



OUR PARTNERS:



RECREATION PRESCRIPTION PROJECT



LEARNING OBJECTIVES

1. Understand what social prescribing is
2. List the key components of social prescribing
3. Identify how social prescribing can be achieved in your own work and/or community

AGENDA

- What is Social Prescribing?
- Why Social Prescribing is Important
- Social Prescribing for Children and Youth – The Recreation Prescription Project
- City of Nanaimo...What's Happening?
- Q & A

PRESCRIPTION

- What are some words that come to mind when you think about the word “prescription”?

SOCIAL PRESCRIPTION

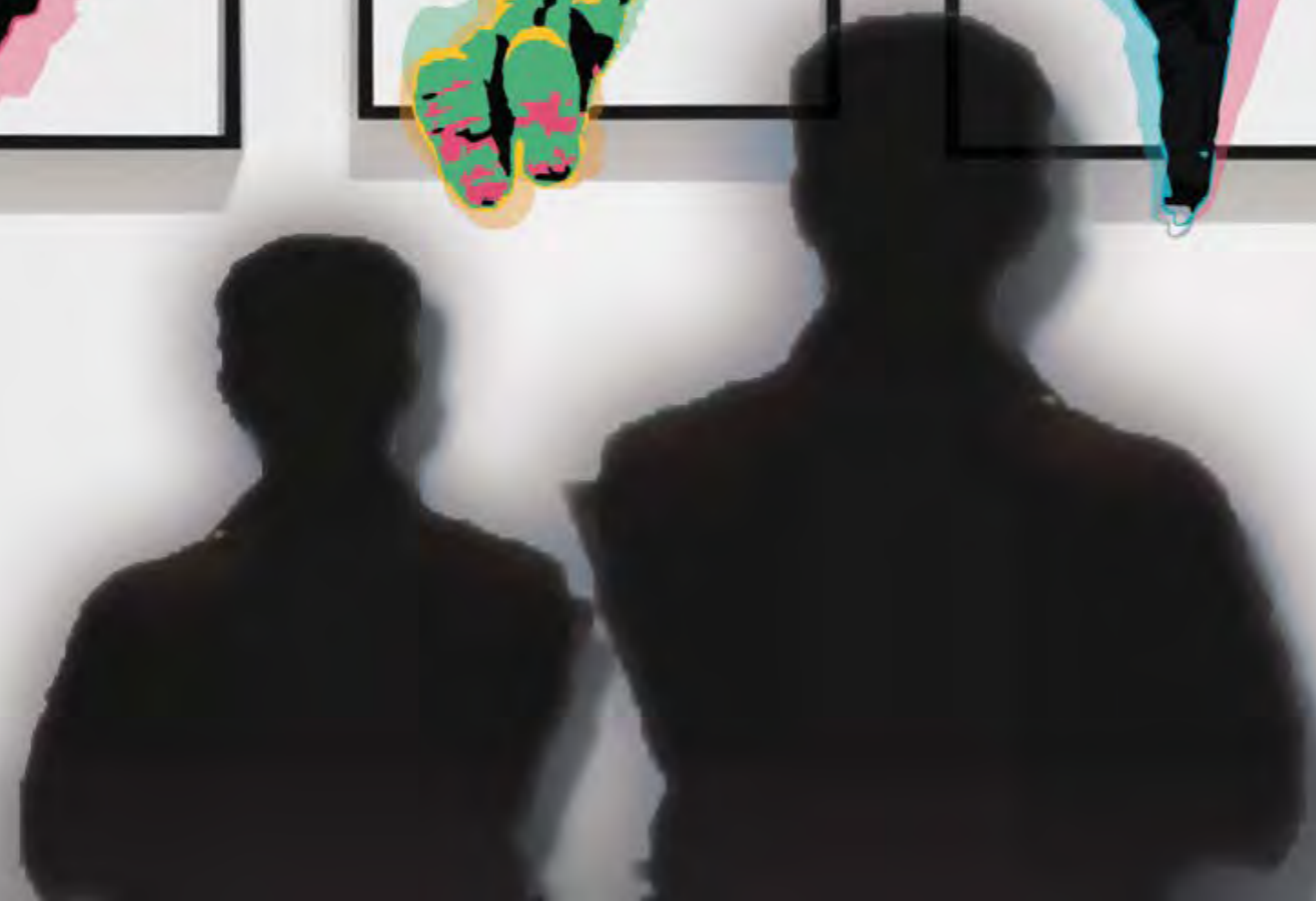
- What are some words that come to mind when you think about the idea of a “social prescription”?

