



MAR 24 2017

Mr. Stephen Butz
President and Chief Executive Officer
YMCA of Greater Vancouver
300 – 5055 Joyce St
Vancouver BC V5R 6B2

Dear Mr. Butz:

I am pleased to advise an Electronic Funds Transfer in the amount of \$3 million will be provided to the YMCA of Greater Vancouver to support the YMCA's Youth Mental Health Program to extend the reach and deepen the impact of the YMCA Youth Mindfulness Programs over three years in order to support the mental health of BC youth. Enclosed is a signed copy of the Transfer Agreement.

On behalf of the Ministry of Health, I wish you continued success with this Program.

Yours truly,

Manjit Sidhu, CPA, CA
Assistant Deputy Minister
Finance and Corporate Services

Enclosure

This Grant Agreement dated for reference the 31st day of March, 2017

BETWEEN

HER MAJESTY THE QUEEN IN RIGHT OF THE PROVINCE OF BRITISH COLUMBIA,
represented by the Minister of Health (the "Province")

AND

YMCA of Greater Vancouver (the "Recipient")

To support YMCA's Youth Mental Health program (the "Program")

WHEREAS:

- A. The Province has approved funding for the Program defined in this Agreement and such funding is to be paid by the Province to the Recipient pursuant to the Stipulations of this Agreement.
- B. The Recipient has met the eligibility criteria by providing to government a written request, attached as Appendix A to this agreement.

DEFINITIONS

1. In this Agreement and its Schedules the following definitions apply:

"Agreement" means this Grant Agreement and any schedules attached hereto;

"Commencement Date" means the date identified in Schedule A

"Contract" means a contract between the Recipient and a Third Party whereby the latter agrees to contribute a product or service to the Program in return for financial consideration which may be claimed as an Eligible Cost;

"Eligible Costs" means all the direct costs properly and reasonably incurred by a Recipient or a Third Party on behalf of the Recipient with respect to the Program and is for public use or benefit and are incurred between the Program Commencement Date and the Completion Date.

"Eligibility Criteria" means the terms imposed by the Province and which must be met in order to qualify for funding.

"Fiscal Year" means the period beginning April 1 of a year and ending March 31 of the following year;

"Program" means the Program described in Schedule A;

"Stipulations" mean the terms and conditions set out in this Agreement that must be met in order for the Recipient to retain the funds it receives for the Program; and

"Third Party" means any person or entity or its officers, employees or agents, other than a party to this Agreement that is involved in the Program.

SCHEDULES

2. The Schedules to this Agreement are:

Schedule A Program Description and Dates

Schedule B Payment and Reporting Requirements

TERM OF AGREEMENT

3. Notwithstanding the actual date of execution of this agreement, the term of this agreement begins on the Commencement Date, and expires on March 31, 2020.

STIPULATIONS

4. The Recipient agrees to:

(a) carry out the Program in a diligent and professional manner;

(b) raise outside funds from non-BC provincial government organizations or agencies to also support the Program;

(c) commence carrying out the Program upon the signing of this Agreement;

(d) complete the Program no later than the Completion Date; and,

(e) provide evidence satisfactory to the Province that the Recipient has commenced work on the Program in accordance of section 4(b) and 4(c) of this Agreement. Such evidence may consist of Program reports, financial statements of fundraising activity, if applicable or other evidence deemed appropriate by the Province.

5. If, in the opinion of the Province, the Recipient has failed to provide evidence satisfactory to the Province in accordance with section 4(b) and 4(c) of this Agreement, the Province may terminate this Agreement, effective immediately and require the refund of all funds advanced to the Recipient.

6. The Recipient will comply with all applicable laws.

7. The Recipient agrees to:

- (a) establish and maintain books of account, administrative records, invoices, receipts and vouchers for all expenses incurred in a form and content satisfactory to the Province;
- (b) permit the Province to inspect at all reasonable times, any books of account or records (both printed and electronic, including, but not limited to, hard disk), whether complete or not, that are produced, received or otherwise acquired by the Recipient as a result of this Agreement;
- (c) maintain all such accounts and records for a period of five years after the Completion Date;
- (d) ensure that all Contracts entered into by the Recipient with any Third Parties contain the provision in section 6 above; and
- (e) If requested by the Province, the Recipient will deliver within 90 days to the Province a copy of its audited Financial Statements for any period up to five years beyond completion and commissioning of the Program.

8. The Recipient will ensure that the financial contribution of the Province is to be used solely for the purpose of defraying the Eligible Costs incurred by the Recipient in carrying out and completing the Program as described in Schedule A.

9. The Recipient acknowledges that Eligible Costs that have received funding from any other federal or provincial sources may not be reimbursed under this Agreement, and that the Recipient agrees to promptly notify the Province in writing of any such funding received.

10. The Recipient acknowledges that it is not the agent of the Province and will do no act which might be construed as authorizing any contract or permitting any other liability or obligation to be incurred on behalf of the Province.

11. The Recipient will not make any material change in or to the Program as described in Appendix A without prior written consent of the Province; The Recipient will not make any material change in or to the intended use of the resulting Program as described in Appendix A, without prior written consent of the Province.

12. In the event the Funding exceeds the Recipient's requirements in respect of this Agreement the Recipient will notify the Province. The Province may require the excess funding to be returned or may permit the use of the excess funding as directed by the Province. Funds identified by the Province to be returned to the Province shall constitute a debt due to the Province.

OBLIGATIONS OF THE PROVINCE

13. Provided the Recipient is in compliance with its obligations under this Agreement, the Province will pay the Recipient the amount and in the manner set out in Schedule B of this Agreement.
14. The Province will not have any obligation to provide a financial contribution under section 13 unless the Recipient has complied with the provisions set out in Schedule B.

COMMUNICATIONS

15. The Recipient agrees that all public information material pertaining to the Program will clearly indicate that the Program is funded through the Province. The recipient acknowledges that the Province would like at least 15 working days notice of any scheduled communications material or public events relating to the Program.
16. All announcements will be co-ordinated with the British Columbia Communications and Public Engagement.

DEFAULT

17. Any of the following events will constitute an Event of Default whether any such event be voluntary, involuntary or result from the operation of law or any judgment or order of any court or administrative or government body:
 - (a) the Recipient fails to comply with any provision of this Agreement;
 - (b) any representation or warranty made by the Recipient in connection with this Agreement is untrue or incorrect;
 - (c) any information, statement, certificate, report or other document furnished or submitted by or on behalf of the Recipient pursuant to or as a result of this Agreement is untrue or incorrect; or,
 - (d) the Recipient fails to provide positive confirmation that the Program has been completed by the Completion Date.

TERMINATION

18. Upon the occurrence of any Event of Default and at any time thereafter the Province may, notwithstanding any other provision of the Agreement, at its sole option, elect to do any one or more of the following:
 - (a) terminate this Agreement and the Recipient shall repay such amounts as determined by the Province, such amounts shall constitute a debt due to the Province;
 - (b) pursue any other remedy available at law or in equity.

19. If the Province terminates this Agreement under paragraph 18 (a), then such termination may take place on ten (10) days' written notice.

APPROPRIATION

20. Notwithstanding any other provision of this Agreement, the payment of money by the Province to the Recipient under this Agreement is subject to:

- (a) there being sufficient monies available in an appropriation, as defined in the *Financial Administration Act* to enable the Province, in any fiscal year or part thereof when any payment by the Province to the Recipient falls due under this Agreement, to make that payment; and
- (b) Treasury Board, as defined in the *Financial Administration Act*, not having controlled or limited expenditure under any appropriation referred to in subsection (a) of this section.

AUDIT

21. In addition to any other rights of inspection the Province may have under statute or otherwise, the Province may at any reasonable time and on reasonable notice to the Recipient, enter on the Recipient's premises to inspect and, at the Province's discretion, copy any of the Material and the Recipient must permit, and provide reasonable assistance to, the exercise by the Province of the Province's rights under this section.

NO FURTHER OBLIGATIONS

22. The Recipient acknowledges that nothing in this Agreement will bind the Province to provide additional provincial funding for the development and on-going operational costs of the Program or any financing for any addition or improvement to the Program, or any cost overruns of the Program and that no partnership, joint venture or agency will be created or will be deemed to be created by this Agreement or any action of the parties under this Agreement.

SURVIVAL OF TERMS

23. Sections 7(b) and (c), 15, 18(a) and (b) or any other terms which by their nature or intent should continue after the term of this Agreement continue in force indefinitely, even after this agreement ends.

NOTICE

24. (a) Any written communication from the Recipient to the Province must be mailed, personally delivered, faxed, or electronically transmitted to the following address:

Mr. Gordon Cross
Executive Director, Regional Grants
Ministry of Health
6-1, 1515 Blanshard Street
Victoria BC V8W 3C8

Email: Gordon.Cross@gov.bc.ca
Fax: 250-952-1420

- (b) Any written communication from the Province to the Recipient must be mailed, personally delivered, faxed or electronically transmitted to the following address:

YMCA of Greater Vancouver
300 – 5055 Joyce St
Vancouver BC V5R 6B2

Attention: Meghan Day, Director, Strategic Partnerships
Phone: 778-938-9054
Email: meghan.day@gv.ymca.ca

- (c) Any written communication from either party will be deemed to have been received by the other party on the tenth business day after mailing in British Columbia; on the date of personal delivery if personally delivered; or on the date of transmission if faxed.
- (d) Either party may, from time to time, notify the other by notice in writing of a change of address and following the receipt of such notice, the new address will, for the purposes of paragraph 23 (a) or (b) of this Agreement, be deemed to be the address or facsimile of the party giving such notice.


MISCELLANEOUS

25. This Agreement will be governed by and construed in accordance with the laws of the Province of British Columbia.
26. The Schedules to this Agreement are an integral part of this Agreement as if set out at length in the body of this Agreement.
27. If any provision of this Agreement or the application to any person or circumstance is invalid or unenforceable to any extent, the remainder of this Agreement and the application of such provision to any other person or circumstance will not be affected or impaired thereby and will be enforceable to the extent permitted by law.

28. Nothing in this Agreement operates as a consent, permit, approval or authorization by the Province or any ministry or branch thereof to or for anything related to the Program that by statute, the Recipient is required to obtain unless it is expressly stated herein to be such a consent, permit, approval or authorization.
29. The Recipient will not, without the prior, written consent of the Province, assign, either directly or indirectly, this Agreement or any right of the Recipient under this Agreement
30. All disputes arising out of or in connection with this Agreement will be referred to and finally resolved by arbitration pursuant to the Commercial Arbitration Act.

IN WITNESS WHEREOF each of the parties has executed this Agreement on the dates set out below.

