

LEISURE, HEALTH & WELLNESS BURSARY: OVERVIEW

Purpose of the Leisure, Health and Wellness Bursary:

To support an individual 17 years or older with a mental health diagnosis living in Vancouver, who has a **new** identified Leisure, Health & Wellness plan/goal. The intent of the bursary is to provide a **temporary financial bridge** that can facilitate the on-going and sustained access to leisure, health and wellness pursuits in community based services at any stage of recovery.

This Leisure, Health & Wellness bursary is processed **ON-LINE ONLY** at (<http://bcep.opendoorgroup.org/LeisureBursary/login.aspx>) 6 times per year (please see website for specific dates). If we get more applications then we can fund we will default to a draw selection process. All communication will be conducted by email with referring professional and when possible with consumer applicant.

Any re-applications (accepted every 2 years) need to have a **new** Leisure or Health & Wellness plan/goal.

Application criteria:

- Applicant has a new identified leisure or health and wellness plan/goal that can be continued after the bursary.
- Applicant has a funding plan in place and a real financial need.
- Applicant is willing to share the some of the cost, based on their budget.
- Applicant has a mental health diagnosis, is 17 years or older and lives in Vancouver.
- Applicant must be connected to a VCMHS team, program or mental health agency for the duration of the bursary application and evaluation process.
- Applicant must be referred by a professional and can include: Recreation Therapist, Occupational Therapist, Case Manager, Nurse, Social Worker, Psychiatrist, etc.;
- A peer support worker/consumer contractor/health care worker may help with an application through an above listed professional.
- Applicant and professional agree to fill out an evaluation form after receiving the bursary.

Acceptable items, programs and services can include:

- fitness clothing, running shoes, workout equipment, leisure programs, gym membership, start-up supplies/equipment for leisure activities, programs (for example: Zumba, Yoga, Tai Chi, basketball, tennis, painting, sewing, etc.)
- Workshops or resources that support healthy living that could include; conditioning, health promotion, mindfulness, nutrition, diabetes, etc.

The Bursary is NOT:

- An emergency fund
- For employment/education goals or on-going supplies/fees
- For groups (for individual applicants only)
- For a person without a mental health diagnosis
- To be used by an individual forever

Medical interventions (for example: Physiotherapy, Chiropractic, naturopath, nicotine replacement therapy) will not be supported by the Leisure, Health and Wellness Bursary.

LEISURE, HEALTH & WELLNESS BURSARY: REQUIREMENTS

The application form needs to include the following information:

1. The applicant's clearly stated new leisure, health and wellness plan and how the bursary will help fulfill this plan?
2. What the applicant is applying to the bursary for? (i.e., program, athletic wear, etc)
3. Applicant is willing to share the some of the cost, based on their budget.
4. How will funding for this activity/item be sustained over the long term?
 - Outline the the financial plan to address the future participation in this goal. This may include a monthly savings plan, yearly budgeting, a budgeting workshop and/or looking for additional funding resources. *The intent of this bursary is to enable independent participation without ongoing bursary support.*

Evaluation

- Referring professionals are responsible for submitting an applicants' evaluation form. This evaluation form needs to be completed: i.) in partnership with the applicant ii.) include progress/experiences of applicants stated goal iii.) at the proposed evaluation date as listed on the application form (no longer than 3 months after the bursary has been approved)

****NOTE THIS BURSARY DOES NOT SUPPORT education/ employment related goals, medical interventions or ongoing supplies/fees****

Application Frequency & Award Maximum

- This bursary can be applied for every 2 years with the maximum award of \$150 per person only with a new goal.
- All submissions within fiscal year (April 1st-March 31st) will be considered for that fiscal year only. Assuming the bursary was not awarded in the previous year a new application can be made at the beginning of each fiscal year.

Bursary Payment Options

Payment will be processed by the Open Door Group Leisure Services Coordinator in the following ways **ONLY AFTER** written bursary approval is received by applicant:

1. Payment may be made directly by the bursary recipient to the store or organization and will then be reimbursed upon delivery of receipt(s) to Open Door Group.
2. Payment can be paid directly by Open Door Group to an institution.
3. Open Door Group can provide a cash advance to the bursary recipient with a \$20 holdback which will be reimbursed upon delivery of original receipts by the bursary recipient.

RECEIPTS MUST BE RETURNED WITHIN **14 DAYS** OF ACCEPTANCE OF BURSARY FUNDS.