

Ocean Mind: Improving Young People's Wellbeing through Surf Therapy

GREATER GEELONG REGION

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Who is Ocean Mind & What is Surf Therapy?



[Video](#)

Aims of the Ocean Mind Program

- improve the **wellbeing** of young people by enhancing their **physical, mental, social and emotional health**.
- create **avenues** for the development of life skills, building confidence, kindness, teamwork and resilience.
- build the capacity of **communities** to support people experiencing mental health challenges.
- create lasting beneficial **relationships**.



The OM Surf Therapy Model



SIX-WEEK SWELL PROGRAM

- An introductory 6-week therapeutic surfing program designed to support and develop young people's skills and confidence.
- Young people are paired 1:1 with a mentor
- The focus is on developing self-efficacy, resilience and connections.



OCEAN MIND SURF CLUB

- Participants join the OM surf club, where they continue to receive support from mentors and develop their surf skills and connection to the community
- The emphasis at this stage is on building social trust, developing communication and teamwork skills and reducing social isolation.



PEER MENTOR PROGRAM

- OM Surf Club participants over the age of 16 are invited to volunteer as peer mentors to support other young people entering the program.
- The emphasis is on embedding transferable skills and changing their internal narrative improving their life chances overall.

Other Services

- **School Programs**
- NDIS 1:1 Sessions
- Family Services program
- Corporate Wellbeing

Overview of 2022–2023 Season

100+

Young people
referred

Common referral reasons:

- Mental health
- Family violence/conflict
- Poor school attendance/engagement
- Autism and other disabilities
- Social isolation

15

Surf Therapy
Programs
Delivered

9 x 6-week Weekend
programs

4 x 6-week School
Programs

2 x School Holiday
programs

100+

Young People
participated in
a program



Get Active!

We are all going to do a quick activity,
much like what we ask our participants
to do during our programs

School Programs

Northern Bay College

- Starting in early 2022 to run a pilot 6-Week program with their students from Years 5 and 6.
- The main focus of this program was to help engage the students in school activities with the hope to increase their attendance rates at the school.
- School staff select 8 young people to participate in this program and it has been a great success so far!
- We have delivered 2 x 6 Week Programs and established an ongoing partnership with NBC.

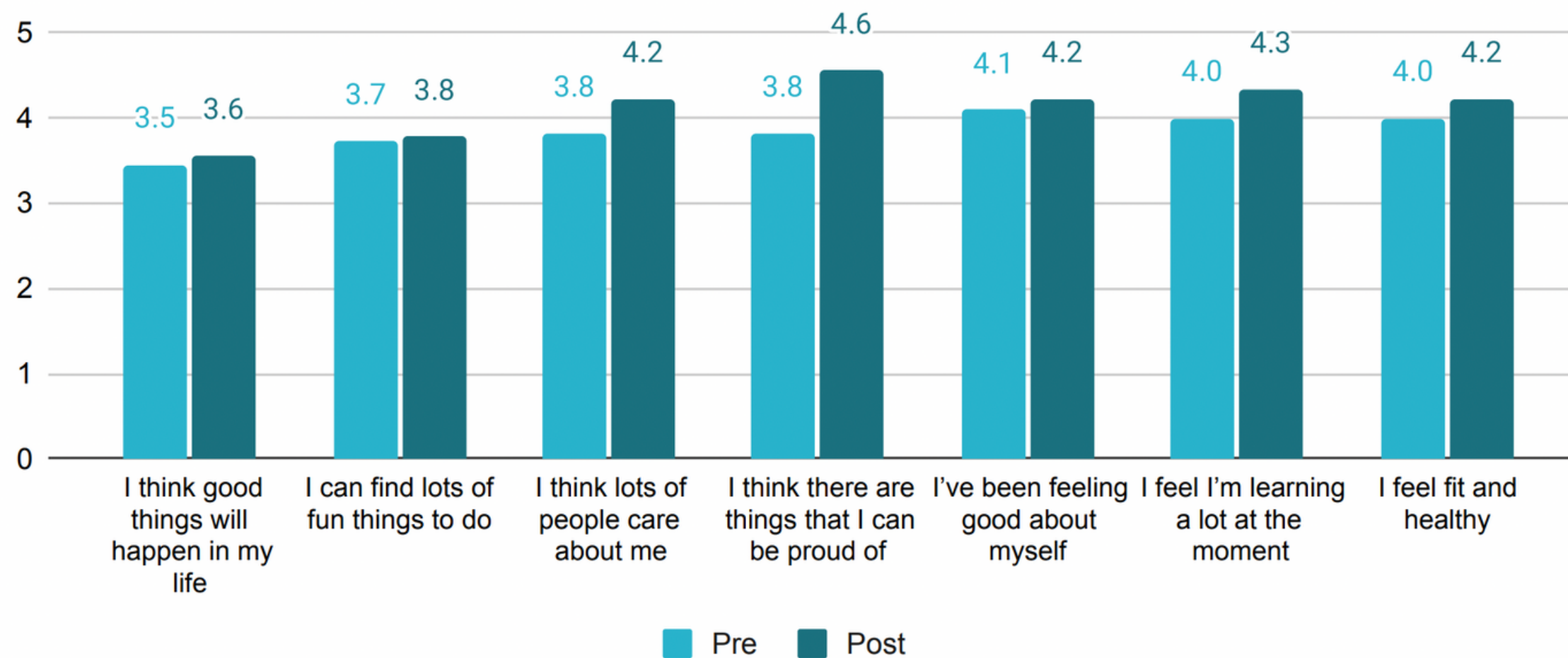
Hester Hornbrook Academy

- Hester is a non-traditional school (Gov funded)
- Students are 15-21 yrs old, not engaging in education or training, and are living with a mental health condition.
- To date, we have delivered 4 x 6 Week programs and we continue to develop and deliver our services with this school



Wellbeing Outcomes

Pre and Post Program Evaluation Surveys - Northern Bay College



The Ocean Mind program had a **positive impact** on students' **mental, physical** and **social** wellbeing



Wellbeing Outcomes

Post Program Evaluation Surveys - Northern Bay College



100% had fun

100% felt happier than before

89% felt fitter than before

89% felt better than before

78% made new friends

Impact Story

Sean - Hester Hornbrook Academy

"Watching other people catch waves and catching waves with others or by myself made me feel connected to the water and connected in a shared experience with others. Additionally sitting on the water waiting for waves with others made me feel excited for the next few sets of waves and **made me feel excited to go surfing with a friend outside of the program**"



Thank you!



Any questions?

For more info & Referrals:

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