

MOOD WALKS



Information Kit

University and College Campuses

CONTENTS

Welcome to Mood Walks!.....	2
How Mood Walks Can Benefit You!	4
Resources Provided to Mood Walks Group Leaders	5
A Sample 15-Week Mood Walks Plan.....	7
Time Saving Tips	9
Funding Provided to Mood Walks Groups.....	10
Sample Expense Tracking Form.....	11
Working with Partners from Hike Ontario and Conservation Ontario	12
What You Could Bring to a Partnership	12
Hike Ontario Training for Mood Walks Participants.....	14
Safe Hiker Training	14
Certified Hike Leader Training	15
Evaluating Mood Walks.....	16
How to Get Involved.....	17
Find Mood Walks Partners.....	17
If your Campus does not host a Mood Walks group... ..	17
Host a Mood Walks group at your Campus!.....	17
Timeline of Next Steps.....	18



Welcome to Mood Walks for Campus Mental Health!

Mood Walks for Campus Mental Health is an initiative of the Canadian Mental Health Association, Ontario, in partnership with Centre for Innovation in Campus Mental Health, Ontario Council of Agencies Serving Immigrants, Hike Ontario and Conservation Ontario, with funding from the Ontario Ministry of Tourism, Culture and Sport.

Mood Walks will provide training and support for 20 postsecondary institutions across the province to launch educational walking programs to promote the mental health of all students, including both those at risk of, or experiencing mental health issues, and newcomers managing additional stress due to settlement challenges and social exclusion. Participating institutions will offer these walking group for at least 10 weeks during the spring, summer or fall of 2018, with an aim of having 8-12 students per group.

In addition to weekly walks, Mood Walks groups all participants will receive Safe Hiker training from Hike Ontario, and can hike and explore Conservation Areas through Conservation Ontario's 2018 Healthy Hike Program (see <http://healthyhikes.ca/>).

Mood Walks group leaders will receive support and resources every step of the way.

Read on – we hope the information in this package will give you a better picture about what being part of the Mood Walks project would like.

Welcome to Mood Walks!

How Mood Walks for Campus Mental Health Can Benefit You!

Many colleges and universities in Ontario are committed to developing mental health promotion strategies. Mood Walks offers a significant opportunity for those institutions to enhance their mental health strategies with evidence-based, low-barrier physical activity program as an alternative or adjunct to traditional mental health interventions.

We anticipate that joining Mood Walks will have numerous benefits for your students and your institution.

Mood Walks **participants** will have an opportunity to:

- Improve their mental and physical health
- Increase their social interaction
- Learn how to hike safely
- Explore their community, including local trails and conservation areas

Mood Walks will also provide benefits for your **postsecondary institution**, as you:

- Develop community partnerships to better support the student population
- Create opportunities for student, volunteer, and peer leader involvement
- Learn how physical activity and the natural environment can support recovery
- Develop your capacity to implement and evaluate physical activity interventions
- Share your mental health knowledge and expertise with project partners

Participating in Mood Walks will demonstrate your commitment to providing **proactive, holistic, recovery-oriented mental health services**. By providing opportunities for students outside of the mental health sector to participate with people who experience mental health issues, you will also help to combat stigma and discrimination.

If these benefits are of interest to you and your organization, you may be a good fit for hosting a Mood Walks group! See “*How to Get Involved*” for details.

Resources Provided to Mood Walks for Campus Mental Health Group Leaders

Group leaders who have been approved to run a Mood Walks group in spring-summer-fall 2018 will receive the following support and resources:

Operating Budget

Groups will receive up to \$500 to cover costs associated with their group. For more information, please see “*Funding Provided to Mood Walks for Campus Mental Health Groups.*”

Mood Walks Program Manual

All Mood Walks group leaders will receive a “Leading Walking Groups in Mental Health Services” manual, available online or in hardcopy, containing information about:

- Attracting, screening, and engaging students
- Safe walk planning
- Helping students to set goals
- A sample 15-week plan for themed walks
- Forming successful partnerships
- And more!

Promotional Resources

Participating groups will receive customizable resources to promote their group, including Mood Walks posters and a PowerPoint presentation about the benefits of green exercise in mental health services.