SIGNED by the Minister of Health)
or his or her duly authorized representative)
on behalf of HER MAJESTY THE QUEEN IN)
RIGHT OF THE PROVINCE OF)
BRITISH COLUMBIA:)
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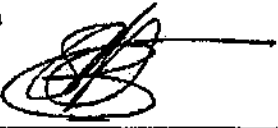

Ministry's Authorized Signatory

Date: March 24, 2017

Manjit Sidhu, CPA, CA
Assistant Deputy Minister
Finance and Corporate Services

YMCA of Greater Vancouver

Per:


Steve Butz, President and Chief Executive Officer, YMCA Greater Vancouver

Date: March 23, 2017

Schedule A: PROGRAM DESCRIPTION AND DATES

- A.1 Program Title: YMCA Youth Mental Health Program
- A.2 The Commencement Date is on the signing of this agreement
- A.3 The Completion Date is no later than March 31, 2021
- A.4 The Program will consist of the following:

to extend the reach and deepen the impact of the YMCA Youth Mindfulness Programs over 3 years in order to support the mental health of BC youth.

Schedule B: PAYMENT AND REPORTING REQUIREMENTS

B.1 Financial Contribution by the Province:

The Recipient, having met the Eligibility Criteria and agreeing to the Stipulations in this Agreement, the Province will make a financial contribution toward the Eligible Program Costs of the Recipient equal to \$3.0 Million being the maximum amount of funding approved by the Province.

B.2 Timing of Payment to the Recipient:

The Province will make one payment for its portion of the Eligible Costs that will become due and payable upon the signing of this Grant Agreement.

B.3 Final Report:

The Recipient agrees to provide to the Province a Final Program Report within three months of either the actual completion date or the Completion Date specified in Schedule A, whichever is earliest, in a form established by the Province. The Report must demonstrate how the outcomes or objectives identified by the Recipient in its proposal as identified in Appendix A have been achieved.

NOTE: Reports submitted by the Recipient under the terms of this section are for the Province's information and Program accountability only, and their review by the Province in no way endorses, approves or verifies the findings, technical data, results, quality statements, representations or recommendations therein, and the Recipient warrants that all information contained in any report is true and correct.

B.4 Other Information:

The Recipient will provide the Province, upon request, interim reports and all such other information concerning the progress of the Program to completion and payment of Eligible Costs, as may be required by the Province.



Proposal for Funding Supporting Youth Mental Health through YMCA Youth Mindfulness Programs

This proposal is a request to the Ministry of Health for \$3 million over three years to support the YMCA's goals to extend the reach and deepen the impact of the YMCA Youth Mindfulness Programs in order to support the mental health of BC youth. The YMCA Youth Mindfulness Programs are evidence-based early intervention supports for youth experiencing anxiety and/or depression with proven effectiveness for significantly improving mental health indicators and reducing the utilization on emergency departments.

Background: Youth Mental Health

In Canada, 1 in 5 (or 18%) of young people aged 15-24 report experiencing mental illness or substance use problems (BC Integrated Youth Services Initiative, 2015). While youth are susceptible to most types of mental illness, certain conditions, such as anxiety and depression, are most prevalent. In BC, approximately 6% of youth experience an anxiety disorder at some point, making it the most common illness afflicting young people in the province (Canadian Mental Health Association, 2014).

Youth struggle to access timely and appropriate mental health services, despite the high rates of anxiety and depression in BC youth, due to a lack of available, affordable and acceptable services/programs. In the absence of low-barrier services, youth utilization of Emergency Departments (ED) has climbed across health authorities (BC Integrated Youth Services Initiative, 2015). Rates of ED visits are particularly high for those with anxiety/depression conditions for people aged 13-35 years.

Table 1: Youth ED visits by patient group and age (2013/14) (Ministry of Health, 2015)

Patient Group	13-18	19-35	Total ED Visits
Substance Use	4,767	43,812	48,579
High Risk Mental Health	4,676	22,137	26,813
Anxiety/Depression	11,605	75,712	87,317
Developmental/Neurological	2,570	3,050	5,620
Trauma/Other Mental Health Disorders	2,192	12,389	14,581
Total	25,810	157,000	182,810

Fortunately, prevention and early interventions targeted to young people aged 12-25 have the capacity to generate greater personal, social and economic benefits than intervention at any




other time in the lifespan. Young people whose mental health needs are addressed function better socially, perform better in school and are more likely to develop into well-adjusted and productive adults than those whose needs are unmet. In comparison, youth who do not receive early support for mental health problems have higher rates of low educational achievement, unemployment, substance use, risk-taking behaviours, crime, poor sexual and reproductive health, self-harm and inadequate self-care - all of which increase the lifetime risk of morbidity and premature mortality (BC Integrated Youth Services Initiative, 2015).

YMCA Youth Mindfulness Programs


The YMCA has invested in the development, piloting, evaluation and partial scale-up of the Youth Mindfulness Program. In January 2015, the YMCA piloted the Youth Mindfulness Program (YMP) to address a critical need in the community – accessible mental health early support for youth experiencing symptoms of anxiety. YMP is an innovative, youth informed, evidence based program that addresses youth mental illness by focusing on providing early emotional and social support for youth experiencing anxiety/depression. Through this program, the YMCA supports youth to overcome barriers to accessing timely and appropriate support by:

- Providing access to services at no cost to youth, many of whom are low income and cannot afford to pay
- Providing a social support network for isolated youth experiencing mental health problems
- Teaching personal health practices and coping skills, including strategies to deal with anxiety
- Offering mental health programming in a non-stigmatizing community setting, rather than a clinical setting, for youth without requiring a diagnosis or medical referral
- Providing youth with a complimentary YMCA membership so they can access physical activity opportunities for the duration of the program


THE OBJECTIVES OF THE YOUTH MINDFULNESS PROGRAM



Meet a large gap in accessible mental health services in the Lower Mainland of BC.




Teach youth with anxiety helpful coping strategies and improve well-being.

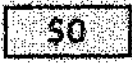


Connect youth experiencing similar challenges within their community.


LOW BARRIER ACCESS




No Diagnosis Required



\$0
Free of Charge



All Youth Welcome



Exercise has been proven to be an effective and positive coping strategy for anxiety. To maximize the efficiency of this mental health program, youth received free gym access during the program and gained a further extension of 6 weeks if they attended each and every program session.



To date, 9 cycles of the program have been completed with a 91% participant completion rate, and over 300 youth in the Greater Vancouver area have contacted the YMCA wanting to register for the program. Currently, the demand for YMP is greater than what the YMCA is able to supply due to limited resources.

Impact of YMCA Youth Mindfulness

McCreary Centre Society conducted an analysis of data from the Mindfulness Program (Appendix A). Findings were significant, and indicated improvements, and large effect sizes, for all outcome measures, including:

- reductions in generalized anxiety symptoms and psychological inflexibility
- increases in life satisfaction
- recovery from mental health challenges
- enhanced sense of well-being
- a general shift in overall sense of well-being from the clinical range to the non-clinical range by the end of the group.

Advancing Policy Priorities

1. YMP aligns with Tier 2 of the proposed Mental Health and Substance Use System of Care presented in the Ministry of Health's Policy Directions Paper *"Establishing a System of Care for People Experiencing Mental Health and Substance Use Issues"*.

Tier 2 focuses on functions targeted to vulnerable populations at risk of developing mental health and substance use problems, with the goal being to provide links to appropriate support at an early stage.

2. YMP offers a response to Recommendation #11 of the Select Standing Committee on Children and Youth's Final Report for Child and Youth Mental Health in British Columbia *"Concrete Actions for Systemic Change"* (January 2016) to:

"Provide funding for adequate early intervention programs for common and preventable disorders in children, including partnerships with non-profit organizations and the philanthropic community"

3. YMP is contributing to the goal of *Healthy Minds, Healthy People: A Ten-Year Plan to Address Mental Health and Substance Use in British Columbia* to "enhance the capacity of community-based mental health and substance use services".

Healthy Minds, Healthy People states that:

It is clear that aligning the existing community capacity to identify and address problems earlier is essential to reduce suffering and avoid more costly hospital or residential



specialized services later on. Services must be matched to different levels of need so that the least intrusive interventions with the greatest gain are provided prior to more intensive interventions (p 29).

4. YMP contributes to the *BC's Guiding Framework for Public Health* target for Goal 3 - Positive Mental Health & Prevention of Substance Harms: 80% of British Columbians will experience positive mental health by 2023.

Next Steps

Based on the McCreary report on the significant impact of YMP on indicators of youth mental health, the YMCA plans to deepen the impact and extend the reach of the program across BC. The YMCA will do this in three ways:

1. Integrating a group physical activity component into the program in order to encourage ongoing participation in physical activity, which research has consistently shown to have an association with positive mental health indicators.
2. Rolling out a train-the-trainer model across YMCA's in BC and other community organizations that are well positioned to implement the YMP. This train-the-trainer model will include in-person workshops and online support, seed funding to support the organizations in the start-up costs associated with initiating a successful YMP, and ongoing centralized support.
3. Trialing a partnership with select School Districts in order to provide workshops to build the capacity of school staff to practice Mindfulness in the school setting to support both staff and students experiencing anxiety.

Over the next 3 years, the YMCA aims to build capacity of community-based organizations in 25 communities to implement YMP - inclusive of an integrated physical activity component - in order to support youth experiencing anxiety across BC. This has the potential to reach approximately 2500 youth experiencing anxiety across the province over the 3 year period.

The YMCA of Greater Vancouver requests \$3 million to achieve these goals.

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MAR 24 2017

Mr. Stephen Butz
President and Chief Executive Officer
YMCA of Greater Vancouver
300 – 5055 Joyce St
Vancouver BC V5R 6B2

Dear Mr. Butz:

I am pleased to advise an Electronic Funds Transfer in the amount of \$8 million will be provided to the YMCA of Greater Vancouver to develop and improve social infrastructure projects across BC, including developing centres in the communities of Surrey, Vancouver, Coquitlam and Chilliwack. Enclosed is a signed copy of the Transfer Agreement.

On behalf of the Ministry of Health, I wish you continued success with these Projects.

Yours truly,

Manjit Sidhu, CPA, CA
Assistant Deputy Minister
Finance and Corporate Services

Enclosure

This Grant Agreement dated for reference the 31st day of March, 2017

BETWEEN

HER MAJESTY THE QUEEN IN RIGHT OF THE PROVINCE OF BRITISH COLUMBIA,
represented by the Minister of Health (the "Province")

AND

YMCA of Greater Vancouver (the "Recipient")

To support renovation and construction of YMCA social infrastructure on a provincial
basis (the "Project")

WHEREAS:

- A. The Province has approved funding for the Project defined in this Agreement and such funding is to be paid by the Province to the Recipient pursuant to the Stipulations of this Agreement.
- B. The Recipient has met the eligibility criteria by providing to government a written request, attached as Appendix A to this agreement.

