Introduction to Promoting Positive Mental Health

Healthy Communities Consortium Webinar

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Healthy Communities Consortium
Helping to build healthy communities

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Healthy Communities Consortium

- We are a group of four health promotion organizations that collaboratively support community organizations and partnerships in Ontario to build healthy communities.

- Members of the Consortium are:
  - Health Nexus
  - Parent Action on Drugs (PAD)
  - Ontario Healthy Communities Coalition (OHCC)
  - Ontario Public Health Association (OPHA).
The Consortium provides a continuum of services, in both official languages, to:

- Healthy Communities Partnerships
- Community groups and organizations interested in and eligible for Healthy Communities Fund Grants
Consortium Services

- Consultation Services
  - Personalized on-site or phone/email support

- Training
  - Webinars, provincial workshops and regional workshops on a variety of health promotion and community development topics

- Resources
  - Educational resources, listservs and electronic bulletins

- Network Support
  - Participation on and capacity-building services networks aligned with the Healthy Communities framework

- Referrals
  - Referrals to additional resource centres and organizations
Contact the Consortium

To learn more about the Consortium or to request a service:

- Visit www.hcconsortium.ca (English) or www.consortiumcs.ca (Français)
- Call 416-408-4841 or 1-800-766-3418 ext. 3
- Email consortium@ohcc-ccso.ca
Webinar Objectives

- Snapshot of mental health in Ontario
- Overview of mental health promotion (MHP) concepts and why MHP is a mainstream activity
- Identify strategies and best practices to promote positive mental health
- Increase awareness of the opportunities to intersect MHP with other risk factors via exemplary practices, programs & tools
- Discuss opportunities to infuse MHP in your work
Make some noise!

- When your region is called, make some noise (be creative) to let others know you’re present.
MHPS Priority Areas

Healthy Eating

Physical Activity

Substance Use

Tobacco

Injury Prevention

Mental Health
Defining the terms: Mental Health vs. Mental Illness

- MH and MI are frequently confused
- Related, but distinct concepts
Mental Health

“... is the capacity of each and all of us to feel, think, and act in ways that enhance our ability to enjoy life and deal with the challenges we face. It is a positive sense of emotional and spiritual well-being that respects the importance of culture, equity, social justice, interconnections and personal dignity.”

Health Canada, 1997

“There is no health without mental health.”
- WHO, 2001
Mental Illness

Mental illnesses are disorders which cause a serious disturbance in thinking, emotions or behavior.

What does mental illness look like?
- Depression
- Bipolar disorder
- Schizophrenia
- Anxiety disorders
- Personality disorders
- Eating disorders
Mental Illness and Addiction

- Concurrent disorders is a term for any combination of mental health and substance use problem

- Many people with a mental illness will also use substances or gamble in a harmful way

- Mental illness and addiction affects Ontarians at all ages and stages of life
Mental Health and Tobacco

- People with diagnosed mental illness are 2x as likely to smoke (WHO, 2001)
Mental Health:
- Youth experience mood disorders such as depression and anxiety
- 5% of children & youth experience depression before age 19
- Most first episodes of psychosis occur between age 15 - 34

Addictions/Substance Use:
Youth are 3 x more likely to have a substance use problems than adults including:
- Use of stimulant drugs
- Prescription drugs for non-medical reasons (opioids)
- Binge drinking
- Gambling

(Every Door is the Right Door, 2009)
Coexisting Alcohol & MH Problems

Coexisting Problems: Hazardous Drinking (AUDIT 8+) and Elevated Psychological Distress (GHQ 3+), 2009 OSDUHS (Grades 7 to 12)

Psychological Distress only: 22%
Both Problems: 8%
Hazardous Drinking only: 12%
Neither Problem: 57%

Based on a random half sample (N=4,851); percentages do not add up to 100% due to rounding
Picture of Mental Health & Addictions in Ontario: Adults