Access to the Mood Walks Website

The Mood Walks website will contain information to help support your participation, such as:

- Information about other Mood Walks groups and events in the province
- Resources and news from Conservation Ontario and Hike Ontario
- Links to information about the mental health benefits of walking and access to nature
- Information about creating successful partnerships

Mood Walks Newsletters

Group leaders will receive monthly newsletters during the summer, fall and winter of 2018, containing:

- Articles about Mood Walks groups and participants
- Photos of Mood Walks events
- Tips, ideas, and challenges to keep up momentum
- News and events from Conservation Ontario, Hike Ontario, and other participating Campus Mood Walks

All participating groups and individuals will be invited to contribute and share their stories!

Mood Walks Evaluation Tools

All Mood Walks groups will have access to a user-friendly online evaluation tools to document outcomes of their group and to measure their group's success, as well as guidance about how to use the tools. For more information about evaluation, see "*Evaluating Mood Walks.*"

Community of Practice

Group leaders will be invited to join a community of practice with other postsecondary institutions involved in the project. Supports will include:

- An introductory webinar to orient participating Campuses to and answer any questions
- Regular teleconferences with Mood Walks leaders from other Campuses mental health agencies across the province to network and share ideas

Campus leaders will also be invited to attend a webinar with project partners from Hike Ontario hiking clubs and Conservation Ontario staff to share learnings and successes.

Project Coordinator

A Project Coordinator is available to address any concerns, questions, or feedback you may have about running a Mood Walks group at any point throughout the project. You can reach the coordinator at moodwalks@ontario.ca with your questions, comments, or suggestions.

A Sample 15-Week Mood Walks Plan

Here is an outline of how you could run your group over 15 weeks, along with estimated time requirements. The order in which these events occurs is flexible – this outline is meant to give you an idea of what is involved in running a Mood Walks group from week to week. You will notice that the first several weeks will require more time – once the group is in action, time demands on group leaders will decrease. Activities in bold are related to **evaluation** – all required materials will be provided at moodwalks.ca. See “*Evaluating Mood Walks*” for details about evaluation.

The **Mood Walks Program Manual** will provide guidance and resources to help you carry out these activities.

Week	Goal	Activities	Time
1 – 2	Planning and Promotion	<ul style="list-style-type: none"> Attend “Orientation to Mood Walks” webinar Make a Mood Walks bulletin board with posters about upcoming Mood Walks group and introductory session Tell all interested students about Mood Walks Connect with project partners at Hike Ontario and Conservation Ontario Advertise volunteer positions Begin to plan walking routes and create a schedule Review safety plans and gather safety equipment Arrange transportation if required (for weekly walks and outing to conservation area) 	30 hours
3	Introductory Session	<ul style="list-style-type: none"> Invite partners to join you in an information session for potential participants Plan session and copy materials Invite participants and run session Complete Weekly Tracking for Leaders 	4 hours
4	Orientation Session	<ul style="list-style-type: none"> Invite all students interested in participating to attend an orientation session about the group Plan the session and copy materials Run the session, including participant goal setting Facilitate completion of Participants’ Questionnaire Complete Weekly Tracking for Leaders Visit moodwalks.ca to arrange Hike Ontario Safe Hiker training (see “<i>Hike Ontario Training for Mood Walks Participants</i>”) 	4 hours

MOOD WALKS

5	Safe Hiker Training	<ul style="list-style-type: none"> • Ensure training space is equipped with required equipment (see “<i>Hike Ontario Training for Mood Walks Participants</i>”) • Host training sessions • Complete Weekly Tracking for Leaders 	10 hours
6 – 7	Group Walks	<ul style="list-style-type: none"> • Select a theme for walks • Plan routes • Prepare snacks • Lead walks • Debrief with partners, volunteers, and/or students • Debrief with participants and look for peer leadership opportunities • Update bulletin board and post newsletter • Complete Weekly Tracking for Leaders 	3 hours per week
8 – 9	Group Walks	<ul style="list-style-type: none"> • Select a theme for walks • Prepare snacks • Lead walks • Debrief with partners, volunteers, and/or students • Debrief with participants and look for peer leadership opportunities • Update bulletin board and post newsletter • Complete Weekly Tracking for Leaders 	3 hours per week
10	Midpoint Check-In	<ul style="list-style-type: none"> • Check in with participants’ progress towards goals • Discuss Certified Hike Leader training opportunity with participants (see “<i>Hike Ontario Training for Mood Walks Participants</i>”) • Get feedback about group so far • Go for a short walk • Complete Weekly Tracking for Leaders • Attend teleconference with leaders from other mental health agencies • Plan route for upcoming conservation area walk 	5 hours
11 – 13	Group Walks	<ul style="list-style-type: none"> • Update bulletin board and post newsletter • Select a theme for walks • Plan routes • Prepare snacks • Lead walks • Debrief with partners, volunteers, and/or students • Debrief with participants and look for peer leadership opportunities • Complete Weekly Tracking for Leaders 	3 hours per week