DEFINITIONS

1. In this Agreement and its Schedules the following definitions apply:

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"Eligible Costs" means all the direct costs properly and reasonably incurred by a Recipient or a Third Party on behalf of the Recipient with respect to the Project and is for public use or benefit and are incurred between the Project Commencement Date and the Completion Date.

"Eligibility Criteria" means the terms imposed by the Province and which must be met in order to qualify for funding.

"Fiscal Year" means the period beginning April 1 of a year and ending March 31 of the following year;

"Project" means the Project described in Schedule A;

"Stipulations" mean the terms and conditions set out in this Agreement that must be met in order for the Recipient to retain the funds it receives for the Project; and

"Third Party" means any person or entity or its officers, employees or agents, other than a party to this Agreement that is involved in the Project.

SCHEDULES

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STIPULATIONS

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(a) carry out the Project in a diligent and professional manner;

(b) raise outside funds from non-BC provincial government organizations or agencies to also support the Project, including the Federal Government and other levels of government;

(c) commence carrying out the Project upon the signing of this Agreement;

(d) complete the Project no later than the Completion Date; and,

(e) provide evidence satisfactory to the Province that the Recipient has commenced work on the Project in accordance with section 4(b) and 4(c) of this Agreement. Such evidence may consist of project reports, financial statements of fundraising activity, if applicable or other evidence deemed appropriate by the Province.

5. If, in the opinion of the Province, the Recipient has failed to provide evidence satisfactory to the Province in accordance with section 4(b) and 4(c) of this Agreement, the Province may terminate this Agreement, effective immediately and require the refund of all funds advanced to the Recipient.

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- (c) maintain all such accounts and records for a period of five years after the Completion Date;
- (d) ensure that all Contracts entered into by the Recipient with any Third Parties contain the provision in section 6 above; and
- (e) If requested by the Province, the Recipient will deliver within 90 days to the Province a copy of its audited Financial Statements for any period up to five years beyond completion and commissioning of the Project.

8. The Recipient will ensure that the financial contribution of the Province is to be used solely for the purpose of defraying the Eligible Costs incurred by the Recipient in carrying out and completing the Project as described in Schedule A.

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11. The Recipient will not make any material change in or to the Project as described in Appendix A without prior written consent of the Province; The Recipient will not make any material change in or to the intended use of the resulting Project as described in Appendix A, without prior written consent of the Province.

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- (d) the Recipient fails to provide positive confirmation that the Project has been completed by the Completion Date.

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- (b) Treasury Board, as defined in the *Financial Administration Act*, not having controlled or limited expenditure under any appropriation referred to in subsection (a) of this section.

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SURVIVAL OF TERMS

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300 – 5055 Joyce St
Vancouver BC V5R 6B2

Attention: Stephen Butz, President and Chief Executive Officer
Phone: 604-622-4961
Cell: 778-384-9622
Email: steve.butz@gv.ymca.ca

- (c) Any written communication from either party will be deemed to have been received by the other party on the tenth business day after mailing in British Columbia; on the date of personal delivery if personally delivered; or on the date of transmission if faxed.
- (d) Either party may, from time to time, notify the other by notice in writing of a change of address and following the receipt of such notice, the new address will, for the purposes of paragraph 23 (a) or (b) of this Agreement, be deemed to be the address or facsimile of the party giving such notice.

MISCELLANEOUS

25. This Agreement will be governed by and construed in accordance with the laws of the Province of British Columbia.
26. The Schedules to this Agreement are an integral part of this Agreement as if set out at length in the body of this Agreement.
27. If any provision of this Agreement or the application to any person or circumstance is invalid or unenforceable to any extent, the remainder of this Agreement and the application of such provision to any other person or circumstance will not be affected or impaired thereby and will be enforceable to the extent permitted by law.

28. Nothing in this Agreement operates as a consent, permit, approval or authorization by the Province or any ministry or branch thereof to or for anything related to the Project that by statute, the Recipient is required to obtain unless it is expressly stated herein to be such a consent, permit, approval or authorization.
29. The Recipient will not, without the prior, written consent of the Province, assign, either directly or indirectly, this Agreement or any right of the Recipient under this Agreement
30. All disputes arising out of or in connection with this Agreement will be referred to and finally resolved by arbitration pursuant to the Commercial Arbitration Act.

IN WITNESS WHEREOF each of the parties has executed this Agreement on the dates set out below.

SIGNED by the Minister of Health)
or his or her duly authorized representative)
on behalf of HER MAJESTY THE QUEEN IN)
RIGHT OF THE PROVINCE OF)
BRITISH COLUMBIA:)

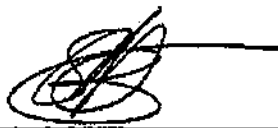

Ministry's Authorized Signatory

Date: March 24, 2017

Manjit Sidhu, CPA, CA
Assistant Deputy Minister
Finance and Corporate Services

YMCA of Greater Vancouver

Per:


Steve Butz, President and Chief Executive Officer, YMCA of Greater Vancouver

Date: March 23, 2017

Schedule A: PROJECT DESCRIPTION AND DATES

- A.1 Project Title: YMCA Social Infrastructure Project
- A.2 The Commencement Date is on the signing of this agreement
- A.3 The Completion Date is no later than March 31, 2021
- A.4 The Project will consist of the following:

to develop and improve social infrastructure projects across British Columbia,
including developing centres in the communities of Surrey, Vancouver, Coquitlam
and Chilliwack.

Schedule B: PAYMENT AND REPORTING REQUIREMENTS

B.1 Financial Contribution by the Province:

The Recipient, having met the Eligibility Criteria and agreeing to the Stipulations in this Agreement, the Province will make a financial contribution toward the Eligible Project Costs of the Recipient equal to \$8.0 Million being the maximum amount of funding approved by the Province.

B.2 Timing of Payment to the Recipient:

The Province will make one payment for its portion of the Eligible Costs that will become due and payable upon the signing of this Grant Agreement.

B.3 Final Report:

The Recipient agrees to provide to the Province a Final Program Report within three months of either the actual completion date or the Completion Date specified in Schedule A, whichever is earliest, in a form established by the Province. The Report must demonstrate how the outcomes or objectives identified by the Recipient in its proposal as identified in Appendix A have been achieved.

NOTE: Reports submitted by the Recipient under the terms of this section are for the Province's information and Program accountability only, and their review by the Province in no way endorses, approves or verifies the findings, technical data, results, quality statements, representations or recommendations therein, and the Recipient warrants that all information contained in any report is true and correct.

B.4 Other Information:

The Recipient will provide the Province, upon request, interim reports and all such other information concerning the progress of the Project to completion and payment of Eligible Costs, as may be required by the Province.



YMCA of Greater Vancouver

Proposal to Consider New Building Canada Fund Social Infrastructure Investment of \$25 million

The following summarizes the YMCA of Greater Vancouver's request for funding under the New Building Canada Fund.

This proposal specifically speaks to a \$25 million dollar investment into four social infrastructure projects planned by the YMCA in Coquitlam, Surrey, Vancouver and Chilliwack. As part of an established community investment partnership which includes municipalities, philanthropists and the YMCA, this proposed investment by the Provincial and Federal government would represent 18% of the total project cost of \$140 million. While the economic framework shaping this proposal exhibits rigour and proven best practices, the basis for social infrastructure investment of this significance is rooted in community benefit:

- The YMCA of Greater Vancouver is dedicated to strengthening the foundations of community through a diverse portfolio of programs helping children, teens, families, adults, immigrants and older adults to reach their full potential. We've been focused on what really matters for 129 years.
- The YMCA is committed to impacting some of our communities' toughest issues and we know real change is not possible if we act alone. We measure our performance through the lens of community impact and we work with hundreds of partner organizations who share our commitment to make a difference. We are proud to call the government a partner in this work.
- The YMCA is committed to this initiative. Led by our Chair, Dr. Graydon Meneilly and our Board has approved this plan and committed to delivering the outcomes we promise our partners and those we serve.

It is our understanding the Province will review proposals of this scale as part of a comprehensive assessment of provincial infrastructure priorities and understand if so prioritized, a more detailed proposal process will be implemented. We would very much appreciate this opportunity. **For more information, please contact:**

Stephen Butz
President and CEO
YMCA of Greater Vancouver
300-5055 Joyce Street,
Vancouver, BC V5R 6B2
T: 604-622-4961
C: 778-384-9622
E: steve.butz@gv.ymca.ca

Purpose of this Report

- To establish the YMCA's case to serve an additional 100,000 people in the currently underserved and rapidly growing communities of Coquitlam, Surrey, Vancouver and Chilliwack.
- To demonstrate the YMCA's capacity to bring engaged community partners around our vision to achieve something together that would otherwise not be possible.
- To invite the Province of British Columbia to join us in creating vitally needed social infrastructure that benefits children, youth and families throughout the Greater Vancouver Region.

About the YMCA of Greater Vancouver

The YMCA cares about what really matters: raising healthy and resilient children, ensuring youth feel confident and supported, and helping people feel healthy and connected to others in the community. As the Lower Mainland's largest operational charity, the Y provides vital community services that are having a positive impact on some of our most pressing social issues.

In 2015, we helped more than 120,000 children, youth, adults, families and seniors become stronger through life-enhancing programs and services.

We deliver child care, health, fitness, aquatics, camps, immigrant services, sport leagues, employment services, youth leadership and community programs.

In all we do, no one is ever turned away from the YMCA. We invest millions to make sure the Y is an inclusive place for all. Through YMCA programs and services:

- **6,680 kids learn through play** at our 59 child care locations and before and after school program sites
- **24,869 kids make memories and life-long friends** through YMCA camping and outdoor education
- **4,951 kids and teens learn to swim** - a critical life skill.
- **900 teens learn how to lead** through YMCA Leadership Development programs; and
- **35,000 adults and seniors stay physically active** through YMCA health and fitness and aquatic programs.

