



YMCA Y Mind Programs Call for Letters of Interest

The YMCA of Greater Vancouver has been approached by increasing numbers of YMCAs from across Canada looking for mental health programming to support the needs they are seeing in their communities. Since 2018, YMCA BC has partnered with BC YMCAs and community organizations to deliver the Y Mind Programs. The YMCA of Greater Vancouver has received external funding to be able to expand Y Mind outside of BC and across Canada. These programs are low barrier and early-intervention psycho-education and support groups for young people experiencing symptoms of stress, worry and mild-moderate anxiety.

As part of the national expansion, The YMCA of Southwestern Ontario received external funding and support to bring Y Mind to our community.

Staffing requirements for facilitators are included below so that partnerships can determine if they will require additional staff to deliver the program (as many partnerships may not have mental health practitioners as part of regular staffing).

Please read the below program objectives and requirements and the partnership responsibilities before completing the application questions.

Y Mind Objectives

Y Mind includes psycho-educational and experiential learning about evidenced-based tools and strategies grounded in Acceptance & Commitment Therapy (ACT) and mindfulness to do the following:

- Engage young people in early-intervention mental wellness support.
- Support participants who experience mild-to-moderate anxiety to learn effective skills to cope with their symptoms.
- Educate participants in an introductory level knowledge and practice of the tools/strategies from the main concepts of ACT and mindfulness.
- Create a safe environment for participants to connect with others who have similar experiences.

Key Features:

- No diagnosis required and participants can self-refer (no doctor's referral is required)
- There is no cost to participants
- Program delivery is co-facilitated by 2 mental health practitioners
- Seven sessions over seven weeks: closed program; not designed to be a drop-in
- The group sizes are 10-12 participants
- Participants all participate in an intake process conducted by the co-facilitators to determine if an interested young person experiences mild-moderate symptoms of anxiety and would benefit from the group.
- Sessions include, practicing evidence-based mindfulness techniques during sessions, fun activities to demonstrate ACT and mindfulness strategies and take-home resources to help cope with stress and anxiety between weekly group sessions

What Y Mind is Not:

- The Y Mind Programs are not a Mindfulness-Based Intervention (MBI) such as Mindfulness Based Stress Reduction or Mindfulness Based Cognitive Therapy.

- Y Mind is not designed for those experiencing moderate-severe mental health challenges.
- Y Mind is not a drop-in program.

Y Mind Programs:

YMCA Y Mind Teen (ages 13-18) (1.5 hours per session)

For teens ages 13-18 who experience stress, worries and mild-moderate anxiety

YMCA Y Mind Youth (ages 18-30) (2.5 hours per session)

For youth ages 18-30 who experience stress, worries and mild-moderate anxiety.

NOTE: The Teen and Youth programs have different curriculums, YMCA partners should choose the program which population has a better chance of success in recruitment and delivery.

NOTE: The programs are intended for in-person delivery, however they can be delivered online.

We are interested in partnering with organizations who:

- Are interested in delivering Y Mind in their community
- Have the capacity to support the delivery of one of the programs

Partner organizations will be responsible for:

- Confirming 2 facilitators from their staff with appropriate experience in mental health and group facilitation (See below Qualifications) or confirm plans to hire appropriate staffing.
- Allowing staff time to attend Y Mind training by the YMCA.

Ensuring the safety of all members, participants, staff, and property by maintaining YMCA program fidelity.

Qualifications for Y Mind Facilitators:

- Higher level education in mental health or counselling related field (such as a masters in Counselling or Social Work) or equivalent combination of experience and education required (ie. BSW and 3 years' experience in the field)
- Experience working with youth (13-30 years of age) experiencing mild-to-moderate anxiety and mood problems
- Experience facilitating mental wellness/psycho-educational groups
- Minimum of 2 years' experience conducting intakes and assessments
- Ability to recognize mental health signs and symptoms beyond the mild-to-moderate spectrum and to provide referrals to appropriate medical and community agencies

Facilitators will have the following responsibilities:

- Review the contract signed by partner organization
- Attend a virtual training (10-12 hours total)
- Use the funder approved marketing to promote and recruit participants
- Complete an intake and assessment of program applicants to determine mild-moderate anxiety
- Confirm the successful recruitment of 10-12 participants for the group
- Co-facilitate the 7-session program and individual follow-up sessions
- Where appropriate, refer applicants and participants for additional support by contacting relevant community agencies
- Communicate regularly with the YMCA including and completing a post-program report.

Funding:

- For Y Mind Teen and Youth, the YMCA will provide up to \$5,000 (based on need) per cycle.
- For Teen and Youth Mind Medicine, the YMCA will provide up to \$5,000 (based on need) per cycle.

Submission:

Before completing a Letter of Interest/Application:

1. Familiarize yourself with Y Mind Evaluation Report. Y Mind is evidence-based and has been evaluated by the McCreary Centre Society, follow the link below to review the McCreary Centre Society evaluation of the program expansion since 2018.

https://mcs.bc.ca/sites/default/files/201905/ymindyouth_interim_evaluation_report_april_%202019.pdf

2. Ensure your facilitators are available
 - a. Example delivery schedule

Y Mind Facilitator Responsibilities	FALL DELIVERY	WINTER DELIVERY	SPRING DELIVERY
Training Attendance	Mid Aug-Start of Sept	Mid-January	Late February
Active program recruitment	September	February	March
Intake/Information Sessions	Early October	Late Feb	Later March
Program delivery	Later October-December	March- May *Impacted by Spring break	April- June

Deadline for Winter delivery:
December 19, 2022

Deadline for Spring delivery:
February 28, 2023

Deadline for Fall delivery:
July 31, 2023