



heretohelp

Mental health and substance use
information you can trust

beyond the blues

final report 2022/23



**Canadian Mental
Health Association**
British Columbia
Mental health for all



**University
of Victoria**

Canadian Institute for
Substance Use Research



beyond the blues
education & screening days

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Crisis Line Association of BC
Fraser Health Authority
Interior Health Authority
Mood Disorders Centre (UBC)
Northern Health Authority
PeerNet BC
Vancouver Coastal Health Authority
Vancouver Island Health Authority



Beyond the Blues is a project of the BC Partners for Mental Health and Addictions Information and part of its HeretoHelp brand. The BC Partners are seven non-profit agencies that have come together to provide quality information to help people prevent and manage mental health and substance use problems.

For more about BC Partners and HeretoHelp, see www.heretohelp.bc.ca/about-us

background

Beyond the Blues is a campaign of free events led by community agencies across British Columbia which provide friendly and engaging education and resources on mental health and substance use each fall and winter. Many events also provide a chance for people to take a brief screening self-test and have a conversation with someone to talk about next steps. Screenings help participants to better understand their health and to connect to the right supports and resources in their community.

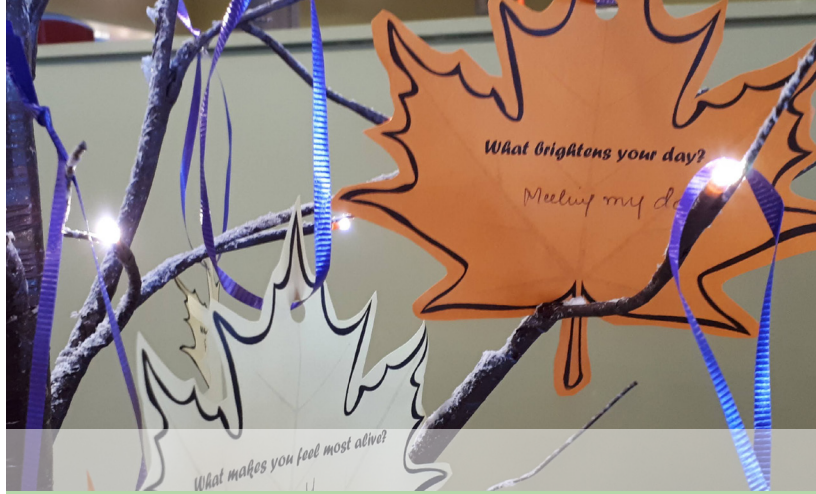


“Wellness and mental health are among the most powerful learning strategies for students in post-secondary environments.”

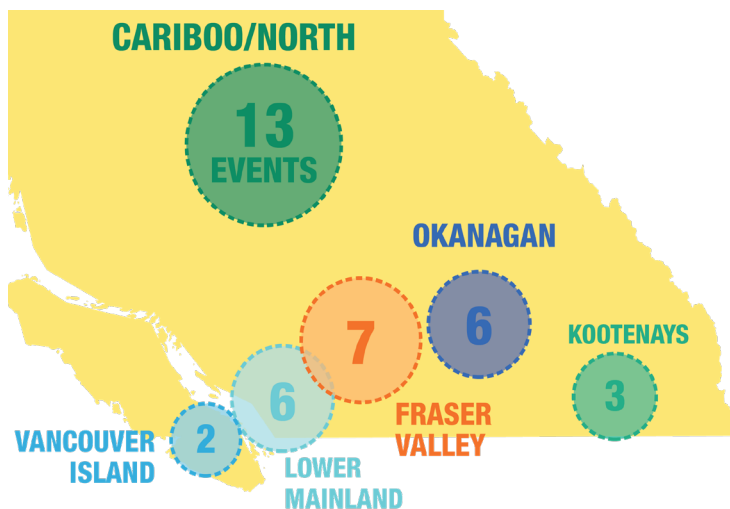
“Beyond the Blues gives me a focused time and amazing resources to bring awareness and help to my community.”

“The resources allow us to engage with diverse communities (great way to generate dialogue/engage)!”

events & screening



During the 2022/2023 Beyond the Blues season, there was a return to in-person events with a total of 42 events and almost 2,245 participants. 22 agencies participated in hosting these events.



75% of those who completed a participant evaluation did a screening. People said repeatedly in the comments that they found screening very helpful, both the questions themselves and especially talking to someone after.

123 were screened during the events

Participant Breakdown

- 1 event was open only for Indigenous audiences which brought in 100 participants
- 2 events targeted seniors (65+)
- 3 events targeted children and youth (up to age 17)
- 3 events targeted adults (26-64)
- 6 events targeted campus communities
- 8 events targeted young adults (18-25)

of the **42** BTB events, **50%** of them offered screening

Top topics

- Depression
- Anxiety
- Drugs and Alcohol
- Sleep stress

Top screenings completed

- Depression
- Anxiety
- Risky drinking

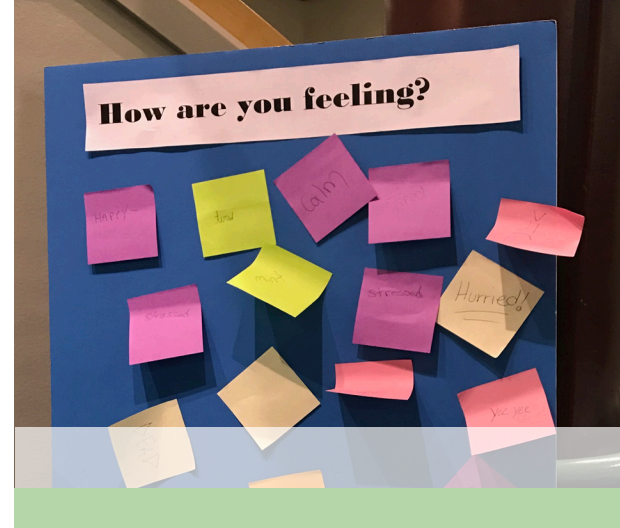
From event planners about the value of participating



"It's a great way to engage people in thinking about their own and their loved one's mental wellbeing, plus providing helpful info and next steps suggestions, in a non-threatening way."

"One staff volunteer thanked me after the event and said that she really felt that she made a valuable contribution and felt valued as a volunteer and was able to get away from her desk and connect with students and staff she wouldn't otherwise be able to. I think that although these events are generally geared toward our student participants, it's important to remember that staff and faculty may also benefit from the connection and resources."

"We had a caregiver come in and chat to a service provider. They were so grateful for spaces and events that allowed them to engage in conversation and feel connected. What we heard was many caregivers feel they need some extra support following covid — the parent isolation that has built up feels big sometimes."



From event participants about the value of attending

Attendees said they were most likely to make lifestyle changes/try something new, seek help, share info with someone they cared about, and follow up with someone.

90%
would recommend
the event to others

70% of community agencies
will definitely participate again
30% will probably do so.

What participants valued most:

"Enjoyable and validated my internal beliefs and made me want to seek help."

"It was welcoming and friendly."

"How approachable the stand was."

"The self testing and the sense of community being with others."

"How comfortable the environment was. Truly felt like a place with zero judgement."

Biggest suggestion by far:

"These more often, please!"



(2022/23)