

beyond the blues

education and screening days 2015

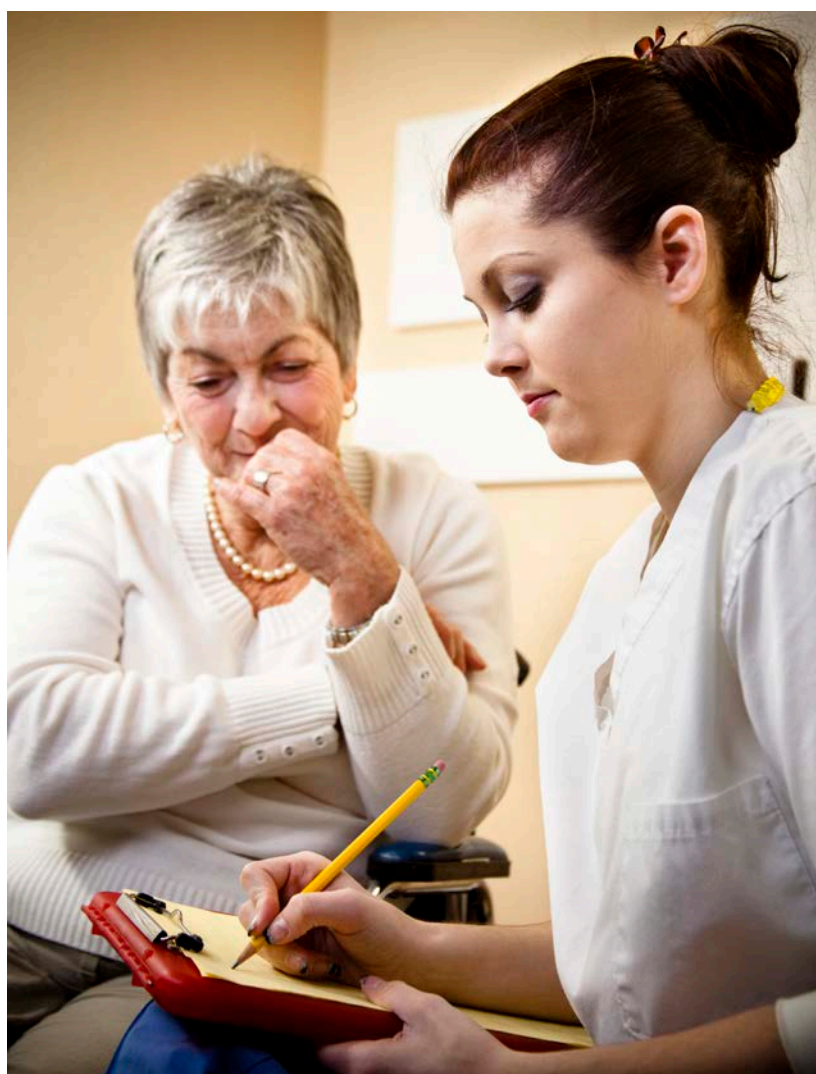


Photo: 2015 Surrey event planner



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



**University
of Victoria**

Centre for Addictions
Research of BC

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Interior Health Authority
Mood Disorders Centre (UBC)
Northern Health Authority
PeerNet BC
Vancouver Coastal Health Authority
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heretohelp

Mental health and substance use
information you can trust

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: Education and Screening Days is an annual mental health awareness campaign made up of community events held across BC. The point of the campaign is help people start conversations about mental well-being and learn more about what it looks like—from well-being factors like social support and self-esteem to problems with common issues like mood, anxiety or risky drinking. The initiative 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, risky drinking and mental well-being 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 are not and want to prevent problems. In addition to print resources and helpful personnel, 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, older adults or Aboriginal people.

Beyond the Blues is held annually every October during the first Thursday of Mental Illness Awareness Week and throughout the month of October. Some targeted screening events are allowed in November as well.

The 2015 season was the 21st anniversary of Beyond the Blues in BC.



“I appreciate participating in this project as I find it interesting to learn what people in our community need to hear, what information is most important to them, and what material I see them take away. In fact, this year with our mindfulness presentation, we had over 50 participants in a room that holds only 40 people. This made us realize what a demand there is for learning about mindfulness or at least learning ways to cope with stress.” —2015 site planner



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, focusing on support to site planners
- 2008** Paperless screening (using laptops at events to streamline administration and scoring) offered for the first time
- 2009** Review completed of the best brief screening tools to use in Beyond the Blues
- 2013** Well-being screen exploring the positive dimensions of mental health piloted with adults and youth
- 2014** Subtitle renamed to "Education and Screening Days" to reinforce the focus beyond just depression, anxiety or one day. The logo was also refreshed and materials rebranded to align with HeretoHelp.
- 2015** Two new substance use screens introduced: risky drinking screen for youth and a substance use and harms screen for youth and young adults. First-ever external evaluation completed following up with participants after their experience at events.



"Beyond the Blues was one of our most popular booths at the health fair. Even though some of the attendees had low literacy rates and their English was poor, we helped to connect them with resources they might find useful."

—2015 site planner

attendance



Over 85,000 people have been helped in 21 years of Beyond the Blues in BC

5950 people attended Beyond the Blues 2015



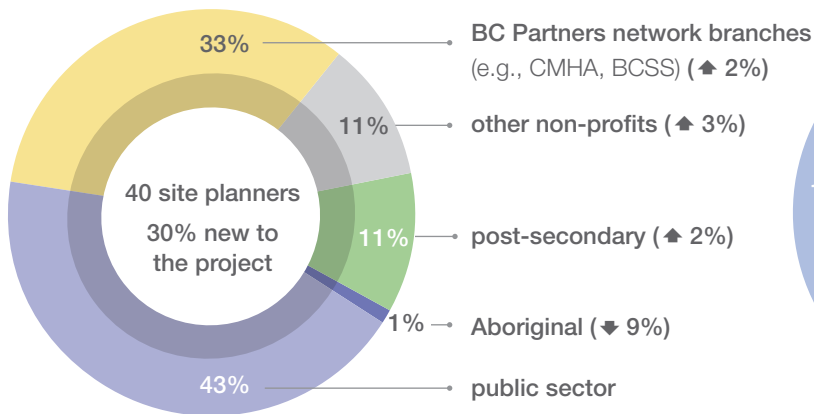
all instances where ▲ and ▼ are used in this report indicate comparisons to statistics from last year