SOCIAL PRESCRIPTION

Social prescribing is “a means for trusted individuals in clinical and community settings to **identify** that a person has non-medical, health-related social needs and to subsequently **connect** them to non-clinical supports and services within the community by **co-producing** a social prescription – a non-medical prescription, to improve health and wellbeing and to strengthen community connections.”

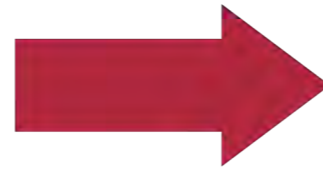
- Muhl et al. (2023)

ART GALLERIES INSTEAD OF PHARMACIES



**SOCIAL
PRESCRIBING**

What's the
matter
with you?



What
matters
to you?

SCOTTISH GPS TO BEGIN PRESCRIBING RAMBLING AND BIRDWATCHING



CAMPOLOGY: PRESCRIPTION TO HEALTH

FOR: Bob + Kathy

FROM: today

DATE: May 2019

AILMENT: ennui

Rx

<input checked="" type="checkbox"/> CHILL PILL	<input checked="" type="checkbox"/> DAY OFF	<input type="checkbox"/> GOOD CRY	<input type="checkbox"/> SHOPPING
<input checked="" type="checkbox"/> VACATION	<input type="checkbox"/> LAUGHTER	<input type="checkbox"/> MASSAGE	<input checked="" type="checkbox"/> EXERCISE
<input type="checkbox"/> STIFF DRINK	<input type="checkbox"/> GOOD HUG	<input type="checkbox"/> REHAB	<input type="checkbox"/> OTHER

Go camping!!!

SPECIAL INSTRUCTIONS

PER HOUR PER WEEK
 PER DAY PER MONTH

**FORGET THE PILLS,
TRY PLAYING BINGO!**



A lush green forest with a dirt path leading through dense foliage and moss-covered trees. The scene is filled with vibrant green leaves and ferns, with sunlight filtering through the canopy. A prominent tree trunk in the center is heavily covered in moss. The path is narrow and appears to be a natural clearing in the woods.

**PRESCRIPTION: FIND
A PARK NEAR YOU**



Trusted individuals in clinical and community settings



WHAT IS SOCIAL PRESCRIBING?

Co-production of social prescription – non-medical prescription



Identifier identifies that a person has non-medical, health-related social needs



Identifier connects person to non-clinical supports and services within the community

Identifier refers person to connector



Connector connects person to non-clinical supports and services within the community



SOCIAL PRESCRIBING

Canada

Doctors are slammed with non-medical cases. Some say social prescribing could ease the burden

Suggestion of non-medical treatment shifts focus from, 'What's the matter with you?' to 'What matters to you?'

