



**OUTWARD BOUND
CANADA**

The Tidal Wave:

Running Accessible, Risk-Aware Programs in a World of Rising Mental Health Needs

Jill Zeppa
Outward Bound Canada

Global mental health issues on the rise

Fred Schwaller
10/10/2022

Across the world, people need mental health support now more than ever. Global initiatives are starting to make a difference. But is it enough? Health Day, DW takes a look.

Mental Health Issues On the Rise Among Adolescents, Young Adults

Mar 19, 2019
Jaime Rosenberg



'It's Life or Death': The Mental Health Crisis Among U.S. Teens

Depression, self-harm and suicide are rising among American adolescents. For one 13-year-old, the despair was too much to take.

Outdoor education has psychological, cognitive and physical health benefits for children

Published: July 18, 2022 9:56am EDT

Social media is driving teen mental health crisis, surgeon general warns

Advisory calls attention to growing concerns about the link between social media and depression and anxiety in children and adolescents.

Canadian teens still struggling with mental health even as pandemic wanes



Researcher says latest findings are 'alarming' and more support is needed



Alison Northcott · CBC News · Posted: Feb 26, 2023 4:00 AM EST | Last Updated: February 26



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Programs in a World of
Rising Mental Health Needs

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Outward Bound Canada



**OUTWARD BOUND
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Jill Zeppa



Paddler, Camper, Chef, Runner,
Cycler, Volunteer, Mentor and Mom.

Outdoor & Experiential Educator for
two decades.

Deeply interested in child
development, youth work, impacts of
pediatric experiences and the natural
work which supports development
and human experiences.

Director of Admissions - Outward
Bound Canada.

Say Hello!

Your Work & Role

WRMC Takeaways





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Overview

1. Review your program design

1. Assess your toolkit

1. Audit your admissions process



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Design





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Join at menti.com use code **8274 7504**

 Mentimeter

What mental health conditions/situations are you seeing affect your programs?

Waiting for responses ...



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menti.com

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Design

The Outward Bound Way



- Staff
- Participants
- Support

- Application
- Outcome
- Debrief

- Program
- Other
- Support
/Resources



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People, Places & Process!

What resources are currently in place to support the mental health of your participants? Of your staff?

How are you designing aspects of your program to align with the needs of your participants?





Design

People

- Staff
- Participants
- Support People

Process

- Program Model
- Application of model
- Desired outcome/Program goals
- Debrief, Feedback

Places

- Program Location(s)
- Other Location(s)
- Support/Resource Location(s)



