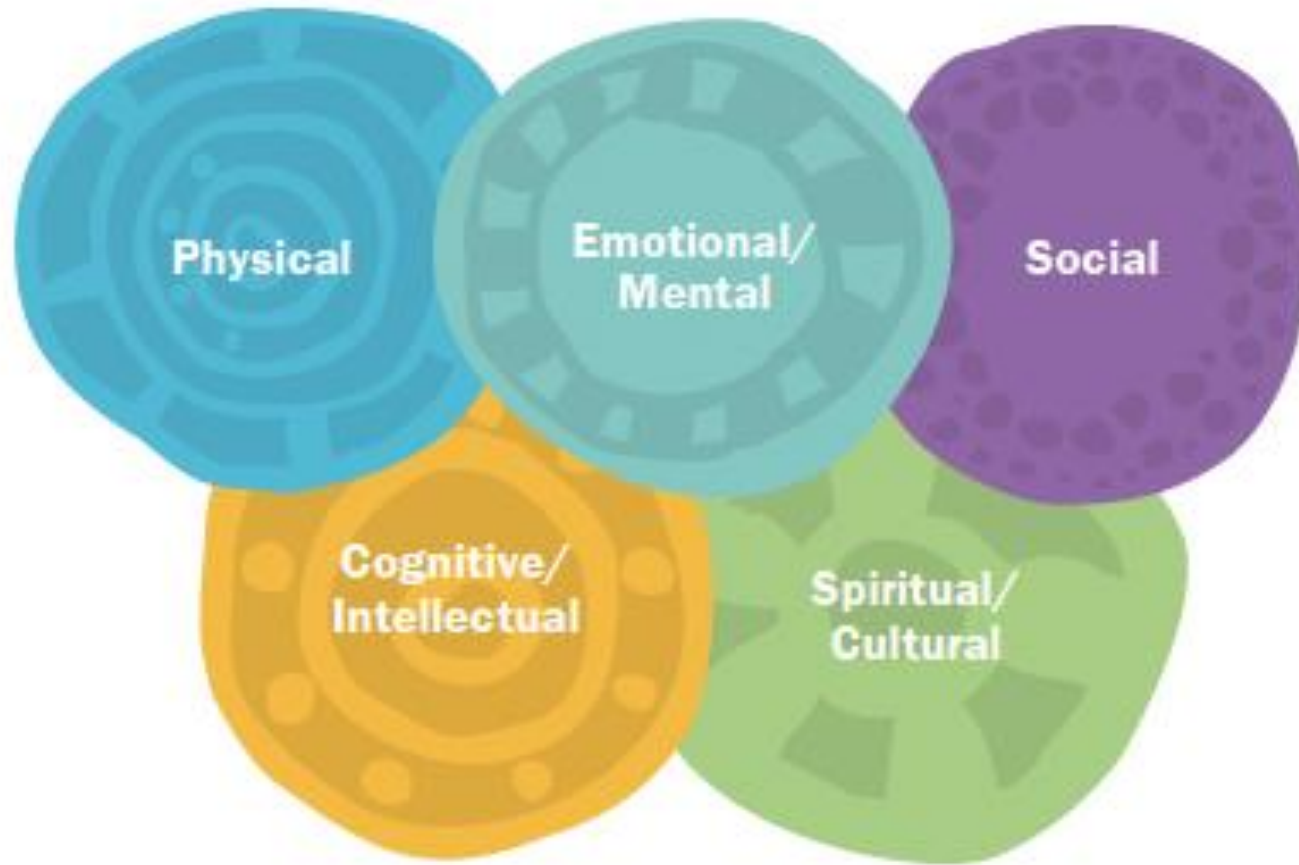


## Wellness programs

- Inclusive, accessible and diverse in nature
- Tailored to the unique needs of each community and young people served
- Encourages connection with self, others and the land
- Can be individual, small or large group; in-person, community or virtual
- Targets the five domains of wellness



# DOMAINS OF WELLNESS







# PARTNERSHIPS

BC PARKS FOUNDATION  
Healthy By Nature

POWER TO BE

CANADIAN WOMEN'S NATIONAL FIELD HOCKEY TEAM

COMMUNITY PARTNERS

Recreation centres

Gardens and farms

YMCA

Gyms, yoga, fitness classes

School boards





# Findings

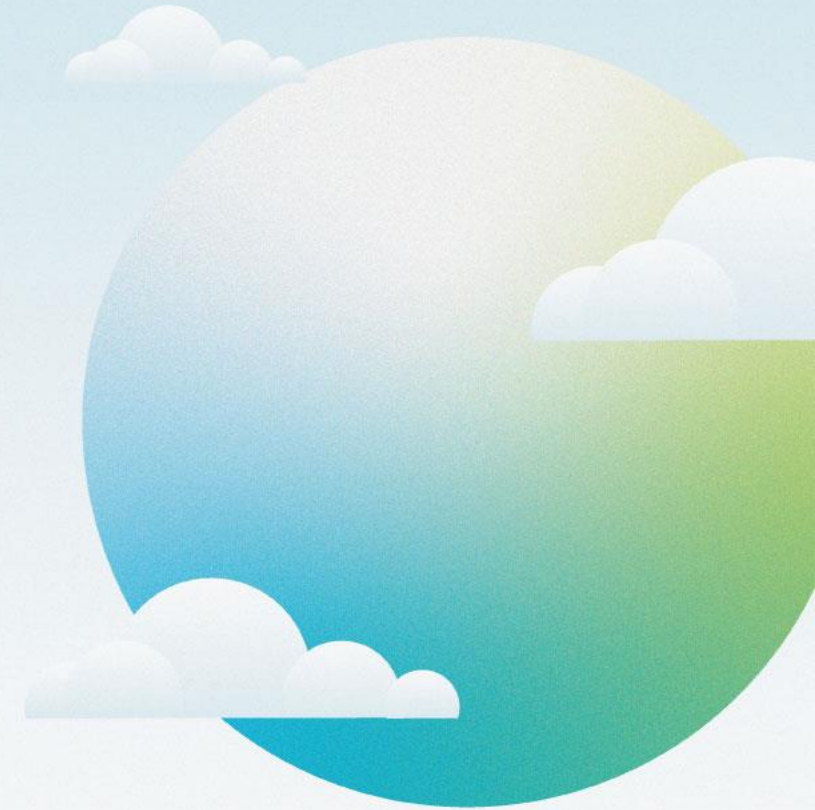
By tracking the Wellness program, we discovered:

- 384 different activities were offered
- 355 unique youth accessed the program and 40 % identified this as first entry point to Foundry services
- Partnerships with **Power to Be** and **BC Parks Foundation** promoted inclusion, access to nature and exploration of land and water-based settings



# Findings and Future Opportunities

- The Wellness Program targets all five domains of wellness and complements traditional health services offered within IYS
- Partnerships are integral to promoting access to nature and exploration of land- and water-based settings
- Work is ongoing for quality assurance and better understanding of program impact on health outcomes





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# Thank You

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<https://foundrybc.ca/>

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