sites

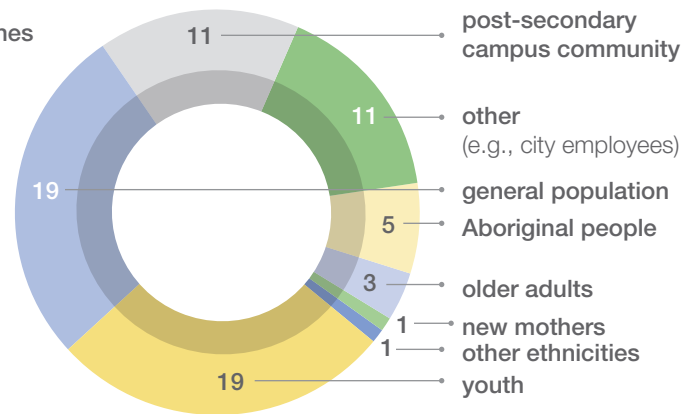


70 sites ↓13% ⇒ 28 were new, reaching new audiences or communities ↑16%

lead agencies

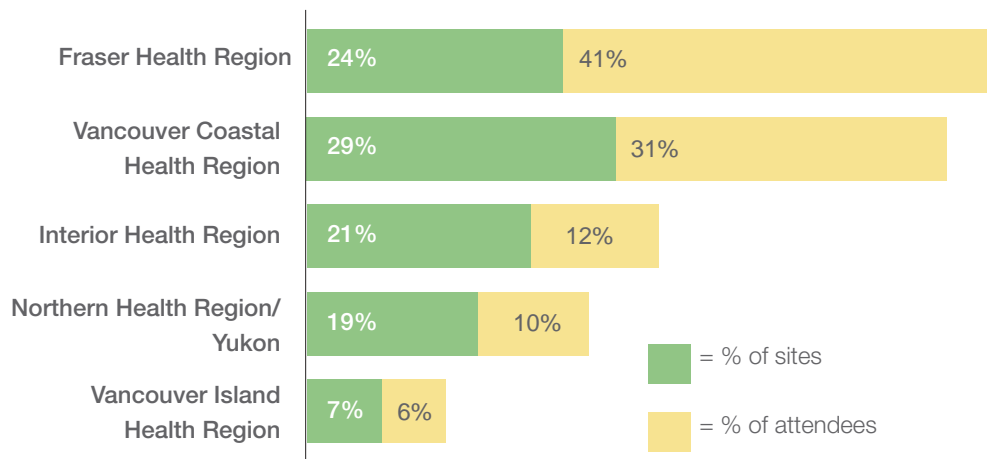


site target audiences



303 clinicians, staff and volunteers were involved across BC

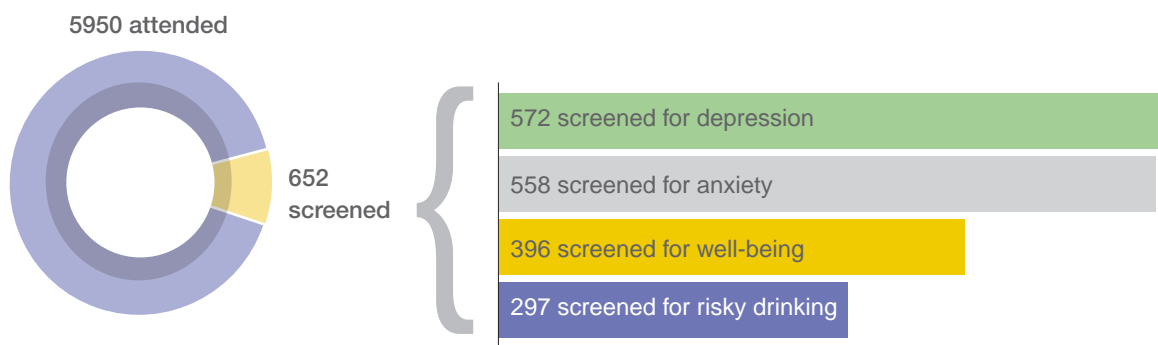
health region break-down





652 people were screened ▲ 33%
1823 screens completed ▲ 27%

- Screening numbers were up for all screens—anxiety (▲ 46%), depression (▲ 35%), well-being (▲ 16%), and risky drinking (▲ 3%)
- Depression consistently remains the most popular screen
- On average, each screening participant completes about 3 screens, which is consistent with last year



different approaches

- 36 (51%) offered screenings
- 34 (49%) offered education only
- 51 sites (▲ 18%) were targeted to specific groups while 19 sites (▼ 18%) were open to the general public

average attendance per event

- Average (mean) attendance was 86 people (▲ 18%)
- Median attendance was 44 people (▼ 4%)
 (the median is a more accurate 'average' as it is not as influenced by extreme high and low scores)



Paperless screening

Most screens continue to be offered on paper, but **14 sites** chose to try **paperless screening** at their events, where a computer terminal walks people through the four screens but withholds their score until the debrief interview.

» **133 people were screened this way,**
 from youth to older adults

local event photos



At a Beyond the Blues event in Nanaimo, learning about mental health is both informative and engaging, with games and prizes for participants.



Volunteers at a Beyond the Blues event in Surrey greet attendees with smiles and information on various mental health topics.



A wide variety of mental health information is available for people who stop by the Maple Ridge Beyond the Blues event.



Students at the Douglas College Beyond the Blues event are encouraged to talk about their self-care by taking photos with big, colourful emoji.



At Capilano University in North Vancouver, fun blue and yellow stress balls are available for participants to take home with them.



A volunteer welcomes students and staff to learn more about their mental health at the University of the Fraser Valley in Abbotsford.

