



heretohelp

Mental health and substance use
information you can trust

beyond the blues

depression anxiety education and screening day 2010



CANADIAN MENTAL
HEALTH ASSOCIATION

ASSOCIATION CANADIENNE
POUR LA SANTÉ MENTALE

BC DIVISION



University
of Victoria

Centre for Addictions
Research of BC

beyond the blues

depression anxiety
education and screening day



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Child and Youth Mental Health,

Ministry of Children & Family Development

College of Registered Psychiatric Nurses of BC

Crisis Line Association of BC

Mood Disorders Centre (UBC)

PeerNet BC

all 5 regional health authorities



heretohelp

HeretoHelp is a project of the BC Partners for Mental Health and Addictions Information. The BC Partners are seven non-profit agencies that have come together to provide quality information for those who need help managing mental health and substance use problems.

The BC Partners are:

- » AnxietyBC
- » British Columbia Schizophrenia Society
- » Canadian Mental Health Association, BC Division
- » Centre for Addictions Research of BC
- » FORCE Society for Kids' Mental Health
- » Family Services of the North Shore, Jessie's Legacy Program
- » Mood Disorders Association of BC

background

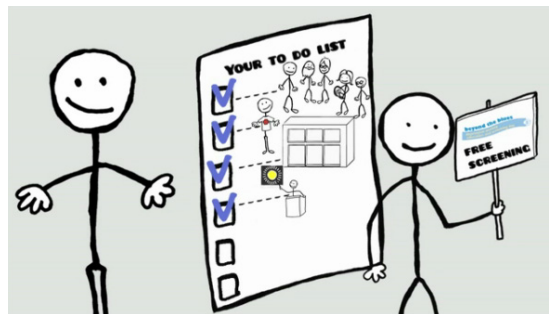


Beyond the Blues: Depression Anxiety Education and Screening Day is an annual mental health awareness campaign made up of community events held across BC. The point of the campaign is help people learn the signs of depression and anxiety, and related issues like mania, suicide and risky drinking. It also stresses when and how to get help, and empowers attendees to connect with local support.

Beyond the Blues events are free, anonymous and drop-in. At an event or “site,” a hands-on way for people to learn the signs of depression, anxiety and risky drinking is by filling out a short screening self-test for each issue and then meeting briefly with a clinician to discuss the results and next steps. The event is about education, not diagnosis. It reaches people who are struggling as well as people who aren’t and want to prevent problems. In addition to print resources and helpful staff, many sites also

add displays, presentations, videos and games to encourage attendance and interaction. Sites can be held in any community. Some events are promoted to a broad audience; others target key population groups like young people, multilingual groups, seniors or aboriginal people.

Beyond the Blues is held annually every October during the first Thursday of Mental Illness Awareness Week. In 2010, it was held on Thursday, October 7th.




a new, 10-minute orientation video for potential Beyond the Blues event planners was produced in 2010. It can be viewed online at www.heretohelp.bc.ca/events

“The value in Beyond the Blues is that, every year, the penetration into our communities increases. Every year more people learn about anxiety, depression and risky drinking. Delivering the message consistently raises awareness. Offering self-help materials increases the chances that people will make changes. Beyond the Blues helps counter the stigma associated with mental health and addictions issues, providing a positive message that things can be better. I remain utterly devoted to continuing to deliver the message. Every year, a few more British Columbians have access to the wellness messaging. It’s great.” —2010 site planner



a brief history

- 1991** Screening for Mental Health (USA) hosts first National Depression Screening Day (NDSD)
- 1994** Victoria, BC, first Canadian site to host NDSD
- 1995** NDSD starts to be coordinated provincially by CMHA BC and Mood Disorders Association of BC
- 2001** BC sites get free made-in-BC materials instead of US ones
- 2002** Anxiety screens successfully piloted.
'Education' added to event name
- 2003** Beyond the Blues name appears for the first time; event coordinated under the banner of BC Partners
- 2005** Risky drinking screens piloted.
Centre for Addictions Research of BC now a provincial partner
- 2006** 'Education' promoted before 'screening' in event name
- 2007** External evaluation of Beyond the Blues completed
- 2009** Review of brief screening tools to use in Beyond the Blues completed



“Beyond the Blues is valuable because it offers a low-intensity resource for people who may be dealing with issues that they may think are not important enough to see a clinician about. It puts mood problems on the same playing field as physical health issues, and early intervention in a well-used community space defeats stigma. By helping one person, you may help a whole family, who may help a whole community.” —2010 site planner

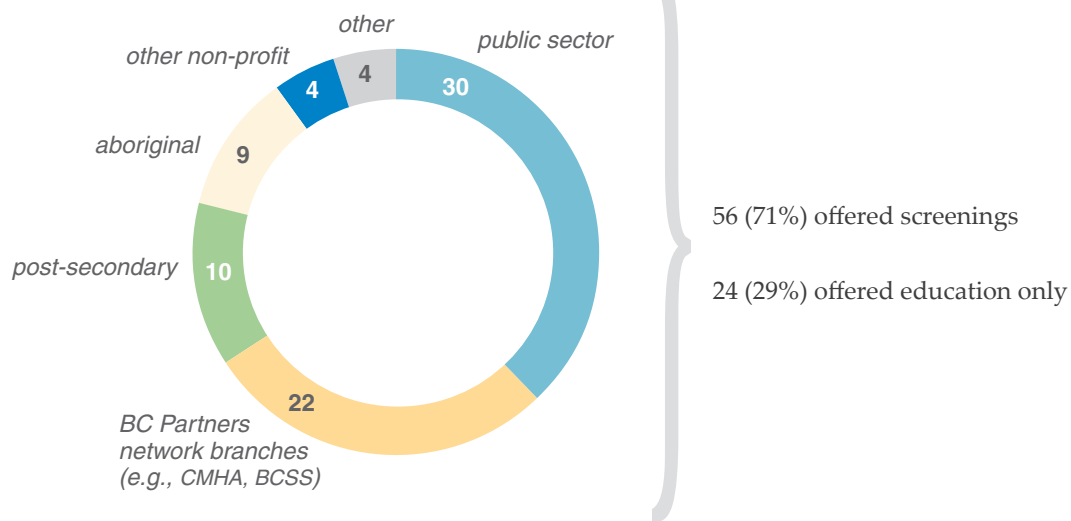
sites

79* sites—the most ever

31 were new

- 14 of these sites were first-time events by host agencies new to Beyond the Blues
- 17 were sites led by existing site planners reaching new audiences or communities

lead agencies



79 sites were organized by 59 site planners

- 80% of site planners were returning
- 20% of site planners were new to the initiative

