

Population mental health and public health practitioners: what are the needs?

NCCPH Collaborator Workshop

May 26, 11:00 - 12:30, CPHA

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With

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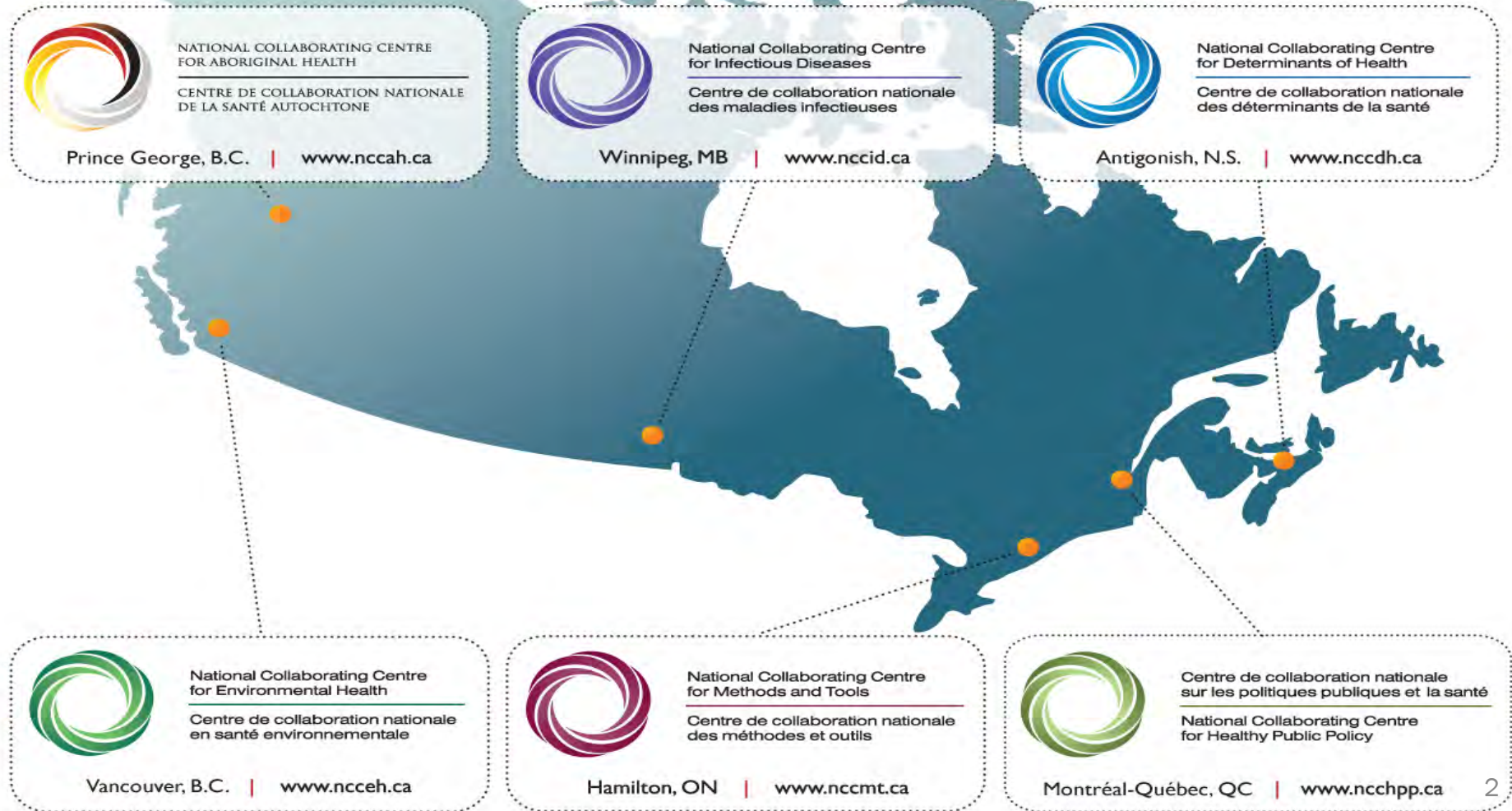
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STRENGTHENING PUBLIC HEALTH ACROSS CANADA

The National Collaborating Centres for Public Health



Outline of the Presentation

- Introduction, objectives, setting the agenda
- Round of introductions of participants
- Population mental health (PMH): why is it important for public health practitioners?
- Highlights of public health practitioners' needs.
- Giving meaning to public health practitioners' needs in PMH: varying perspectives from the NCCs.
- Questions and discussion as a large group & reflecting upon your own practice settings.
- What's next?
- Evaluation and end of session.



