

Mental Health Promotion in Ontario's Public Health System

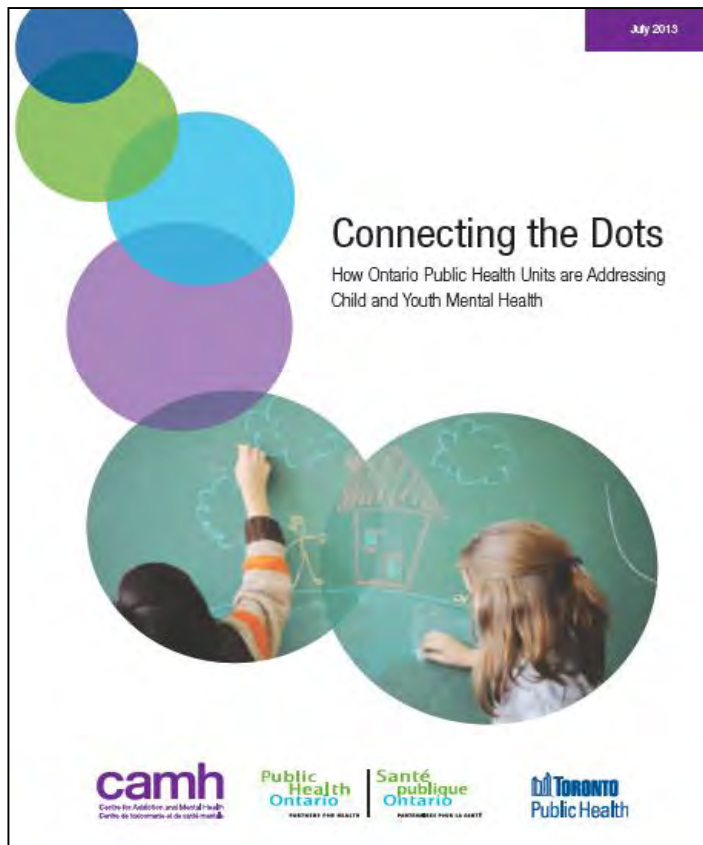
Tamar Meyer

Supervisor, Provincial System Support Program
Centre for Addiction and Mental Health
October 23, 2018

Mental Health For All – CMHA National
Conference

camhPSSP
Provincial System
Support Program

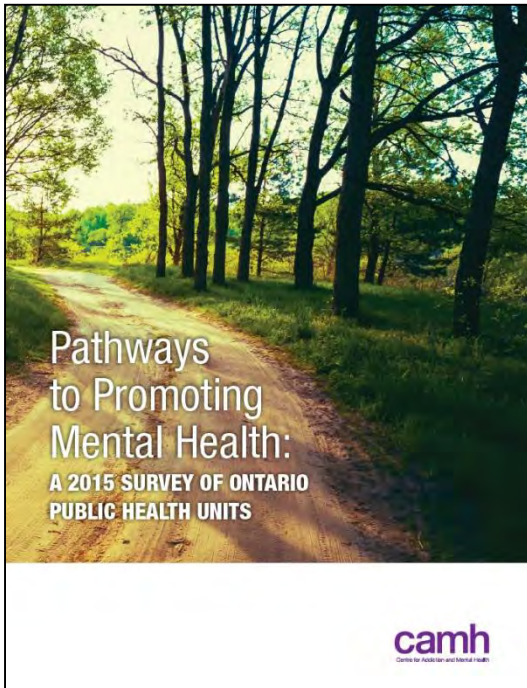
2012-13: Connecting the Dots



Key findings:

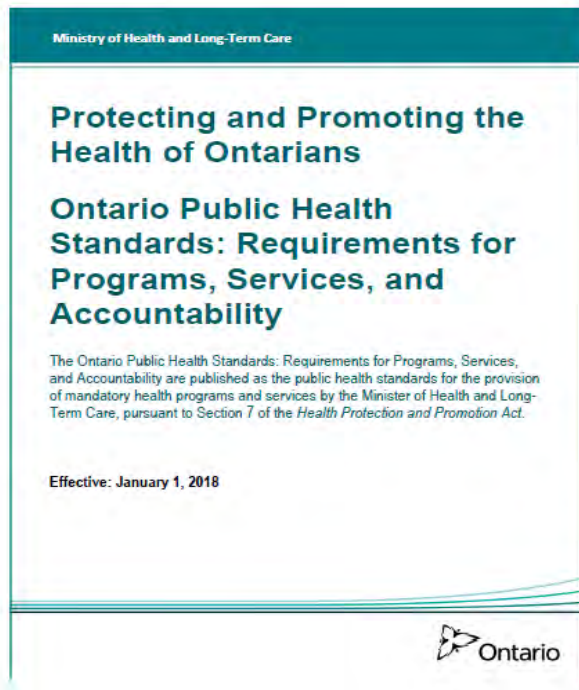
- MHP activities are driven by local need
- Partnerships are a strong facilitator of MHP in public health
- **Health units require provincial guidance regarding public health's role in mental health (clear mandate)**

2015-16: Pathways to Promoting Mental Health



Recommendations (2/5):

1. Establish a **common understanding** of MHP to inform cohesive, consistent and measurable strategies for promoting mental health **across Ontario's PHUs**, the public health sector and other sectors.
2. Establish **evidence-informed guiding principles** for **integrating MHP in public health** and support the public health workforce to implement MHP at the PHU level, across the public health sector and other sectors.



2018: Revised Ontario Public Health Standards

"The role of boards of health is to support and protect the physical and **mental health and well-being, resiliency and social connectedness** of the health unit population, with a **focus on promoting the protective factors** and **addressing the risk factors** associated with health outcomes. "

Mental Health Promotion Guideline, 2018

Population and Public Health Division,
Ministry of Health and Long-Term Care

Effective: January 1, 2018 or upon date of release

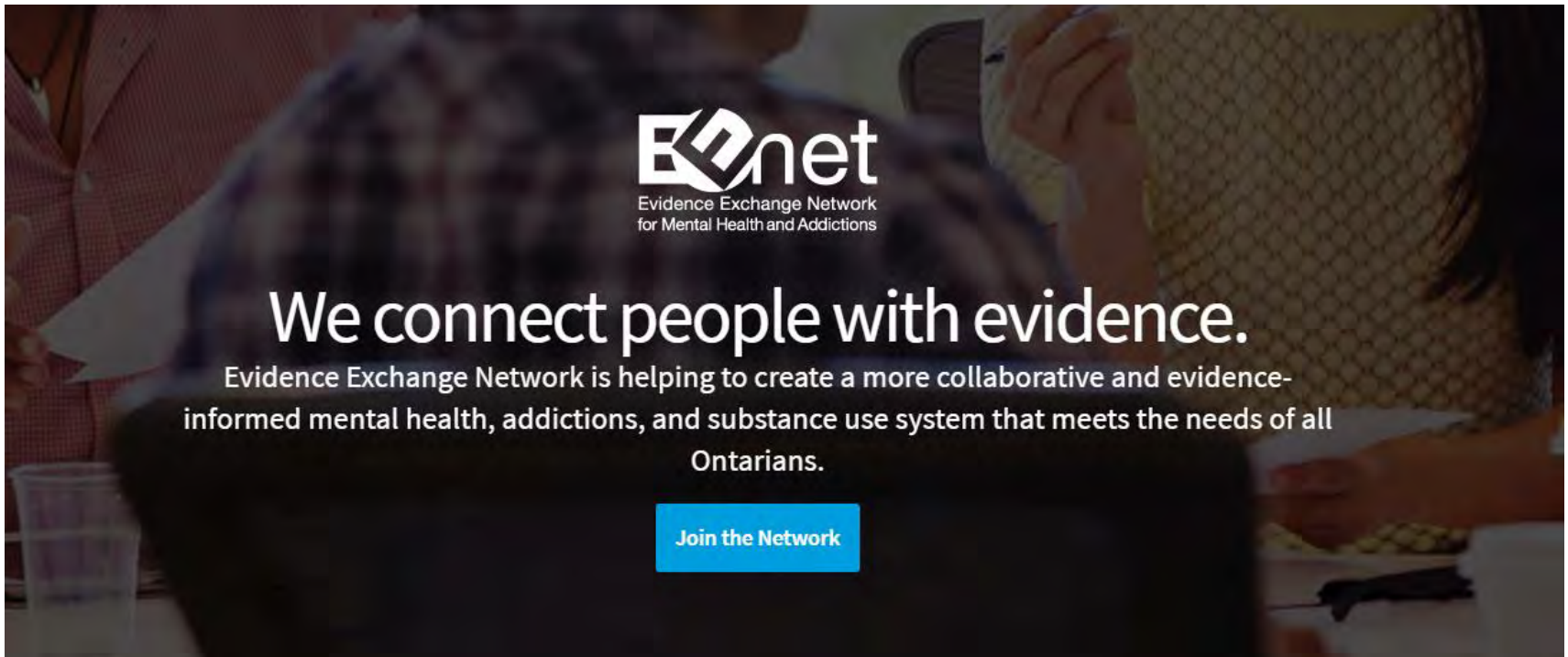
Ontario's **first** MHP guideline to support public health practice.