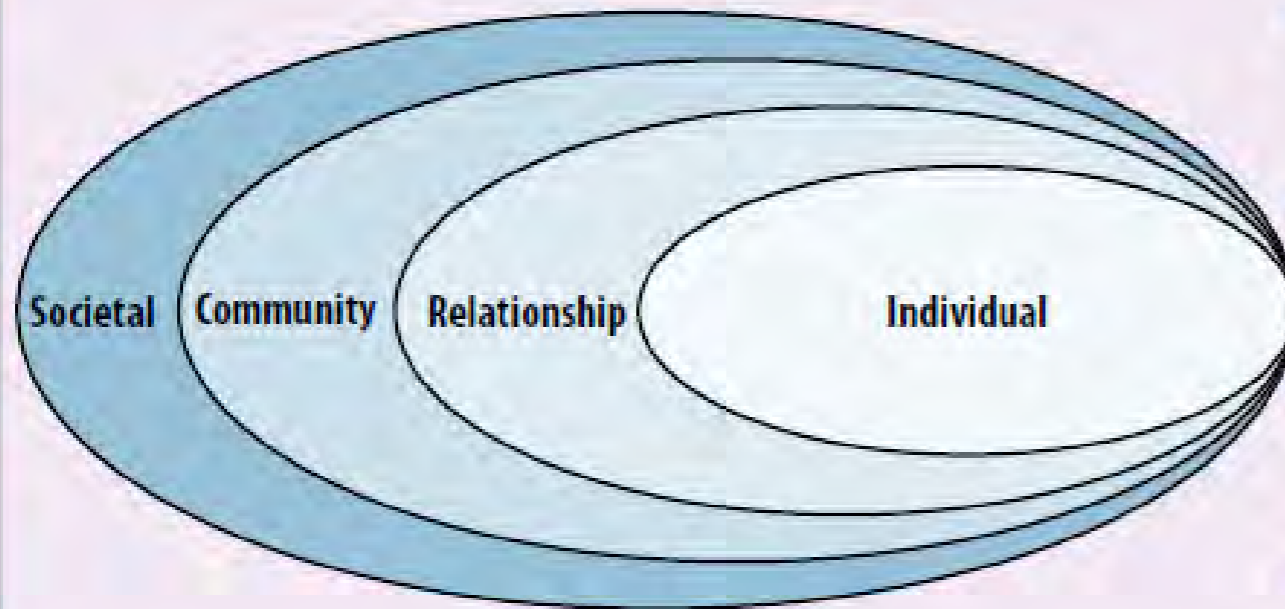


[Stephanie Hogan](#) · CBC News · Posted: Apr 22, 2023 1:00 AM PDT | Last Updated: April 22, 2023



Health-care providers are increasingly starting to use social prescribing — the suggestion of non-medical treatments to help their patients who present with non-medical symptoms like loneliness or isolation. (XiXinXing/Shutterstock)

SOCIAL PRESCRIBING



A CLOSER LOOK AT EACH LEVEL OF THE SEM

Individual

Identifies biological and personal history factors; such as age, education, income, substance use, or history of abuse, that increase the likelihood of becoming a victim or perpetrator of violence.

Relationship

Examines close relationships that may increase the risk of experiencing violence as a victim or perpetrator. A person's closest social circle-peers, partners and family members-influences their behavior and contributes to their range of experience.

Community

Explores the settings, such as schools, workplaces, and neighborhoods, in which social relationships occur and seeks to identify the characteristics of these settings that are associated with becoming victims or perpetrators of violence.

Societal

Looks at the broad societal factors, such as health, economic, educational and social policies, that help create a climate in which violence is encouraged or inhibited and help to maintain economic or social inequalities between groups in society.

SOCIAL PRESCRIBING

“Evidence shows that those populations that are the most disadvantaged to begin with, or who have social determinants of health that result in comparatively worse health outcomes, are likely to benefit the most from social prescribing. Social prescribing is therefore a tool that may help increase health equity to reduce health inequalities within a community.”
- World Health Organization (2022)

RECREATION PRESCRIPTION PROJECT: WHAT IS IT?

- > Doctor Prescribed program in Nanaimo
- > Minimal impact
- > It ended, now what?
- > Recreation Prescription Program think tank

PRESCRIPTION

FOR: _____ FROM: _____

AILMENT: _____ DATE: _____

R_x CHILL PILL DAY OFF GOOD CRY SHOPPING
 VACATION LAUGHTER MASSAGE EXERCISE
 STIFF DRINK GOOD HUG REHAB OTHER

GO PLAY!
DOCTOR'S
ORDERS

SPECIAL INSTRUCTIONS

DOSAGE: _____ PER HOUR PER WEEK
 PER DAY PER MONTH

DURATION: _____ HOURS WEEKS
 DAYS MONTHS

REFILLS: _____ ZERO TWO
 ONE THREE

SIGNATURE





PROJECT GOALS

ACTIVE
LIVING



INCLUSION +
ACCESS



CONNECTING
PEOPLE +
NATURE



SUPPORTIVE
ENVIRONMENTS



RECREATION
CAPACITY





VISION

Engaging students in meaningful recreation experiences that foster wellbeing in the: individual, natural and built environments, and the community as a whole.