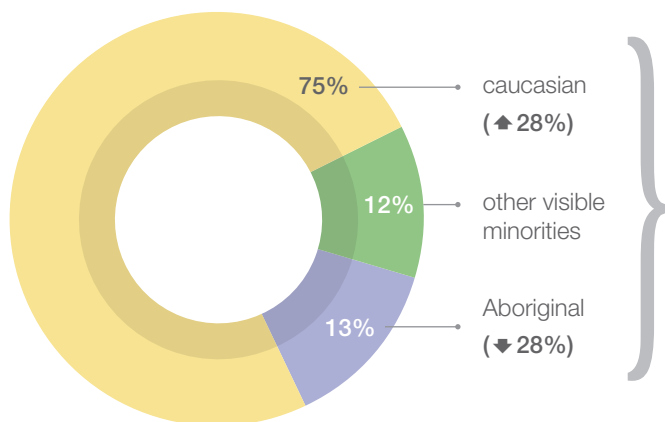
participant profile



gender of screening participants

- 70% females (▲4%)
- 29% males (▼5%)
- 1% other

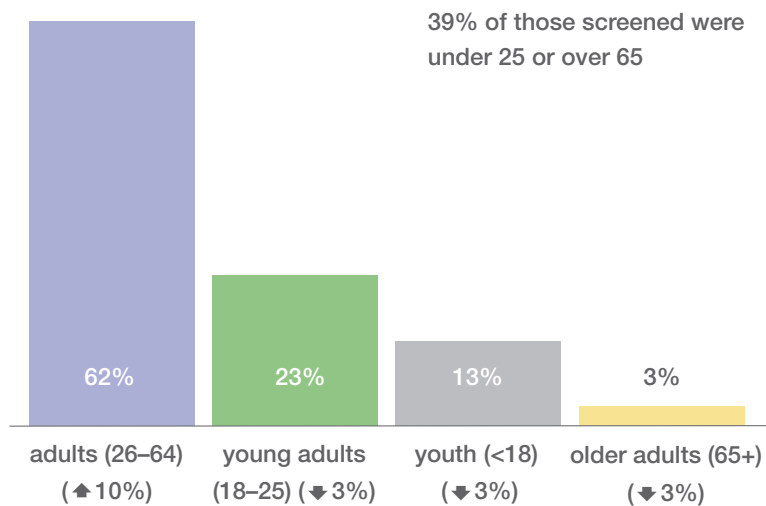
ethnicities of screening participants



approximately 1 in 4 screened identified themselves as belonging to a cultural minority group

- 4905 Aboriginal and multilingual materials were distributed by request

ages of screening participants



39% of those screened were under 25 or over 65



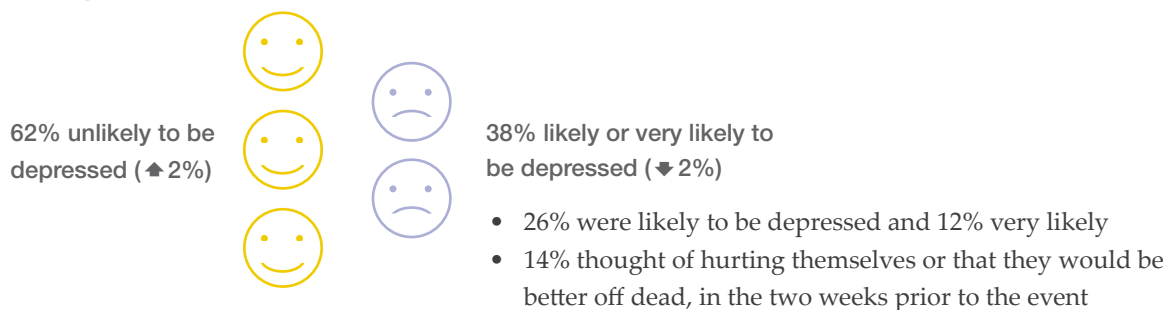
Screens currently used in Beyond the Blues

- » Adult depression: PHQ-9 + HANDS mania prescreen
- » Adult depression (postpartum): EPDS
- » Adult depression (older adults): GDS-15
- » Adult risky drinking: developed by CARBC
- » Adult anxiety: MINI or GAD-7
- » Adult mania followup: MDQ
- » Adult and youth well-being: WEMWBS or SWEMWBS
- » Youth depression and anxiety: KADS-6 + SCARED-5
- » Youth anxiety followup: SCARED-41
- » Youth risky drinking: developed by CARBC
- » Youth and young adult substance use and harms: adapted from CRAFTT by CARBC

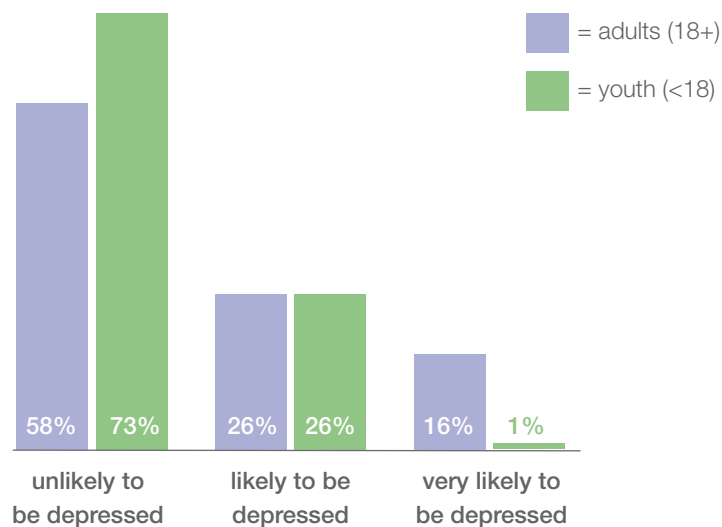
depression screening results



all ages



likelihood of symptoms: youth vs adult



- symptoms of depression in adults went up by 3%
- symptoms of depression in youth went down by 18%



Statistics noticed over previous years of the event*

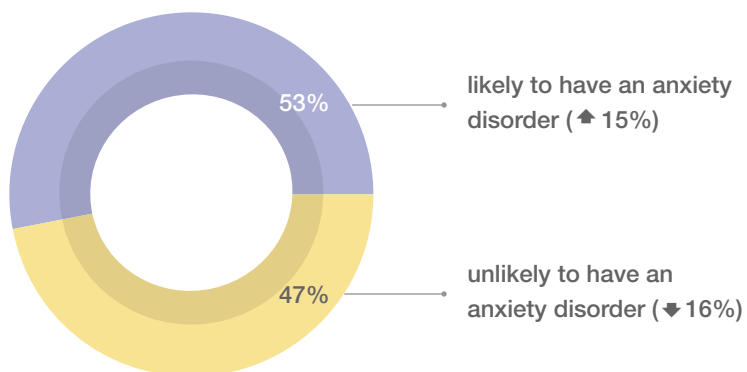
- » 11% showed signs of bipolar disorder
- » 44% said they had a family history of mood disorders or alcohol abuse
- » 37% said their symptoms impacted their work, social and home life
- » 42% had never before been treated for a mood disorder

* These are median averages measured between 2009–2012. They have been fairly consistent year to year so we have elected not to ask for them each year.