The YMCA is also a leading employer and an enterprising contributor to B.C.'s economy:

- **Employing more than 1,631 individuals** from the Sunshine Coast and Vancouver to the Tri-Cities and Fraser Valley including a wide range of employment readiness and job training programs.
- **Contributing more than \$23.7 million** to the B.C. and Canada's economy through payroll, benefits and staff and volunteer development.
- **Enabling volunteers to contribute more than \$3 million** annually in economic value to BC

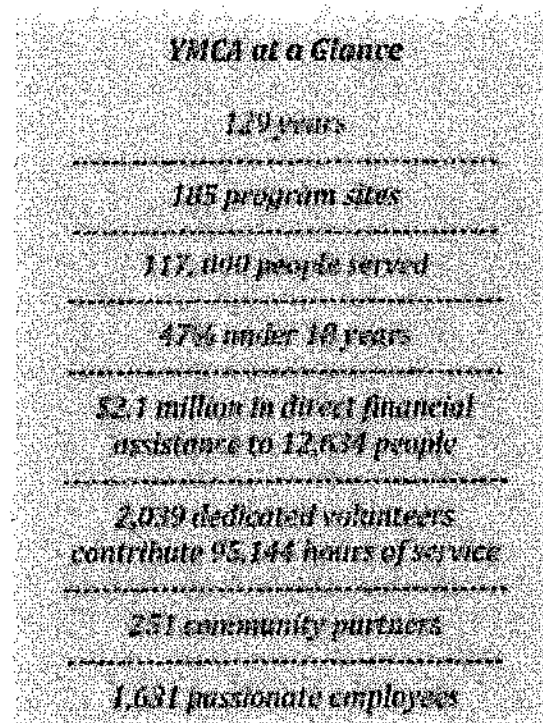
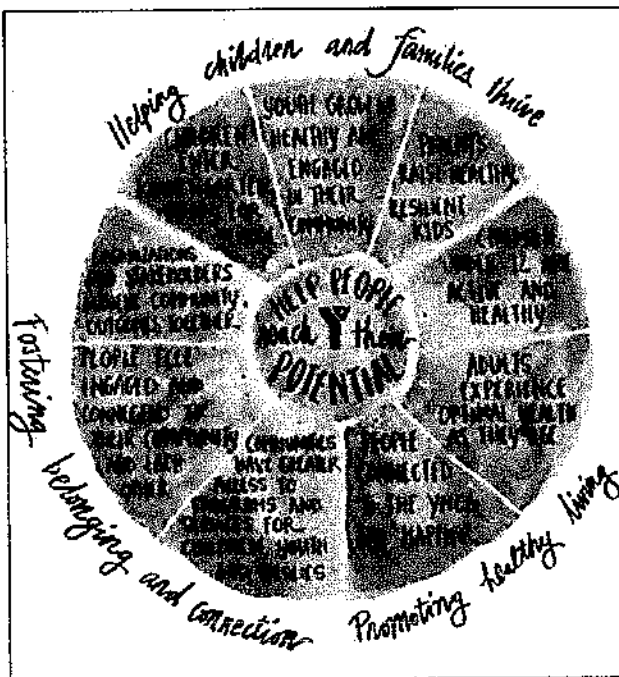


Figure 2.0: Our Impact Lens



Among the many important things we do, we have selected nine outcomes to focus on over the next decade. Our impact is measured in each of those outcomes, recognizing achievement as a product of working with and for organizations and government who share this commitment.

The YMCA is committed to impacting some of our communities' toughest issues

We live in communities experiencing profound changes and increasing social problems. The high cost of living and housing, lack of high quality and affordable child care and precarious employment is making it difficult to raise healthy families. These problems are not getting smaller or any easier to solve. In addition:

- One in five children in BC lives in poverty;
- 32 per cent of children entering kindergarten are "developmentally vulnerable". This can result in poor health, low academic achievement, delinquent behaviour and future unemployment¹.
- 30 per cent of kids are considered overweight or obese. Annually, inactivity costs the province more than \$573 million.²
- 32 per cent of people living the Lower Mainland do not feel a strong sense of belonging in the community³;
- 40,000 people immigrate to BC every year and often require support to integrate into their new communities
- 12.6 per cent of young people in BC are unemployed, a rate two times greater than the general population.⁴

Impact of YMCA's Social Infrastructure in communities

YMCA facilities have been serving our communities for generations. We have a proven track record focused on significant social and health impacts. We know a YMCA Centre of Community will:

- **Nurture the potential of children and youth** through day camps, youth leadership, youth mindfulness and Alternative Suspension programs;
- **Promote healthy living** through active after school programs and help people to manage chronic diseases through maintenance programs such as YMCA Healthy Heart;
- **Support older adults and seniors** to remain active in their communities, expanding their social networks;
- **Help unemployed individuals** to develop the skills they need to find the right career path;
- **Connect new Canadians** with friends, community support and resources;
- **Provide programs to help vulnerable families** address their basic needs; and
- **Give people the chance to volunteer**, learn, connect and give back to their community.

Smart Social Infrastructure Investment: The YMCAs Vision for Transformation

Our plans to develop four new Centres of Community in Coquitlam, Surrey, Vancouver and Chilliwack will enable the YMCA to double the number of people we serve, reaching more than 200,000 people by 2022. These four new centres have been developed through sound and responsible market research and financial planning, enabled by a multi-sourced approach to capital funding. Thus far, our case for investment considers operational sustainability and relevance achieved through collaboration with local municipalities, utilization of YMCA resources and community based philanthropy. This proposal invites provincial and federal participation based on shared a commitment to strengthen the foundations of community.

Figure 3.0 on the following page summarizes our planned scope of investment:

¹ Early Development Index, Human Early Learning Partnership, UBC <http://earlylearning.ubc.ca/documents/tag/edi/?type=documents>

² www.childhoodobesityfoundation.ca

³ Vancouver Foundation, "Vital Signs Report: On the Road to Vitality" <http://www.vancouverfoundation.org/vitalsignsreport.pdf>, 2010

⁴ Government of British Columbia, "Labour Force Statistics Highlight", <file:///C:/Users/mfrimpong/Downloads/Labour%20Force%20Statistics,%20January%202016,%20Highlights.pdf>, released February 5, 2016, accessed February 10th, 2016.

Figure 3.0

Surrey City Centre YMCA**\$42 million**

A 60,000 sq. ft. facility that aligns with the City's growth strategy, providing much needed programs and services to community members in the city centre.

Coquitlam Family YMCA**\$42 million**

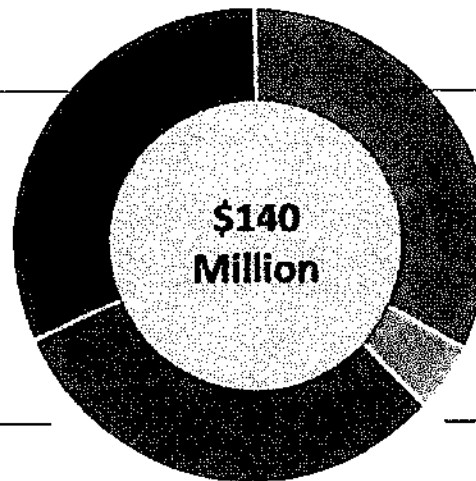
A 55,000 sq. ft. modern facility that will enable enhanced access to healthy living programs and community resources for the rapidly growing community of Burquitlam.

South Vancouver Family YMCA**\$46 million**

A 60,000 sq. ft. health, fitness and aquatics centre in partnership with Vancouver Coastal Health to develop a health hub as part of the Pearson Dogwood property redevelopment.

Chilliwack Family YMCA**\$10 million**

The renewal and expansion of the existing building, in partnership with the City, will enable the YMCA to support 50% more families through accessible and more integrated community programs.



Once completed, the four new projects will result in an additional social infrastructure investment of \$140 million in the Greater Vancouver region. While each of the four centres will vary in its size, service offerings and space utilization based on the needs of the community, key amenities and services will include:

- Dedicated active lifestyle spaces for health and wellness;
- Youth programming and community activities featuring a gymnasium and multi-purpose studios;
- Family Development Centre focused on supporting parent support and child development;
- Therapeutic rehabilitation water tanks for teaching, recreation for young families and therapeutic exercise for injury rehabilitation and senior mobility; and
- Employment, settlement services and shared community spaces.

Economic Impact of a YMCA Centre of Community

According to an economic impact analysis completed by G. P. Rollo & Associates, Land Economists Ltd⁵, over its 40-year life, a typical 60,000 sq. ft. YMCA in the Lower Mainland will generate a significant and sustainable economic impact through:

- Approximately 200 person-years of direct and indirect construction and planning employment⁶;
- Annual income through 60 full-time equivalents (FTE) jobs at YMCA centres of approximately \$2.2 million. Over a 40 year period, with a 2.5% annual escalation of incomes, this creates approximately \$150 million of income;
- Approximately \$12 million in construction materials will be required, creating opportunities for contractors and material suppliers in the region;
- On an on-going basis, \$500,000 per year on capital renewal (building and equipment) and over \$800,000 per year on operational costs, generating a total of \$85 million in opportunities for local businesses.

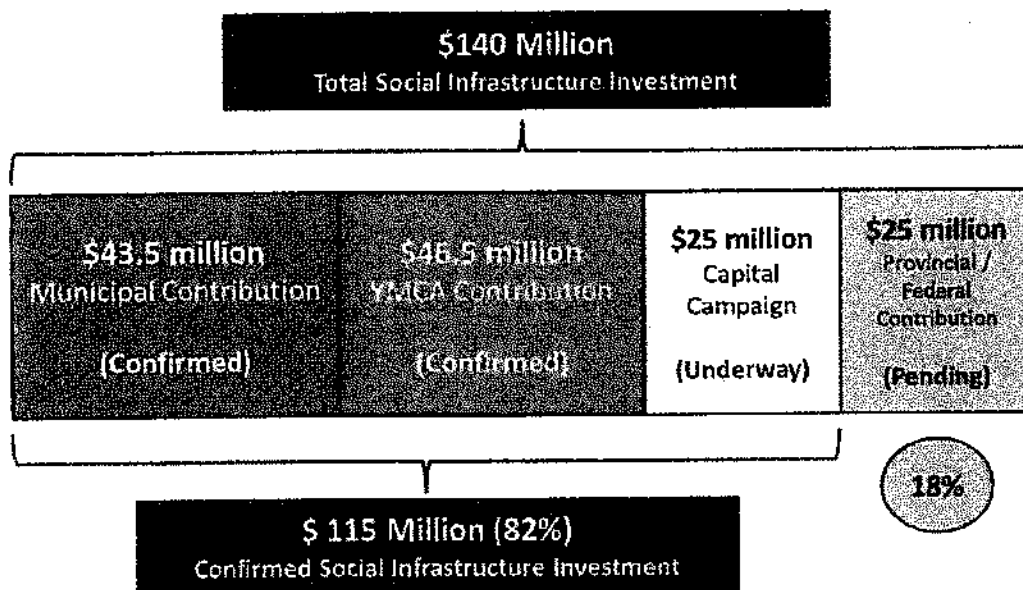
⁵ <http://www.rolloassociates.com/>

⁶ A person-year is equivalent to the time worked by one person employed full-time for one year.

