



Challenge by Choice:
A Collaborative Program for Youth with Mental Illness
Ericka Tricker Rec T (R)
Youth Transition Facilitator

Disclosure

I do **not** have an affiliation (financial or otherwise) with a pharmaceutical, medical device or communications organization.



Learning Objectives:

- Explain key features of the Challenge by Choice program
- Describe the TIP model, program evaluations and findings to date, as well as the anticipated future direction of the program



Statistics

- Once depression is recognized, help can make a difference for 80% of people who are affected, allowing them to get back to their regular activities.
- Surpassed only by injuries, mental disorders in youth are ranked as the second highest hospital care expenditure in Canada.
- In Canada, only 1 out of 5 children who need mental health services receives them.
- It is estimated that 10-20% of Canadian youth are affected by a mental illness or disorder – the single most disabling group of disorders worldwide.



General Trends for Young Adults with Mental Health Concerns

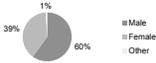
- Higher dropout rates from school
- Underemployed
- Poverty
- Homelessness
- Early pregnancy
- Frequent trouble with the law



Challenge by Choice

- History of Challenge by Choice
- Program Mandate
- Drop in, “choice” encourage
- Who accesses our services
 - Average age: 22
- Goals of the program

Total Engagement Male/Female/Other 2014



Gender	Percentage
Male	39%
Female	60%
Other	1%



The TIP Model

Transition to Independence Process (TIP) Model (Clark & Foster-Johnson 1996) is considered an evidence-supported approach for assisting the transition of youth and young adults with emotional or behavioral difficulties.

There are five transition domains:

1. Employment & career
2. Educational opportunities
3. Living situation
4. Personal effectiveness and wellbeing*
5. Community life functioning*



TIP Guidelines

- Engage youth through relationship development
- Tailor services & supports to be accessible, coordinated, appealing and non stigmatizing
- Acknowledge & develop personal choice & social responsibility
- Ensure a safety net of support by involving family and other informal & formal key players
- Enhance the youth's competencies to create greater self-sufficiency & confidence
- Maintain an outcome focus
- Involve youth in program and community level



Challenge by Choice June 2015

LOCATION: BILL REES YMCA - 10211 105 St. Edmonton (Room 2-5)

Yazmin - AHS @ 780-782-5042
Deanna - AHS @ 780-780-2189
Ericka - CMHA @ 780-782-6642

Mon	Tue	Wed	Thu	Fri
<p>Please call Ericka to sign up for the Friday programs as there is limited space!!!</p> <p>8 Zumba 1:00-1:30 Bring Water! Relaxation 3:00 - 4:00</p>	<p>2 Art Group 1:00-1:30 Bring Water! Cook & Hang Out 3:00 - 4:00</p>	<p>10 Mental Health & Addiction (TUESDAY, 11:30-1:00) Hiking 3:30 to 4:00</p>	<p>4 Individual Fitness Program 1:00 to 3:00 This or That (4:00-5:00) Employment Preparation</p>	<p>5 TELUS World of Science & Tech COST: \$10.00 10:00 - 5:30 Must sign up for program, limited space!</p>
<p>Programs are free cost except where stated.</p> <p>9 Zumba 1:00-1:30 Bring Water! Gardening 3:00 - 5:0 0</p>	<p>9 Art Group 1:00-1:30 Cook & Hang Out 3:00 - 4:00</p>	<p>10 Mental Health, Depression, Anxiety 1:00 to 3:00 Hiking 3:30 to 4:00</p>	<p>11 Individual Fitness Program 1:00-3:00 This or That (3:30-5:30) Swimming (outdoor pool)</p>	<p>12 Initiative tasks & Archery 12:30-3:30 Must sign up for program, limited space!</p>
<p>Hiking - come and enjoy our river valley</p> <p>15 Zumba 1:00-1:30 Bring Water! Relaxation 3:00 - 4:00</p>	<p>16 Art at the court 1:00-3:30</p>	<p>17 Mental Health, Anxiety 1:00 to 3:00 Hiking at outdoor pool 3:30 to 4:00</p>	<p>18 Individual Fitness Program 1:00-3:00 This or That (3:30-5:30) Collecting Kibbles COST \$3.00</p>	<p>19 The Works Festive 1:00-3:00</p>
<p>Relaxation group to check in to the gardening program over the summer</p> <p>22 Zumba 1:00-1:30 Bring Water! Gardening 3:00 - 5:00</p>	<p>23 Art Group 1:00-1:30 Cook & Hang Out 3:00 - 4:00</p>	<p>24 Mental Health - Sublinguals 1:00 to 3:00 Hiking 3:30 to 4:00</p>	<p>25 Individual Fitness Program 1:00-3:00 This or That (4:00-5:00) COST \$10.00 weekly \$15.00/term</p>	<p>26 Clifford Lee Nature Sanctuary & picnic 10:00-3:30 Must sign up for program, limited space!</p>
<p>29 Zumba 1:00-1:30 Bring Water! Gardening 3:00 - 5:00</p>	<p>30 Art Group 1:00-1:30 Cook & Hang Out 3:00 to 4:00</p>			



Meet the team!! 😊



Who are we?!