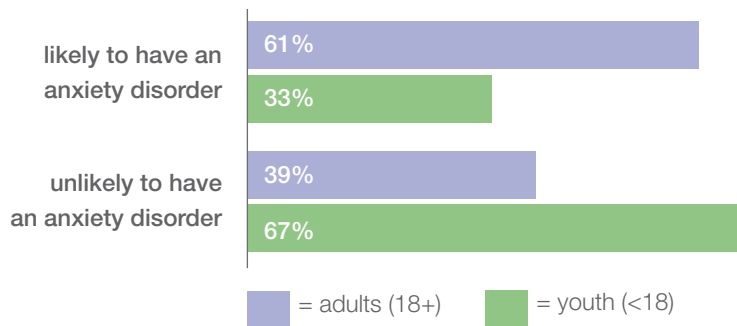
anxiety screening results



all ages



likelihood of symptoms: youth vs adult



- symptoms of anxiety in adults went up 23% from last year
- symptoms of anxiety in youth went up 2% from last year



Statistics noticed over previous years of the event*

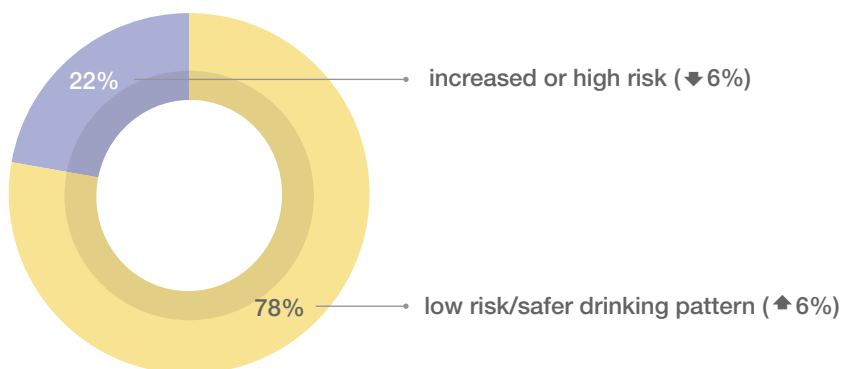
- » 37% said their symptoms impacted their work, social and home life
- » 31% indicated they had never been before been treated for an anxiety disorder
- » Prevalence of anxiety symptoms by type:
 - general anxiety disorder 30%
 - panic disorder 15%
 - post-traumatic stress disorder 14%
 - social phobia 11%
 - obsessive-compulsive disorder 8%

* These are median averages measured between 2009–2012. They have been fairly consistent year to year so we have elected not to ask for them each year.

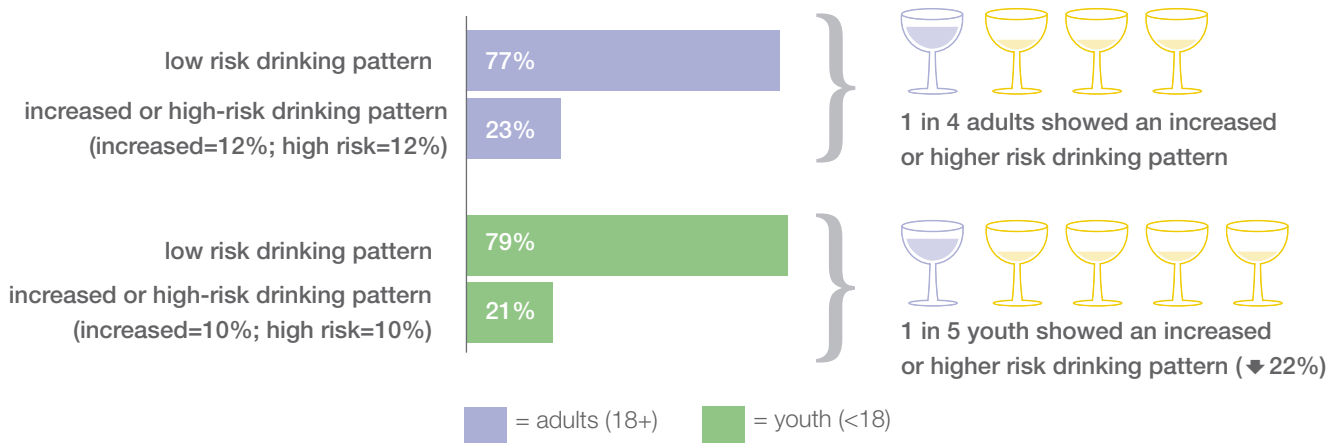
risky drinking screening results



all ages



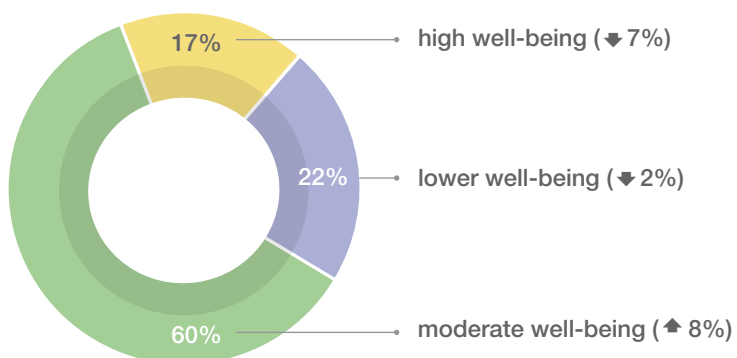
drinking pattern: youth vs adult



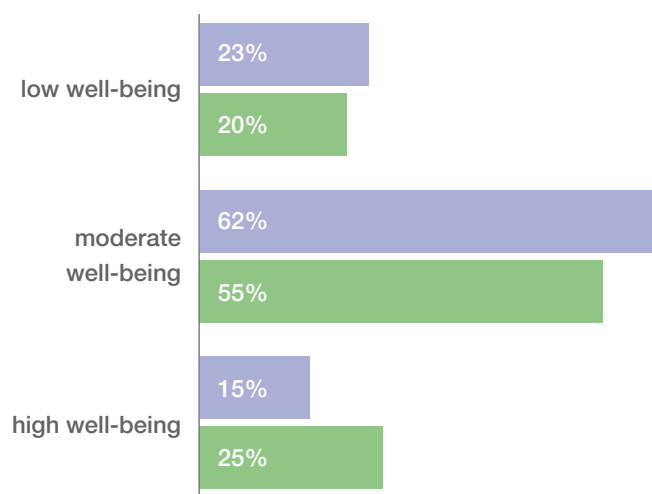
well-being screening results



all ages



well-being results: youth vs adult



3 out of 5 participants regardless of age reported moderate to high mental well-being