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Objectives of the Workshop

- Recognize the links between mental health and public health.
- Identify public health practitioners' needs for population mental health.
- Discuss public health practitioners' needs in various settings and contexts and reflect upon prospective support strategies and tools.



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Mental Health and Public Health...



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Mental Health: A Public Health Question

- Heavy burden of mental health problems and disorders and disproportionate toll upon those who are socially and economically disadvantaged.
- Mental health is a resource for life and health.
- Mental health and physical health are thoroughly intertwined and inseparable: Holistic conception of health.



Population mental health



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Population Mental Health: Key Dimensions

- Mental health and illness are on two distinct but interrelated continuums.
- Promoting mental health for everyone, including those who are at risk or are mentally ill.
- Action on determinants of health at all levels and across the lifespan.
- All public health practitioners at many levels are concerned.

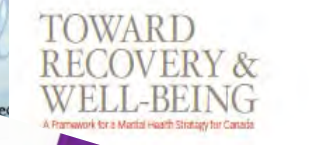
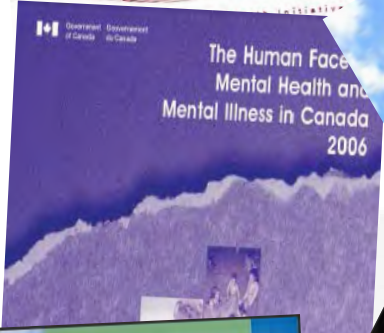


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NCCPH Population Mental Health Project

- An environmental scan
 - Needs assessment
- “Exploratory questionnaire”

To explore public health’s practitioners’ needs vis-à-vis population mental health.



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Scan of Mental Health Strategies across Canada

To return to the Population Mental Health Project Page, [click here](#).
To help us keep this information accurate and up to date send us your comments and corrections at pascale.mantoura@inspq.qc.ca.

PROVINCIAL AND TERRITORIAL STRATEGIES IN MENTAL HEALTH						
Province/ Territories/ Federal	Title <small>NB. The titles in italics are translations of strategies that are not available in English.</small>	Organization	Year	Sub- populations	Summary/ Objectives/ Evaluation (S/O/E)	Evaluation Plan (Yes,N/A)
Alta.	<u><i>Creating Connections: Alberta's Addiction and Mental Health Strategy</i></u>	Government of Alberta	2011	Whole population approach	S/O/E	Yes
Alta.	<u><i>Creating Connections: Alberta's Addiction and Mental Health Action Plan 2011-2016</i></u>	Government of Alberta	2011	Whole population approach	S/O/E	Yes
Alta.	<u><i>Positive futures - Optimizing Mental Health for Alberta's Children & Youth: A Framework for Action (2006-2016)</i></u>	Government of Alberta	2006	Children, youth, and their families	S/O/E	Yes
Alta.	<u><i>Children's Mental Health Plan for Alberta: Three Year Action Plan (2008-2011)</i></u>	Government of Alberta	2008	Children & Youth, Vulnerable populations	S/O/E	N/A
Alta.	<u><i>Alberta Aboriginal Mental Health Framework</i></u>	Government of Alberta	2006	Aboriginal Peoples	S/O/E	N/A
B.C.	<u><i>Healthy Minds. Healthy People: A Ten-Year Plan to Address Mental Health and Substance Use in British Columbia</i></u>	British Columbia Government	2010	Whole population approach; Substance users	S/O/E	Yes
B.C.	<u><i>A Path Forward: BC First Nations and Aboriginal People's Mental Wellness and Substance Use Ten Year Plan</i></u>	First Nations Health Authority	2013	Aboriginal Peoples	S/O/E	N/A
Man.	<u><i>Rising to the Challenge: A strategic plan for the mental health and well-being of Manitobans</i></u>	Government of Manitoba	2011	Whole population approach	S/O/E	Yes