Purpose:

To assist boards of health in considering **mental health promotion** within their processes for planning, implementing, and evaluating **programs of public health interventions**.

*Mental Health
Promotion in Public
Health Community of
Practice*

Evidence Exchange Network (EENet)

A banner image for the Evidence Exchange Network (EENet). It features a blurred background of people in a meeting. Overlaid on the image is the EENet logo, which consists of a stylized 'E' and 'net' with a diamond shape. Below the logo is the text 'Evidence Exchange Network for Mental Health and Addictions'. The main headline reads 'We connect people with evidence.' followed by a paragraph: 'Evidence Exchange Network is helping to create a more collaborative and evidence-informed mental health, addictions, and substance use system that meets the needs of all Ontarians.' At the bottom center is a blue button with the text 'Join the Network'.

Join the conversation: www.eenetconnect.ca

camh

2016-17: MHP in Public Health Community of Practice



- Steering Committee
- Champions Network
- Community of Practice

CoP provided input to Ontario Ministry of Health and Long-Term Care to develop MHP Guideline.



Mental Health Promotion in Public Health Community of Practice (MHP in PH CoP)

The MHP in PH CoP brings together public health practitioners from Ontario's 36 public health units who are working to promote mental health across the lifespan. The purpose of the MHP in PH CoP is to connect, share and explore evidence-informed practices and practice-informed evidence related to the practice of mental health promotion in public health.

[EENET CONNECT](#)[GROUPS](#)[MENTAL HEALTH PROMOTION IN PUBLIC HEALTH COMMUNITY OF PRACTICE \(MHP IN PH CoP\)](#)[HOME](#)

CLIP SETS

- › [Board and Council Reports](#)
- › [Champions Network Meeting Documents](#)
- › [Evaluation Resources](#)
- › [International Resources on Mental Health Promotion](#)
- › [Mental Health Promotion Background Documents](#)
- › [Public Health Unit Mental Health Promotion Strategies](#)
- › [Specific Population Resources](#)
- › [Suicide Prevention/Life Promotion](#)
- › [Visual Resources](#)

[RESOURCE SET DIRECTORY](#) →[Post](#)

ABOUT THIS GROUP

The MHP in PH CoP brings together public health practitioners from Ontario's 36 public health units who are working to promote mental health across the lifespan. The purpose of the MHP in PH CoP is to connect, share and explore evidence-informed practices and practice-informed evidence related to the practice of mental health promotion in public health.