- The YMCA is an accountable and responsible organization with a proven track record of partnering with government and community organizations to deliver programs and services in a cost effective manner:
 - The YMCA has a solid track record in developing complex projects with multiple partners, supported by robust community engagement and philanthropic support. The existing Tong Louie Family YMCA in Surrey and Robert Lee YMCA in downtown Vancouver are leading examples of our capacity and vision.
 - Following construction of a centre, the YMCA assumes 100% of the ongoing operational costs of the facility. This represents a significant savings to local tax payers and ensures sustainability for future generations.

YMCA Social Infrastructure Funding Request

For the past five years, the YMCA has been working with community partners, municipalities, individual donors, service providers and community leaders to develop the investment strategy and capital sources underpinning this proposal:



- **Municipal contribution:** A 31% share of capital funding has been confirmed by our municipal partners in Chilliwack, Coquitlam, Surrey and Vancouver. This investment recognizes the important relationship between the YMCA and municipalities in the delivery of much needed social infrastructure in support of shared community service goals. As well, the YMCAs approach to operations guarantees long term operational sustainability over the life of the facility. Once the four centres are built, they will not require additional municipal subsidy, thus protecting taxpayers from significant ongoing costs.
- **YMCA Contribution:** A 33% share of capital funding reflects the capacity of the YMCA to leverage the value of our existing facility in Vancouver (Langara Family YMCA) as a means to create capital resources for reinvestment. The YMCA also expects to assume a debt in the order of \$10-\$15 million.
- **Philanthropy:** An 18% share of capital funding enabled by a \$25 million capital campaign led by the YMCA which provides the opportunity for community leadership and investment in this plan. This target has been verified through independent study.

- **Federal / Provincial Contribution:** An 18% share of infrastructure funding based on a total contribution of \$25 million from the provincial and federal governments.

Investing in the future of British Columbians

This proposal asks for a \$25 million provincial / federal investment in social infrastructure through the creation of four new YMCA Centres of Community. Our case, summarized in this proposal, is based on a 129 year commitment to prevention and helping people achieve their full potential:

- Investing in these four centres of community in Surrey, Vancouver, Coquitlam and Chilliwack will create welcoming spaces that connect people, transform communities and enable families and children to thrive for generations to come.
- Long term community benefits and better health outcomes will be the result of increased rates of physical activity, greater community engagement, improvements in quality of life, better health outcomes, more independent and healthy seniors, lower incidence of chronic disease, kids better prepared to enter kindergarten and be successful in school, self-confident youth and safer and stronger communities.
- The substantial economic benefits of these projects will have a significant impact to support the government's plan to sustain a vibrant economy in BC.
- Municipalities, community leaders and community members have already confirmed their support. They understand that the challenges facing communities are not getting any smaller or easier to solve. This proposal invites Provincial and Federal participation as part of a coalition which recognizes that collectively we can achieve what no single government or organization can achieve on its own.

YMCA of Greater Vancouver
Province of BC Ridings Supported by Proposed Social Infrastructure Investment

YMCA Project	Home Riding	Market Riding(s)	Participation Target	Projected Opening
Chilliwack	• Chilliwack	• Chilliwack-Kent	7,000	2018
Surrey	• Whalley	• Guildford • Fleetwood • Green Timbers	12,000	2021
Coquitlam	• Port Moody-Coquitlam	• Coquitlam – Maillardville • Burnaby – Lougheed	9,500	2019
Vancouver South	• Langara	• Fairview • Quilichena • Kensington • Fraserview	12,000	2022

From: [Herman, Matt HLTH:EX](#)
To: [Codner, Tamara A HLTH:EX](#)
Subject: FW: Proposal to MTL
Date: Tuesday, April 25, 2017 10:16:43 AM
Attachments: [Letter to MTL re YMP FINAL.pdf](#)
[YMP Proposal FINAL.pdf](#)

From: Meghan Day [mailto:meghan.day@gv.ymca.ca]
Sent: Tuesday, November 22, 2016 11:49 AM
To: Herman, Matt HLTH:EX
Subject: Proposal to MTL

Hi Matt.

As an FYI - attached is the letter and proposal that we are sending to MTL for Y Mindfulness Programs. Just so's you knows.

M.

Meghan Day
Director, Strategic Partnerships

YMCA of Greater Vancouver

T: (778) 938-9054

E: meghan.day@gv.ymca.ca

Find out how you can stay active this winter at the YMCA. [Learn more here!](#)

Sent from YMCA of Greater Vancouver 300-5055 Joyce Street, Vancouver, BC V5R 6B2
www.gv.ymca.ca



YMCA of Greater Vancouver
300-5055 Joyce St
Vancouver, BC V5R 6B2

The Honourable Terry Lake, M.L.A
Minister of Health
November 21, 2016

Dear Minister Lake,

The YMCA is requesting funds to support a youth mental health program that reduces the demand on emergency departments and in patient bed utilization, and can reach youth living in both urban and rural communities.

The YMCA is requesting \$3 million over three years to extend the reach of an evidence-based program that has proven effectiveness to positively impact youth mental health indicators, reducing the demand on more expensive health care services.

YMCA Youth Mindfulness is an early intervention program aligning with Tier 2 of the Tiered Framework presented in the Ministry of Health's Policy Directions Paper "*Establishing a System of Care for People Experiencing Mental Health and Substance Use Issues*". YMCA Youth Mindfulness Programs also offer a response to the Select Standing Committee on Children and Youth's recommendation to provide adequate funding for early intervention programs to support the mental health of children and youth (January 2016).

On November 15th 2016, YMCA staff met with Ministry of Health Population and Public Health staff, including Matt Herman (Executive Director, Healthy Living and Health Promotion Branch) and Stephen Smith (Director, Social and Emotional Health and Resiliency), as well as with staff from the Ministry of Children and Family Development's Child and Youth Mental Health Branch. This meeting provided an opportunity to discuss the significant potential of the Youth Mindfulness Programs to contribute to the advancement of the Province's policy agenda regarding youth mental health.

Please see attached for your consideration: 1) the proposal for funds, and 2) a McCreary Centre Society report providing an analysis of data from the Mindfulness Program showing significant findings that indicated improvements, and large effect sizes, for all outcome measures.

Sincerely,

Meghan Day
Director, Strategic Partnerships
YMCA of Greater Vancouver



Proposal for Funding Supporting Youth Mental Health through YMCA Youth Mindfulness Programs

This proposal is a request to the Ministry of Health for \$3 million over three years to support the YMCA's goals to extend the reach and deepen the impact of the YMCA Youth Mindfulness Programs in order to support the mental health of BC youth. The YMCA Youth Mindfulness Programs are evidence-based early intervention supports for youth experiencing anxiety and/or depression with proven effectiveness for significantly improving mental health indicators and reducing the utilization on emergency departments.

Background: Youth Mental Health

In Canada, 1 in 5 (or 18%) of young people aged 15-24 report experiencing mental illness or substance use problems (BC Integrated Youth Services Initiative, 2015). While youth are susceptible to most types of mental illness, certain conditions, such as anxiety and depression, are most prevalent. In BC, approximately 6% of youth experience an anxiety disorder at some point, making it the most common illness afflicting young people in the province (Canadian Mental Health Association, 2014).

Youth struggle to access timely and appropriate mental health services, despite the high rates of anxiety and depression in BC youth, due to a lack of available, affordable and acceptable services/programs. In the absence of low-barrier services, youth utilization of Emergency Departments (ED) has climbed across health authorities (BC Integrated Youth Services Initiative, 2015). Rates of ED visits are particularly high for those with anxiety/depression conditions for people aged 13-35 years.

Table 1: Youth ED visits by patient group and age (2013/14) (Ministry of Health, 2015)

Patient Group	13-18	19-35	Total ED Visits
Substance Use	4,767	43,812	48,579
High Risk Mental Health	4,676	22,137	26,813
Anxiety/Depression	11,605	75,712	87,317
Developmental/Neurological	2,570	3,050	5,620
Trauma/Other Mental Health Disorders	2,192	12,389	14,581
Total	25,810	157,000	182,810

Fortunately, prevention and early interventions targeted to young people aged 12-25 have the capacity to generate greater personal, social and economic benefits than intervention at any



other time in the lifespan. Young people whose mental health needs are addressed function better socially, perform better in school and are more likely to develop into well-adjusted and productive adults than those whose needs are unmet. In comparison, youth who do not receive early support for mental health problems have higher rates of low educational achievement, unemployment, substance use, risk-taking behaviours, crime, poor sexual and reproductive health, self-harm and inadequate self-care - all of which increase the lifetime risk of morbidity and premature mortality (BC Integrated Youth Services Initiative, 2015).

YMCA Youth Mindfulness Programs

The YMCA has invested in the development, piloting, evaluation and partial scale-up of the Youth Mindfulness Program. In January 2015, the YMCA piloted the Youth Mindfulness Program (YMP) to address a critical need in the community – accessible mental health early support for youth experiencing symptoms of anxiety. YMP is an innovative, youth informed, evidence based program that addresses youth mental illness by focusing on providing early emotional and social support for youth experiencing anxiety/depression. Through this program, the YMCA supports youth to overcome barriers to accessing timely and appropriate support by:

- Providing access to services at no cost to youth, many of whom are low income and cannot afford to pay
- Providing a social support network for isolated youth experiencing mental health problems
- Teaching personal health practices and coping skills, including strategies to deal with anxiety
- Offering mental health programming in a non-stigmatizing community setting, rather than a clinical setting, for youth without requiring a diagnosis or medical referral
- Providing youth with a complimentary YMCA membership so they can access physical activity opportunities for the duration of the program

THE OBJECTIVES OF THE YOUTH MINDFULNESS PROGRAM

Meet a large gap in accessible mental health services in the Lower Mainland of BC.

Teach youth with anxiety helpful coping strategies and improve well-being.

Connect youth experiencing similar challenges within their community.

LOW-BARRIER ACCESS

No Diagnosis Required

Free of Charge

All Youth Welcome

Exercise has been proven to be an effective and positive coping strategy for anxiety. To maximize the efficiency of this mental health program, youth received free gym access during the program and gained a further extension of 6 weeks if they attended each and every program session.



To date, 9 cycles of the program have been completed with a 91% participant completion rate, and over 300 youth in the Greater Vancouver area have contacted the YMCA wanting to register for the program. Currently, the demand for YMP is greater than what the YMCA is able to supply due to limited resources.

Impact of YMCA Youth Mindfulness

McCreary Centre Society conducted an analysis of data from the Mindfulness Program (*Appendix A*). Findings were significant, and indicated improvements, and large effect sizes, for all outcome measures, including:

- reductions in generalized anxiety symptoms and psychological inflexibility
- increases in life satisfaction
- recovery from mental health challenges
- enhanced sense of well-being
- a general shift in overall sense of well-being from the clinical range to the non-clinical range by the end of the group.

