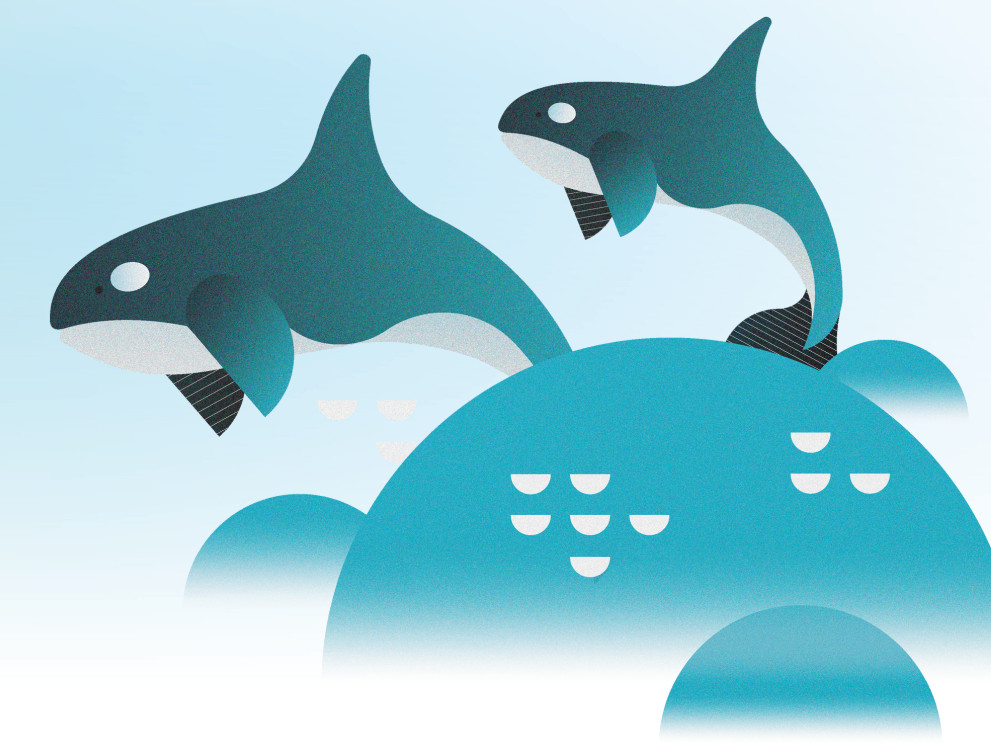


Infusing Wellness Opportunities into Integrated Youth Services in Canada

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Introduction

What is the Wellness Program?

- The Wellness Program is offered at Foundry, an integrated youth services (IYS) initiative for ages 12-24, in British Columbia, Canada [1]
- Includes leisure-based activities that integrate mind, body and spirit [2]
- Vision: "Move your Body, Calm your Mind" [2]
- Encourages connection with self, others and the land [2]
- Can be individual, small or large group; in-person, community or virtual [2]
- Targets five domains of wellness (Figure 1)