MOOD WALKS

14	Walk at Conservation Area	<ul style="list-style-type: none"> • Invite partners from Hike Ontario and Conservation Ontario • Finalize transportation arrangements • Prepare snacks and lead walk • Debrief with partners, volunteers, and/or students • Attend teleconference with leaders from other Campuses, and partners from Hike Ontario and Conservation Ontario • Complete Weekly Tracking for Leaders 	6 hours
15	Final Walk	<ul style="list-style-type: none"> • Update bulletin board and post newsletter • Run “Recognizing Successes and Thinking Ahead” session • Go for a final walk using a favourite route • Facilitate completion of Participants’ Questionnaire and complete Weekly Tracking for Leaders 	5 hours
Post-project	Provide Your Feedback	<ul style="list-style-type: none"> • Attend “Sharing Your Successes” webinar with other walk leaders and partners from hiking clubs and conservation authorities • Complete Mood Walks Final Report 	5 hours

Total Time: 90 hours

Time Saving Tips

Involving participant leaders, partners, students, and volunteers can reduce the time demand on you! Here are some ideas:

- Ask your hiking club or conservation area partner to suggest walking routes for your group.
- Invite a partner or volunteer to pre-walk your routes and provide you with feedback to help you plan a successful outing.
- Offer volunteer roles to students who may be interested in helping out, perhaps by maintaining the Campus bulletin board, creating a group schedule, making reminder phone calls and gathering feedback from other participants.

Funding Provided to Mood Walks Groups

Mood Walks will provide groups with **up to \$500** to support costs during the 2018 Mood Walks for Campus Mental Health project period. Groups could use this money to cover costs of **transportation, food, or other materials** associated with participation. This money will be reimbursed at the end of the project period, once receipts are provided to CMHA Ontario.

In return, Mood Walks groups will be expected to **match this support by spending \$500 of their own funds on the project.**

Mood Walks group leaders will be required to track their budget related to the group, as well as the value of **in-kind contributions**. In-kind contributions are the cash value of donated goods, commodities, or services like volunteer hours, equipment, or meeting space. The record of in-kind contributions is just as important as the funding expenditures, as it helps to show the “real” cost of running a program.

Please see the following page for a sample Expense Tracking Form and usage instructions.

Calculating the Value of In-kind Contributions

Here are a few examples:

- A local sporting goods store donates t-shirts and water bottles to your group. The in-kind contribution is equal to the estimated total cash value of the donation.
- Your local conservation area waives the entry fee for your group, or provides a training space for your Safe Hiker training free of charge. The cost is the estimated cash value of entry or rental fees.
- Volunteers pre-walk a hike for your group. Volunteer hours are calculated at minimum wage (\$14.00/hr), unless acting in their professional capacity which is calculated at fair market value. The cost is the total cash value of their time.
- A permanent staff member provides a portion of his/her time to the project. The cost is the total cash value of his/her time.
- **Do not include partner hours as an in-kind contribution! They will be captured separately.**

Sample Expense Tracking Form

Instructions:

- Complete all shaded areas.
- Provide receipts for all expenditures.
- **Mood Walks will cover up to \$500, but expenses must be matched by funds provided by organizer.**

Expenses or In-kind Contributions	Total Cost	Cash	In-Kind	Who Covers Cost? <i>Mood Walks</i>
Food				
Mileage	\$0.42 x ___ km = ____			
Other transportation costs:				
Conservation Area admission:				
Conservation Area parking fees:				
Volunteer hours (regular)	\$14 x ___ total hrs = ____			
Volunteer hours (professional)	\$___ x ___ total hrs = ____			
Other:				
Other:				
Other:				

Total Mood Walks cost: _____

Total campus cost: _____

Total in-kind contributions: _____

Working with Partners from Hike Ontario and Conservation Ontario

Ideally, Mood Walks for Campus Mental Health groups will run in conjunction with partners from Hike Ontario, Conservation Ontario and OCASI. What these partnerships look like may vary from site to site as all partners work together to determine the best way to utilize each other's strengths while respecting each partner's available time and resources. Your partners might participate in your group by regularly attending sessions and leading guided hikes; alternatively, partners might provide instrumental support through information and resources.

