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 (https://leisurebursary.opendoorgroup.org/)**every month. If we receive a lot of applications then we will default to a draw selection. For specific timelines and additional info please see the Bursary Process information below.

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

Bursary Process:

- You can apply on behalf of your client up until midnight of the 14th, as names will be drawn on the 15th. Anything after this time will be submitted for the following months' draw.
- Successful applicants will be contacted within a few business days of the 15th. Referrers will be contacted via email letting you know the status of your clients' application.
- Successful applicants must be able to come in within 2 weeks of being contacted to complete bursary paperwork.
- Successful applicants must be able to shop for the item(s) independently and bring receipts back within one week of initial meeting.
- If the applicant can't make these timelines, he/she may apply again on their behalf to the following month.
- Applicants may not purchase items in advance of getting approved for the bursary.

BURSARY REQUIREMENTS:

The application form needs to include the following information:

1. The applicant clearly stated new leisure, health and wellness goal, and how the bursary will help fulfill their plan
2. What the applicant is applying to the bursary for (i.e., program, athletic wear, etc.)
3. How the applicant is willing to share the some of the cost, based on their budget.
4. A thoughtful plan on how funding for this activity/item will be sustained over the long term
    - Outline the 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 post bursary approval)

Application Frequency & Award Maximum

- This bursary can be applied for every 2 years with the maximum award of $150 per person. In order to receive this more than once, the client must have a new leisure and wellness goal.
- All submissions within fiscal year (April 1st-March 31st) will be considered for that fiscal year only.

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 and will then be reimbursed upon delivery of receipt(s).
2. Open Door Group can provide a cash advance with a $20 holdback which will be reimbursed upon delivery of receipts.

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