= adults (18+) = youth (<18)

- well-being increased 12% in youth
- well-being dropped somewhat for adults with 10% more showing moderate well-being as opposed to high well-being



online screenings

People who couldn't attend their local event, or didn't have one to go to, continued to have another option to get screening and support: our web screenings that can be done at home year-round.

online screening results

21,885 people (▲ 988%) completed screenings online during the September–November 2015 Beyond the Blues season

- 1%* found out about the online screenings at a local Beyond the Blues event
- around 1 in 3 web screening participants were from a visible minority group
- 33,797 (▲ 809%) separate screens were completed

All screening scores are higher online than at community events

- depression—87% likely to have symptoms (vs. 38% at events)
- anxiety disorder—76% likely to have symptoms (vs. 53% at events)
- well-being—81% with low well-being (vs. 22% at events)

*this figure is likely higher as word of mouth, news articles, and web referrals may be Beyond the Blues related too.



“We have held the screenings on our campus for over six years with great success. The depression, anxiety and risky drinking screens create an opportunity to have a private conversation about these concerns with students who otherwise might not know about university counselling. This year, half of the students who filled out a screen were referred to counselling and most of those students booked appointments with a counsellor that day.” —2015 site planner

support and promotions

88,552 free resources were sent to confirmed sites

Educational and promotional items (♦22%) included brochures, info sheets, pens, mood dots, games, cards, pads, magnets, DVDs, and posters. New, rack card-sized versions of several popular topics replaced the original longer documents, including the toolkit for dealing with a depression diagnosis; info sheets on mood disorders, suicide, seasonal affective disorder,

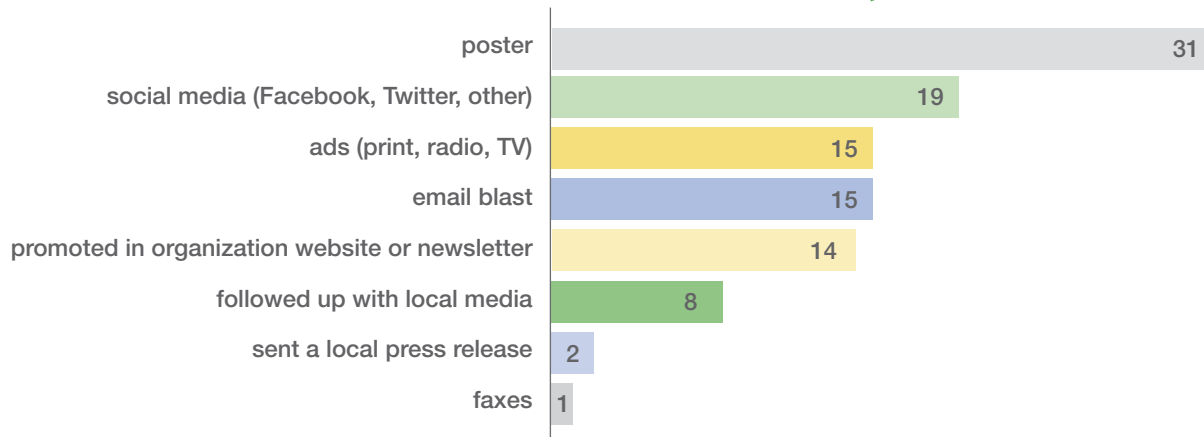
postpartum depression, older adult depression and anxiety, social anxiety disorder, OCD, and mental health and substance use in the workplace; and plainer language booklets on anger, mental illness, suicide, and tips for good mental health. Brand new educational items distributed this year included a new info sheet on body image and self-esteem; two new wellness modules on mindfulness and mental health and technology; mental health trivia cards; and a mini wellness module card on thinking traps. We also distributed prize wheel spinners with game ideas on our private extranet. The winning game entries earned their site planner a large, table-top prize wheel.



website

The main Beyond the Blues page at www.heretohelp.bc.ca/beyond-the-blues was viewed 2,110 times (▲128%) throughout September, October and November. Event listings were viewed 568 times (▲149%). As well, the main home page at www.heretohelp.bc.ca, which is the URL promoted in Beyond the Blues ads and posters, saw 11% more visits over last year.

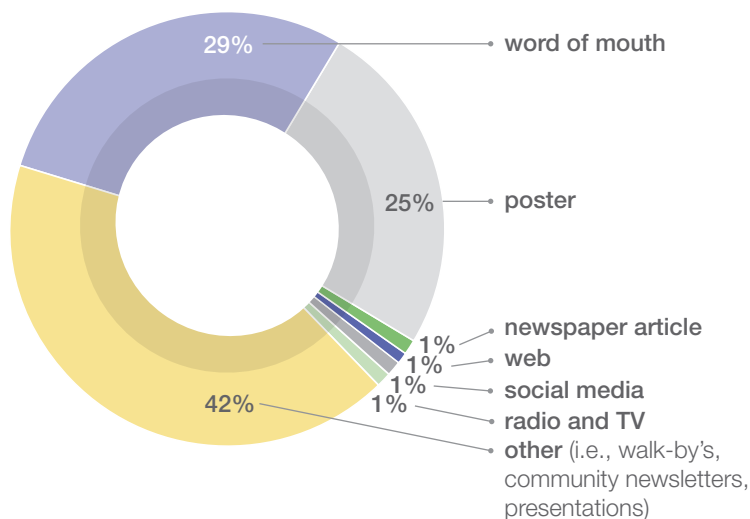
how site planners said they promoted their events