Advancing Policy Priorities

1. YMP aligns with Tier 2 of the proposed Mental Health and Substance Use System of Care presented in the Ministry of Health's Policy Directions Paper "*Establishing a System of Care for People Experiencing Mental Health and Substance Use Issues*".

Tier 2 focuses on functions targeted to vulnerable populations at risk of developing mental health and substance use problems, with the goal being to provide links to appropriate support at an early stage.

2. YMP offers a response to Recommendation #11 of the Select Standing Committee on Children and Youth's Final Report for Child and Youth Mental Health in British Columbia "*Concrete Actions for Systemic Change*" (January 2016) to:

"Provide funding for adequate early intervention programs for common and preventable disorders in children, including partnerships with non-profit organizations and the philanthropic community"

3. YMP is contributing to the goal of *Healthy Minds, Healthy People: A Ten-Year Plan to Address Mental Health and Substance Use in British Columbia* to "enhance the capacity of community-based mental health and substance use services".

Healthy Minds, Healthy People states that:

It is clear that aligning the existing community capacity to identify and address problems earlier is essential to reduce suffering and avoid more costly hospital or residential



specialized services later on. Services must be matched to different levels of need so that the least intrusive interventions with the greatest gain are provided prior to more intensive interventions (p 29).

4. YMP contributes to the BC's *Guiding Framework for Public Health* target for Goal 3 - Positive Mental Health & Prevention of Substance Harms: 80% of British Columbians will experience positive mental health by 2023.

Next Steps

Based on the McCreary report on the significant impact of YMP on indicators of youth mental health, the YMCA plans to deepen the impact and extend the reach of the program across BC. The YMCA will do this in three ways:

1. Integrating a group physical activity component into the program in order to encourage ongoing participation in physical activity, which research has consistently shown to have an association with positive mental health indicators.
2. Rolling out a train-the-trainer model across YMCA's in BC and other community organizations that are well positioned to implement the YMP. This train-the-trainer model will include in-person workshops and online support, seed funding to support the organizations in the start-up costs associated with initiating a successful YMP, and ongoing centralized support.
3. Trialing a partnership with select School Districts in order to provide workshops to build the capacity of school staff to practice Mindfulness in the school setting to support both staff and students experiencing anxiety.

Over the next 3 years, the YMCA aims to build capacity of community-based organizations in 25 communities to implement YMP - inclusive of an integrated physical activity component - in order to support youth experiencing anxiety across BC. This has the potential to reach approximately 2500 youth experiencing anxiety across the province over the 3 year period.

The YMCA of Greater Vancouver requests \$3 million to achieve these goals.

**Outcomes Analysis
Of the YMCA of Greater Vancouver's Youth & Teen Mindfulness Groups**

September 26th, 2016

Analyses conducted by:

McCreary Centre Society
3552 East Hastings Street
Vancouver, BC V5K 2A7
www.mcs.bc.ca
evaluation@mcs.bc.ca



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BACKGROUND

The YMCA of Greater Vancouver contacted McCreary Centre Society to analyze data the YMCA had previously collected from their Youth and Teen Mindfulness Groups.

The Youth Mindfulness Group offered a seven-week support group to participants aged 18 to 30, while the Teen Mindfulness Group offered a six-week group to participants aged 13 to 17.

These groups were offered to individuals who experienced anxiety (up to 12 participants per group) and were facilitated by professionals with Masters Degrees in Counselling. The idea was for participants to learn healthy coping skills to manage their anxiety, connect with other young people, and receive support in a safe environment in the community. Program components included educational workshops and activities about anxiety and other topics relating to mental health; practicing evidence-based mindfulness techniques; and take-home resources to help manage anxiety between the weekly meetings. Participants were also provided with a complimentary 6-7 week YMCA fitness membership. The overall goal was to help participants manage their anxiety and improve their overall sense of well-being.

METHODOLOGY

The YMCA provided McCreary with two anonymized Excel databases (separate databases for the Youth and Teen groups). McCreary transformed these databases into SPSS to conduct quantitative analyses.

Measures

Data were analyzed from 72 youth who attended one of seven Youth Mindfulness Groups (including two pilot groups). They were asked to complete the following assessment measures pre- and post-treatment (information about each measure is included in the Results section):

- Quality of Life Scale (QOLS) – used only in the first two pilot groups
- Personal Recovery Outcome Measure (PROM) – used in all but the first two pilot groups
- Outcome Rating Scale
- Acceptance and Action Questionnaire-II (AAQ-II)
- Generalized Anxiety Disorder—7-item scale (GAD-7)

Youth also completed the Group Session Rating Scale (GSRS) after every session, and provided qualitative feedback on their experiences in the sessions.

In addition, data was examined from one Teen Mindfulness Group. These participants completed the GAD-7 and the Child Outcome Rating Scale (CORS). A total of nine adolescents completed measures pre-treatment while five completed them post-treatment. Given the small sample size, there was not enough statistical power to detect significant changes. However, the patterns are reported descriptively alongside findings from the Youth Mindfulness Groups.

Analyses

Paired-samples *t*-tests (repeated measures) were used to assess changes from pre- to post-treatment. Sample sizes (*n*) are noted in the findings, as not all youth completed measures at both pre- and post-treatment (and only those who completed both were included in the analyses).

Reported *p*-values indicate the likelihood the results occurred by chance. For example, $p < .01$ means there is up to a 1% likelihood the results occurred by chance.

The reported effect size (Cohen's *d*) represents the strength or magnitude of an effect. As a general guideline, $d = .2$ suggests a small effect; $.5$ a medium effect; and $.8$ or higher a large effect (Cohen, 1988).

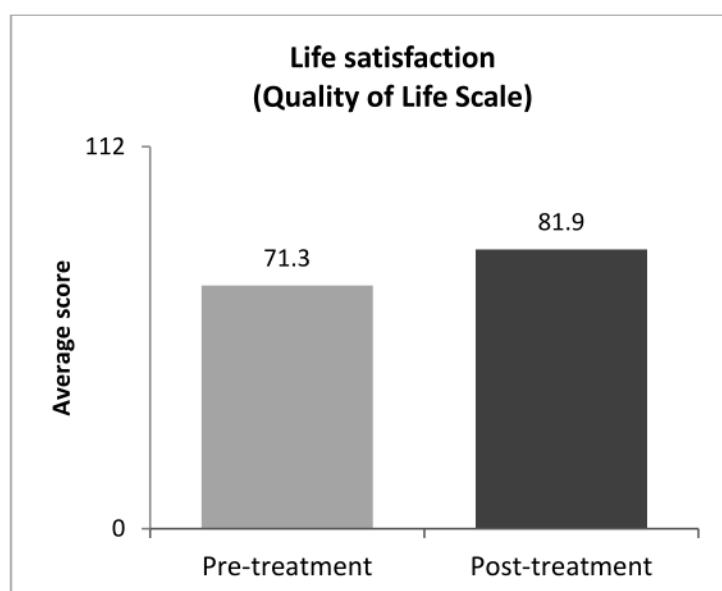
RESULTS

Program Outcomes

Quality of Life

The 16-item version of the Quality of Life Scale (QOLS; Burckhardt et al., 1989) includes questions about respondents' current level of satisfaction with various activities and relationships. Each item is scored on a 7-point scale ('Terrible' to 'Delighted'), with a higher total score reflecting greater satisfaction. Sample items include respondents' level of satisfaction with "close friends" and "expressing yourself creatively."

Participants in the Youth Mindfulness Groups ($n=34$) demonstrated improved life satisfaction from pre- to post-treatment (71.3 vs. 81.9; $p < .001$; effect size = 1.22).

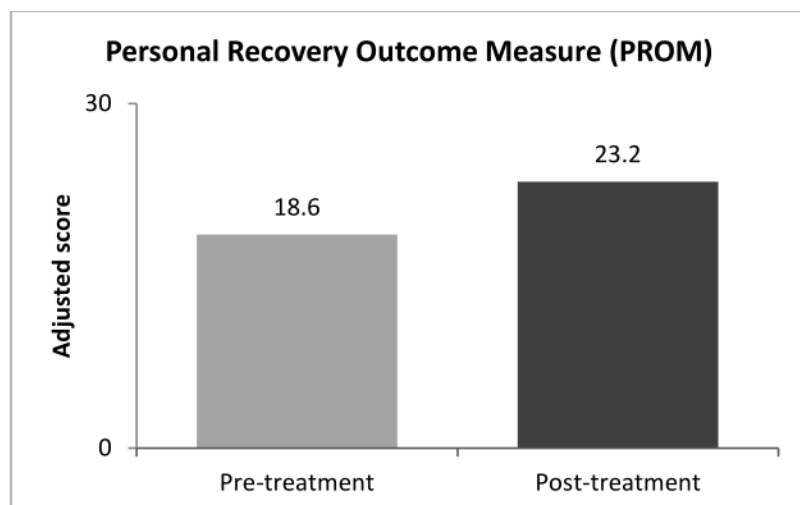


Note. Increase from pre- to post-treatment reflects an improvement.

Recovery from Mental Health Challenges

The Personal Recovery Outcome Measure (PROM; Barbic, 2015) is a self-report questionnaire used to assess recovery from mental health challenges. It contains 30-items about one's feelings and experiences in the last week, which respondents answer on a 5-point scale (ranging from 'None of the time' to 'All of the time'). Sample items are "I can manage my stress" and "I am happy." The adjusted score can range from 0 to 30, where a higher score reflects greater recovery.

Participants in the Youth Mindfulness Groups ($n=29$) demonstrated improvements from pre-treatment to post-treatment (18.6 vs. 23.2; $p < .001$; effect size = 1.04).