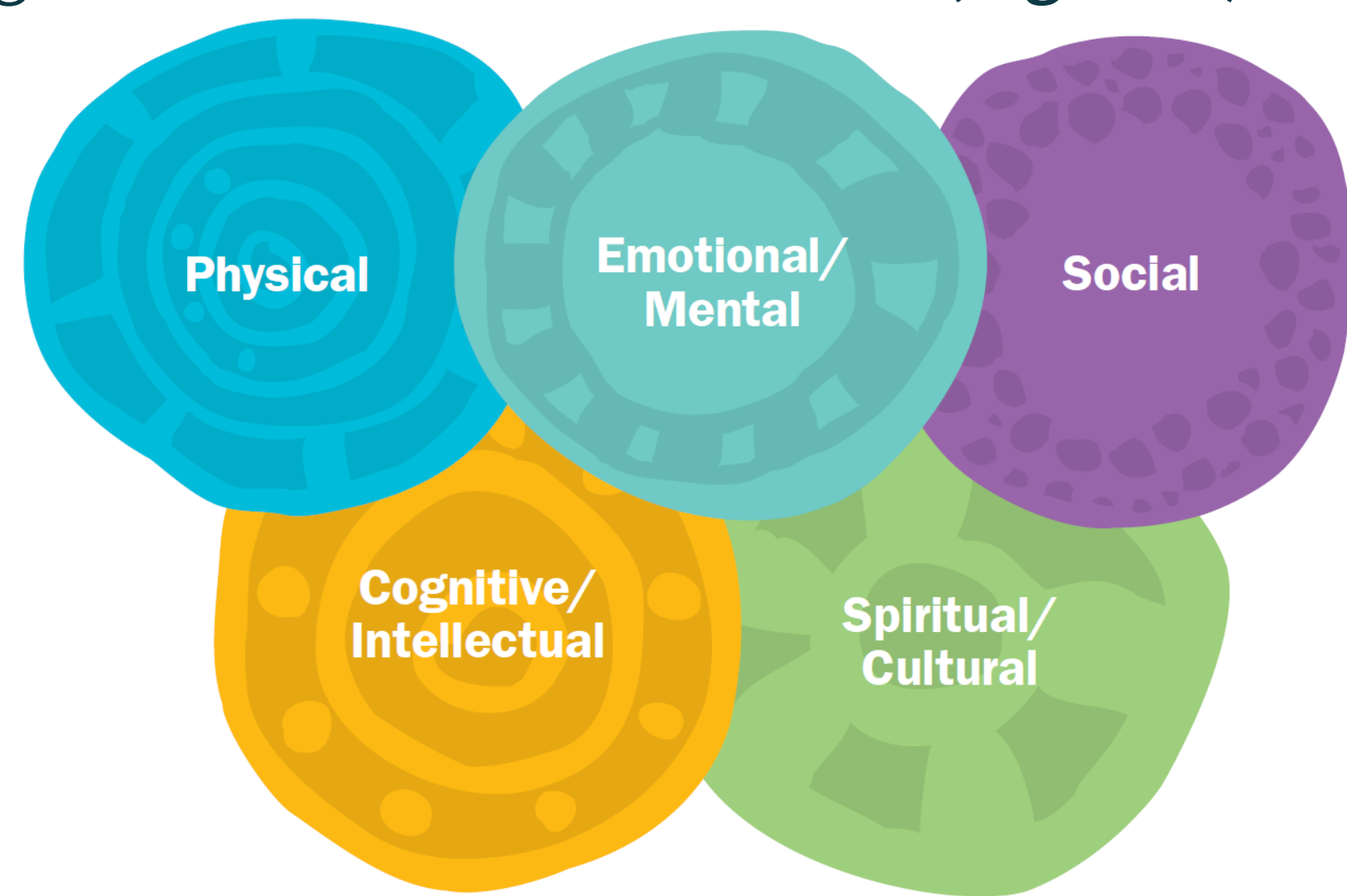


Figure 1: Five domains of wellness (adapted from Payne and colleagues) [3]