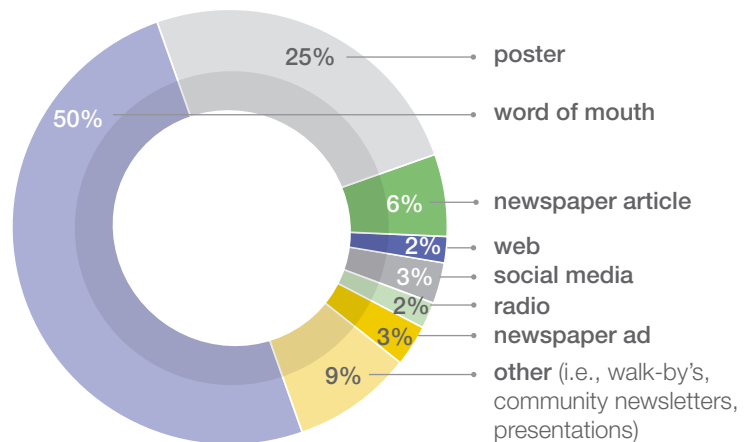


how participants* said they heard about the event

sites for targeted communities/settings



sites for general audiences



* these statistics are gleaned only from screening participants and may not represent how participants who don't do screenings or who attend education-only sites hear about events



some of the media that covered beyond the blues 2015

- All sites relied the most on targeted promotions, word of mouth and posters
- General sites saw more benefit from word of mouth, websites and mainstream media
- For the fifth time as an incentive and a thank you, sites offering screenings were offered a free ad in their local newspaper
- The event was also promoted in online ads on the Vancouver Sun and Province websites, as well as Black Press community newspaper websites; ad clicks were well-above the industry norm

- 100 Mile House Free Press
- Capilano Courier (Capilano University, North Vancouver)
- CHWF-FM (Nanaimo)
- CISQ-FM (Whistler)
- Delta Optimist
- Nanaimo News Bulletin
- Richmond News
- Surrey 604 Blog
- Surrey Now
- The Cascade (University of the Fraser Valley)
- Vancity Buzz (Greater Vancouver)
- Williams Lake Tribune

testimonials



from general-public site planners

“ I like Beyond the Blues because it opens up discussion and thoughts around mental health. The debriefing interviews have proven to be effective in encouraging participants to seek help if and when they need it. ”

“ Beyond the Blues is a great way to start a conversation about mental health. ”

“ Beyond the Blues gives me the opportunity to create events that raise awareness of mental health as well as giving support to community members living with mental illness in a non-judgmental, fun way. ”

“ It is important to normalize mental illness in the community, as well as educate the public, not only to decrease stigma and shame, but also to provide inspiration and support. ”

“ We also provide counselling, so it was a great way to do outreach and education as well as be able to provide intervention services. ”

“ One clinician reported to me that she was able to debrief and ensure follow up for a participant who expressed suicidal ideations. I brought these screens to an adult mental health peer support group and it was encouraging for the participants to see how far they've come in dealing with their mental illnesses. ”

from youth site planners

“ I always see Beyond the Blues as a great way to connect with youth to normalize mental health and hopefully reduce stigma and barriers to getting help. ”

“ I believe participating in Beyond the Blues is important because it promotes awareness and acceptance of mental health issues and allows people to look at mental health concerns in a non-threatening way. ”

“ It's really nice to see the school counsellors connecting with the local community counsellors for this event. I hope Beyond the Blues helps to bridge the silos between youth mental health services. It also serves to open up awareness and discussion around mental health/illnesses and how to help oneself and/or a friend. ”

“ By creating awareness of mental well-being and mental illness, we can begin to reduce stigma and encourage our youth to speak out and share their stories. Knowing there is help available can truly save lives. ”

“ Participating in this project is valuable because it is a means of getting mental health information out to youth, breaking barriers to services, and helping to end the stigma of mental illness. ”

“ Playing stress bingo, students were openly sharing their stressors and their coping strategies. ”

“ A 15 year-old participant stated, “I know what this is about. I live it. I have depression.” I thanked him for sharing with me. I asked him if he knew about treatments for depression and he told me what he knew. I supplied a few other things and he nodded. I asked him if he wanted to fill out an exit survey and he stated he needed to get back to class. I invited him to come back later and he said he would see. This young fellow found a safe place to tell someone about his mental health struggles. I hope this was liberating for him, that he found some comfort being able to talk about mental health and that he will continue to talk and not feel so isolated. ”

testimonials



from aboriginal site planners

- “I believe that the information and support we provide is priceless.”
- “I thought I was crazy or there’s something wrong with me,” shared by a client after an anxiety screen and a conversation normalizing their response to situational stressors.”



from older-adult site planners

- “We enjoy meeting the people who attend the events. Our purpose is to reduce stigma and improve knowledge and acceptance. We believe we are accomplishing this. We have noticed, over the years, that people aren’t as cautious about talking and asking questions about mental health resources, so this is success.”
- “One participant told us, “I came to the screening today as a check-up, as I have been working hard on my mental wellness, and now I have it in writing that I am on the road to recovery.””



from campus site planners

- “Participating in this project is very valuable for a number of reasons: students are becoming more aware of information related to mental health and well-being as well as the supports within the college and the community. This year, we were able to connect with quite a number of the international students and helped them identify a few concerns and offer support to them.”
- “This project is so vital in creating awareness around mental health in the student population. It also provides a great opportunity for students to meet counsellors in a casual setting and to learn about services that we provide for them to access all year round.”
- “Every year during Beyond the Blues, counsellors meet with students who did not know about counselling services or did not know how to connect with us. Several appointments are made by students to see a counsellor during this event. This event also raises the profile of counselling services at the college with the community at large and to the administrators. Every year, students seem to have an easier time talking openly about their struggles with mental health issues and, while there may be a generational shift happening in terms of how easy it is to disclose a mental health concern, I believe that some of that ease has come about due to public education.”
- “One participant scored very high on the well-being score. However, during the debrief, this participant ended up disclosing a traumatic event that occurred at the age of 14 and which is still affecting their life in their twenties. This was the first time they spoke to someone about what had happened. Our clinician was able to connect the person to the supports they needed.”
- “One participant talked about her anxiety with doing the screenings and then sitting down and reviewing her results. She had noted a past experience with therapy that had been very off-putting and was very open to hearing how important it was to find a therapist that she connected with and the previous experience was not something that needed to be viewed as a failure of hers.”