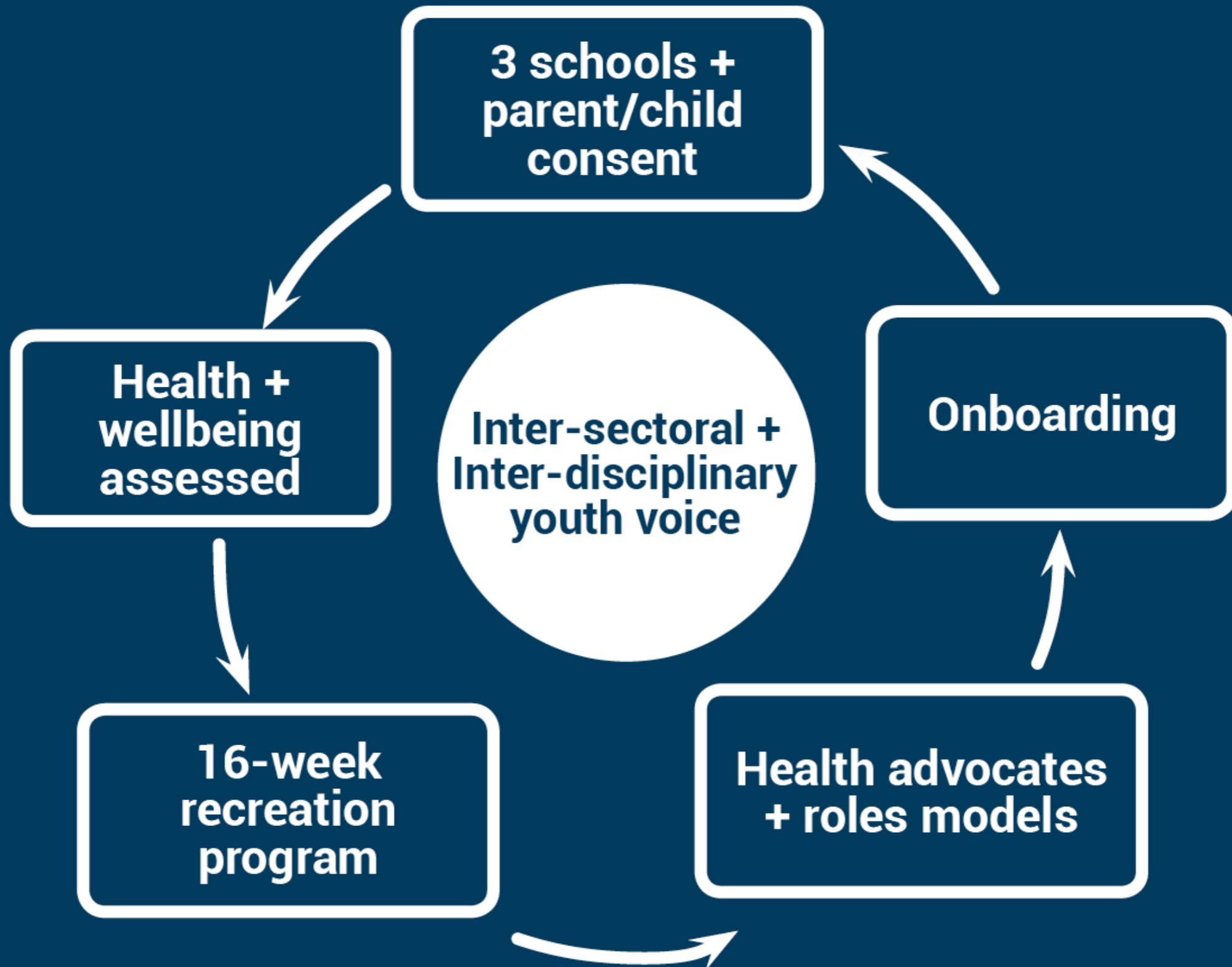
VALUES

- **Public good**
- **Inclusion + Equity**
- **Sustainability**
- **Lifelong Participation**

PRINCIPLES

- **Outcome driven**
- **Quality + Relevance**
- **Evidence based**
- **Partnerships**
- **Innovation**

PRESCRIPTION MODEL.



