Musical Mindfulness

An afterschool music program in partnership with Orkidstra and the City Studio Project to provide a safe space for kids and youth in the Ottawa region.

The Situation

Poor mental health indicators in youth in Ottawa have increased since the COVID-19 pandemic, associated with substance abuse, mental illness, and difficulty functioning in various areas of life. Mental health literacy has been identified as a protective factor for adverse mental health outcomes, calling for a program to foster mental health literacy in Ottawa youth.

Our Goal

To decrease substance use disorders, and increase mental health literacy among adolescents aged 12-18 situated in the Ottawa region.

Ensuring Equity

- Free program
- Outreach at-risk kids and youth
- Transportation is provided for free
- Accessibility friendly sites
- Supervised space for all
- Diverse staffing to ensure participants feel represented and welcome.

Objectives

To increase, by 15%, awareness of the negative side effects of substance use disorder among the participants enrolled in the program by December 31st, 2023.

To decrease, by 20%, the number of participants who are actively affected by substance use disorders by June 30th, 2025.

To increase quality of life (QOL), by 35%, among the participants who have partaken in the program for a minimum of 3 years, by June 30th, 2029.

Activities

1. Concerts or assemblies at 5 public elementary/middle/high-schools schools in the Ottawa region for participant recruitment.

2. Music class and mental health workshops provided by mental health experts at program sites, twice a week.

3. Create a safe space with different stations and activities, supervised by community volunteers, that youth/adolescents can access after school.