top successes



- First-ever external evaluation undertaken following up with participants after their experience to find what difference, if any, Beyond the Blues events had for them (please see companion highlights report of the evaluation)
- Community site attendance as high as ever, despite 10 fewer sites
- Median attendance was fairly stable at 40-50 people per event but an increase in sites that saw more than 200 people and the second year in a row of an event that saw more than 1000 people attend
- A major increase in high school attendance (somewhat expected given the job action last year)
- Despite fewer sites, and therefore fewer screening locations, the number of people screened was up by a third
- Significant drop in youth indicating a higher-risk drinking pattern and a notable boost in youth mental well-being scores
- Nearly half of screens completed by those in higher-risk and/or harder-to-reach age groups (under 25, over 65)
- Still a majority of those screened for depression, risky drinking and well-being scoring in low-risk categories. (This was also true for anxiety in youth, but not in adults)
- Two new substance use screens introduced: risky drinking screen for youth and a substance use and harms screen for youth and young adults that can be used for alcohol and other drugs
- Highest number screened via paperless screening than ever before
- A 10-fold increase in online screenings
- Growth in new sites reaching new communities or audiences, including a substantial increase in sites in the North
- An increase in the reported effectiveness of the poster in attracting people to the event
- More than double the number of visits to the Beyond the Blues website
- New health literacy materials received favourably by site planners including additional info cards summarizing longer resources, new trivia cards, and new resources on body image, mindfulness, technology, thinking traps, and depression in older adults
- Encore of the prize wheel game contest a success with two game ideas uploaded to the extranet, earning the winner a prize wheel
- Visits to private extranet for site planners quadrupled
- 97% of site planners saying that based on feedback they received, they felt participants would have rated their experience at their event as 'good' (68%) or 'excellent' (29%)
- 97% of site planners would recommend participating in Beyond the Blues to a colleague
- 100% of site planners saying that overall, the support they received from Beyond the Blues headquarters helped give them the tools they needed to run successful Beyond the Blues events
- 9 out of 10 site planners saying if the centralized support never existed, they would not have held an event at all or of the same scale or success

recommendations for 2016



Resources

- Layout and print updated aboriginal brochures
- Post updated youth and young adult info sheets online and layout and print shorter info-card versions for Beyond the Blues 2016
- Based on votes by site planners, develop and distribute two additional info cards: one on cannabis and mental health, one on nutrition and mental health
- Transform several of the popular Wellness Modules into smaller info cards to reduce paper and reading at events (all info cards feature a link to the full resource online); like the new 'thinking traps' card, they would focus on one key skill or self-test featured in each module
- Add at least two new engagement resources this season. Examples include a game that includes a physical activity, a game using emojis, mental health colouring books, youth-specific spinning wheel games, more trivia cards, or fun buttons for young people's backpacks

Promotions

- Profile some of the video clips in 2014's 'best of youtube' guide to short mental health educational videos in our regular email updates and show how they can be shared via social media to promote Beyond the Blues
- Given more people are learning about the event online, create and share sample social media posts and infographics with site planners
- Show media release as coming from CMHA BC in addition to HeretoHelp to increase recognition and legitimacy by media
- Promote Beyond the Blues through targeted Facebook ads across BC

Logistics and engagement

- Work through Beyond the Blues shipment process with new warehouse/order-fulfillment vendor
- Ship packages of materials to sites only after specific event details submitted
- Conduct another phase of the 2015 external evaluation to increase responses and site participation especially for education-only events; help education-only sites provide small food incentives to participants on completion as participation was very high at sites that did this
- Add another historic question back into the site planner evaluation for just one year such as symptoms of mania, employment status, family history or treatment history
- To better accommodate school planning schedules, allow school sites (including campuses) to continue hosting events into February (i.e., beyond the typical Oct-Nov timeframe); this option would only be available for schools and campuses and if they register in the preceding summer. If demand exceeds capacity, priority will go to events offering screening
- To make up for waning teleconference attendance, share more tips and case studies directly within email updates and via a new list of 'mentors' who agree to be available to be approached by new site planners with questions
- Market Beyond the Blues at Healthy Minds Healthy Campuses Summit and BC School Counsellors Association conference
- Create a Beyond the Blues promotional business card to hand out at BC Partners provincial displays to service providers

status of 2014 recommendations



- ✓ Conducted an external evaluation of Beyond the Blues and provided incentives to site planners and attendees to participate
- ✓ Revised the how-did-you-learn-about-the-event question on the screening forms
- ✓ Added a historic question back into the site planner evaluation
- ✓ Developed three new info sheets on the most-requested topics
- ✓ Updated tailored info sheets for youth and for young adults
- ✓ Developed additional eight info-cards to replace longer printed fact sheets
- ✓ Offered healthy thinking rack card
- ✓ Developed a set of mental health and substance use trivia cards
- ✓ Provided a new cardboard game spinner to all site planners
- ✓ Repeated prize wheel game-development contest for remaining deluxe prize wheel
- ✓ Found new, more reliable vendor for stress bingo games
- ✓ Overhauled the press release to be a “10 tips” release
- ✓ Added an email-me-my-results option to the online screenings
- ✓ Added “Other” to the gender option on the online and paperless screens
- ✓ Added scoring for males to the postpartum screen on paper and online



“This project is valuable because it promotes awareness of mental health issues and promotes a culture of wellness on our campus. It also brought together staff and student volunteers from different departments to work on promoting a healthy college environment.” —2015 site planner

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 | 17 sites

Abbotsford (postpartum)

- Fraser Health
- Abbotsford Health Unit

Abbotsford (campus)

- University of the Fraser Valley (UFV)
- UFV Student Services
- UFV Counselling
- UFV Student Life
- UFV Student Union Society
- UFV Mental Health Awareness Club
- UFV TV
- UFV Marketing & Communications
- myUFV
- UFV Event Calendar
- UFV E-news
- UFV School of Social Work and Human Services
- UFV Psychology
- UFV Child, Youth and Family Studies
- UFV Student Psychology Association
- UFV International
- UFV Residence
- UFV Athletics
- Sodexo

Burnaby

- Ismaili Council for BC
- Simon Fraser University (SFU)
- SFU Ismaili Students Association

Chilliwack

- MCFD Child and Youth Mental Health
- Central Elementary Community School

Chilliwack (Aboriginal x2)

- MCFD Child and Youth Mental Health
- Skway First Nation

Delta

- CMHA Vancouver-Fraser

Delta (seniors)

- Stepping Stone Community Services Society
- Langley Senior Resources Society
- Fraser Health
- Langley Community Mental Health Advisory Committee
- Divisions of Family Practice —Langley Division

Maple Ridge x3

- City of Maple Ridge
- City of Maple Ridge Human Resources

Mission

- Fraser Health
- Mission CONNECT
- Mission Outreach Network

Mission (Aboriginal)