TOPIC

NEW

3 REPLIES

Upcoming Lecture: How discrimination affects our mental health



ANDRA RAGUSILA ○ 10/4/18 @ 4:54 PM

0 likes

Brock university is hosting a lecture series on promoting racial justice in health care. Uppala Chandrasekera will present a lecture that will explore the causes and impacts of discrimination on mental health and identify opportunities and resources for addressing discrimination at an individual, organisational and systems level. Uppala Chandrasekera is the Director of Public Policy at the Canadian Mental Health Association Ontario. The lecture takes place on Monday Oct. 22, 2018 from 11:00... [Read More...](#)

BENJAMIN LEIKIN ○ 10/9/18 @ 12:32 PM

I am also interested in the recording!! Thanks for flagging and sharing with the group!! [Read More...](#)

Updated 10/9/18 @ 12:32 PM

*** [Last Reply By Benjamin Leikin](#) • [First Unread Post](#)

Reply by [Lia \(KFL&A Public Health\)](#)

CMHA National Conference

LIA (KFL&A PUBLIC HEALTH)

Reply by [Benjamin Leikin](#)

CMHA National Conference

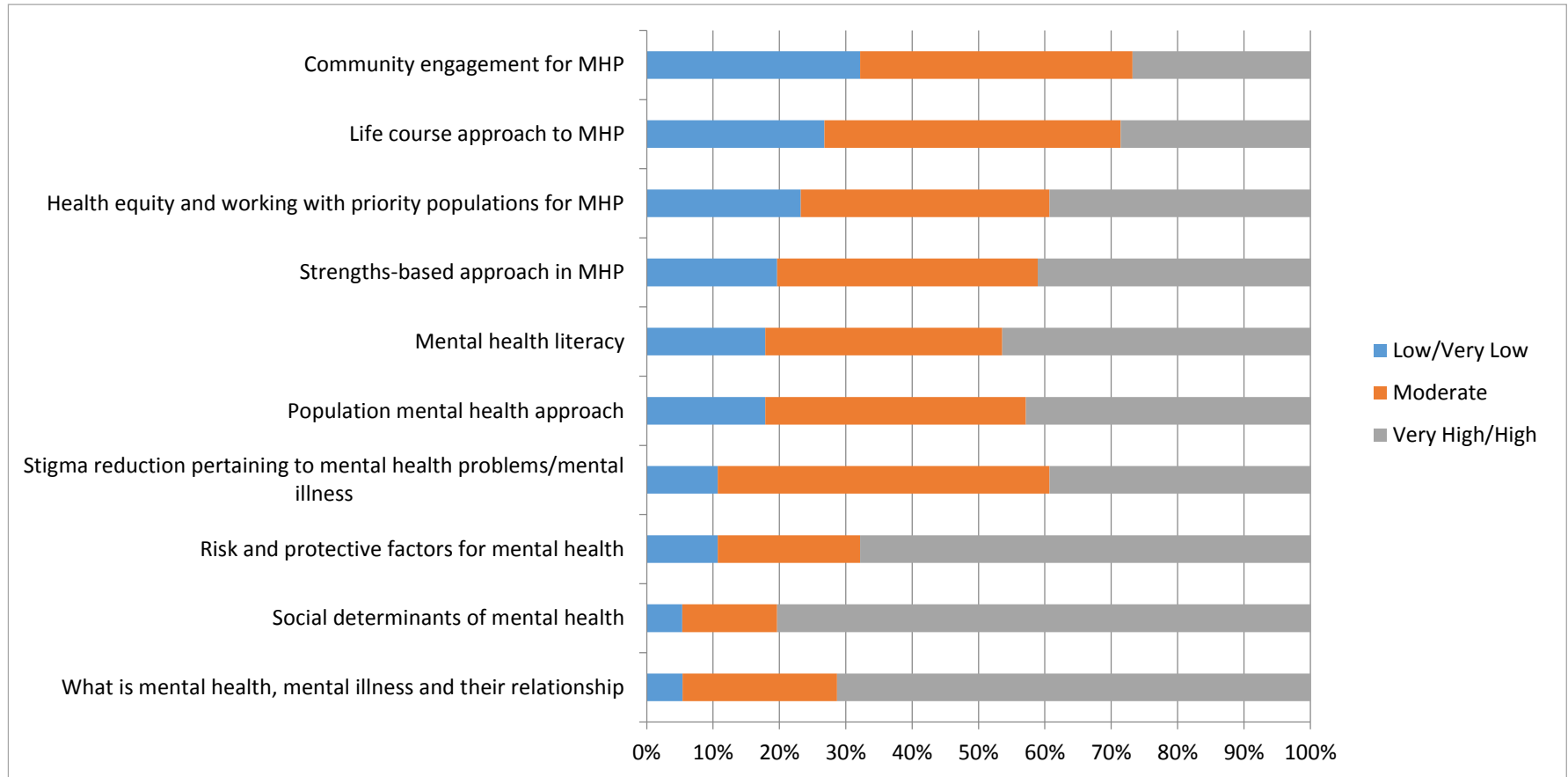
LIA (KFL&A PUBLIC HEALTH)