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Exploratory Questionnaire Scope

- Provides an overview of practitioners' level of knowledge in the area of mental health.
- Depicts activities linked to mental health within public health practices.
- Illustrates tools and resources that are used by public health practitioners who have interest in mental health.
- Shows gaps and needs that are associated with some practitioners' practices insofar as they are concerned by population mental health.



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Method

- Exploratory questionnaire
 - Collaborative production by NCCPH
 - 13 closed-ended and 3 open-ended (plus final comments)
 - Available from June to October 15 2014
 - 449 public health practitioners participated in the survey
 - 331 English respondents
 - 117 French respondents
 - Invitations through subscription lists and voluntary participation.
- In-person needs assessment workshops.



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Who are the Public Health Practitioners Who Answered the Questionnaires?

Please indicate which field(s) of work best match ... | ALL en+fr

	MH	MI	PH	Total
Promotion	93 (29%)	25 (8%)	180 (55%)	326
Prevention or clinical preventive services	30 (9%)	14 (4%)	76 (23%)	325
Therapy, counselling, clinical public health	22 (7%)	16 (5%)	29 (9%)	326
Program Planning and implementation	56 (17%)	19 (6%)	113 (35%)	326
Research-evaluation	40 (12%)	20 (6%)	90 (28%)	325
Knowledge transfer	64 (20%)	27 (8%)	127 (39%)	326
Mass media-communication	23 (7%)	8 (3%)	43 (13%)	326
Public health decision maker	6 (2%)	2 (1%)	50 (15%)	325
Consulting	22 (7%)	5 (2%)	44 (14%)	326
Epidemiology	12 (4%)	11 (3%)	35 (11%)	326
Policy/ Advocacy	40 (12%)	15 (5%)	92 (28%)	325
Surveillance	15 (5%)	14 (4%)	57 (18%)	326



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ASSETS



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STRENGTHENING PUBLIC HEALTH ACROSS CANADA

Assets

- Good working knowledge of mental health and illness.**
- Already involved in activities related to mental health.
- Already aware of and using guidance frameworks and material from key organizations.
- Already using many tools, resources, available training, research material.







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How would you describe your knowledge level about mental health (positive mental health, wellbeing)

Response	Chart	Percentage	Count
Zero (I am not familiar with positive mental health)		2%	9
Weak (I have some familiarity with the subject)		27%	121
Intermediary (I have received training, I have up to date knowledge of the subject)		43%	194
Advanced (I am involved in the field or work in mental health promotion)		28%	124
Total Responses			448







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STRENGTHENING PUBLIC HEALTH ACROSS CANADA

How would you describe your knowledge level about mental illness?

Response	Chart	Percentage	Count
Zero (I am not familiar with mental illness)		1%	3
Weak (I have some familiarity with the subject)		36%	159
Intermediary (I have received training, I have worked in the field)		46%	203
Advanced (I am involved in the field or work in a related field)		18%	79
Total Responses			444



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STRENGTHENING PUBLIC HEALTH ACROSS CANADA

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Do you consider your practice to be linked with the mental health of the population?

Response	Chart	Percentage	Count
Yes		84%	222
No		16%	43
Total Responses			265






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STRENGTHENING PUBLIC HEALTH ACROSS CANADA

What activities would you identify as strengths with regards to mental health?