- Deanna Lesage, Recreation Therapist, AHS
- Yazmin Juarez, Addiction and Mental Health Recovery Worker, AHS
- Ericka Tricker, Youth Transition Facilitator, CMHA
- Caryn George, Occupational Therapist, AHS
- Seren Janke, Recovery Therapist, AHS
- AnnMari Watt, Employment Specialist, AHS



Growth and Success of Program

- Program Evaluations (Quarterly reports, Engagement evaluations, Intake evaluations)
- How much the program has grown since 2010
- Participant satisfaction
- What needs are being met
- What the numbers tell us



	Aug-Nov 2010	Sept-Nov 2011	Dec2011-Feb2012	March2012-May2012	October-December2012	2013	2014
Group Exercise	4.3	4	7.8	8	10.15	10	9.86
rest/relaxation		6.4	4.8	5.5		5.3	4.11
art	4.8	12	11.55	10.1	11.6	16.1	13.35
hang out		6	6.6	6.6	8.8	9.8	8.83
guitar						6.5	5.22
Education/EHBW	1.7	6	8.3	6	10.9	13.9	12.17
Ward Active			4	5.7		6.2	5.5
Fitness	6.6	8	11.91	11	12.9	15.6	11.78
This or that		4 (Youth Program)	7.25 (Youth Program)	5.79	4.8	7.4	7.77
Social Rec	9.7	14	12.2	11.3	12	10.3	9.46
Book Club							6.06
Yoga			4.6		8.4	12.2	11.06
Zumba			9.5		13	11.95	10.57
Spain			7	7.77		13.1	8.63
Tia Chi chih				8.6		11.3	
Improv	1.6						5.57
Gardening							4.85



Program Evaluation

Seven key themes in evaluation

- Knowledge, Motivation, Fun/Enjoyment, Stress, Confidence, Social Connection, Fitness Level
- Example:

	Fun/Enjoyment	Stress	Confidence
1 Gardening/Hiking		Drama	Drama
2 Guitar		Gardening	Brain Gym
3 Hang Out		Relaxation	Mental Health Education
4 Social Recreation		Brain Gym	Guitar
5 Brain Gym		Fitness	Hang out



Young Male, 27

"I was having a serious problem, full of delusions, distress, and a fear of unbreakable levels. Feeling suicidal all the time and even homicidal. This group offers endless supports (OT's, Rec Therapists, Social Workers, and much more). Even making new friends on a daily basis. All have problems of their own. I learned endless lessons and experience (Plus free food!! I can't complain). I love program, from exercise to drama. I'm impressed by the funding, as clients we pay bare minimum. A fee of 40\$ for a four day camp in a classy hostel and transportation?! I'm recovering at a surprising rate, I feel blessed and very fortunate. I would never be where I'm at without challenge by choice".



Young Female, 30

"When I first came to CBC I had no social life. I rarely talked to people, I was scared and isolated. So I started coming to CBC, it changed my life. I met people who knew what it was like to live with a mental illness and I didn't feel like I had to hide things. I started experiencing things and places in the "outside" world. It was great to do things with a group, it felt safer than doing things alone. I still do things with the group that I would be too nervous to do on my own. I have met some amazing people and after about 2 1/2 years of coming I was able to hang out with people outside of group. It has literally saved my life. I have relapsed a couple times but the staff have been so so incredibly supportive. I have learned asking for help is ok. I've been able to start to talk about things and they have helped me so much I feel so incredibly lucky and so grateful to have CBC in my life. I would be lost without them. I honestly don't know where I would be today. They have helped me notice and realize when things were getting out of control and I wasn't aware. But its been amazing to have friends, be able to laugh and have fun again. I feel like I have a life and a life I want to live. A life worth living."



Future Directions

What our future directions looked like in 2011....

- Increase learning opportunities ✓
- Career, training, employment opportunities ✓
- Money management ✓
- Friendship and relationship skills ✓
- Independent living skills ✓
- Developing a girls/woman group
- Developing a young men's group
- Open to concerns and/or ideas provided by the youth

What's next for the program?

What are we missing?



References

- The above information has been copied and pasted from the CMHA-ER website
http://www.cmhaedmonton.ab.ca/bins/content_page.asp?cid=6-20-23-44
- *Transition of Youth and Young Adults with Emotional or Behavioral Difficulties. An Evidence-Supported Handbook*
Edited by Hewitt B. "Rusty" Clark, Ph.D., & Deanne K. Unruh, Ph.D.
<http://www.brookespublishing.com/store/books/clark69636/index.htm>
- Quarterly Program Evaluation of the Challenge by Choice Programs



Thank You!

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