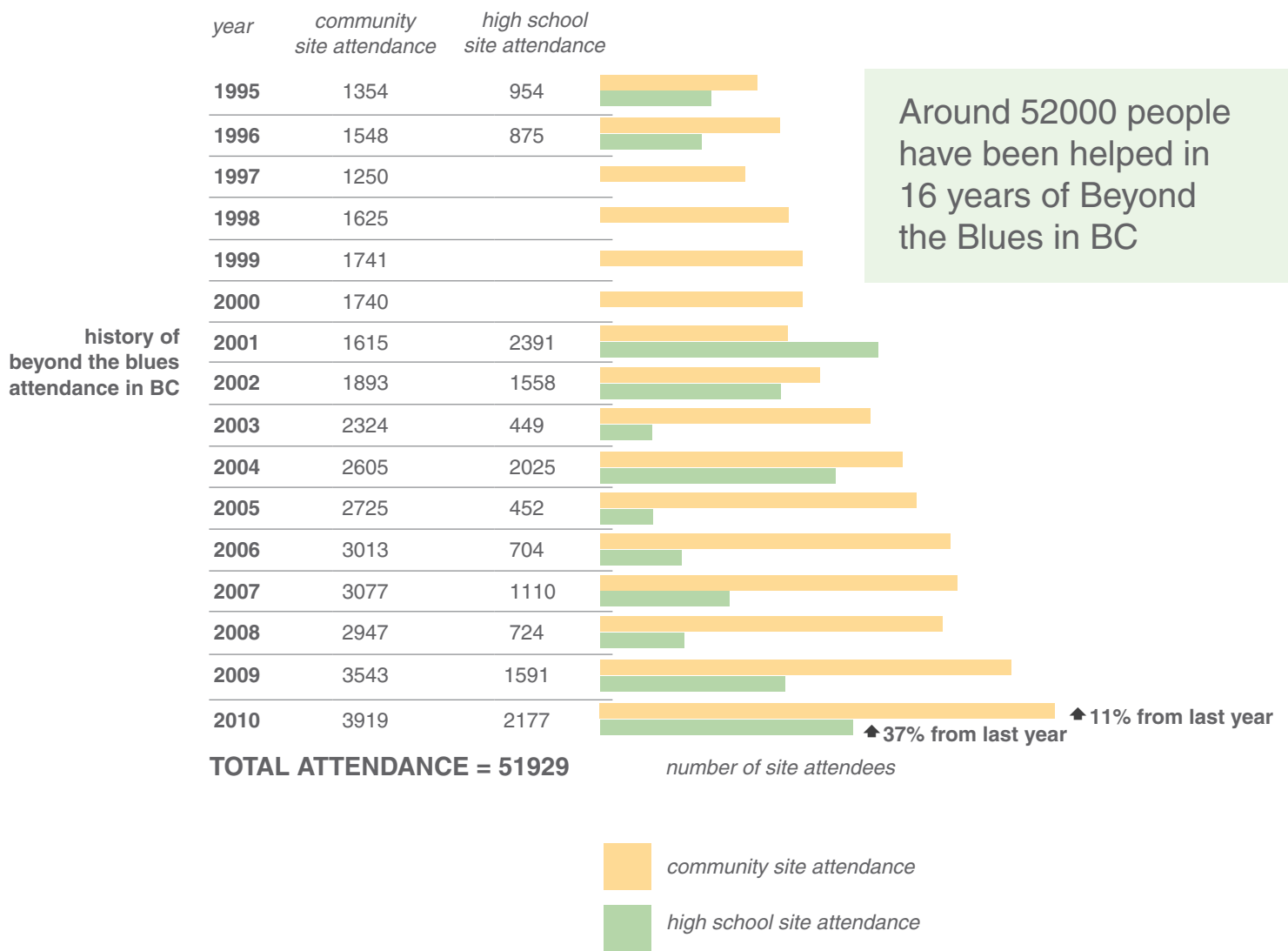
469 clinicians, staff and volunteers were involved across BC

* the number of sites is calculated on the number of individual web listings and may be somewhat artificial as some sites—like high school sites—rotate to multiple venues, but are counted as one site on the web



how many helped?

6096 people attended Beyond the Blues 2010
—the highest attendance ever

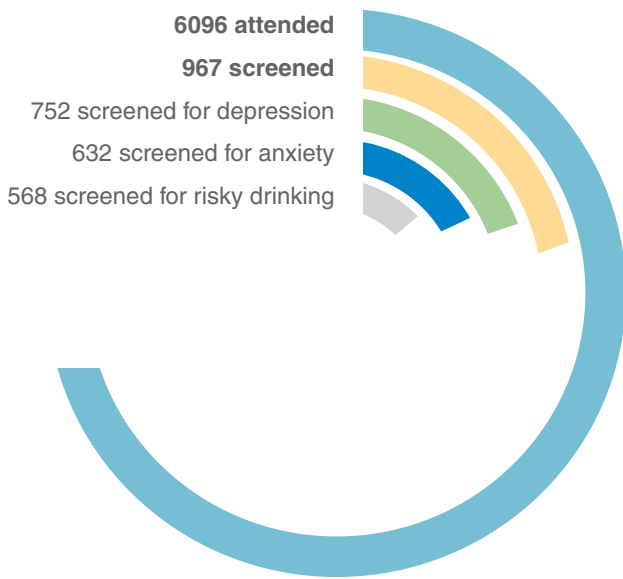


all instances where ▲ and ▼ are used in this report indicate comparisons to statistics from last year

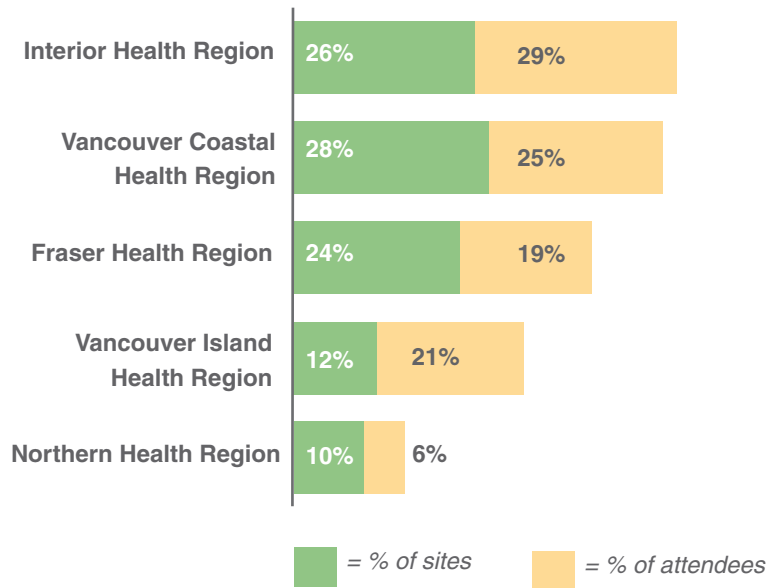


almost 1000 people were screened

- Screening numbers were up for depression (▲35%), anxiety (▲19%) and most notably for risky drinking (▲66%).
- This is the first year that most people are being screened for all three issues



health region break-down



- Average (mean) attendance was 79 people
- Median attendance was 52 people (▲30%).
(the median is a more accurate 'average' as it is not as influenced by high and low scores)