[COMPLETE ACTIVITY STREAM](#) →

GROUP MEMBERS



CoP Survey: How would you rate your *knowledge* of the following mental health promotion areas?



Top 3 Reasons for Participating in COP

- **52%** - Access evidence/information on how to plan, implement and evaluate MHP programs
- **50%** - To share evidence on how other health units are embedding mental health promotion into existing programs
- **32%** - To find research evidence on mental health promotion

Readiness to Implement MHP Guideline

CoP members were asked about their perception about the readiness of their Public Health Unit to implement the MHP guideline.

Results based of validated scale – ***Organizational Readiness for Implementing Change*** (Shea et al., 2014):

- Change Efficacy Sub-scale 3.69 (out of 5)
- Change Commitment Sub-scale 3.93

Shea, C.M., Jacobs, S.R., Esserman, D.A., Bruce, K., & B.J. Weiner. (2014). Organizational readiness for implementing change: A psychometric assessment of a new measure. *Implementation Science*, 9(7). Retrieved from <https://implementationscience.biomedcentral.com/articles/10.1186/1748-5908-9-7>

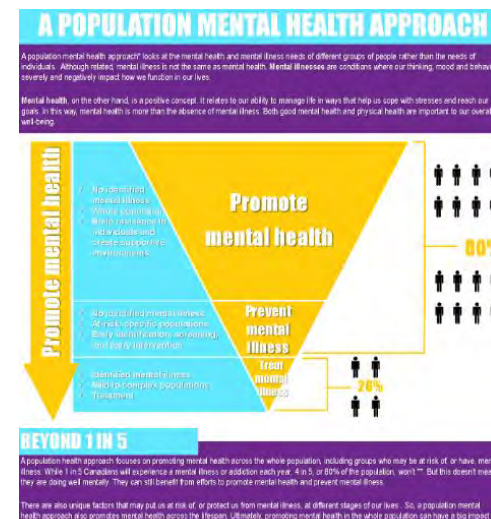
Other Supports

Webinars

- Sept 2018: Surveillance of positive mental health featuring Dr. Heather Orpana
- Sept 2018: Ontario Student Drug Use and Health Survey – Mental Health and Well-Being Results

Knowledge products

- Infographics
- Evidence briefs



Early Years Evidence Brief August, 2016

Home Visiting and Group-Based Parenting Interventions

Purpose

The purpose of this evidence brief is to outline the available evidence on specific mental health promotion interventions delivered in the early years focusing on the zero to six age range. Although there are a range of early years interventions, home visiting and group-based parenting interventions were identified as priority areas for the purposes of this evidence brief through the expertise of the Mental Health Promotion, Prevention and Early Intervention Working Group. These interventions were also selected as evidence demonstrates high-return on investment in these areas. This brief presents the parental and child outcomes of these interventions, as well as the components of effective programming, as outlined in the literature.

The evidence presented in this brief can be used to inform policy and practice decisions, to promote the mental health of infants and children in the province, in support of Phase Two of Ontario's Mental Health and Addictions Strategy.

And last but not least: Our OWN mental health!



Thank you! 😊



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Provincial System Support Program
Centre for Addiction and Mental Health

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Websites:

www.camh.ca

www.improvingsystems.ca

www.eenet.ca

www.eenetconnect.ca