KEY CONCEPTS



> PHYSICAL ACTIVITY

> SOCIALLY CONNECTED

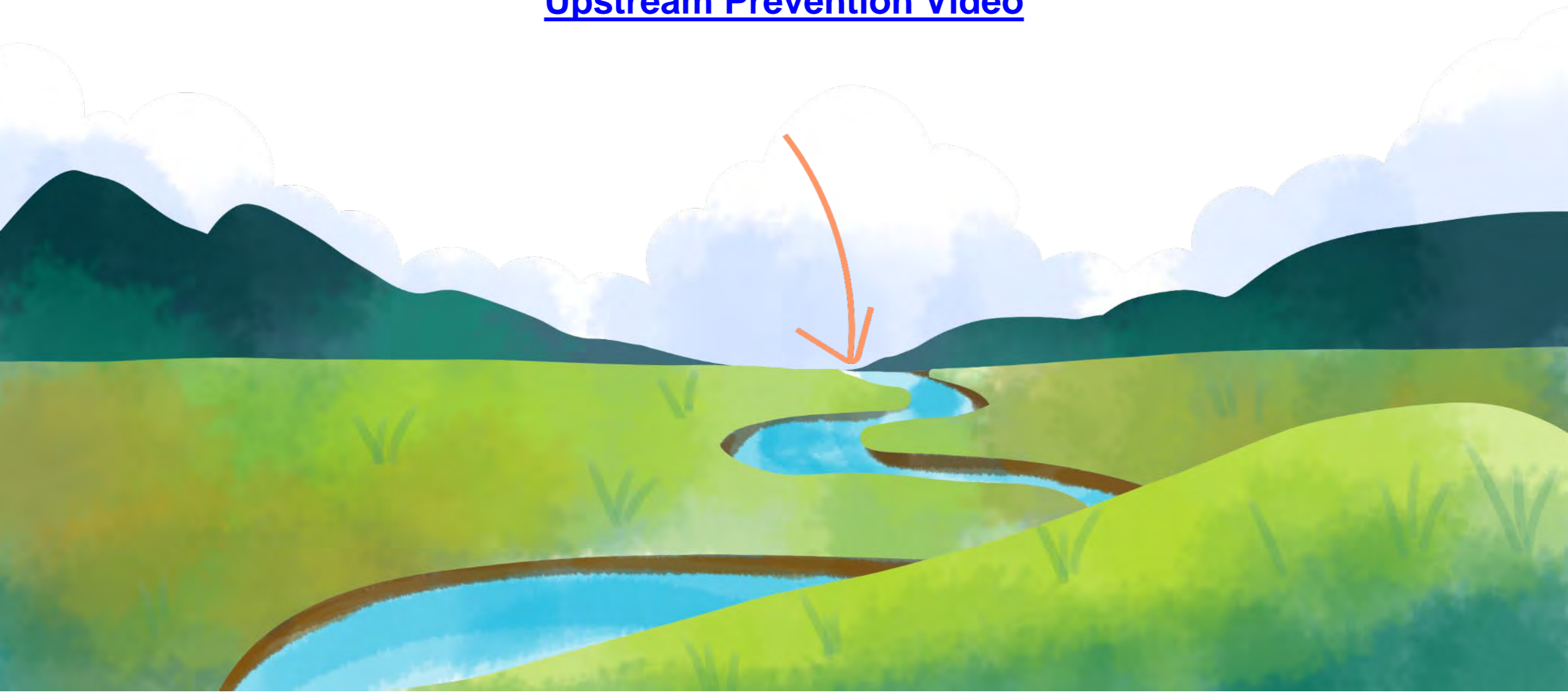
> MENTAL FITNESS

FOCUSING ON:

- **Sedentary lifestyles**
- **Digital detox**
- **Active transportation**
- **Creating a connection to the outdoors/nature**
- **Focus on nutrition**
- **Lifestyle education embedded in physical activity and literacy**

UPSTREAM INITIATIVES

[Upstream Prevention Video](#)