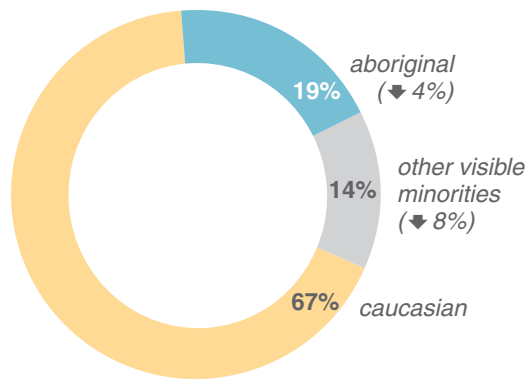
who was screened?

gender of screening participants

- 67% females
- 33% males

2 females for every male screened

ethnicities of screening participants



1 in 3 screened from a cultural minority group

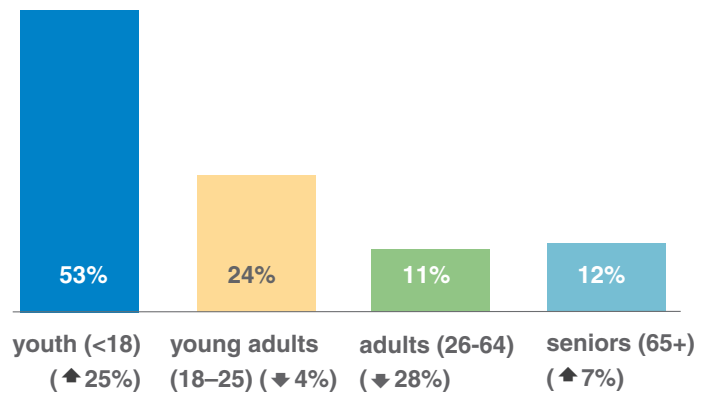
- Around 4 in 10 sites had multilingual resources and/or volunteers available



Most screens continue to be offered on paper, but **8 sites—the most ever—chose to try paperless screening** at their events, where a computer terminal walks people through the three screens but withholds their score until the debrief interview.

- » **108 people were screened this way**, from youth to seniors
- » **paperless screening was offered in Traditional Chinese for the first time** ever at a Beyond the Blues site

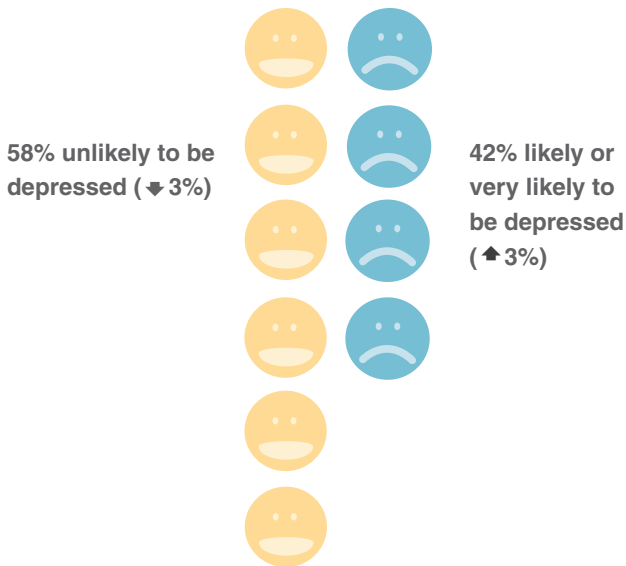
ages of screening participants



- More than double the number of youth and seniors screened over last year
- 90% of those screened are now under 25 or over 65

depression screening results

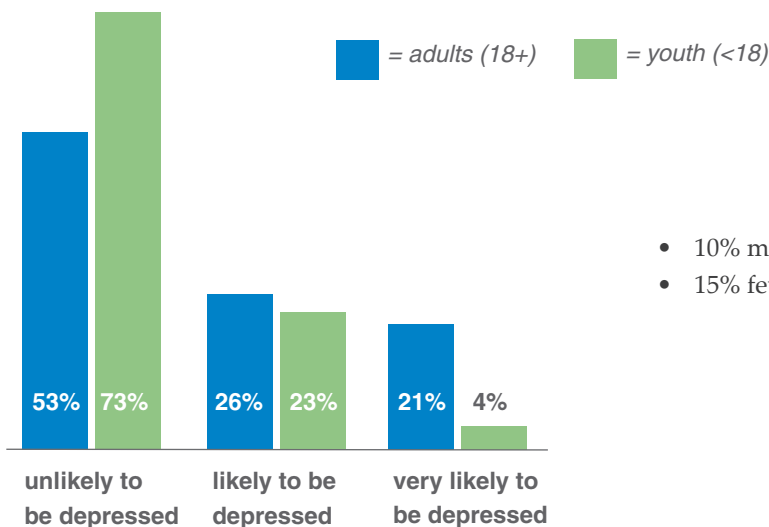
all ages



Around 4 in 10 screened showed symptoms of depression

- 26% were likely to be depressed and 16% very likely
- 16% showed signs of bipolar disorder
- 49% said they had a family history of mood disorders or alcohol abuse (↑ 9%)
- 15% thought of hurting themselves or that they would be better off dead, in the two weeks prior to the event
- 46% said their symptoms impacted their work, social and home life (↑ 9%)
- 60% had never before been treated for a mood disorder

likelihood of symptoms: youth vs adult

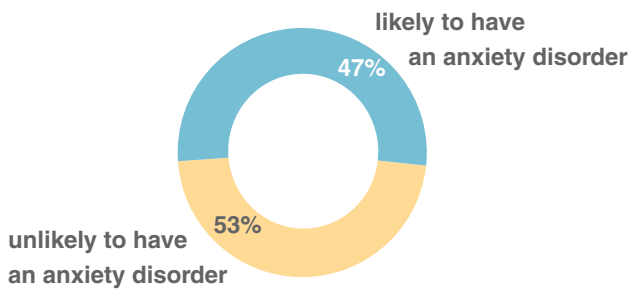


- 10% more adults showing signs of depression than last year
- 15% fewer teens showing signs of depression than last year



