



CMHA Kelowna is working on a new initiative called Discovery College: an educational approach to increasing knowledge, skills, abilities and confidence to manage challenges like stress and anxiety to empower anyone to discover what is possible and pursue their aspirations.

The model, widely known as Recovery College, is popping up all over the world, with over 80 operating in the U.K. where the first opened in 2009. Here in Kelowna, we are striving to learn both from what is working well elsewhere and also what will fit our needs locally.



A Local Snapshot

Throughout January - April 2019, we received information, ideas, and feedback from over 150 people through focus groups, interviews, a co-design event, and a survey.

Thanks to the level of local community engagement and research, the vision of Discovery College is taking shape. Here are the priorities we've heard from you:

Highlights of Survey Data

115

responses

45%

aged 25-40

33%

aged 41-60



Top 3 Challenges People are Facing:

- Stress
- Anxiety
- Worry about the future



Top 3 Skills to Manage Challenges:

- Mindfulness
- Emotional regulation
- Resiliency

Competencies



Discovery College courses will aim to build knowledge, skills, and abilities in:

- Mindfulness (intention and awareness)
- Self Acceptance (self compassion and self-worth)
- Emotional regulation (coping, managing, balance)
- Empathy (relating to others and being in relationship)
- Communication (listening, expressing yourself, finding your voice, being heard)
- Learning (lifelong learning, staying open to new ways of knowing)



In addition to asking our community what they want to learn, we also asked questions about how.

The following will guide all aspects of Discovery College:



The Vision

A community where everyone is confident to face life's challenges while experiencing growth and connection.



Principles

Discovery College values:

- Connection
- Empowerment
- Inclusion & Diversity
- Accessibility



Delivery

Courses will be co-designed and co-facilitated by topic experts and people with lived experience of mental health challenges or illness.

Course design will consider age-appropriate learning theories and employ an experiential approach whenever possible.

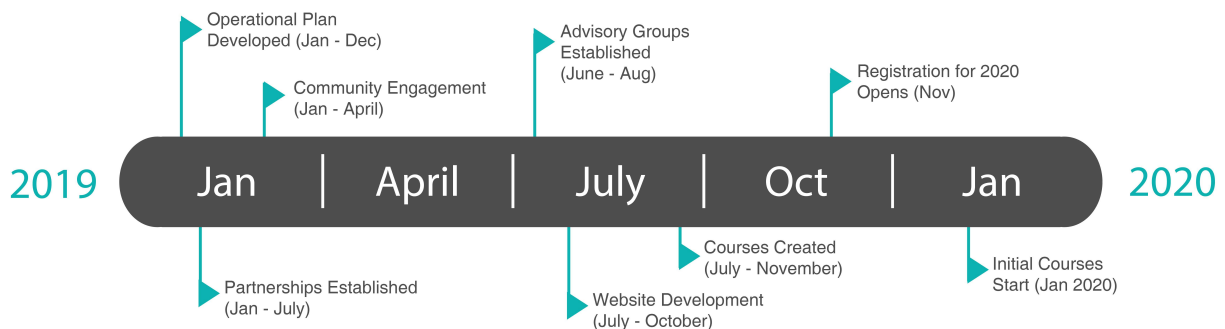
Blended Model

Presentation > Discussion > Activity

Activity-Based

Learning through doing > Self-reflection

We plan to launch Discovery College in January 2020.



For more information go to: <http://cmhakelowna.com/discovery-college>

We are thankful for the financial support of the Vancouver Foundation and our partnership with CMHA Calgary, operators of Canada's largest Recovery College.