- 1 in 5 (20%) of Ontarians will experience a serious mental illness
- The most common mental illness and addiction in Ontario amongst adults:
  - Anxiety
  - Depression
  - Alcohol dependence

(Every Door is the Right Door, 2009)
Gender and Mental Health

- Women 1.5x more likely to experience depression than men
- 36% of Ontario women have experienced a mental illness vs. 22% of men
- 15-20% of women in general population will experience postpartum depression

(CMHA, 1999; BC Reproductive Health Program, 2002)
Gender and Addictions

Men have 2-3x higher rates of addiction than women

Men are more likely than women to:

- Drink excessively
- Drink and drive
- Self-report alcohol problems

(Every Door is the Right Door, 2009)
Picture of Mental Health in Ontario: Seniors (65+)

- 10 - 25% of seniors experience MH disorders

- Seniors are at high risk for both mental illness and problematic substance use during stressful life changes

- By the age of 80, dementia affects 1 in 3 seniors

(Every Door is the Right Door, 2009)
Mental Health and Addictions: A Public Health Concern

Mental Health + Addictions
Costs in Ontario

Social Impacts
- Family
- Job
- Home

Economic Costs
- Loss of Productivity
- Law/Criminal System
- Accidents

Health Care Costs
- Private
- Public
Positive Mental Health

A state of ‘flourishing’ (optimal mental health) (Corey Keyes, 2007)

1. emotional well-being
2. psychological well-being
3. social well-being

- Positive mental health is more than the absence of mental illness
- You can experience poor mental health despite not having a mental illness
Two Continuum Model of Mental Health

Mental Health

- Created through our interactions with the world around us; influenced by societal, economic & systemic structures that extend beyond individual control
- These factors increase or decrease opportunities for individuals, organizations & communities to be mentally healthy
Mental Health Promotion

“...the process of enhancing the capacity of individuals and communities to take control over their lives and improve their mental health. Mental health promotion uses strategies that foster supportive environments and individual resilience, while showing respect for culture, equity, social justice, interconnections and personal dignity.”

(Health Canada, 1997)
# Risk & Protective Factors

<table>
<thead>
<tr>
<th>Level</th>
<th>Risk Factors</th>
<th>Protective Factors</th>
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<tbody>
<tr>
<td><strong>Individual level</strong></td>
<td>- physical illness</td>
<td>- adaptability, sense of security and feelings of mastery</td>
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<td></td>
<td>- parental mental illness</td>
<td>- coping and problem solving ability</td>
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<td></td>
<td>- academic failure</td>
<td>- feelings of optimism; resilience</td>
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<tr>
<td>**Interpersonal &amp;</td>
<td>- family distress, peer alienation</td>
<td>- family harmony, positive parent-child interactions</td>
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<tr>
<td>Community level**</td>
<td>- work stress, unemployment</td>
<td>- achievement and recognition in school or work</td>
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<td>- lack of social support</td>
<td>- community tolerance</td>
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<td><strong>Societal level</strong></td>
<td>- poverty</td>
<td>- social inclusion, civic engagement and participation</td>
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<td>- violence and trauma</td>
<td>- access to economic resources, services and supports</td>
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<td>- discrimination, social exclusion and social injustice</td>
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Social Determinants of Health

- Socio-economic conditions that impact physical and mental health
  - Conditions in which people are born, grow, live, work and age
    (Shaped by distribution of money, power and resources)

- These circumstances are shaped by economics, social policies, and politics
Resilience is the ability to recover from difficulties or change—to function as well as before & move forward. Many refer to this as “bouncing back” from challenges.
Health Disparities

- Lack of equitable access to SDOH is associated with inequalities in health status, including poor mental health.

- Big disparities in SDOH among a population increase the magnitude of poor health.

- Reciprocal association: poor mental health is associated with low levels of education, unemployment, low income, adverse life events, and poor physical health.
Quick Quiz!