anxiety screening results

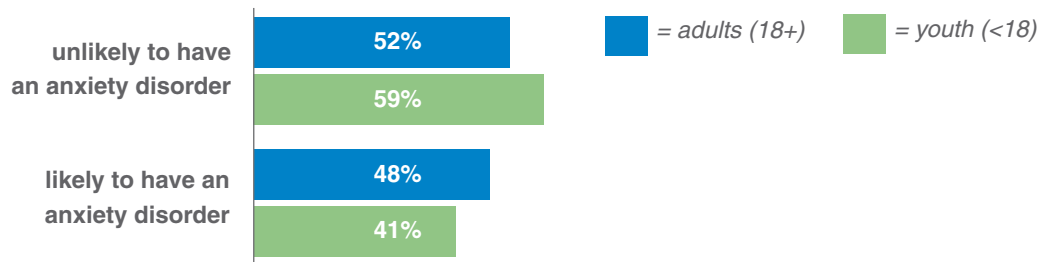
all ages



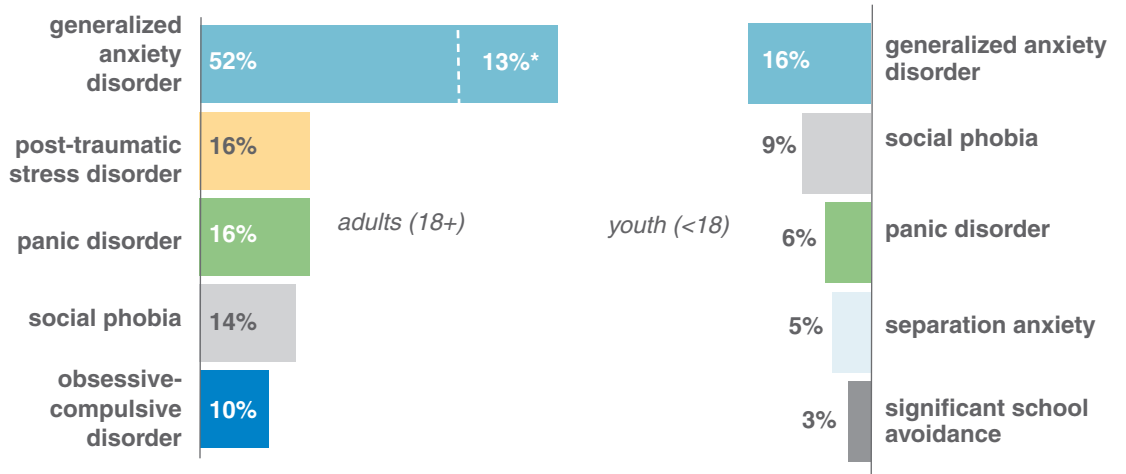
Around half of those screened showed symptoms of an anxiety disorder

- 39% said their symptoms impacted their work, social and home life
- 72% had never before been treated for an anxiety disorder

likelihood of symptoms: youth vs adult



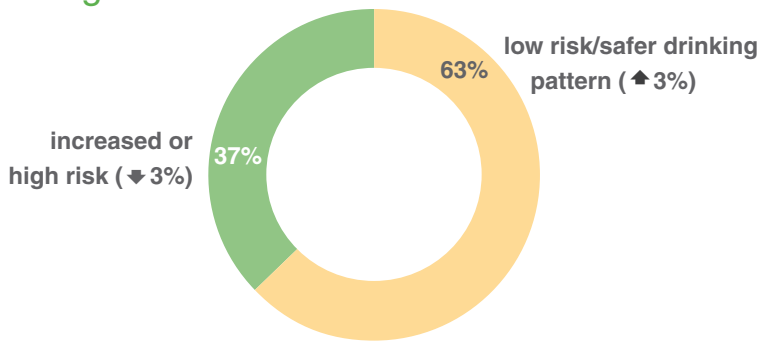
anxiety symptoms by type*



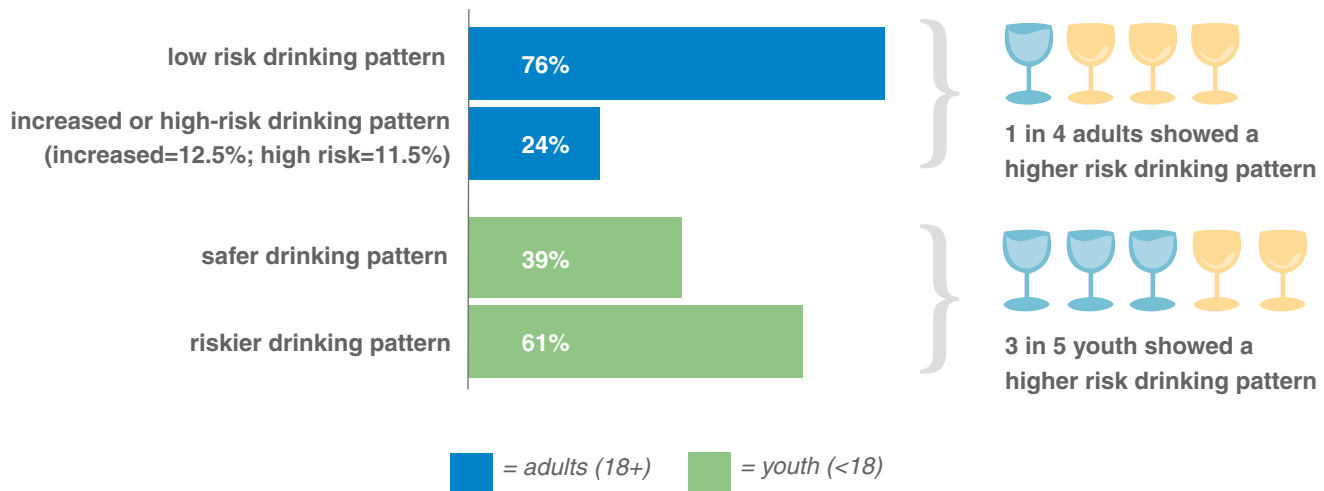
* this chart shows totals for 2 screens: the MINI which screens for five disorders and the GAD-7 which screens for one of the five. The GAD-7 was offered in 2010 for the first time to site planners as a brief alternative to the longer MINI

risky drinking screening results

all ages



drinking pattern: youth vs adult





other screenings

People who couldn't attend their local event, or didn't have one to go to, continued to have two other options to get screening and support: our free telephone screening service open for two days, and web screenings that can be done at home year-round.

phone screenings

3 people were screened over the telephone

Thank you to our generous phone screening clinician volunteers:

- Barb Belfie, Vernon
- Susan Giles, Vancouver
- JoAnn Leavey, Toronto
- Meena Makkar, Abbotsford
- Amanda Marques, Vancouver
- Paul McIssac, Powell River
- Lee McLeod, Victoria
- Tina Pernosky, Kelowna
- Patricia Smith, Saanich
- Alma Vaugeois, Surrey
- Kristiina Vuorensivu, Delta
- Tina Wang, Vancouver

online screenings

388 people completed screenings online during the September–October 2010 Beyond the Blues season

- 23% found out about the online screenings at a local Beyond the Blues event
- around 1 in 6 web screening participants were from a visible minority group

depression and anxiety scores are higher online than at community events

- depression—59% likely to have symptoms (vs. 42% at events)
- anxiety disorder—58% likely to have symptoms (vs. 47% at events)
- risky drinking—33% with higher-risk drinking patterns (vs. 37% at events)

support and promotions



164,000 free resources were sent to confirmed sites.