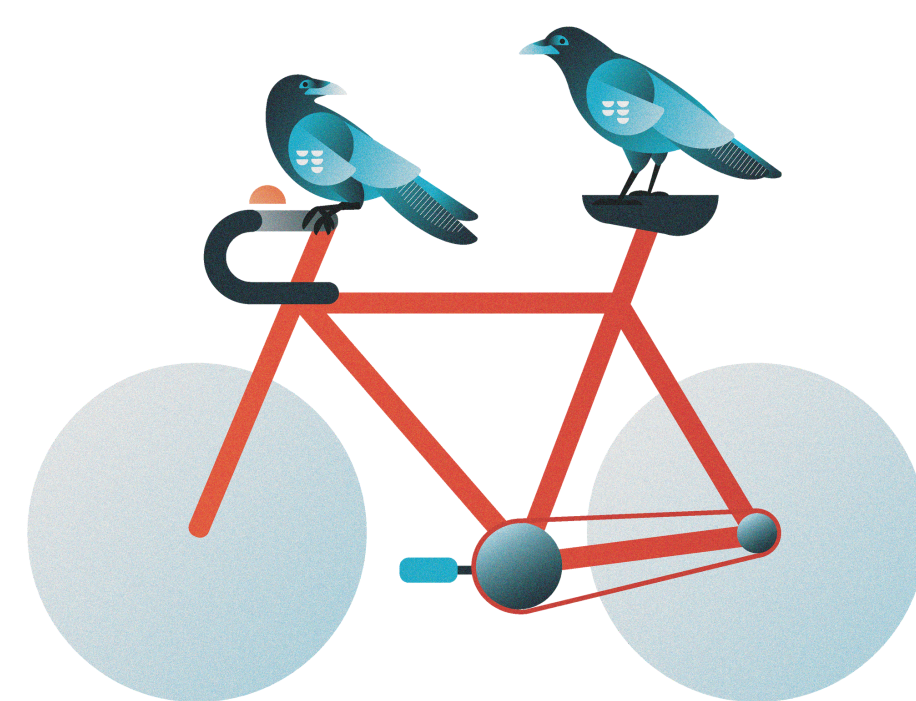
Objectives

The purposes of this work were to:

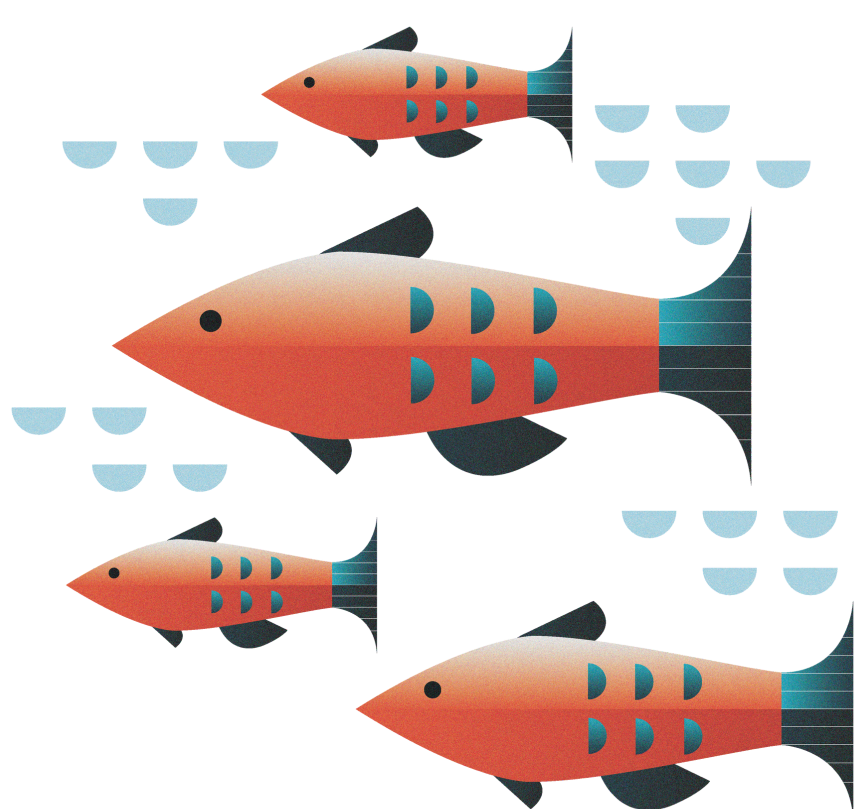
- 1) Provide an overview of what the Wellness Program is and who has accessed it since program inception over a two-year period
- 2) Highlight and discuss community partnerships that developed as an integral component of the Wellness Program

Methods

A phased approach was used to implement the program across nine Foundry centres from August 2019-September 2021



The program was tracked through 'Toolbox,' Foundry's centralized data platform



Community partnerships were established locally and provincially by connecting with organizations promoting low-barrier, inclusive and accessible nature-based programming