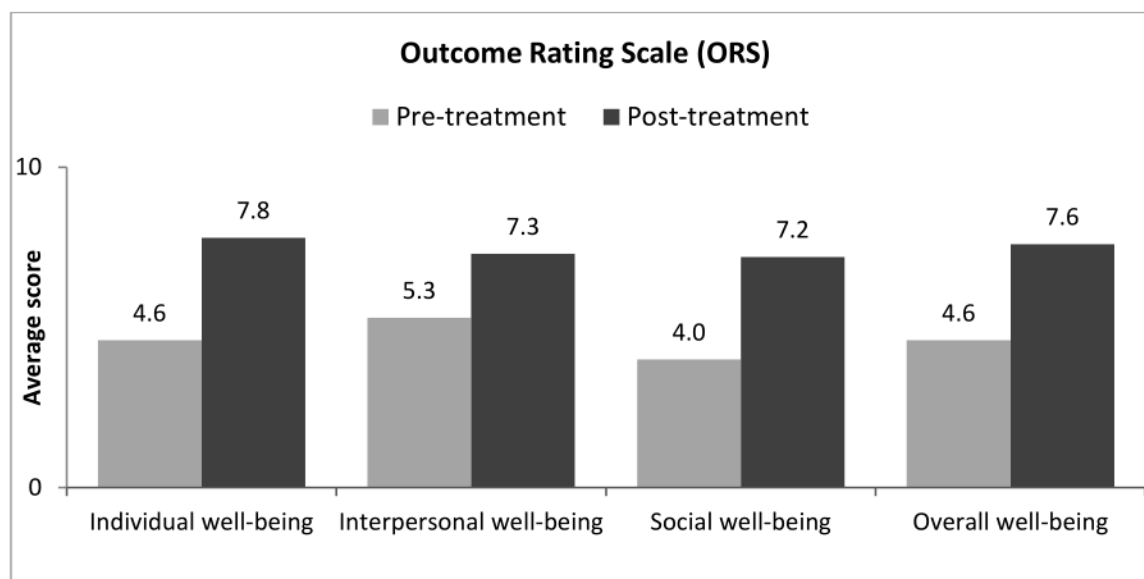


Note. Increase from pre- to post-treatment reflects an improvement.

Outcome Rating Scale

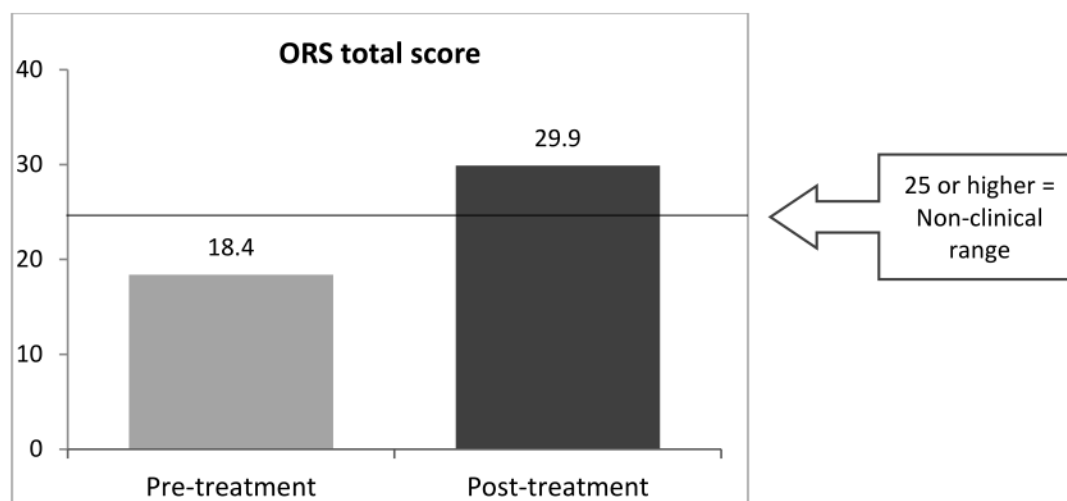
The Outcome Rating Scale (Miller & Duncan, 2000) measures well-being in four domains (individual, interpersonal, social, overall). Respondents mark on a 10 cm line how well they have been doing in each of the four areas over the past week. Marks toward the right (values nearing 10) represent higher levels of well-being.

Participants in the Youth Mindfulness Groups ($n=63$) demonstrated improvements in all four domains from pre- to post-treatment (p 's < .001; effect sizes = .85 to 1.79).



Note. Increase from pre- to post-treatment reflects an improvement.

The corresponding increase in the ORS total score (sum of the four items) from pre- to post-treatment ($p < .001$; effect size = 1.84) shifted the average total score from one that is typical of a clinical population to one that is typical of a non-clinical population (cutoff score = 25; Quirk et al., 2012).



Note. Increase from pre- to post-treatment reflects an improvement.

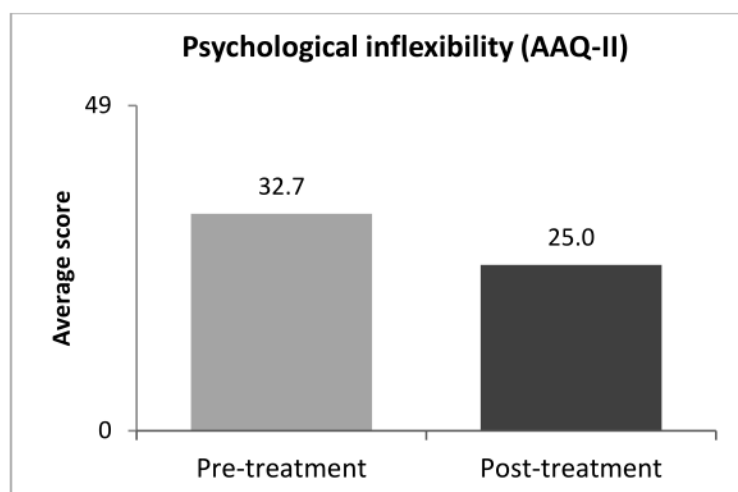
Participants in the Teen Mindfulness Group completed the Child Outcome Rating Scale (CORS; Duncan, Miller, & Sparks, 2003) which, similar to the ORS, asks respondents to mark on a 10 cm line how well they have been doing in four areas (self, family, school, and overall). Each line is anchored by a frowning face on the left and a smiling face on the right, with marks toward the right (values nearing 10) representing greater well-being. The pattern of results suggested improvements from pre- to post-treatment but the changes were not statistically significant likely due to the small sample size.

Psychological Inflexibility

The Acceptance and Action Questionnaire-II (AAQ-II) is a seven-item measure that assesses psychological inflexibility. Flexibility is defined as the ability to fully connect with the present moment and the thoughts and feelings it contains, and to persist or change behaviour as needed to pursue one's goals and values (Bond et al., 2011). Psychological inflexibility has been associated with poorer mental health, including greater levels of depression and anxiety.

The measure contains a 7-point scale (ranging from 'Never true' to 'Always true'). Sample items are "Emotions cause problems in my life" and "I'm afraid of my feelings." Scores range from 1 to 49, with a higher score corresponding to greater psychological inflexibility.

Results indicated improvements over time among participants in the Youth Mindfulness Groups (n=63), with their psychological inflexibility decreasing from pre- to post-treatment (32.7 vs. 25.0; $p < .001$; effect size = 1.17).

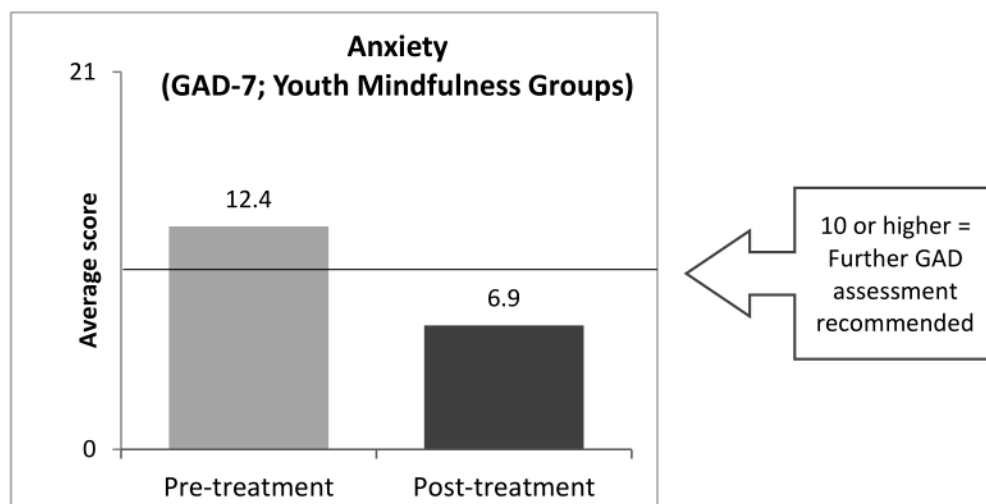


Note. Decrease from pre- to post-treatment reflects an improvement.

Generalized Anxiety Symptoms

The Generalized Anxiety Disorder 7-item scale (GAD-7; Spitzer et al., 2006) is a screening tool for Generalized Anxiety Disorder. Respondents answer how often they have been bothered by various symptoms in the past two weeks (e.g., "feeling nervous, anxious, or on edge"). Each item is answered on a 4-point scale (ranging from 0 'Not at all' to 3 'Nearly every day'), with total scores ranging from 0 to 21. A higher score reflects greater severity of generalized anxiety symptoms, and further assessment for GAD is recommended when a score is 10 or higher. Anxiety severity is classified as Minimal (total score = 0-4), Mild (5-9), Moderate (10-14), or Severe (15-21).

Among participants in the Youth Mindfulness Groups ($n=64$), anxiety severity decreased from the Moderate range at pre-treatment (average score = 12.4) to the Mild range at post-treatment (average score = 6.9; $p < .001$; effect size = 1.40). A similar pattern was found among participants in the Teen Mindfulness Group but the results were not statistically significant, likely due to the small sample size.



Note. Decrease from pre- to post-treatment reflects an improvement.