Educational and promotional items included brochures, fact sheets, pens, mood dots, games, cards, pads, magnets, DVDs, and posters.



just some of the resources sent to site planners

toll-free information and event-locator line—1-866-917-HOPE—

was set up again during September and October. There were fewer than 75 callers to the line

the main Beyond the Blues page was viewed 3039 times (▲ 43%) on Heretohelp.bc.ca during September and October. This increase makes sense as there were more sites this year and more sites open to anyone.

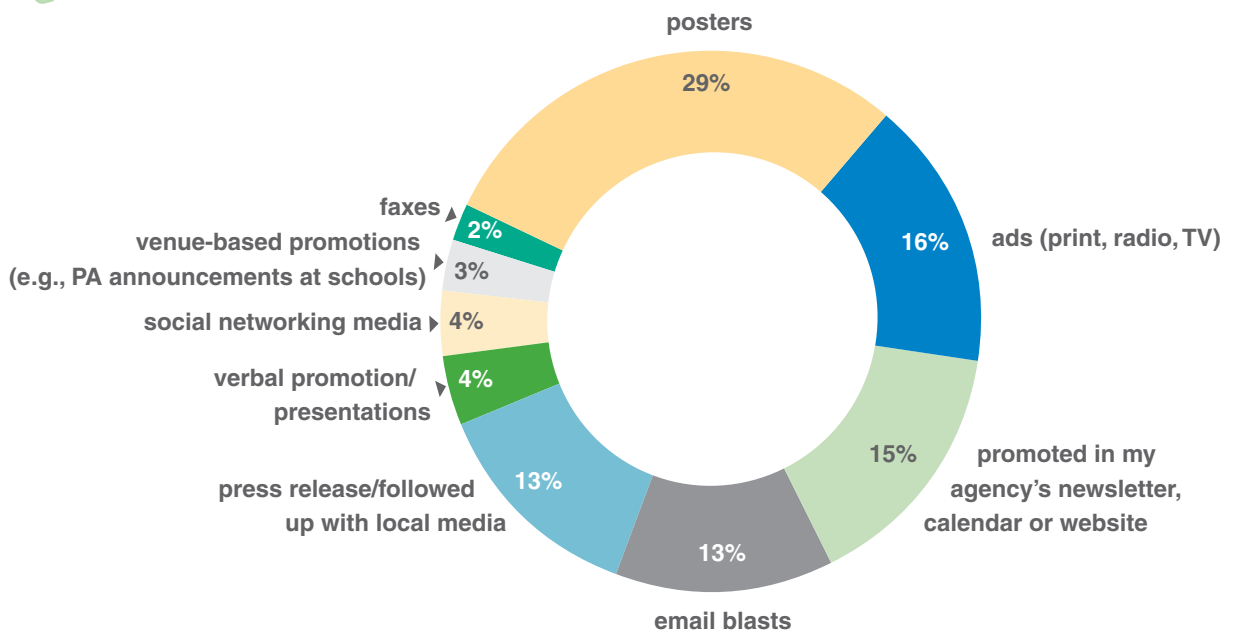
- events listings were viewed an additional 1162 times (▲ 40%)



support and promotions *(cont'd)*



how site planners said they promoted their events



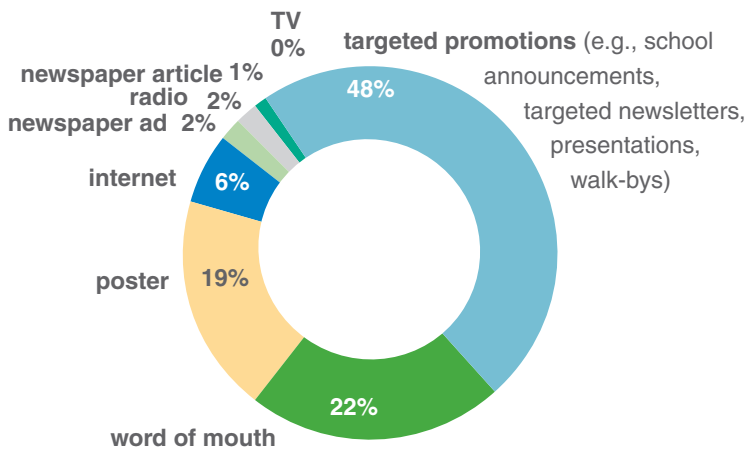
“As a pharmacist I’m accessible and it’s important to be able to gain recognition from the community as a resource, as someone they can reach out to in times of need. We had several people who had seen our posters. One person was so thankful he said, ‘Thank you for doing the clinic and making it so easy to access the information and resources that I can pass on to my brother. I will get him on to the resources immediately.’” —2010 site planner



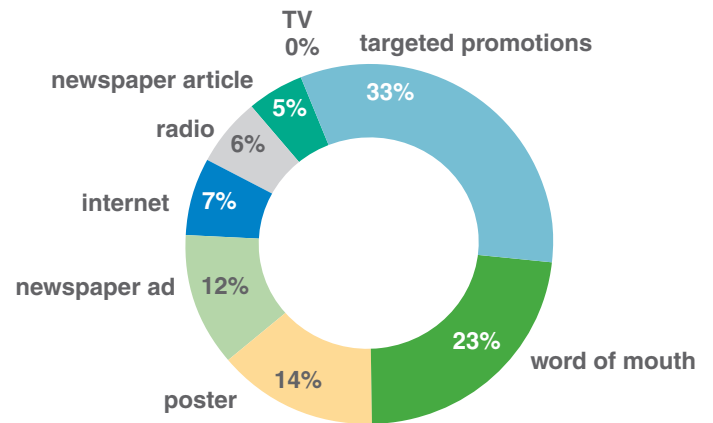
how participants said they heard about the event