Response	Chart	Percentage	Count
Knowledge about the links between mental health and physical health		71%	158
Already involved in interventions potentially related to mental health (determinants of mental health, public policies favouring mental health, surveillance of mental health indicators, etc.)		55%	121
Other, please specify...		17%	37
Total Responses			221



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STRENGTHENING PUBLIC HEALTH ACROSS CANADA

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STRENGTHENING PUBLIC HEALTH ACROSS CANADA

TOOLS USED BY PRACTITIONERS IN THEIR EVERYDAY PRACTICE

- GUIDANCE FRAMEWORKS & APPROACHES
- TRAINING AND TOOLS
 - TOPICS
 - PHC Clinical Intervention/Prevention
 - General Topics
 - Mental Health Promotion
 - FORMATS
 - E - format
 - General research material
 - Brief & practical
 - In person
- OTHER



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NEEDS







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STRENGTHENING PUBLIC HEALTH ACROSS CANADA

What activities would you identify as weaknesses with regards to mental health?

Response	Chart	Percentage	Count
Lack of knowledge about mental health		40%	95
Lack of human and/or financial resources to promote mental health		72%	170
Lack of clear mandate / policy /strategy for mental health		71%	166
Other, please specify...		17%	39
Total Responses			235



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STRENGTHENING PUBLIC HEALTH ACROSS CANADA

Guidance
Frameworks
(Links-concepts-
Differences)

Responsibilities
Roles
Mandates
Organizational Support

Training
•Topics
•Targets

Communities of
Practice

MH literacy

Collaborations

Evidence-
Informed
Resources
Tools
•Topics
•Targets

Key messages

Language

Measurement
/Indicators



Perspectives from the NCCs



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- Presentations from other NCCs not available.



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NCCHPP Population Mental Health Project

- Three briefing notes
- Webinars
- In-person needs assessment workshops
- Web presentation

Defining a Population Mental Health Framework for Public Health
July 2014

With the release of Canada's mental health strategy, "Changing Directions, Changing Lives" the Canadian Mental Health Commission has a significant milestone in the journey to bring mental health "out of the shadows" and to recognize, in both words and deeds, the truth of the saying that there can be no health without mental health. Mental Health Commission of Canada, 2012, p. 6. This strategy document points toward a renewed perspective in order to keep people from becoming mentally ill and to improve the mental health status of the whole population.

This renewed perspective towards a holistic intervention agenda for the improvement of mental health is gaining momentum and finding its way onto the public health agenda. The momentum is based on the recognition that mental health is fundamental to health. It acknowledges the disproportionately greater burden of mental health problems and disorders among those who are socially and economically disadvantaged. Finally, it recognizes the importance of improving mental health status across the whole population, including those with a mental disorder.

Such a perspective encompasses public health practitioners at every level. As all public health interventions have the potential to target the well-being of individuals and communities, it is at

Note
See resources to healthy public policy

the public evidence

Good mental health, in its broad definition, is more than the absence of disease, and consists of a state of "flourishing", which is a combination of feeling good and functioning effectively most of the time (The Government Office for Science, 2009; Huppert, 2009; Keyes, 2007; Huppert & So, 2013). It is considered a resource for life for individuals as well as when it is considered at the population level. Defined in this manner, good mental health is the basis of the many skills that are needed for individuals and countries to develop and flourish.

Higher levels of mental health, independently of mental disorders, are associated with positive outcomes in education, physical health, productivity, relationships, recovery rates, employment and earnings, health behaviours and quality of life. In addition the best outcomes are found in those who are "flourishing" in life, (i.e., those who have good mental health, compared to those who have average or poor mental health). These latter individuals, in turn, have the least well for years, 2002;

is, socially with a view to improve what is sought to assist outside of the mental health element of within a public health setting public policy, at p. 102) "represents the set of people live, secure, safe sustainable livelihoods, environments, including nutrition, information and transportation, and need personal social and health

Framework for healthy public policies favouring Mental Health

Barry, 2009), and this in many domains such as employment, culture, to environment, etc.

Public policies in these positive or negative effects therefore necessary to 3 negative effects of policy (Coggins, Cooke, Pfledt & Stansfeld, 2007), and effects of policies via the favouring mental health

This briefing note will provide healthy public policies (HPP-FMH), in the first meant by this expression we present the definition. The influence that HPP-determinants to the best expected to have impact third section, we propose to illustrate the policy at health. Finally we present evidence for promoting

What is meant by Policies Favouring (HPP-FMH)?