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Tools

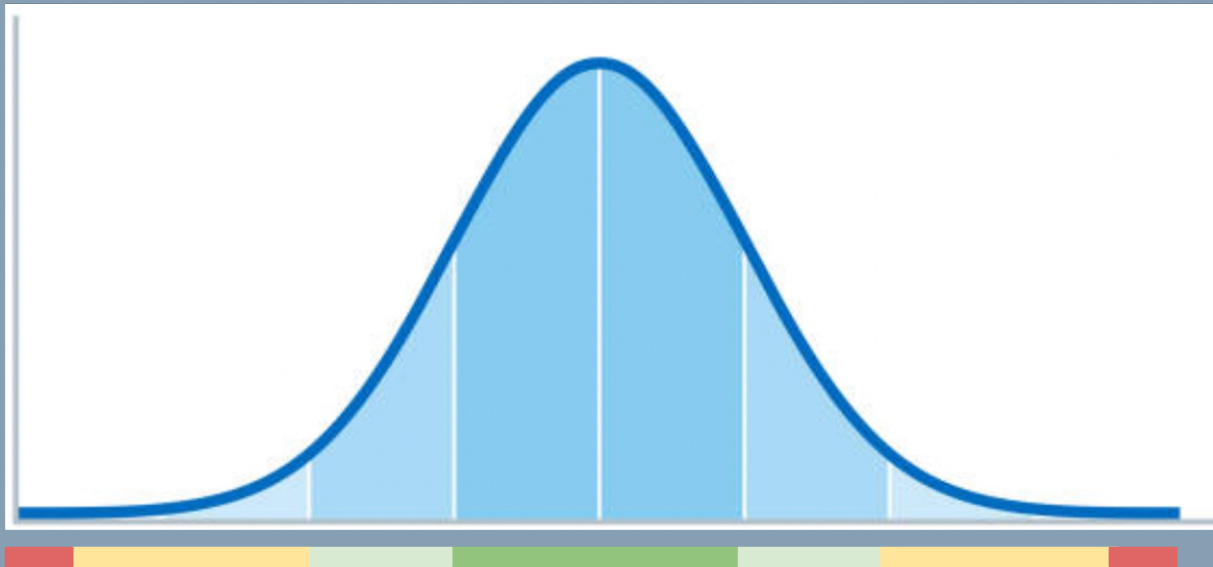




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Tools

Eligibility Criteria





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Duty to Accommodate

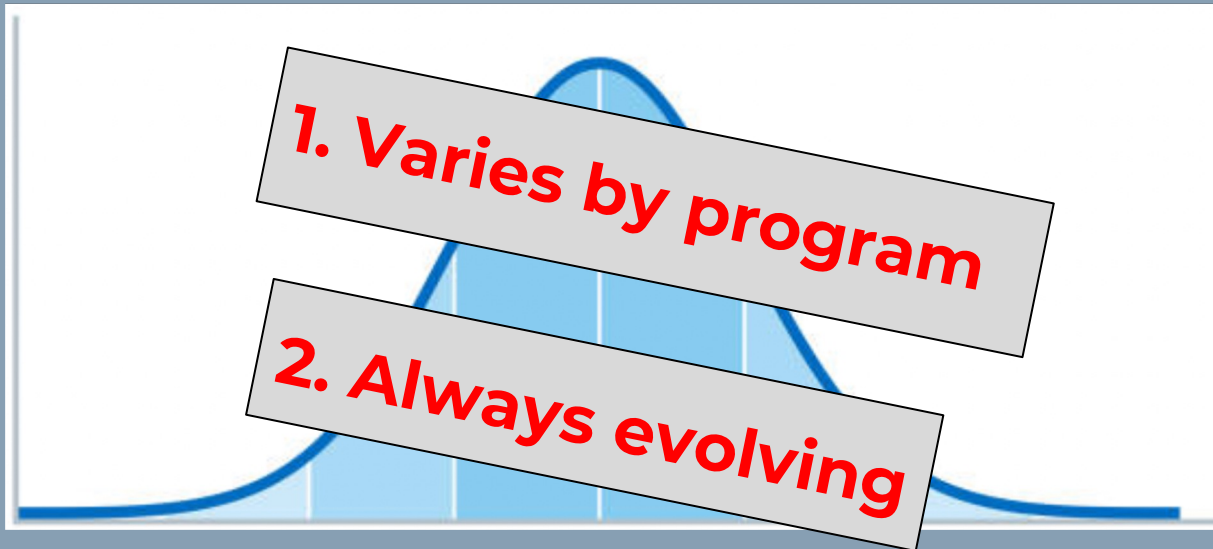




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Tools

Eligibility Criteria





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Tools

Admissions

1. Admissions Manual



Tools

Admissions

1. Invite room for consultation

2. Focus on symptoms

3. Living document





Tools

Admissions

1. Admissions Manual

2. Participant Matrix

Physical	
Mental	
Motivation	
Social/Bhvr	

Legend:
4: No needs indicated
3: Low Needs
2: Some Needs
1: High Needs



Tools

Admissions

Physical	3
Mental	3
Motivation	4
Social/Bhvr	4
	14

Physical	4
Mental	4
Motivation	1
Social/Bhvr	3
	12

Physical	4
Mental	4
Motivation	3
Social/Bhvr	4
	15

Physical	4
Mental	3
Motivation	4
Social/Bhvr	3
	14

Physical	4
Mental	4
Motivation	4
Social/Bhvr	4
	16

Physical	3
Mental	3
Motivation	3
Social/Bhvr	3
	12



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Tools

Admissions

1. Admissions Manual

2. Participant Matrix

3. Advisors



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Tough Skills

Tools!