sites for targeted communities/settings



sites for general audiences



- All sites relied the most on targeted promotions, word of mouth and posters
- General sites saw more benefit from newspaper ads and radio
- For the first time as an incentive and a thank you, sites offering screenings were offered a free ad in their local newspaper

some of the media that covered beyond the blues 2010



- | | |
|-----------------------------|--|
| • 100 Mile House Free Press | • Kootenay News Advertiser |
| • CBTK | • Langley Times |
| • CFX | • Maple Ridge-Pitt Meadows Times |
| • CFBV | • Nexus Newspaper (Camosun College student paper) |
| • CFJC TV | • North Shore News |
| • CIRX | • Omega (Thompson Rivers University student paper) |
| • CKIZ | • Peninsula News Review |
| • CKNW | • Richmond News |
| • CKPG TV | • Richmond Review |
| • CKRX | • Smithers Interior News |
| • Coast Reporter | • Vernon Morning Star |
| • Fort Nelson News | • Williams Lake Tribune |
| • Houston Today | |
| • Kamloops Daily News | |
| • Kelowna Daily Courier | |



quotes from site planners



general public sites

- “ One of the most beneficial aspects of this event is giving people the opportunity—and permission—to have safe discussions about mental health issues, be it their own experience or their concern for another. ”
- “ A participant’s comment was relayed to me. It went something like, ‘I’ve lived with this and kept it hidden for many years. I walked in here and music was playing and everyone is talking about mental health and mental illness and I felt like I could be myself.’ This says to me that we succeeded in creating—or at least coming close to creating—a bubble of time and space that was free from stigma and discrimination. ”
- “ People who took the screening seem to get something out of it. The required time for the whole process per person seemed about just right. The follow-up sheets seem to give people enough info (but not too much) to be able to use if they consult other clinicians. Lots of comments about how this is a good idea. ”
- “ This is always a valuable project for me as it’s an opportunity to gather community together, to act as resources and partners and to help those in need find the support they need in their community. All the presenters and displayers have been invited to take this show on the road to one of our neighbouring communities during Addictions Awareness Week—and everyone is willing—which is a great benefit of the networking possibilities that come out of events such as this. ”
- “ I find that people need direction when it comes to mental health disorders and that a lot of our participants have tried to get help but have not received any answers or solutions. This is a great stepping stone in the right direction and the fact that it is also educational helps answer some of those questions. ”
- “ Those who came specifically to talk to us and get information were enormously grateful because they didn’t know where to start in order to get help. Last year we saw a lot of postpartum depression. This year we saw a lot of adult onset anxiety, which may well be related to the difficult economy and local job losses. People wanted resources for themselves, and also for family members who didn’t ‘get’ it. Family members also came to our tables looking for information to help them ‘get it.’ ”



campus sites



Beyond the Blues is a highly valuable event. It allows us to speak openly about mental health to counter stigma and stereotypes. It allows for early identification of mental health challenges and promotes wellness.”



In many cases the results actually calm students' fears that they are depressed or anxious, as their results come up lower than expected. By using volunteers from our student council, it gets students talking to other students about mental health and wellness! ”



I have participated in this event for the past three years and have observed that we continue to improve and build capacity each year. I think the key is to have as many partners as possible. I really appreciate having provincial support providing the organization and framework for this important educational/event as it's more and more difficult to plan and implement prevention/health promotion events—and enjoy the implementing.”



I just met a woman who had talked to me last fall during the Beyond the Blues screening. After that appointment, on my recommendation, she connected with Mental Health and her doctor. She has been going for regular appointments and has worked hard on finding ways to deal with anxiety, depression and addictions. She's excited about finally pursuing her education and career goals. She was so grateful that the screening helped her recognize that she needed help and she feels like she is now on a healing journey with lots of supports. She also says she is doing a better job as a single mother now that she is getting healthier. So, sometimes we wonder whether these extra projects are worth the exhaustion, but this was a story that reminded me that we don't always know what seeds have been planted.”



Many individuals, including the volunteers, expressed their thanks at being given the opportunity to discuss mental health and, especially for our event, substance-use related issues. I think for many students, they were surprised that other students were so willing to listen to their questions concerning mental health issues in a non-judgmental and open manner. I hope, at the very least, this has helped to de-stigmatize, in some small way, mental illness for individuals.”



quotes from site planners *(cont'd)*



seniors sites

“ “ *The participants who came to the education session, and those who chose to participate in the screenings, thought the whole morning was useful, helpful, informative. The participants also felt heard and supported, knowing there are options out there. I know for a fact that one of the seniors who came to the education part made an appointment with her doctor to have a conversation with him about some of the signs she was experiencing that were pointing towards depression. She is already feeling better. ”*



aboriginal sites

“ “ *This event has provided help to some people who really needed it. Their participation in the event has led to one-on-one mental health support and an improved way of life. This event helps bridge gaps that Aboriginal people, in particular, sometimes fall through. I can't stress enough how important this is. ”*



youth sites

“ “ *The event gave us valuable tools and resources to use with our clients. It also provided an opportunity for conversations we don't always have, for building or strengthening partnerships with school staff and students, and for youth to engage and ask questions.”*

“ “ *It's very valuable to participate in Beyond the Blues screenings for teens. The earlier they understand anxiety and depression, the better off they are. They can take control and make good choices regarding their mental health.”*

“ “ *For me, it was a good way to start the conversation about anxiety and depression in the high school and let the kids know where they can come if they need help.”*

quotes from event participants

“ I appreciated the outreach. It’s reassuring to know that support is available and that my school considers the mental health of students a priority.”

“ I valued getting to talk with all the different mental health organizations in my community and learn about what services they provide.”

“ I really appreciated the friendly, non-judgemental atmosphere.”

“ The biggest lesson for me was becoming aware of my current stressors and to focus on my own personal mental health before other obligations.”

“ I valued the screening and debrief the most; it had the most impact.”

“ I really liked the mood magnet. It’s currently on my fridge, and I use it to communicate to my partner how I am feeling daily.”

“ I really appreciate you guys taking the effort to help us. Thank you!”

“ Please keep up the good work. I think more people need to be aware of this problem.”

“ It was overall a great experience.”