Public policy refers to the public authority in order presence of certain pre-population" (National Healthy Public Policy, 2014)

Healthy public policy, at p. 102) "represents the set of people live, secure, safe sustainable livelihoods, environments, including nutrition, information and transportation, and need personal social and health

Highlights
FOR EXPERTISE KNOWLEDGE COURAGE TO HEALTHY PUBLIC POLICY

When this context, to support public health practitioners, the National Collaborating Centre for Public Health (NCCPH) has assessed public health practitioners' needs in the area of population mental health. In November 2014, the NCCPH held a workshop in Ottawa with collaborating partners to present preliminary results. This briefing note provides an overview of the events and needs discussed during this workshop as well as other highlights from the gathering.

Surveying needs

The public health practitioners' needs presented in this document are derived from two types of needs assessment: direct encounters with practitioners and a web survey questionnaire.

Between April and July 2014, the National Collaborating Centre for Healthy Public Policy (NCCCHPP) had the opportunity to assess practitioners' needs during two face-to-face encounters with public health actors. A first encounter was during a workshop at the Ottawa;

Sharing Public Health Practitioners' Needs in Population Mental Health: Highlights and Avenues for Action
March 2015

The burden of mental health problems and their associated social and economic costs are growing nationally and globally. Conversely, mental health, in its positive dimension, is an indispensable resource for leading, productive, full, satisfying and healthy life. It is a resource that can be promoted at both the individual level and at the population level. As such, both the prevention of mental health problems and the promotion of mental health have entered the public health policy agenda. Public health practitioners at all levels of practice, therefore, seek to improve levels of mental health for all, including those living with a mental health problem, across the life course, while also reducing inequalities in mental health. A population mental health approach encompasses these objectives and involves policies and interventions that will impact the determinants of mental health (Mantoura, 2014a, 2014b).

The questionnaire assessed public health practitioners' levels of knowledge in the areas of mental health and mental illness, it identified mental health-related activities within public health practices and surveyed the tools and resources most used by practitioners involved in mental health. Finally, it showed areas, gaps and needs surrounding public health practitioners' mental health-related practices. There were 5 questionnaire questions and 13 short-answer questions (i.e., having more structured response possibilities) in the questionnaire. The exploratory survey was conducted using FaceSurveys (http://www.facesurveys.com) and the data was analyzed using that site's tool. To analyze and code practitioners' needs identified through open-ended questions, an open-ended coding procedure was initially used; it was then conceptually refined. A double coding procedure was applied once categories and codes were established, which led to small modifications and corrections.

The analysis presented below is mainly a qualitative representation of practitioners' needs and needs. It suggests some ways forward by outlining avenues for further reflection which will

Between June and mid-October 15, 2014, a total of 163 public health practitioners from across Canada participated in a web survey questionnaire. Of these, 205 responses in English and 118 in French. Individuals were invited to participate through the subscription lists of the NCCPH, of individual National Collaborating Centres (NCCs), or of other partners. In addition, the questionnaire was available on the NCCCHPP's website at all times; therefore other interested practitioners could respond as well.

Population Mental Health - Why?

Population Mental Health

"WHY"

Web Presentation
March 2015

Pascale Mantoura
National Collaborating Centre for Healthy Public Policy

Centre de collaboration nationale sur les politiques publiques et le santé
National Collaborating Centre for Healthy Public Policy

Instituts national de santé publique
Québec

(Flash Video: 25 minutes)



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EXERCISE



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Examples of Activities/Topics That Were Ranked in the Survey

- Definition and clarification of concepts related to population mental health
- Putting evidence related to population mental health into practice and policy decisions
- Measurements and indicators of positive mental health
- Determinants of mental health
- Inequalities and mental health
- Aboriginal mental health
- Links between physical health and mental health
- Mental health and chronic diseases
- Infectious diseases and mental health
- Environmental health
- Healthy public policies favoring mental health

