Webinar #1 - Overview

1. Reviewed concepts/principles in mental health promotion; identified tools/resources
2. Discussed mental health and mental health promotion in the context of the Ontario Public Health Standards
3. Heard from the Mental Health Promotion Program, Toronto Public Health
4. We heard from you…

Webinar Objectives

- Provide an overview of webinar #1: Mental Health in Public Health (March 2012)
- Provide a snapshot of mental health promotion activities/initiatives at 4 Ontario public health units
- Learn about a provincial public health scan of mental health activities/initiatives for children and youth
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3. Overview of Mental Health Promotion Program, Toronto Public Health
4. We heard from you…

Sample Evaluation
Comments:

“It was a bit frustrating to see that other health units have support from MOH or managers to do mental health promotion, as ours is very adverse to the idea.”

“This is my area of professional development…explore opportunities to advocate integration of mental health messages into chronic disease or injury prevention.”

“Would have been great to have presenters from other parts of province – very Toronto focused.”

Mental health promotion in action: 4 Ontario Public Health Units

Julie Dénommé, Manager/Gestionnaire, School Health Promotion Team/Division de la promotion de santé, Sudbury District Health Unit
Mental Health Promotion in action - Reflections from Public Health

CYFi? Stress program in local schools
November 6, 2012

What prompted us to act

Where did we start?

Survey results

What did we do?

Foundations for a Healthy School Framework
Can You Feel It?

Curriculum Links

Key Findings

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Perth County

- Located in the heart of South Western Ontario – population of approx. 75,000
- Mix of rural and small urban centres
- City of Stratford (33,000), towns of Listowel, St. Marys, Milverton, and Mitchell
- No county-wide public transportation, fewer services than larger urban centres

Mental Health Promotion for School-Age Population includes:

- **Individual Services**
  - School-Based PHN Program:
  - Counselling, skill development, coordination, consultation, early identification and referral to health and community services
  - Provide support for students to stay in school
  - Strengthen connections between student and their family, peers and teachers

- **Small Group Programming**
  - Teen Esteem & Elements
  - Roots of Empathy
  - Small group sessions on health issues, including parent education

- **School-wide Mental Health Promotion**
  - Be A Verb bullying prevention program
  - Huron-Perth Healthy Schools Initiative
  - Gay Straight Alliances work

SBPHN Program Overview

- Unique School-Based Public Health Nurse program in place 12 years in rural Perth County
- Cost-shared by two local school boards and public health unit
- Annually over 1000 students receive service from approximately 6 PHN FTEs
SBPHN Program Overview

- The aim is to:
  - enhance learning
  - promote healthy growth and development
  - strengthen connections between students and their families, peers, and teachers

- Evaluation of the SBPHN Program in AMDSB schools was completed in 2011
  - www.pdhu.on.ca/SBPHN_evaluation2011

SBPHN Evaluation — Conclusion

- The SBPHN Program provided students, parents and school staff with:
  - High quality services
  - Services in their local environment
  - Services that may not be available elsewhere in the local community
  - High levels of helpfulness were reported
  - Program provided students access to health care and interpersonal skills counselling
  - School staff and parents less likely to see the program providing services that improved students’ school performance (than health, although there were substantial improvements in school success areas)

Small Group Programming

- Teen Esteem and Elements
  - Grades 7-8 girls and boys respectively
  - Lunch hour sessions (7 for TE girls; 5 for Elts boys)
  - Adult mentors from community; PHN facilitator
  - Knowledge and skill development re self-esteem; body image; relationships with family, friends and partners; stress management; social media; careers

- Roots of Empathy
  - Various topics as identified by schools
  - Anger management
  - Friendship, etc.

School-wide Mental Health Promotion

- Be A Verb—Bullying Prevention
  - 6 week awareness-raising and skill development program
  - Understand, recognize and take action
  - Increase empathy, respect, caring amongst students
  - Two classes per week wear Be a Verb T-Shirts

- Huron-Perth Healthy Schools Initiative
  - Mental health promotion
  - Gay-Straight Alliances work

Mental Health Promotion Role for Public Health with School-Age Population

- Contribute to protective factors and resiliency
- Reduce inequities for most vulnerable
- Strengthen social determinants of health
- Provide valuable data on local health issues
- Enable policy advocacy

- Nb: Individual and small group work informs school-wide health promotion
SDOHs Potentially Impacted

- Education and literacy
- Social support networks
- Social and physical environments
- Personal health practices and coping skills
- Healthy child development
- Health services
- Employment
- Income and social status

For more information:

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Local Picture of Children and Youth
Mental Health at time of Development

- 8% of Ottawa youth had seriously considered attempting suicide (OSDUHS, 2009).
- Only 30% of Ottawa youth that rated their mental health as poor had seen a mental health professional in the last year (OSDUHS, 2009).
- Only 45% of grade 7 & 8 and 27% of grade 9-12 students had rated their mental health as excellent (OSDUHS, 2009).
- The highest rate of emergency room visits for self-harm is among females 15 and 19 years old in Ottawa (OPH Burden of Injury Report, 2010).

Strategy Development

- Reviewed policy recommendations, literature and best practices
- Ontario Health Unit’s Mental Health Environmental Scan
- Internal Ottawa Public Health Program Consultations
- Local Partner Consultations
Gaps in Mental Health and Suicide Prevention Services in Community

- Coordinated and comprehensive approach to suicide prevention across the spectrum
- Services for parents of young adolescents
- Mental health promotion for children and youth

Strategy and Priority Actions 2011-2014

- Community Engagement
  - Partnerships
  - Capacity building
  - Knowledge transfer

- Parental Engagement
  - Healthy Transitions
  - Early ID

- Tertiary Prevention
  - Increasing access
  - Building Suicide safer community

Children & Youth Mental Health Promotion and Suicide Prevention Strategy

Parental Engagement

**Healthy Transitions**
- Mental health promotion program
- Grade 7 or 8 students, teachers and parents
- OPH School Health PHN's and Youth Facilitators
- English/French Public and Catholic School Boards

**Early Child Health Screening Partnership**
- OPH Early Child Health PHN's
- Crossroads Children Centre
- Centre Psychosocial

Tertiary Prevention

**Building a Suicide Safer Community**
- Internal safeTALK
- Community safeTALK
- City Councillor and Board of Health safeTALK
- Best Practice guidelines for reporting suicide in the media

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Mental health promotion in action:
Jan Lancaster, Toronto Public Health

-Update:
  Mental Health Promotion: Future Directions for Toronto Public Health

-Using a service planning framework for mental health promotion at Toronto Public Health

Your turn...

Use the chat box

Unmute your phone by pressing *1

A Scan of Mental Health Activities across Ontario’s Public Health System

Purpose:
To capture the range of child and youth mental health activities, initiatives, services and programming occurring across Ontario’s public health system.

Project Leads

Steering Committee

Scope

• Range of activities at public health level
• Mental health focus (explicit and implicit activities)
• Children & youth (along the continuum from infants to young adults.)
Methodology

We are inviting staff from each of Ontario’s 36 public health units to participate in a two-part process:

1. Survey
2. Key Informant Interviews

Questions and Comments

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