In all cases, as group leader, **you will assume leadership of the group**, especially regarding interactions with group participants. However, your partners' knowledge and expertise will likely be of great benefit to your group.

What You Could Bring to a Partnership

Your partners may look to you for information and support about working with students who experience mental health issues.

A Mood Walks survey found that 96% of Conservation Ontario staff who responded would like **information about how to engage with people who experience mental health issues**. Hike Ontario respondents identified **lack of knowledge and comfort engaging with people who experience mental health issues** as the single greatest barrier to their participation in Mood Walks. Partners are likely to be interested in:

- Your expert guidance on how to effectively engage with your students.
- Your knowledge of mental health programs and supports available at your Campus.
- Educational workshops or events.

Your Campus can also support partners' activities and initiatives. Mood Walks participants may be interested in learning more about Hike Ontario and Conservation Ontario. There may be a local clean-up effort, trail maintenance group, Healthy Hikes event or weekend hike that your organization could become part of. Getting involved will benefit both your project partners and Mood Walks participants!

Your conservation authority partner may also be interested in attending Safe Hiker training, or becoming a Certified Hike Leader (see *"Training for Mood Walks Participants"*).

What Your Partners Could Bring

Your partners are likely to have a range of knowledge, expertise, and resources that could support your Mood Walks group:

- Partners are likely to be excellent sources of knowledge about local green spaces and hiking trails. Ask if they can provide maps of local conservation areas and trails, or if they can recommend a route for your group. These materials could then be posted around the Campus.
- Partners may be interested in leading a Mood Walks hike, helping to plan a walk (perhaps by pre-walking your route), or attending the group as a supportive volunteer.
- Your conservation authority may be able offer your group reduced or waived admission or parking fees for your local conservation area, or offer a training space to host your Safe Hiker training.
- Your hiking club partner may be able to offer reduced or waived membership fees for participants to join your local hiking club.
- Partners may be social media-savvy and able to promote your Mood Walks group using their website or Twitter account.

The **Mood Walks Program Manual** will provide more information about creating and maintaining successful partnerships.

Hike Ontario Training for Mood Walks Participants

Safe Hiker Training

All Mood Walks group leaders and participants will receive Hike Ontario's Safe Hiker training. Volunteers and partners from Conservation Ontario and Hike Ontario are eligible to receive this training as well. Safe Hiker training is an introduction to the skills required to hike safely, the benefits of hiking, and trails in Ontario. Hike Ontario has modified the Safe Hiker training to ensure it is relevant to Mood Walks participants. Some topics covered in the training include:

- Preparing for a Hike - collecting the required information to plan a safe route, informing others of hiking plans, and anticipating potential risks
- Packing and Outfitting - what to include in a first aid and safety kit, how to hydrate and eat during a hike, and how to dress and what to bring
- Hitting the Trail - getting to the trail, following a planned route, and monitoring hiking conditions to ensure safety, including what-if scenarios, Leave No Trace principles, and trail etiquette

Arranging Safe Hiker Training

Group leaders will contact info@hikeontario.com to arrange the delivery of Safe Hiker training. An experienced instructor from Hike Ontario will provide the training, which is approximately 8 hours in total and typically held over two days. The majority of the second day typically occurs outdoors. The format of training is flexible and will be tailored to meet the needs of your group.

Training can be held in a meeting space at your campus, or your local conservation area may be equipped with an appropriate space. To host the training session, you will require a meeting space equipped with a computer, a projector, whiteboards, and chart paper. If you do not have access to such a space through your educational institution, the **Mood Walks Program Manual** will provide some suggestions as to how to find an affordable local meeting space.

Certified Hike Leader Training

In addition to Safe Hiker training, **20 people** from across all Mood Walks sites will have the opportunity to become trained as a **Hike Ontario Certified Hike Leader**. These individuals may be group leaders, volunteers, students from your Campus Mood Walk, or partners from your local hiking club or conservation authority who have been involved in your Mood Walks group.