Results

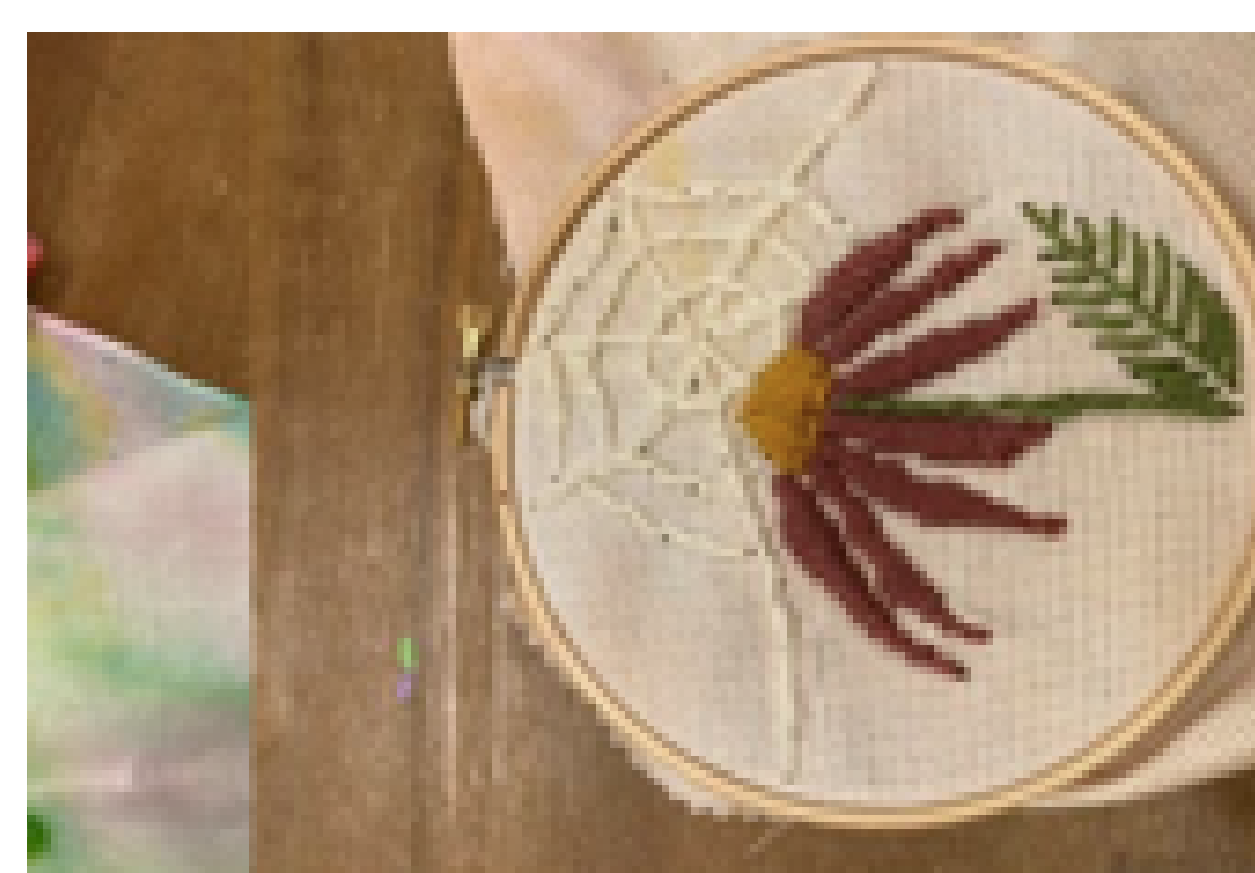
By tracking the program, we discovered:

- **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**
- **Examples of activities within wellness domains:**

Wellness Domain [3]	Description	Activities
Physical	Moving the body	Hiking Yoga
Emotional	Expressing self	Mindful Photography
Social	Building connections	Pizza & Paint Night
Cognitive	Brain boosting	Book Club Farm-to-Table Cooking
Spiritual	Feeding the soul	Cedar Weaving Drumming



"Foundry hosts groups that are soft and inclusive – kayaking with them was no different. An exhilarating experience, with experienced guides and safety protocols. I would highly recommend this group to anyone who is looking to socialize more, or who is trying to add some excitement into their life."
 - Participant in Kayaking with BC Parks Foundation and "Outdoors & Unplugged," Foundry Abbotsford



"Doing art has always made me be able to express who I truly am. But having a physical space at Foundry in Art Group where other youth are also working towards wellness inspires me to continue doing what I love. Art Group has helped me grow as an individual knowing that I have the space to express myself without ridicule or judgement." - Participant in Art Program, Foundry Vancouver Granville

Conclusion

The Wellness Program targeted all five wellness domains and complements traditional health services offered within IYS

Partnerships were integral to promote 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



foundrybc.ca/iaymh2022

1. <https://foundrybc.ca/>
 2. Providence Health Care Society d.b.a. Foundry. Wellness Program Guide. 2021 Nov.
 3. Payne L, Ainsworth B, Godbey G. Leisure, Health, and Wellness: Making the Connections. Urbana, IL: Venture Publishing, Inc.; 2010.

