Lessons Learned from the Development of a Physical Activity/Mental Health Program

You Can Lead a Student to the Gym...
But You Can’t Make ‘Em Lift!
FREEMAN WOOLNOUGH
RESIDENCE OUTREACH COUNSELLOR

• Loves food
• Loves learning
• Thinks the book is better than the movie

WHAT ABOUT YOU?
What will we do here?

- Prescription Exercise at Queen’s (PE-Q)
- Successes and challenges
- Assess your needs and challenges!
What we saw...

Participants’ Symptoms

- Depression
- Anxiety

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<th>Pre-program</th>
<th>4 Weeks</th>
<th>8 Weeks</th>
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<td>Anxiety</td>
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<td>Depression</td>
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What we saw...

Participants’ Behaviours

- Pre-Program
- 4 Weeks
- 8 Weeks

Legend:
- Planning
- Action Control
I learned a lot.

The program was useful.

The program was credible.

Participating was one of the best decisions I've ever made.

I had never been to the gym [before the program].
MENTAL HEALTH
Students with mild to moderate symptoms of anxiety and/or depression

BAP MENTOR
Graduate students trained in Brief Action Planning - 15 minute meeting once per week

REFERRAL
Referred by counsellor, physician, or nurse on campus

PERSONAL TRAINER
Access to up to two 1:1 personal training sessions per week, for the first four weeks

ORIENTATION
Meeting to confirm fit and emphasize commitment to the program

EIGHT WEEKS
No cost to student, must maintain current wellness plan/level of support

Prescription Exercise at Queen’s
How we got here

1:1 meetings with key players

Securing funding

Involvement of research

Re-adjustment and more funding

Group meeting for common goals

Just do it!

Long-term funding/plan

Results!
Perspectives: Freeman

- Feedback from and changes in students is amazing to see
- Great opportunity to connect and collaborate
- Money, money, money!

- Grassroots program is difficult to get higher up awareness/support
- Process is streamlined, relative to other programs/supports
- Difficult to coordinate through the academic year
Perspectives: Intake

- Intake meetings provided valuable information
- Added value – reducing mental health stigma
- Scheduling intake meetings took longer than expected
- Joint initiative between students, staff and faculty (ultimate collaboration!)
- Valuable part of stepped care model
- Challenging when students didn’t meet eligibility criteria but had been referred
Just do it.

Talk it up.

Don’t re-invent the wheel.

Set aside some time.
THANKS!

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