Discuss tools/policy in place at your organization that are serving you well.
(considering increased mental health needs)


What needs work? Where are you still looking for solutions?
(refer to incidents from this past year)





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 Mentimeter

What tools are you currently using to support the rise in mental health needs?

Waiting for responses ...



GO TO
menti.com

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Tools

Design/Planning

- **Duty to Accommodate**
(specific to your region, striving to do better)
- **Eligibility Criteria**
(varies by program, always evolving)

Information Sharing

- **Communication Touchpoints**
(with participants/parent/guardian, with program planning staff/instructors)
- **Participant Matrix**
(with proper training, understanding of limitations)

Decision Making

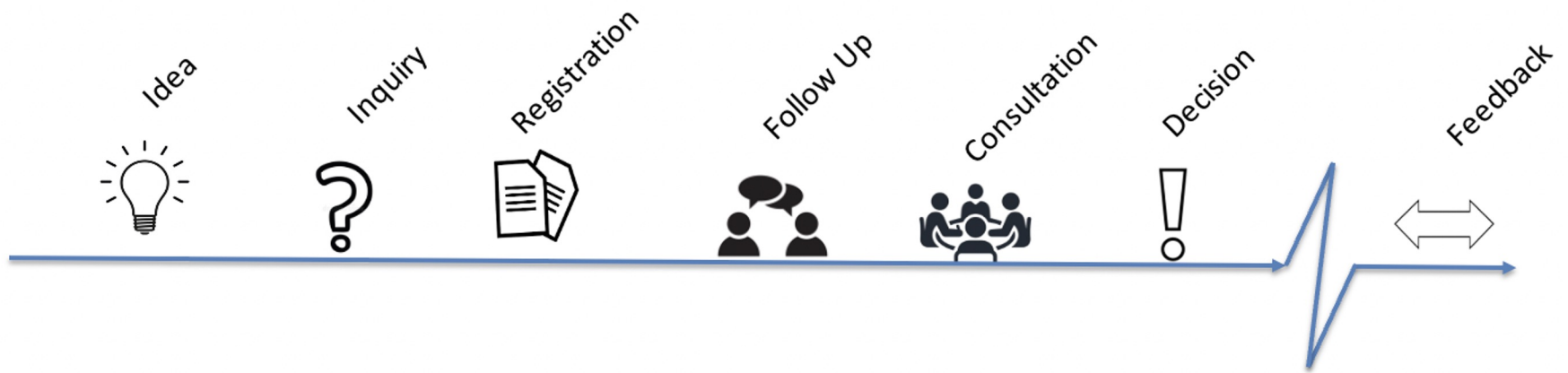
- **Admissions/Policy Manual**
(room for consultation, focus on symptoms, a living document)
- **Tough Stuff**
(training and support for making eligibility decisions)
- **Advisors**
(backcountry experienced, program knowledgeable, clear expectations)



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Audit





For Each Step...