Certified Hike Leader training is geared to individuals who are interested in leading organized hikes and walks in Ontario. In order to become certified, individuals will be required to **meet the standards outlined by Hike Ontario**. Hike Ontario requires that Certified Hike Leaders are able to:

- Demonstrate good physical fitness and the ability to move confidently and efficiently when traveling on trail.
- Present a positive and commanding attitude on safety when leading a group.
- Demonstrate a high standard of leadership and route finding.
- Show ability to establish effective communication with regard to hiker safety, comfort, and enjoyment.
- Demonstrate a respect and care for the environment.
- Have a proper standard of equipment as required for day hiking trips

In addition, candidates for the Certified Hike Leader training must:

- Be Safe Hiker-certified or demonstrate a level of hiking competence and experience.
- Have completed a minimum of five day-hikes.
- Present a letter of reference from a recognized authority such as a Mood Walks group leader, a Certified Hike Leader, or a hiking club.

For more information about Certified Hike Leader training, please visit Hike Ontario's website at www.hikeontario.com.

Interested candidates for Certified Hike Leader training will complete the Certified Hike Leader application form at moodwalks.ca. Applications must be submitted by **June 8, 2018** and will be considered on first-come, first-served fashion by Hike Ontario. Successful candidates will be invited to attend the next available Certified Hike Leader training session in their area.

Transportation and accommodation costs associated with Certified Hike Leader training will not be covered by Mood Walks.

Evaluating Mood Walks

Group leaders will be provided with a *Mood Walks Evaluation Tool* to help you record your group's progress and help us evaluate the success of the Mood Walks for Campus Mental Health project. Using a standard tool for evaluation will allow us to compare the success of groups across the province and determine:

- What program activities are fundamental to success
- If and how a program is impacted by geographical region
- Effective and novel approaches that Mood Walks groups have used

The following table describes the three main components of the tool:

What?	Participants' Questionnaire	Weekly Tracking for Leaders	Mood Walks Final Report
When?	- at orientation session or at start of first walk - at 10 th group walk	- after each weekly walk	- after final group event
Who?	- Mood Walks participants	- Mood Walks group leader	- Mood Walks group leader
How?	- participants complete online at moodwalks.ca or leader to distribute paper copies and input responses	- at moodwalks.ca	- at moodwalks.ca
Time required?	- 10 to 15 minutes for participants to complete - 20 minutes for leader to print forms and input responses if required	- 10 minutes weekly	- 2 hours

In addition, you may be contacted after the initial project period to participate in a follow-up interview or focus group regarding your experience with Mood Walks.

How to Get Involved

Find Mood Walks Partners

Look for partners in your area who could be part of your Mood Walks group. Securing a partner from each partner organization is **not required** but highly encouraged to support your group's effectiveness!

If you have not partnered with your local conservation or hiking club before, please email bmilanovic@ontario.cmha.ca for information about potential partners in your area, including contact information. In the meantime, use the following resources to find out if there is a conservation area or hiking club near you:

- Conservation Ontario's website at <http://www.conservation-ontario.on.ca/> provides a list of Ontario's 36 Conservation Authorities.
- Hike Ontario's website at <http://hikeontario.com/about/memberclubs/> Hike Ontario's member clubs.

Host a Mood Walks at your Campus!

Are you interested in hosting a Mood Walks at your Campus? To get a sense if Mood Walks is the right for your student group, please complete the **Are You Ready to Host Mood Walks at your Campus?** checklist.

If you feel your Campus is well-suited to host a Mood Walks group, please submit your completed checklist as well as a completed **Proposal to Host a Mood Walks Group** by **4:00 pm on June 8, 2018**. See below for submission details.

Mood Walks Campus sites will be chosen based on organizational readiness, availability of required resources, and anticipated number of participants. Efforts will be made to ensure diverse geographical regions of the province are represented in the project.

Mood Walks sites will be announced **June 2018**.

If your Campus does not host a Mood Walks group...

If your Campus does not host a Mood Walks group, you still may be able to form a partnership with a local hiking club or conservation area. Please complete the brief survey following the Mood Walks information session to let us know about your interest in starting partnerships, and email moodwalks@ontario.cmha.ca for information about potential partners in your area. To sign up to receive news and information about the project, please visit moodwalks.ca.

Timeline of Next Steps

Deadline for Request for Proposals	June 8, 2018
Announcement of Mood Walks sites	June 2018
Safe Hiker Training	June- September 2018
Mood Walks! <ul style="list-style-type: none"> • Run walking groups • Participate in evaluation activities (see Evaluating Mood Walks) • Attend teleconferences and webinars • Receive newsletters • Speaker Series 	June – December, 2018
Give Feedback Give feedback about your Mood Walks experience about Your Mood Walks experience	November/December 2018