



## About the Camp LIFT Project

Camp LIFT launched a transformative program which set out to help teenagers in high school aged 12-17, of the English Montreal School Board, face, understand and overcome the post COVID and ecological anxiety effect on mental health in a constructive and empowering way. The program was delivered by leveraging pre-existing partnerships with the high schools involved.

### Where We Are

- Montreal  
[camplift.com](http://camplift.com)

### Contact

- 👤 Jonathan Sbröllini  
Co-Director
- ✉ [info@camplift.com](mailto:info@camplift.com)



## Promising Practice

With the intensifying effects of climate change, ecological anxiety is also on the rise and can have a negative impact on the mental health of youth. Camp LIFT's series of workshops on eco-anxiety can be considered a promising practice as they were based on the latest scientific research and best practices with regards to how to address eco-anxiety.

Their goals included developing empowerment and action, connecting to nature, and hope, all of which have positive effects on mental health and school perseverance.



***By leveraging existing relationships with high schools, Camp LIFT was able to implement effective interventions to address eco-anxieties experienced by youth.***

### ★ Key Success Factors

- Creating a strong team of subject matter experts
- A continuous improvement/adjustment approach to the development of evidence-based workshops