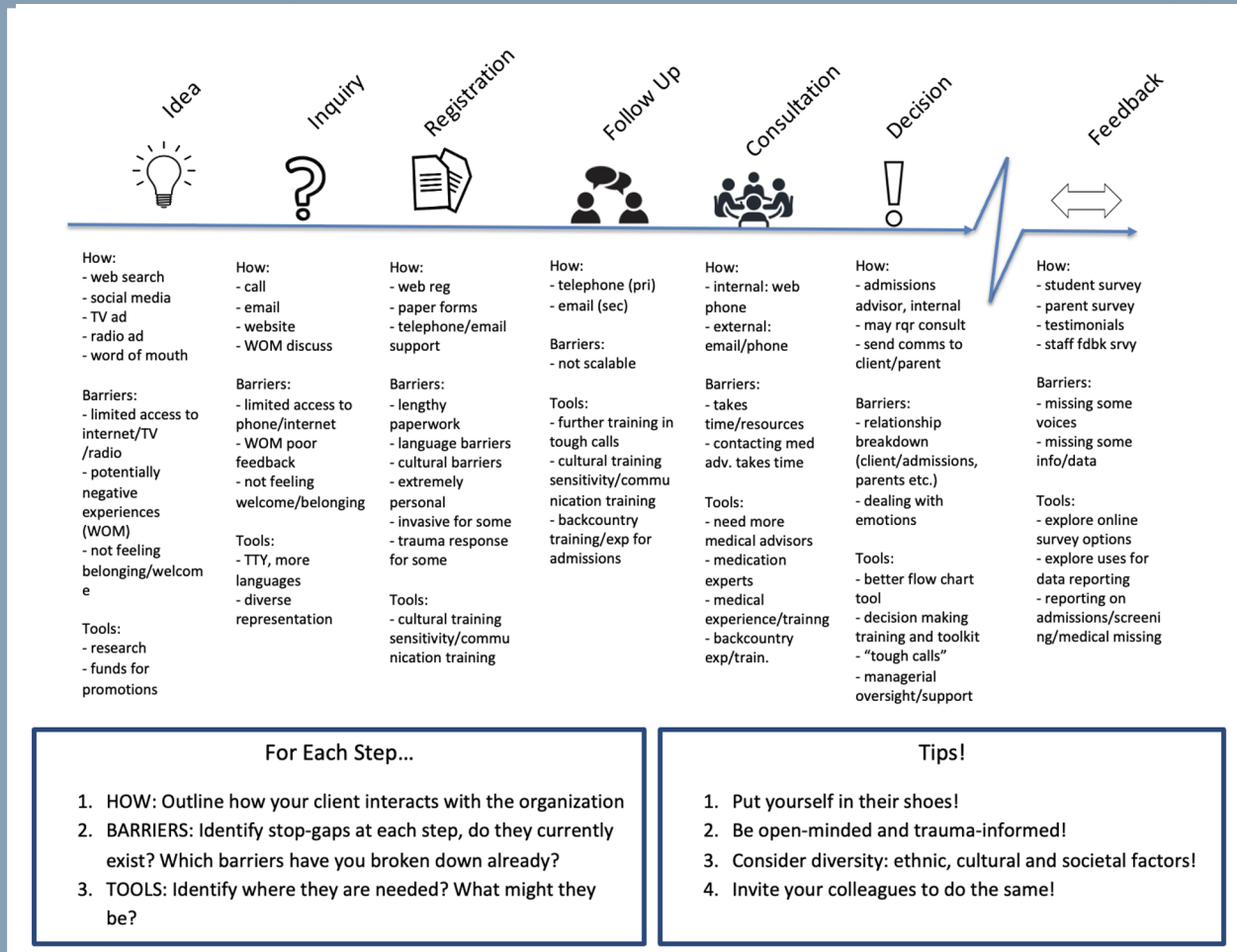
1. **HOW:** Outline how your client interacts with the organization
2. **BARRIERS:** Identify stop-gaps at each step, do they currently exist? Which barriers have you broken down already?
3. **TOOLS:** Identify where they are needed? What might they be?

Tips!

1. Put yourself in their shoes!
2. Be open-minded and trauma-informed!
3. Consider diversity: ethnic, cultural and societal factors!
4. Invite your colleagues to do the same!