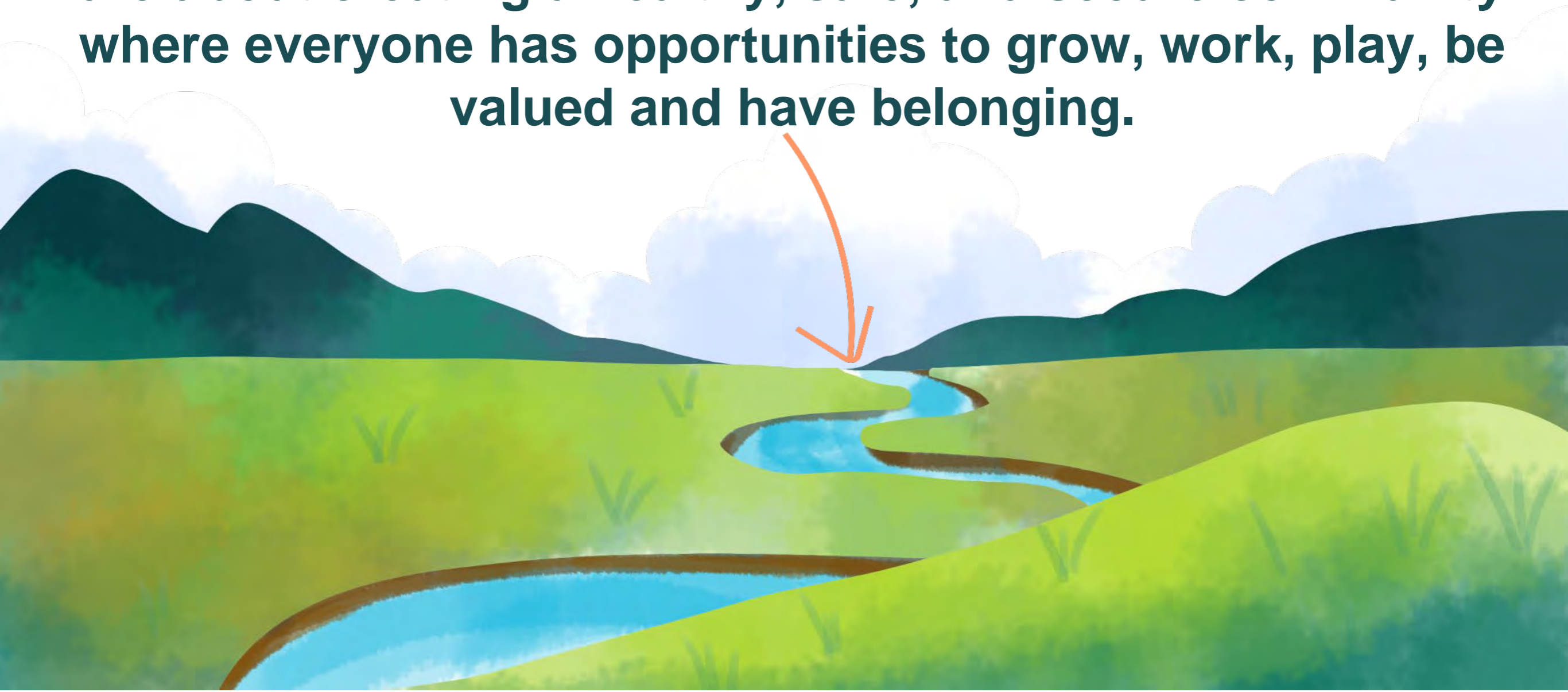


UPSTREAM INITIATIVES



UPSTREAM INITIATIVES

Upstream approaches to community safety and wellbeing are about creating a healthy, safe, and secure community where everyone has opportunities to grow, work, play, be valued and have belonging.



UPSTREAM INITIATIVES



Housing Initiatives



Partnerships with BC Housing



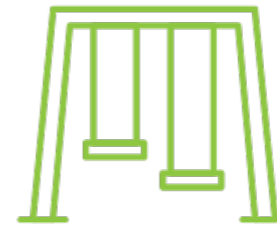
Ongoing Advocacy



Homelessness Prevention Rent Bank & Rent Supplement Program



Youth Resilience Strategy



Parks, Recreation & Culture Programs



Social Planning Grants



Neighbourhood Associations



YOUTH RESILIENCE STRATEGY

FOCUS AREAS:

- **Safe Youth Gathering Spaces**
- **Youth Outreach**
- **Connecting Youth to Land and Water through Snawaylth (Teachings)**
- **Youth Mentoring Programs**
- **Enhancing Existing Youth Programs**
- **Media & Communications**



RECREATION PRESCRIPTION



SOCIAL PRESCRIBING

Link Workers/ Community Connector

- **RECREATION
THERAPIST:**
Hired by Island Health, City of Nanaimo and Nanaimo Family Practice and Funded by Island Health
- **COMMUNITY
CONNECTOR:**
Hired Nanaimo Family Life and funded by United Way
- **ACTIVITIES
FUNDED** through various community grants



MOVING FORWARD



- 1. Field has turned a corner**
Nice to have → Need to have
- 2. Benefits yes! But we are much more. Solutions based focus**
- 3. Remove barriers for participation**
- 4. Inter-sectoral and interdisciplinary**
- 5. Encourage knowledge sharing**
- 6. Greater use of our evidence base: promote the use of data and evidence**

- 7. Develop simple + plain language evidence based materials that decision makers can use to confidently use to build the rationale for decision making**
- 8. Intersectoral and interdisciplinary pursuits**
- 9. Recreation as intervention**



KEEP MOVING
FORWARD

