

Canadian Mental Health Association (CMHA), Ontario Division

CUSTOMIZED EVALUATION

SUPPORTS (CES) PROFILES

CENTRAL HUB // GREATER TORONTO AREA



ORGANIZATION NAME

Canadian Mental Health Association, Ontario Division

PROGRAM NAME

Mood Walks for Youth in Transition

STEPPING UP THEMES

- Health & Wellness
- Diversity, Social Inclusion & Safety

PROGRAM TARGET POPULATION

- All Youth (Specifically, youth who are at risk of, or are experiencing, mental health issues)

PROGRAM ACTIVITIES

- Support community organizations as they launch sustainable Mood Walk groups
- Connect participating agencies with local volunteers, community partners, and resources
- Provide training opportunities in hiking skills, youth engagement, and evaluation
- Create knowledge exchange opportunities and events

“The Mood Walks group has helped me to feel healthier, more energetic and more at peace with myself. I feel less angry, less stressed and more relaxed after the hikes.”

– YOUTH PARTICIPANT



CONNECT WITH MOODWALKS FOR YOUTH IN TRANSITION!

www.moodwalks.ca // [@moodwalksON](https://twitter.com/moodwalksON)

CANADIAN MENTAL HEALTH ASSOCIATION (CMHA), Ontario

Division is a non-profit, charitable organization committed to making mental health possible for all.

CMHA Ontario is a dedicated partner within the network of Canadian Mental Health Associations at the national, provincial and local level. CMHA Ontario works closely with its 31 local branches in communities across the province to ensure the utilization of best practices in the organization, management and delivery of services to consumers and families of individuals with mental illness, dual diagnosis and concurrent disorders.



PROGRAM OVERVIEW

Mood Walks for Youth in Transition is a provincial initiative in partnership with Hike Ontario and Conservation Ontario, with funding from the Ontario Ministry of Tourism and Sport. Mood Walks is currently providing training and support to 41 community mental health organizations across Ontario to launch educational walking programs for youth who are at risk of, or are experiencing, mental health issues.



WHAT ARE YOUR EVALUATION HOPES AND DREAMS?

“We want both the evaluation process as well as the outcomes to be meaningful to the participating youth, program leaders, and organizations. By allowing for customization and flexibility in the tools being used, we hope to build long-term evaluation capacity within each individual Mood Walks group.”



HOW MIGHT THIS BE AN OPPORTUNITY FOR SUCCESSFUL EVALUATION?

“Program leaders attended a leadership retreat that focused on skill building, evaluation planning and youth engagement strategies prior to starting their Mood Walks groups. In addition to being provided a comprehensive program manual that includes evaluation tools, program leaders collaboratively support one another through the evaluation and planning process by sharing additional tools and resources.”



HOW WILL YOUTH BE INVOLVED IN YOUR EVALUATION?

“We encourage participating agencies to engage youth at the very beginning, in planning their program and deciding what outcomes to measure. We would like to see clients engaged throughout the process, with opportunities to share what might be important for them to measure. Asking the question, What would success look like for you if you joined this hiking group?”