Based on the CIHI report “Exploring Positive Mental Health” (2009):
Goals of Mental Health Promotion

“Mental health promotion aims to optimize mental health and wellbeing in communities and thereby in individuals.”

(Neuhauser et al. 1998)

Focuses on:

- Enhancing protective factors for positive mental health
- Reducing risk factors for poor mental health
- Influencing some of the broad determinants, which contribute to poor mental health
Reasons to Invest in Mental Health Promotion

- Positive mental health is a basic human right
- People who flourish contribute to society
- Prevalence of mental illness is increasing; growing burden of mental illness cannot be addressed by ‘treating’ one person at a time
- Disadvantaged populations are disproportionately affected
- MHP is important to recovery from mental illness

Positive mental health is essential for quality of life
Strategies for Mental Health Promotion

The *Ottawa Charter for Health Promotion* can be considered a guide for the promotion of positive mental health:

- ✓ Build healthy public policies
- ✓ Create supportive environments
- ✓ Strengthen community action
- ✓ Develop personal skills
- ✓ Reorient health services
Populations & Settings for MHP

Populations can be classified by:
- Age
- Gender
- Culture
- Geography
- Risk Level

Interventions can be implemented in:
- Home/family settings
- Schools
- Workplace
- Clinical care settings
- Community
Principles for Mental Health Promotion Interventions

- Focus on risk & protective factors and SDOH
- Evidence-based, comprehensive, holistic approaches
- Culturally appropriate and equitable
- Meaningful engagement
- Multiple settings, policy support

Best Practice Guidelines for Mental Health Promotion:

- Children (7-12) and Youth (13-19)
- Older People 55+
- Refugees & Immigrants

Available online: http://knowledgex.camh.net/policy_health/mhpromotion/Pages/default.aspx
Q&A
Three Most Significant Determinants of Mental Health

1. Social inclusion

2. Freedom from discrimination & violence

3. Access to economic resources

Keleher & Armstrong, 2006; Mental Health Promotion in Ontario: A Call to Action, 2008
Evidence-Based Strategies to Increase Social Inclusion

- ‘Whole school’ approach in primary & secondary schools
- Access to public space for recreation & leisure
- Volunteerism & civic participation
- Culturally-appropriate policies & programs that promote inclusion of new immigrants & refugees
- Community arts & cultural programs
- Enhancing social networks & social support
"A community is commonly understood to be about relationships; it’s not a place. A neighborhood is a place, but community is about people’s relationships."

John McKnight, 1990
Alone in Canada: 21 Ways to Make it Better:
A self-help guide for single newcomers
Regent Park Focus Youth Media Arts Centre

Graduates:
Where are they now?

http://www.catchdaflava.com/content/grads.html
Minding Our Bodies - CMHA

About the Project

Minding Our Bodies is a three-year project (2008-2011). Our goal is to increase capacity within the community mental health system in Ontario to promote active living and healthy eating for people with serious mental illness to support recovery.

Our provincial mental health promotion program serves as an "incubator" to help mental health service providers in Ontario, together with community partners, develop and deliver evidence-based physical activity and healthy eating programs, improve access to local resources, and promote social inclusion.

Why is this project important?

People with serious mental illness are at high risk for chronic physical conditions associated with sedentary behaviour, including diabetes and cardiovascular disease. At the same time, mental illness can influence a person's health behaviour. Studies indicate that depression, for example, negatively impacts a person's nutritional choices, their commitment to exercise, and adherence to medical therapies. Choices around diet, exercise, smoking and treatment adherence can all have a serious impact on the state of one's physical health. To complicate the issue, psychiatric...
Evidence-Based Strategies to Address Violence & Discrimination

- Policies to address discrimination associated with race, ethnicity, gender, sexual orientation or disability
- Anti-bullying strategies and anti-discrimination programs and policies in schools and workplace
- Community strategies to address & prevent violence in the community & in vulnerable populations
- Urban planning policies that support a health-promoting built environment
- Strengthen programs aimed at positive parenting & developing healthy family relationships
Stigma