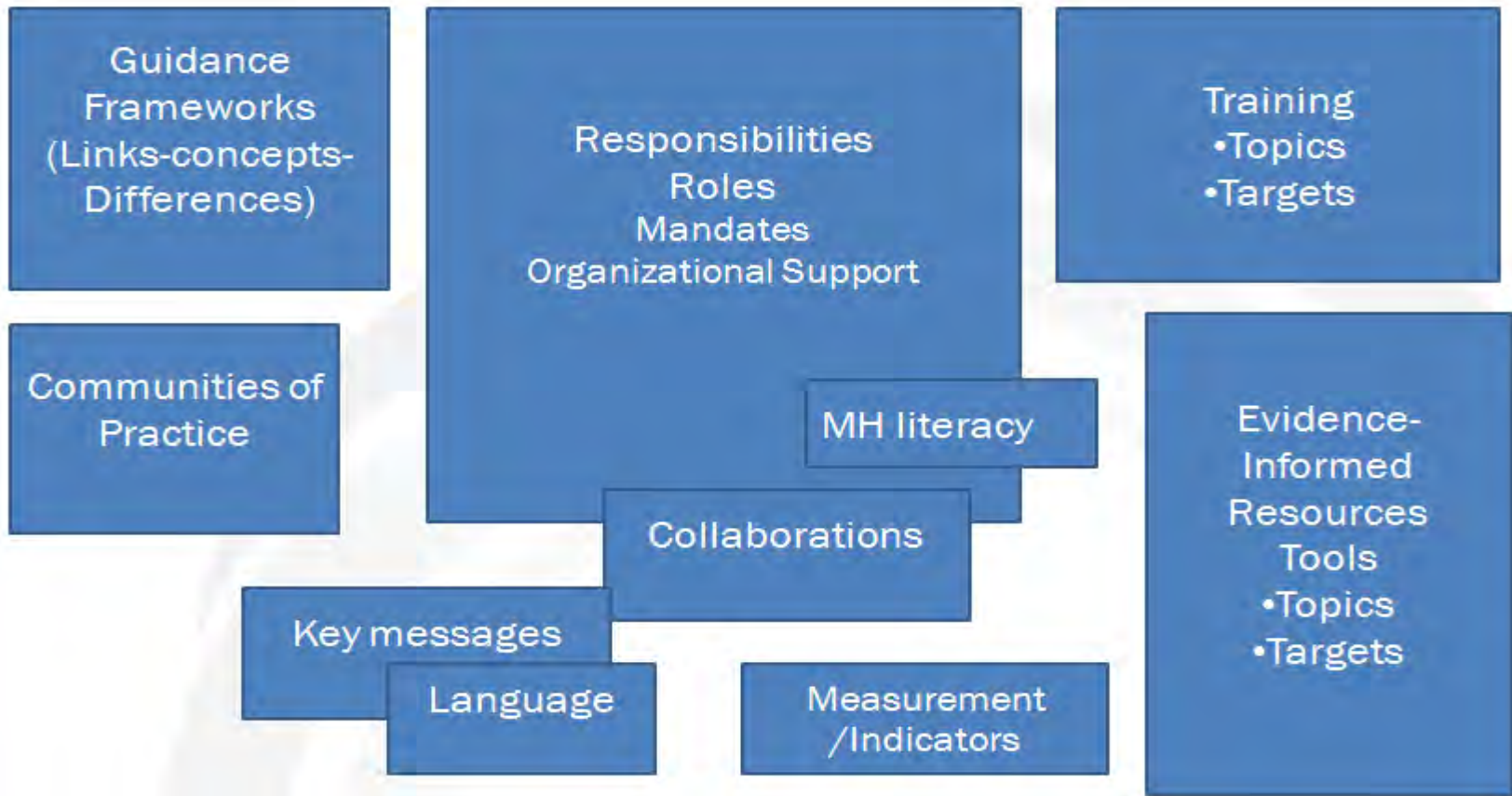


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Anything missing?	Priority need in your setting?
Priority Topic/Tool?	Table priority?



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WHAT'S NEXT?

Please do not forget the
evaluations

Thank you!



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