

MOOD WALKS



Youth in Transition



Canadian Mental
Health Association
Ontario
Mental health for all



MOOD WALKS

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Child & Youth Counsellor, CYC

May 2008

HEBER DOWN CONSERVATION AREA



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Overview

- Mood Walks: A Pilot Project & Lessons Learned
- Youth in Transition
- Q & A
- Timeline & Next Steps

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Mood Walks for Older Adults

AN ONTARIO
PILOT PROJECT

The Mood Walks program promotes both physical and mental health by reducing barriers and creating new opportunities for people experiencing mental health challenges to be physically active in the natural environment. Here are the results from our 2014 hiking season.



Partnerships

Mental health agencies partnered with local hiking clubs, Conservation Authorities and student volunteers.

37

local partnerships
(29 new partnerships)

29

hours = average
contribution by partners

92%

of partnerships described
as "successful"

73%

of partnerships "definitely"
expected to continue



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Walking Groups



22 new walking  groups
across Ontario

64% of groups walked
for at least **10**  weeks

70  minutes =
average length of walk

140 hours 
of group walking time

 **896**
hours of walking by participants

Most groups walked once per week,
with an average of **6.4**
participants per walk

42% 
of hikes took place in Conservation Areas

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95% of participants achieved or somewhat achieved their personal goal.

"Mood Walks are awesome – I feel energized mentally, emotionally, physically, spiritually."

"I enjoyed every minute, every conversation, every emotion, every sight of the walks."

"I lost some weight, saw some new places, had fun with friends.
I feel better about things. I can do things that I thought I couldn't."

[Mood Walks Summit](#)

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Mood Walks for Youth in Transition: Objectives

- Training and implementation support to participating agencies
- Engage postsecondary students as volunteers
- Safe Hiker training for all participants
- Remove barriers and improve access to hiking trails, conservation areas and other community resources
- Develop and strengthen partnerships
- New evidence on the relationship between mental health, physical activity and the environment.
- An integrated knowledge exchange strategy

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Who can apply host a Mood Walks Group?

- Campus Wellness Centres
- Early Psychosis Intervention Programs
- Community Mental Health Agencies
- High Schools
- Transition Programs
- Youth Programs
- Other: _____

Q & A

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What are the minimum requirements?

- Funding to match \$500 Mood Walks contribution
- Lead Staff Person
- Staff time
- Liability Insurance (\$2 million)
- Internet Access
- A letter of support from your organization

Q & A

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What else do we need?

- Space to host Safe Hiker training
- Local Hike Ontario or Urban Hiking Club
- Green Space
- Transportation plan
- Program evaluation expertise
- Ability to enlist students or community volunteers

Q & A

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When do the hikes take place?

- May – October 2016
- Flexibility
- Hike Leader Retreat March 2016

Q & A

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Where do we go hiking ? What if we live in the city?

- Conservation Ontario
- Ontario Parks
- Ontario Trails
- Urban Trails & Parks

Q & A

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How much time will it take?

- 90 Hours of staff time
 - Planning
 - Running
 - Evaluating
- 2-Day weekend leadership retreat

Q & A

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What do you mean by “youth in transition”?

- 13-24*
- At risk or experiencing mental health issues
- Promotion of mental wellness & recovery

Q & A

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What kind of support will Mood Walks provide?

- Flexible & ongoing support
- Capacity building
- Program planning & partnership development

Q & A

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Will Mood Walks provide any financial support?

- Up to \$500
- Reimbursement
- Matched supports including in-kind

Q & A

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What kind of training will Hike Ontario provide?

- Safe Hiker
- Safe Hike Instructor
- Certified Hike Leader

Q & A

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How Do I apply?

- **As a Lead Organization!**

- Host a Mood Walks Group!

- **As a Partner Organization!**

- Support a Mood Walks Group in your community!

- **As a Volunteer!**

- Email Jasmine@MoodWalks.ca for more ways to get involved.

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How Do I apply?

- **As a Lead Organization:** Host a Mood Walks Group!
- **As a Partner Organization:** Support a Mood Walks Group in your community!
- **As a Volunteer:** Email Jasmine@MoodWalks.ca for more ways to get involved.

Q & A

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How will the Mood Walks sites be selected?

Q & A

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What happens if my Organization does not get selected or there is no Mood Walks group running near me?

Q & A

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Other Questions?

Q & A

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Application

Fall 2015

- Application Deadline
- Selection & Notification of Participating Agencies

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Program

Spring/Summer 2016

- Agencies complete 10 Hikes
- Speaker Series

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Summit

February 2017

- Knowledge Sharing
- Next Steps
- Celebration

Program

Preparation

Winter 2016

- Retreat for Leaders & Volunteers
- Safe Hiker Training

Evaluation

Fall 2016

- Collection & Synthesis of Data



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Have more questions? Email Jasmine@MoodWalks.ca

THANK YOU!?