Youth's Feedback

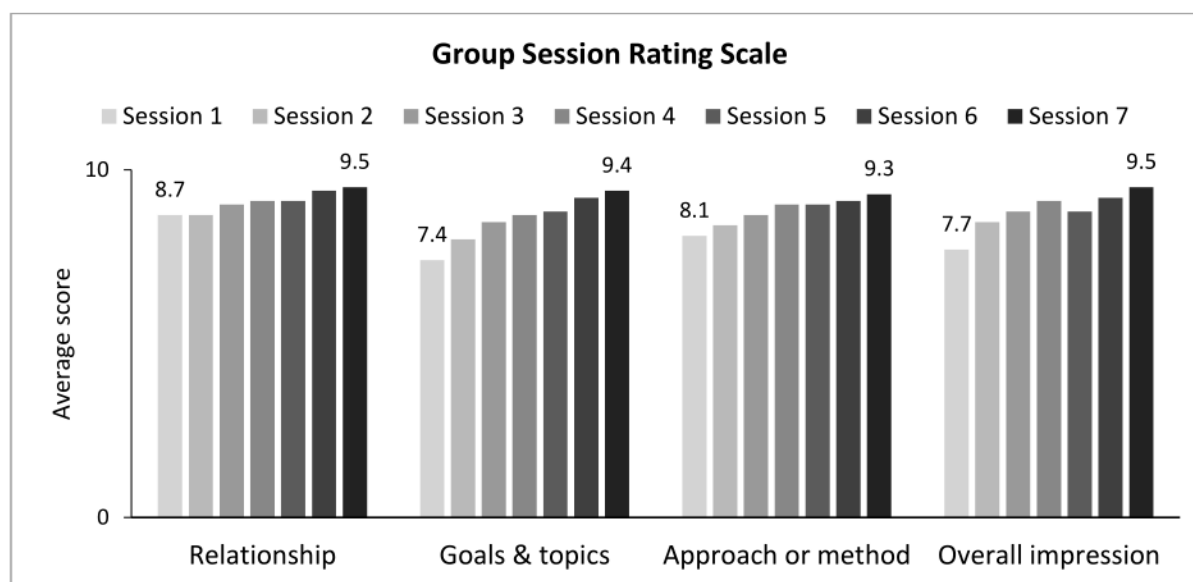
Group Session Rating Scale

The Group Session Rating Scale (GSRS; Duncan & Miller, 2007) is a 4-item tool to assess the alliance in group therapy settings. Participants complete the GSRS at the end of each session. Items measure participants' feelings about the relationship (feeling understood, respected, and accepted by the rest of the group and the facilitator); the goals and topics (feeling the goals and topics of the session were congruent with what the participant had hoped to gain from the session); the approach or method (the degree to which these were a good fit for the participant); and overall impression ("Overall, today's group was right for me—I felt like a part of the group").

As with the Outcome Rating Scale, each item consists of a 10 cm line with two bipolar anchors, and participants place a mark on the line which corresponds to their experience. Marks toward the right of the continuum (values nearing 10) represent more positive experiences.

Findings indicated overall satisfaction in all four domains (relationship, goals & topic, approach or method, and overall impressions) in each of the seven sessions (n=33). Further, in each domain there was a gradual increase in scores over time (p 's < .01). For example, in the first session, participants' average score in the relationship domain was 8.7 (out of 10). The average score in this domain increased to 9.5 by the seventh session.

The average total score (out of 40) increased over the seven sessions, from 31.9 in the first session to 37.4 in the last session (p < .001; effect size = 1.10).



Note: Not every change across sessions was statistically significant. However, the difference between Session 1 and Session 7 was statistically significant in each of the four domains.

Liked most

At the end of each session, youth were asked what they liked most and least about the session. A common response to what they liked most was the opportunity to share their perspectives and experiences relating to anxiety, and to hear about others' experiences, in a safe and supportive

environment. They explained that sharing and listening to others helped them better understand their own anxiety and to realize they were not alone in their experience. Participants described feeling accepted and respected by the group.

Youth expressed liking the group discussions, particularly one about values, and the metaphors used to explain concepts. In addition to the discussions, youth liked the different activities and techniques they learned, and the opportunity to practice mindfulness. In fact, when providing follow-up feedback, participants commonly identified the various tools and techniques, and opportunities to practice them, as the most helpful aspect of the sessions.

Youth also valued the skilled facilitators and their ability to answer difficult questions. Some expressed appreciation for the facilitators' flexibility in veering from the original session plan when needed, in order to discuss important issues that arose. However, a few felt the discussions could have been better moderated in these instances to ensure there was enough time to also cover important content that may have otherwise been missed.

A few participants indicated they appreciated setting goals for the week, and leaving a session feeling energized for the week ahead. Some also expressed gratitude for the food that was provided during the sessions.

Many youth commented they were making progress from earlier sessions, both in terms of feeling like a part of the group as well as exploring and understanding their feelings and experiences. Several mentioned gaining greater knowledge and understanding of anxiety and how to manage it.

In the final session, they liked the review and reflection on all they had learned, and the wrap-up. They also appreciated the reminder of how important it was to practice the various techniques in their daily lives.

When providing follow-up feedback, youth reported reductions in their anxiety as well as improvements in their outlook on life and overall sense of well-being because of their involvement in the Youth Mindfulness Group.

Relationship

"I felt appreciated and accepted."

"I felt understood by other members of the group."

"Talking about my experiences and listening to other's experiences made me feel less alone and isolated."

Goals & topics

"I feel like today's session brought up a lot, especially around pain and suffering and self-care, and although it was uncomfortable I feel like it was important and helpful towards the overall understanding of mindfulness."

"The relaxation exercise was extremely helpful."

"The progressive muscle relaxation exercise was great, as was the diffusion lesson -- it was great using diagrams to represent what we were talking about."

"I really liked the check-out, acknowledging one of my values and setting a concrete goal to work towards for the next week."

Approach or method

"I liked the engaging, well-structured delivery."

"The actual physical practices were really good for me."

"Really felt like I was learning. Facilitators are great."

Overall

"I appreciated feeling like I was a part of the group."

"Everything was really clear and it made me feel very positive!"

"I think for me today I've felt more like a part of the group than I've felt in previous sessions. I really appreciated going back to our group agreement and reflecting."

"I always like how things are run and I feel comfortable in the group. Today the focus on goals and values was very good for me and I feel energized for the next 7 days."

"Felt like I really explored my feelings and made some sense of what has been happening. Progress!!"

Follow-up feedback

"[The Youth Mindfulness Group] helped me a lot to learn that there are ways of coping."

"The group has helped me by being a general supportive place to talk about my anxiety. It has helped me by providing some techniques to actively deal with anxiety as it's happening."

"I have learned a lot about anxiety itself, the different ways it can be interrupted and how to show myself more compassion... I have a much more useful survival kit now. Thanks for everything."

"I've really learned how to use my anxiety as a tool. Instead of anticipating or resisting it, I've become more mindful and curious about it. I feel a lot more at peace with my thoughts now."

"Just showing up and doing the work has vastly improved my outlook [and] overall demeanour."

"I feel so much better than when we first started."

"I don't feel that dreadful feeling and I have become more positive."

"By feeling supported, and given tools that are easy to use in daily life, it has helped me with my anxiety."

Youth's suggestions

When asked what they liked least, many said there was nothing they disliked, expressed satisfaction with how the sessions were run, and had no suggestions to improve the groups.

A few felt they were inactive during the first session (aside from the tour of the YMCA), due to the large amount of paperwork and introductory protocol that needed to be reviewed, and suggested incorporating more movement and action-oriented exercises into that session.

In later sessions, the suggestion again arose of having more physical activities because some participants found their minds wandering if they had to listen for extended periods of time. One idea was to do an energizer activity part-way through the session to increase participants' alertness and focus. Further, some felt that hands-on learning was optimal for them, and suggested more hands-on activities (e.g., drawing) and small-group work, as well as more visual teaching approaches.

A related suggestion was to provide a handout with the various terms and definitions because some had difficulty remembering them when they were only presented verbally. A few participants expressed particular confusion over the concept of 'diffusion' and wished that more examples were provided.

Youth liked the check-ins at the start of each session because it gave the group an opportunity to reflect on their anxiety over the past week. Some felt they would benefit from longer check-ins and more opportunities to talk about their week.

Some felt the length of the sessions was too short or that there should be a greater number of sessions because there was a lot of information to process in a short amount of time.

SUMMARY & CONCLUSIONS

Findings indicated improvements, and large effect sizes, from pre-treatment to post-treatment on all the Youth Mindfulness Group outcome measures. Specifically, there were reductions in participants' generalized anxiety symptoms and psychological inflexibility, and increases in their life satisfaction, recovery from mental health challenges, and sense of well-being. Further, there was a general shift in overall sense of well-being from the clinical range to the non-clinical range by the end of the group.

Participants' qualitative feedback was consistent with the quantitative findings. Their comments underscored the gains they had made in understanding anxiety and how to manage it, as well as their reduced experiences of anxiety and improved sense of well-being.

Youth's quantitative feedback after each session suggested they were satisfied with their experience in the group, and their level of satisfaction increased over time. This included feeling understood, respected, and accepted by the facilitators and other group members; feeling like a part of the group; feeling the goals and topics of each session were in line with what they had hoped to achieve from the session; and experiencing satisfaction with the approach or method used.

Participants' open-ended responses indicated they appreciated the opportunity for group members to share their experiences with anxiety in a safe and supportive environment. They also valued the skilled facilitators, as well as the tools and techniques they learned and the opportunity to practice them. These factors seemed key to participants' improved outcomes.

Youth also had suggestions to build on the group's strengths. These included more hands-on learning, small-group work, and visual teaching methods to complement the oral approaches.

In sum, results indicate that the YMCA's Youth Mindfulness Group was effective in supporting participants aged 18 to 30 in managing their anxiety and improving their well-being. Findings from the Teen Mindfulness Group were inconclusive because of the small sample size, although if more of these groups are carried out the data could help assess the effectiveness of a mindfulness program among adolescents aged 13 to 17.

In addition, in the future it may be warranted to explore increases in participants' desire to be more physically active, and their physical activity level—due to the complimentary YMCA fitness membership they received—and the degree to which it contributed to improved outcomes.

From: [Herman, Matt HLTH:EX](#)
To: [Codner, Tamara A HLTH:EX](#)
Subject: FW: YMCA Proposal to Minister Lake for funding to support youth mental health
Date: Tuesday, April 25, 2017 12:25:51 PM
Attachments: [Letter to Minister Lake, signed.pdf](#)
[YMP Proposal FINAL.pdf](#)
[YMCA mindfulness outcomes report Sept 26. final \(1\).pdf](#)

From: Meghan Day [mailto:meghan.day@gv.ymca.ca]
Sent: Thursday, November 24, 2016 4:18 PM
To: Paton, Arlene HLTH:EX; Herman, Matt HLTH:EX
Cc: Craig Sheather
Subject: YMCA Proposal to Minister Lake for funding to support youth mental health

Hello Arlene and Matt,

I am letting you both know that we submitted the attached information to the Minister's Office yesterday as a request for funding to support YMCA youth mental health programming, specifically our Mindfulness Programs. Attached is 1) a letter addressed to Minister Lake, 2) a proposal for funds, and 3) a McCreary report showing impact of Y programming on youth mental health indicators. We were unsuccessful in our attempts to schedule a meeting with Minister Lake due to his full schedule between now and February. However, we really appreciated the opportunity to meet with Matt, Stephen and team to share details on the program and the significant positive impact that it has been having for youth experiencing anxiety.

Please let me know if you have any questions or comments.

Thanks,
Meghan

Meghan Day
Director, Strategic Partnerships

YMCA of Greater Vancouver
T: (778) 938-9054
E: meghan.day@gv.ymca.ca

Find out how you can stay active this winter at the YMCA. [Learn more here!](#)

*Sent from YMCA of Greater Vancouver 300-5055 Joyce Street, Vancouver, BC V5R 6B2
www.gv.ymca.ca*