

~ Blue Mind In Action ~

As research on the topic of our “brain on water” continues, more organizations around the world have been putting the concept “water is medicine” into action--some have been for many years.

Please feel free to contribute to and/or edit this list of groups who use waters, lakes, rivers, or oceans to improve the cognitive, emotional, psychological, social, and spiritual health of their communities.

While there are many groups that are focused on adventure travel, sport, or fitness, what we are looking for are those who explicitly include the emotional health benefits and therapeutic effects of water.

Include the name of organization or program, their URL, social media screenname, mission statement, and any other descriptors. Programs include but are not limited to aquatic, fly fishing, kayak, ocean wilderness, sailing, scuba, surf, and wildlife conservation therapy.

Follow these examples for format:

COURAGEOUS SAILING

www.courageoussailing.org

Mission is to transform lives through sailing programs that inspire learning, personal growth and leadership in the Boston area. “Every child’s perspective is improved 50-yards off-shore.”

FREEDOM WATERS FOUNDATION

www.freedomwatersfoundation.org

Mission is to improve the lives of individuals with special needs and veterans by providing therapeutic marine related experiences on the waters of South Florida. “...much more than a boat ride for these kids and their families...it was time away from their day to day challenges, enjoying life and each other.”

HEROES ON THE WATER

www.heroesonthewater.org @Heroesonthewate

Helps warriors relax, rehabilitate and reintegrate through kayak fishing and the outdoors. “I never knew this could be so relaxing, it is so peaceful.”

INTERNATIONAL SURF THERAPY ORGANIZATION

www.intlsurftherapy.org @intlsurftherapy

The ISTO promotes understanding, shares best practice and advocates excellence in surf therapy, providing more people access to safe surf therapy programs globally, establishing surf therapy as a standard form of care. ISTO is a collective of the world’s leading surf therapy programs, influencers and researchers working to change the lives of individuals using surf therapy to positively impact physical and mental wellbeing.

OPERATION SURF

www.operationsurf.org @OperationSurf

Operation Surf came into existence as a result of one wounded hero's desire to learn to surf and to overcome the pain and mental trauma of war. Now, OpSurf helps more heroes than ever. Their week-long program is an epic, life-changing adventure for wounded-veteran and active-duty military heroes, bringing participants directly to events within supportive coastal communities, and exposing them to the healing power of the ocean through adaptive surfing taught by world-class instructors. This all-inclusive event provides an environment where participants work to overcome perceived limitations connected to their physical and psychological disabilities. Participants receive food, hotel accommodations, travel assistance, clinical and medical support, and all the resources needed to instill hope and confidence in the water, on the board, and in their daily life. These are all provided at no cost, and are funded through generous financial and in-kind contributions from our sponsors and donors.

SAIL TO PREVAIL

www.sailtoprevail.org

A national program that has improved the lives of more than 20,000 children and adults through therapeutic sailing that focuses on mind, body and spirit. "Sailing is one of the most effective ways of teaching people to overcome adversity."

SHAKE-A-LEG

www.shakealegmiami.org

@shakealegmiami

Utilizes the marine environment to improve the health, education and independence of children and adults with physical, developmental, and economic challenges, in an inclusive community setting. "We share the belief that water has healing qualities and kids love to sail and can benefit from the warm breezes, salty air and fun activities."

SOUL RIVER

www.soulriverinc.org

@TheSoulRiver

Connecting inner city youth and US military veterans to the outdoors through incredible outdoor educational transformation experiences. By engaging U.S veterans as mentors for inner city youth, Soul River believes that rich, powerful opportunities of healing authentically happen in the midst of Mother Nature. They believe that by connecting youth and veterans to our public lands, wild rivers and fresh waters, and beyond through genuine community, we will ultimately establish and inspire a new generation of outdoor leader ambassadors that will advocate for Mother Nature and conservation.

SURFERS HEALING

www.surfershealing.org

@surfershealing

Mission is to enrich the lives of people living with autism by exposing them to the unique experience of surfing.

THE MAYFLY PROJECT

www.themayflyproject.com

@Mayfly__Project

Mission is to build relationships with children in foster care through fly fishing and introduce them to their local water ecosystems, with a hope that connecting them to a rewarding hobby will provide an opportunity for foster children to have fun, feel supported, and develop a meaningful connection with the outdoors.

WARRIOR SAILING

@WarriorSailTeam

www.warriorsailing.org

“Getting military service members on the water can provide physical, mental and emotional therapy for a variety of injuries and illness. Sailing is an outlet to cope with the long term effects of PTSD, brain injury, amputation, paralysis and nerve damage...plus it's really fun way for our warrior sailors to express their most natural abilities: teamwork and competitive drive.”

WAVES OF WELLNESS

www.foundationwow.org

@foundationwow

The WOW Foundation is a mental health surf therapy charity, committed to changing lives by delivering for-purpose prevention programs, and innovative support programs for people experiencing mental health challenges.

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