“ The clinician I saw after the screening was very helpful and I felt at ease discussing my current issues with her.”

top 10 successes



1. greatest number of sites ever
2. greatest number of site planners supported ever
3. greatest attendance ever at community sites and near record-breaking school outreach
4. higher average attendance at all sites
5. more people screened overall
6. huge increase in risky drinking screens
7. most of those screened from higher-risk age groups—under-25 or 65+
8. one in three screened from an aboriginal or ethnocultural group
9. almost a third of existing site planners expanded to new audiences and communities
10. new, animated video to orient potential site planners



recommendations for 2011

Based on the experiences of the provincial coordinating team and the evaluations from site planners, we plan the following changes for the 2011 season.

offer the various orientation and networking teleconferences by webconference

Site planners who prefer to use audio-only will still be able to, but people who also log in online can follow key points on screen, type questions if they find it hard to jump in, and share their faces by webcam. It also allows us the opportunity to record and archive sessions for those unable to attend. Ensure all meetings focus more on Q&As and sharing.

offer an in-person beyond the blues planning and networking workshop

We will be able to make it more sustainable by offering it as a preconference session to our annual campus summit, which in 2011 will be held in November. It will be after Beyond the Blues events are over but still close enough to the season to capture the momentum for 2012 planning. The session will be highly interactive. Honoraria would be provided to out-of-towners to help cover travel; the honoraria will be scaled, recognizing that site planners in the North, for example, spend more to travel to the Lower Mainland.

develop an orientation booklet around the mental health screening process

Most of the key points are covered in teleconferences, but this would be a reference for the future, for those who can't attend or for those who need to orient others. Distribute to all site planners.

do more outreach to site planners who don't attend any orientation teleconferences

Send a 'cheat sheet' of best practices and expectations.

build linkages when multiple sites in one community are being offered by different host agencies

When site registrations first start coming in in the early summer, share the intentions back with site planners so they can see, for example, if one city is having several sites and can better coordinate targeting and cross promotion.

design a more hopeful and wellness-based poster

There are currently three poster templates sent to sites—a generic one, a youth one, and a young adult one. All focus more on the early intervention side of the event with an I-don't-feel-like-myself message than a prevention/wellness message. Use similar designs, but experiment with different taglines or photos that inspire more hope and evaluate if they are as effective as getting participants to events.



discontinue telephone screening

When the service was launched in 2000, almost 100 people were screened by telephone. The trend has been consistently downward with the last few years seeing single digits. We will keep the phone number active and mail out information packages to those who request them. Web screening will continue year-round.

add stress balls and balloons to list of resources, and change style of pens

Pre-made stress balls as prize giveaways and balloons with a mental health message should be added to the resource list, although numbers would be more limited per site due to cost. Change the kind of pen offered, as there have been numerous comments that the current stick pens don't always work.

try to increase seniors-friendly and seniors-specific sites

Strengthen our partnership with the BC Psychogeriatric Association by promoting earlier to BCPGA members, and explore other brief mental health literacy materials written for seniors that may be easily adapted for BC.

try to increase the number of aboriginal sites

Strengthen our partnership with the BC Association of Aboriginal Friendship Centres. Explore other brief mental health literacy materials developed for Aboriginal people that may be easily adapted for BC.

circulate an adaptation of the phq-9 depression screen for aboriginal audiences

The screen is not yet fully validated as a clinical tool, but it has good emerging evidence in Australia, and may be useful as an educational and culturally-sensitive tool with minor changes. Test the tool with current Aboriginal site planners to see if it would be a useful alternative for aboriginal-specific sites in BC.

continue offering flexibility in screening tests used—but continue to encourage all screening sites to offer all three screens

In 2010, new choices were added to help site planners shorten screening times. Continue the practice. Try and reduce the number of sites choosing not to offer the risky drinking screen.

mail final report as needed to help engage key local partners

If a site planner says they are struggling to connect with key local partners, prepare a cover letter from the provincial office, co-signed by relevant provincial endorsing agencies and the site planner, and send to a local agency to encourage an initial partnership meeting.

shorten post-event statistics reporting for site planners

Reduce the number of stats queries even further, for example, not asking for results by gender.



local partnerships

One of the major strengths of the Beyond the Blues site planning process is that it provides opportunities to build relationships with a diverse group of community partners. Without these partners, the events would not be successful. Here are some of the partners our site coordinators identified. Sites are clustered according to health authority boundaries:

fraser | 19 sites

abbotsford/chilliwack (aboriginal) x2

- Sto:lo Nation Health
- Sts'ailes Health Department
- Mamele'awt Aboriginal Education Centre
- Aboriginal Health/Fraser Health
- Abbotsford School District

abbotsford (x3)

- Abbotsford Mental Health
- Abby House
- Punjabi clinicians
- Punjabi media
- Speakers

abbotsford (campus)

- University of the Fraser Valley (UFV) Counselling Dept
- UFV Student Life Department

abbotsford (youth)

- MCFD Child and Youth Mental Health
- Abbotsford Mental Health
- Abbotsford School District
- School counselors

langley

- Langley Mental Health
- Langley Mental Health Community Advisory Committee
- Township of Langley
- Stepping Stone Community Services Society
- Mocha Room

maple ridge (x4)

- Maple Ridge Mental Health
- Alouette Addictions
- Family Education and Support Centre
- Adult Mental Health Resource Centre
- Maple Ridge/Pitt Meadows Community Services

maple ridge (youth)

- MCFD Child and Youth Mental Health
- Maple Ridge School District
- Blue Wave
- Early Psychosis Intervention program, Fraser Health
- Alouette Addictions
- Child and Youth Mental Health Aboriginal Team

mission

- Mission Mental Health
- Mission Friendship Centre
- Sto:lo Nation Health

new westminster (campus)

- Douglas College Psychology Dept
- Psychology Society of Douglas College (student club)

pitt meadows (aboriginal)

- Alouette Addictions
- Katzie First Nation, Health Dept

surrey (workplace)

- City of Surrey Employee Wellness Committee
- Employee and Family Assistance Program
- ActNow BC
- Harvest Box
- Heart and Stroke Foundation
- Canadian Diabetes Association
- CMHA South Fraser Branch
- BC Transplant Society
- ICBC

surrey

- CMHA South Fraser
- Fraser Health
- BC Schizophrenia Society
- Options Community Services
- Surrey Mental Health Advisory Committee



interior | 20 sites

100 mile house

- CMHA South Cariboo Branch
- Interior Health
- MCFD Child and Youth Mental Health
- Peter Skene Ogden Secondary School
- School counselor and peer helpers
- 100 Mile Sport Shop
- Save On Foods
- 100 Mile Free Press

castlegar (campus)

- Selkirk College
- Kootenay Boundary Mental Health and Addictions

cranbrook (x2)

- Cranbrook Mental Health
- College of the Rockies (COTR)
- COTR Nursing faculty and students
- Shoppers Drug Mart
- CMHA Kootenays
- Selkirk College

grand forks (campus)

- Selkirk College
- Kootenay Boundary Mental Health and Addictions

kamloops (x2)