7 huge things you can do to reduce prejudice and discrimination
# Mental Health Promotion: Strengthening Families for the Future

| Mental Health | Builds individual resiliency and life skills  
|              | Enhances family protective factors  
|              | Reduces other behavior problems violence, delinquency |
| Substance Use | Reduces children’s or adolescents’ intention to use alcohol and/or other drug |
| Healthy Eating | The shared meal provides an opportunity to learn about healthy eating, partner with community organizations (e.g. access to fruits and vegetables) |
| Physical Activity | Opportunity to incorporate physical activity in program planning (e.g. community gardening) |
Mental Health Promotion: TAMI & Girls Talk

- **TAMI (Talking About Mental Illness):** helps to increase awareness about mental illness and the stigma that surrounds it.

- **Girls Talk:** an 8-session anti-stigma program for girls, between the age of 13-16 with a focus on preventing depression & educating girls about depression.

www.camh.net
Evidence-Based Strategies to Increase Access to Economic Resources

- Literacy programs, job training, job readiness
- Youth employment programs
- Access to childcare to remove barriers for women participating in the workforce
- Incentives and inducements for employers to recruit new Canadians and youth
- Employment for people with disabilities by enhancing and enforcing workplace accommodation
- Ensuring access to affordable, safe housing
- Secure adequate level of income to ensure food security, education and housing
Pathways to Education

Pathways to Education Canada helps youth in low-income communities graduate from high school and successfully transition into post-secondary education or training.

Removes systemic barriers to education by providing leadership, expertise and a community-based program proven to lower dropout rates

- Core program provides comprehensive academic, social & financial supports
- Works with school system and volunteers to deliver after-school tutoring, mentoring and financial assistance
- Results: >70% reduction of high school dropout rates & > 300% increase in number of youth going on to college or university

http://www.pathwaystoeducation.ca/home.html
The Stop Community Food Centre

Mission: increase access to healthy food in a manner that maintains dignity, builds community and challenges inequality

• Urban Agriculture
• Healthy Beginnings & Family Support
• After School Program
• Community Advocacy & Community Action

http://thestop.org/home
Building healthy public policies

- All public policies, not just those concerned directly with health, are relevant to health promotion

- Mental health promotion plays an advocacy role in advancing the visibility and value of mental health to individuals & societies
Influencing healthy public policies

- OCDPA Toolkit to Healthier Communities - Influencing Healthy Public Policies
Make Ontario the Healthiest Province

OCDPA Campaign (www.healthiestprovince.ca)

- Recommendations
  - Commit to make Ontario the healthiest province in Canada
  - Commit to focus efforts on health promotion to create a more sustainable health system
  - Commit to increase Ontario's overall investment in health promotion to match British Columbia's
  - Articulate these commitments in 2011 election platforms
CAMH Resources

www.camh.net
Get Involved

- Mental health promotion is everyone’s business
- Speak out about needs, gaps and solutions
- Collaborate with others to implement strategies that promote positive mental health
Resources


- Best Practice Guidelines for Mental Health Promotion for Children and Youth [www.camh.net](http://www.camh.net)

- Best Practice Guidelines for Mental Health Promotion for Older Adults 55+ [www.camh.net](http://www.camh.net)


Resources - 2

- Mental Health Promotion in Ontario: A Call to Action
  http://www.ontario.cmha.ca/policy_positions.asp?cID=25899

- Mental health promotion in primary care: A tool kit

- Mental health: strengthening our response (WHO)

- OCDPA's Evidence-Informed Messages: Promoting Positive Mental Health
  http://www.ocdpa.on.ca/rpt_evidence_messages_MH.gk

- Toward Flourishing For All: National Mental Health Promotion and Mental Illness Prevention Policy - Best Advice Paper
  http://www bcmhas.ca/Research/TowardFlourishingForAll.htm
Q&A
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