- Fraser Health
- Mission Friendship Centre Society

New Westminster

- Douglas College

Surrey x3

- Moving Forward Family Services
- Divisions of Family Practice —Surrey-North Delta Division
- Fraser Health
- CMHA Vancouver-Fraser
- Allcare Medical Centre
- City Centre Library
- Canadian Diabetes Association
- Heart & Stroke Foundation
- BC Responsible & Problem Gambling Program
- NaMaSTe-Diabetes
- Intercultural Online Health Network
- City of Surrey
- Strength in Unity
- Change Day BC
- Simon Fraser University (SFU) Biomedical Physiology and Kinesiology
- SFU Faculty of Health Sciences
- Walk BC
- Active for Life
- HealthLink BC
- Patient Voices Network | Patients as Partners

interior | 14 sites

100 Mile House (youth x3)

- CMHA South Cariboo Chilcotin
- Interior Health
- MCFD Child and Youth Mental Health
- Peter Skene Ogden Secondary School
- Martin Exeter Hall
- Cariboo Family Enrichment Centre
- 100 Mile House RCMP Victim Services
- Canlan Ice Sports South Cariboo Recreation Centre
- The Pizza Man
- Dairy Queen
- Tim Hortons
- Save-On-Foods
- A&W
- Canadian 2 for 1 Pizza
- Higher Grounds Natural Foods
- Nuthatch Books
- The Chartreuse Moose Cappuccino Bar & Bistro
- Donex Pharmacy
- JJ's Home Inspirations
- Borgos' Sport Shack
- Safeway
- Pharmasave
- The Bicycle Tree

Castlegar

- Selkirk College Castlegar Campus
- Interior Health

Enderby

- CMHA Shuswap-Revelstoke
- Enderby and District Community Resource Centre
- M.V. Beattie Elementary School
- Public health nurse
- Early childhood coordinator

Grand Forks

- Selkirk College Grand Forks Learning Centre
- Interior Health

Nelson

- Selkirk College, Silver King Campus
- Selkirk College nursing students

Penticton

- BC Schizophrenia Society
- Okanagan College
- Okanagan College Student Union

Rossland

- Interior Health
- Alpine Drug Mart

Rossland (youth)

- Interior Health
- Seven Summits High School

Salmon Arm

- CMHA Shuswap-Revelstoke
- Okanagan College, Salmon Arm Campus

Sicamous

- CMHA Shuswap-Revelstoke
- Sicamous and District Recreation Centre
- Public health nurse
- Early childhood coordinator

Vernon (Aboriginal)

- CMHA Vernon
- Interior Health
- Okanagan Indian Band

Vernon (seniors)

- CMHA Vernon
- Interior Health
- Schubert Centre

Williams Lake

- CMHA South Cariboo Chilcotin
- Lake City Secondary School
- Thompsons Rivers University counsellors and staff
- Victim Services
- Boys and Girls Club of Williams Lake & District
- BC Schizophrenia Society
- MCFD Child and Youth Mental Health

northern | 11 sites

Burns Lake x2

- BC Schizophrenia Society
- Muriel Mould Neighbourhood Learning Centre
- Northern Health
- Omineca Lakes District Mental Health & Addictions Advisory Committee
- Carrier Sekani Family Services
- Lakes District Community Services Society

Burns Lake (youth)

- BC Schizophrenia Society
- Lakes District Secondary School
- MCFD Child and Youth Mental Health
- School District No. 91

Grassy Plains

- BC Schizophrenia Society
- Cheslatta Carrier Nation
- Northern Health

Kitimat x2

- Kitimat Child Development Centre
- MCFD Child and Youth Mental Health
- Kitimat City High School
- Mount Elizabeth Secondary School
- Coast Mountains School District

Prince George

- CMHA Prince George
- University of Northern BC (UNBC)
- UNBC First Nations Centre
- UNBC Wellness Centre
- UNBC Community Care Centre

Prince Rupert

- Northern Health
- Rupert Square Mall
- Legal Aid BC
- Problem Gambling Services

Quesnel x2

- BC Schizophrenia Society
- West Park Mall

Vanderhoof

- BC Schizophrenia Society
- Nechako Valley Secondary School
- Omineca Lakes District Mental Health & Addictions Advisory Committee
- Nechako Valley Community Services Society
- Carrier Sekani Family Services

coastal | 20 sites

North Vancouver

- Capilano University
- Capilano University Counselling & Learning Support

Richmond

- Richmond Pathways Clubhouse
- Vancouver Coastal Health
- Richmond Public Library
- Strength in Unity
- Dr. Alexander Leung

Richmond (youth)

- Vancouver Coastal Health
- Richmond Pathways Clubhouse
- H.J. Cambie Secondary School
- Richmond Addiction Services Society

- Richmond School District
- Richmond Public Health

Richmond (employees)

- WorkSafeBC

Squamish

- Vancouver Coastal Health
- Starbucks Canada
- Bentall Kennedy

Vancouver

- Kelty Mental Health Resource Centre, BC Children's Hospital
- Provincial Youth Concurrent Disorders Program
- Vancouver Coastal Health

Vancouver (Ismaili Community)

- Ismaili Council for BC
- University of British Columbia (UBC)
- UBC Ismaili Students Association

Vancouver (youth x7)

- Vancouver Coastal Health
- Sir Charles Tupper Secondary School
- South Community Health Centre
- David Thompson Secondary School
- Sir Winston Churchill Secondary School
- Templeton Secondary School
- Britannia Secondary School
- Notre Dame Regional Secondary School
- Nuthatch Books
- Self-Management BC

Vancouver (campus x2)

- Douglas College
- Vancouver Community College (VCC)
- VCC Learning Centre
- VCC Counselling
- VCC Students' Union

- VCC Library
- VCC Positive Space
- Therapy Dog Program—St. John Ambulance
- Mood Disorders Association of BC

Vancouver (employees x3)

- For My Health!
- City of Vancouver

Whistler

- Vancouver Coastal Health
- Whistler Conference Centre
- Whistler Community Services Society

island | 5 sites

Campbell River x2

- Vancouver Island Health
- Campbell River Hospital
- Vancouver Island Regional Library

Nanaimo

- CMHA Mid-Island
- Island Health
- Beban Park Social Centre

Nanaimo (youth)

- CMHA Mid-Island
- Island Health
- MCFD Child and Youth Mental Health
- Nanaimo District Secondary School

Nanaimo (seniors)

- CMHA Mid-Island
- Island Health
- Lakeside Gardens

yukon | 2 sites

Whitehorse

- Yukon Mental Health Services
- Canada Games Centre

Whitehorse (campus)

- Yukon College
- Mental Health Association of Yukon
- Mental Health Services—Yukon Health & Social Services



(2016)