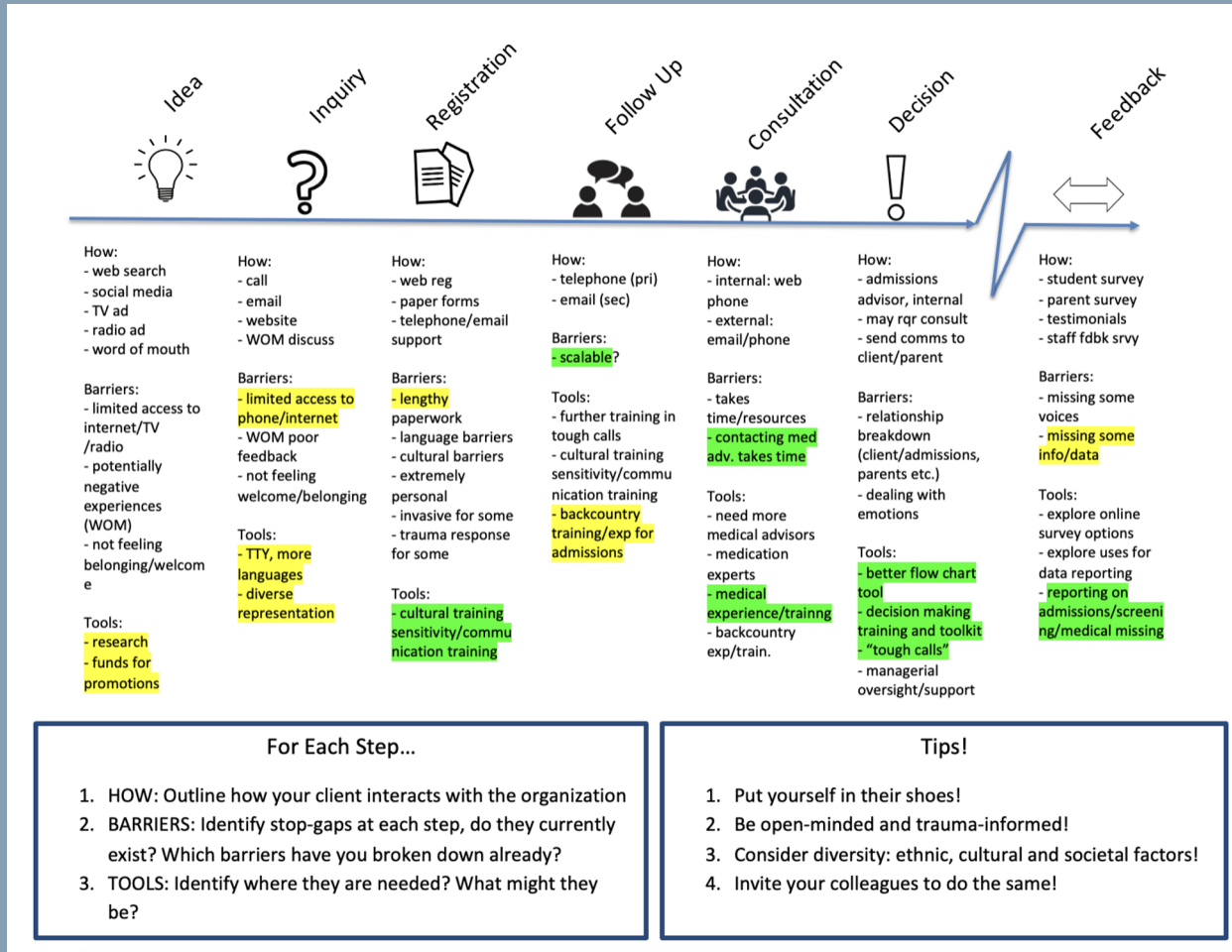


Audit Journey Map





Audit Journey Map





Audit Feedback

Participant Matrix

- **Communication to/from Admissions and Field Staff**

Post-Program Survey

- **Build time into your schedule**
- **Ensure tools are ready and available**
- **Provide suitable environment**

Upon Returning Home

- **Impact Survey**
- **Assess parents/guardians**

**WHAT are you
hoping to learn?**



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Thank You!

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References

Statistics & Headlines

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Content References

What is Outward Bound: <https://www.outwardbound.net/what-is-outward-bound/>

Accessibility for Ontarians with Disabilities Act

Americans with Disabilities Act <https://www.ada.gov/>