- CMHA Kamloops Branch
- Thompson Rivers University
- Kamloops Mental Health
- Interior Indian Friendship Society
- CFJC TV

kelowna

- CMHA Kelowna Branch
- YMCA-YWCA of the Central Okanagan
- Kelowna Mental Health

nelson (campus)

- Selkirk College
- Kootenay Boundary Mental Health and Addictions

shuswap region

(enderby, revelstoke, salmon arm, sicamous) (x6)

- CMHA Shuswap-Revelstoke
- Interior Health
- North Okanagan-Shuswap School District
- Okanagan College
- Revelstoke Recreation Centre
- Other nonprofit partners

trail (workplace)

- Trail Mental Health
- Kootenay Savings Credit Union
- Kootenay Savings, Human Resources

trail (youth)

- Trail Mental Health
- Kootenay-Columbia School District

vernon

- CMHA Vernon Branch
- BC Schizophrenia Society
- Katimavik youth volunteer program
- Okanagan Regional Library

vernon/armstrong (youth) (x2)

- CMHA Vernon Branch
- MCFD Child and Youth Mental Health
- Katimavik youth volunteer program
- Youth Alcohol and Drug Outreach
- Kalamalka Secondary School
- Pleasant Valley Secondary School
- School staff and parents

williams lake

- CMHA Cariboo/Chilcotin Branch
- Interior Health
- Thompson Rivers University

local partnerships (cont'd)

northern | 8 sites

fort nelson

- Fort Nelson Mental Health
- Donated snacks

hazelton

- Gitxsan Health Society
- Glen Vowel, Gitanmaax and Kispiox villages
- Community health nurses
- Diabetes nurse
- Tobacco reduction program
- Parent child assistance program

kitimat (youth)

- Kitimat Child Development Centre
- MCFD Child and Youth Mental Health
- LINK Workers
- Mount Elizabeth Secondary School
- Kitimat City High School
- School counselors and teachers

prince george (campus)

- University of Northern BC Wellness Centre
- CMHA Prince George Branch

prince george (campus)

- College of New Caledonia Counselling Services
- Student Services
- Student Union
- Leadership 101
- Nursing student volunteers
- University transfer student volunteers
- International Education

queen charlotte/skidegate (x2)

- Queen Charlotte Mental Health
- City Centre Grocery
- Gwaili Coop
- Queen Charlotte Islands Women's Centre

smithers

- BC Schizophrenia Society
- Smithers Mental Health
- MCFD Child and Youth Mental Health
- Alcoholics Anonymous
- Triumph Vocational
- Positive Living
- Certified hypnotherapist, holistic practitioner
- Other interactive display staffers
- Pharmasave
- Smithers Health Committee volunteers
- Experiential speakers
- Smithers Mental Health Clubhouse
- Peak radio
- Interior News
- Bulkley Browser

vancouver coastal 22 sites

bella coola

- Nuxalk Nation Health and Wellness Services
- Volunteer Suicide Response Team
- Nuxalk Addictions Services
- Aboriginal Child and Youth Mental Health
- Bella Coola Valley Health Services
- United Church Health Services Society

gibsons/sechelt (x2)

- BC Schizophrenia Society
- MCFD Child and Youth Mental Health
- Givney Pain Clinic
- Coast Reporter

north vancouver

- CMHA North and West Vancouver Branch
- John Braithwaite Community Centre
- Starbucks

north vancouver (aboriginal)

- Squamish Nation Health Department

north vancouver (campus)

- Capilano University
- North Shore News
- Blue Wave

north vancouver (postpartum)

- Family Services of the North Shore
- I Hope Family Centre

pemberton

- Sea-to-Sky Mental Health
- Pemberton Public Library

powell river

- Vancouver Island University
- Powell River Mental Health

richmond (chinese and english)

- CMHA Richmond Branch, Pathways Clubhouse
- Richmond Public Library
- Richmond Mental Health
- CHIMO Crisis Services
- Vancouver Coastal Health, Community Engagement
- City of Richmond Seniors Services
- Volunteer Richmond, Information Services
- Volunteer Richmond, Seniors Community Support Services

richmond (ismaili)

- Aga Khan Health Board
- Speaker

richmond (youth)

- Vancouver Coastal Health, Child and Adolescent Program
- Vancouver Coastal Health, Richmond Public Health
- Richmond Addiction Services Society
- Langara nursing students
- BCIT nursing students

squamish

- Sea-to-Sky Mental Health
- Squamish Public Library

squamish (aboriginal)

- Squamish Nation Health Department

vancouver

- Kelty Mental Health Resource Centre
- BC Children's Hospital
- Northern Health
- Mood Disorders Association of BC
- Lowdown Speaker's Bureau

vancouver

- Associated Clinical Consulting & Counselling Services
- Central Presbyterian Church
- Speakers
- Local volunteers

vancouver

- CMHA Vancouver-Burnaby Branch
- Vancouver Coastal Health
- CKNW

vancouver (campus)

- UBC School of Nursing
- Nursing students
- UBC Wellness Centre
- Nurse in Residence Program
- UBC Totem and Place Vanier residences

vancouver (youth) (x3)

- Vancouver Coastal Health
- Britannia Secondary School
- Genesis Alternate School
- Total Ed
- public health nurses
- school counselors
- teachers
- youth and family workers
- UBC nursing students

whistler

- Sea-to-Sky Mental Health
- Whistler Public Library

vancouver island 9 sites

campbell river

- Campbell River Mental Health
- North Island College nursing student
- District Hospital

campbell river (postpartum)

- Campbell River Mental Health
- Campbell River Family Services

campbell river (youth)

- MCFD Child and Youth Mental Health
- Carihi Secondary School
- Southgate Middle School
- Ecole Phoenix Middle School
- Timberline Secondary School
- School counsellors

port hardy (x2)

- Kwakiutl District Northern Health Centre
- Port Hardy Mental Health

sidney

- Pauqachin Band
- Local social worker

victoria (campus)

- Camosun College
- Capital Mental Health Association

victoria

- University of Victoria Counselling Services
- Mental Health Task Force
- Occupational Health and Safety
- Health Services
- Equity and Human Rights, Human Resources and Diversity Adviser
- Peer Support
- Nursing
- Music Dept
- Student Society
- Friends of Music Society
- Door prizes: UVic Bookstore, Cinecenta, IQ Bistro, Subtext, University Centre Auditorium, ZAP!, Phoenix Theatre, University Club
- 34 advocacy groups, service providers and other on/off campus groups at information fair

victoria (seniors)

- Vancouver Island Health
- Clinical resource and mental health nurses
- Yakimovich Wellness Centre
- Nursing and recreation therapy students



(2011)