

EVALUATING NATURE BASED INTERVENTIONS

(Clarke, 2023)

What nature based Irish Providers said

"For young people to sit in multiple appointments that are very standardised, they get jaded. We tend to get young people that have been through multiple types of assessment, they are sick of it"

Good news

There is a promising shift beyond office support

Recommendation

We need to support community level funding + evaluation + equity



What policy says

Share the Vision policy pushes community mental health but research is limited to how this works on the ground

The study interviewed 6 nature based providers including **New Wave Wild Project** and **Venture Out**

Positive findings

Clear well-being and therapeutic values
Young people part of an outdoor communities
Enhanced connection between young people and environment
Increased confidence in completing nature based tasks

What's stopping us

Resource heavy, weather, safety restrictions and accessibility, variable standardisation for evaluating benefits