Defining a Framework on Population Mental Health for Public Health Practitioners

June 19 2014

We will start at 2 p.m.

Teleconference:
1-866-827-6872
Code: 5406670 #

Please mute your phone (*6)

Pascale Mantoura

Alima Alibhay

National Collaborating Centre for Healthy Public Policy

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

Institut national de santé publique
Québec

National Collaborating Centre for Healthy Public Policy (NCCHPP)

Our mandate

– Support public health actors in their efforts to promote healthy public policies.

Our areas of expertise

– The effects of public policies on health

– Generating and using knowledge about policies

– Intersectoral actors and mechanisms

– Strategies to influence policy making

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The National Collaborating Centres for Public Health

National Collaborating Centre for Aboriginal Health — Centre de collaboration nationale de la santé autochtone — Prince George, B.C. | www.nccah.ca

National Collaborating Centre for Infectious Diseases — Centre de collaboration nationale des maladies infectieuses — Winnipeg, MB | www.nccid.ca

National Collaborating Centre for Determinants of Health — Centre de collaboration nationale des déterminants de la santé — Antigonish, N.S. | www.nccdh.ca

National Collaborating Centre for Environmental Health — Centre de collaboration nationale en santé environnementale — Vancouver, B.C. | www.ncceh.ca

National Collaborating Centre for Methods and Tools — Centre de collaboration nationale des méthodes et outils — Hamilton, ON | www.nccmt.ca

Centre de collaboration nationale sur les politiques publiques et la santé — National Collaborating Centre for Healthy Public Policy — Montréal-Québec, QC | www.ncchpp.ca

Learning Objectives

- Identify links between mental health and mental disorders, at individual and population levels.

- Describe the main components of the framework on population mental health.

- Establish links between public health practices and population mental health.

Why a Framework on Population Mental Health for Public Health Practioners?

Mental Health : A Public Heath Question

- Heavy burden of mental health problems and disorders and disproportionate toll upon those who are socially and economically disadvantaged.

- Mental health is increasingly recognized as a resource for life and health.

- Mental health and physical health are thoroughly intertwined and inseparable: Holistic conception of health.

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"Not merely the absence of disease or infirmity but the presence of a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community" (p.2)
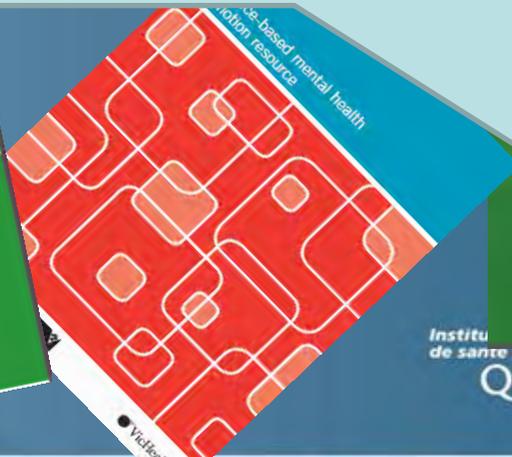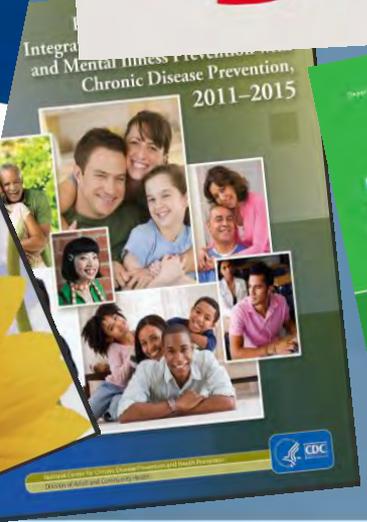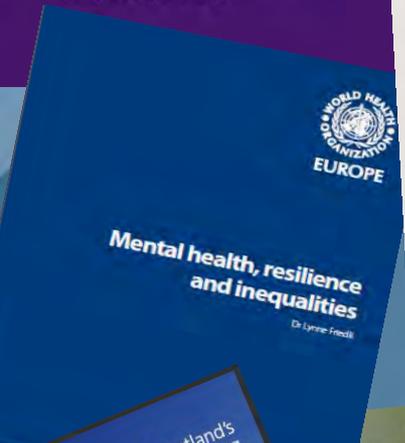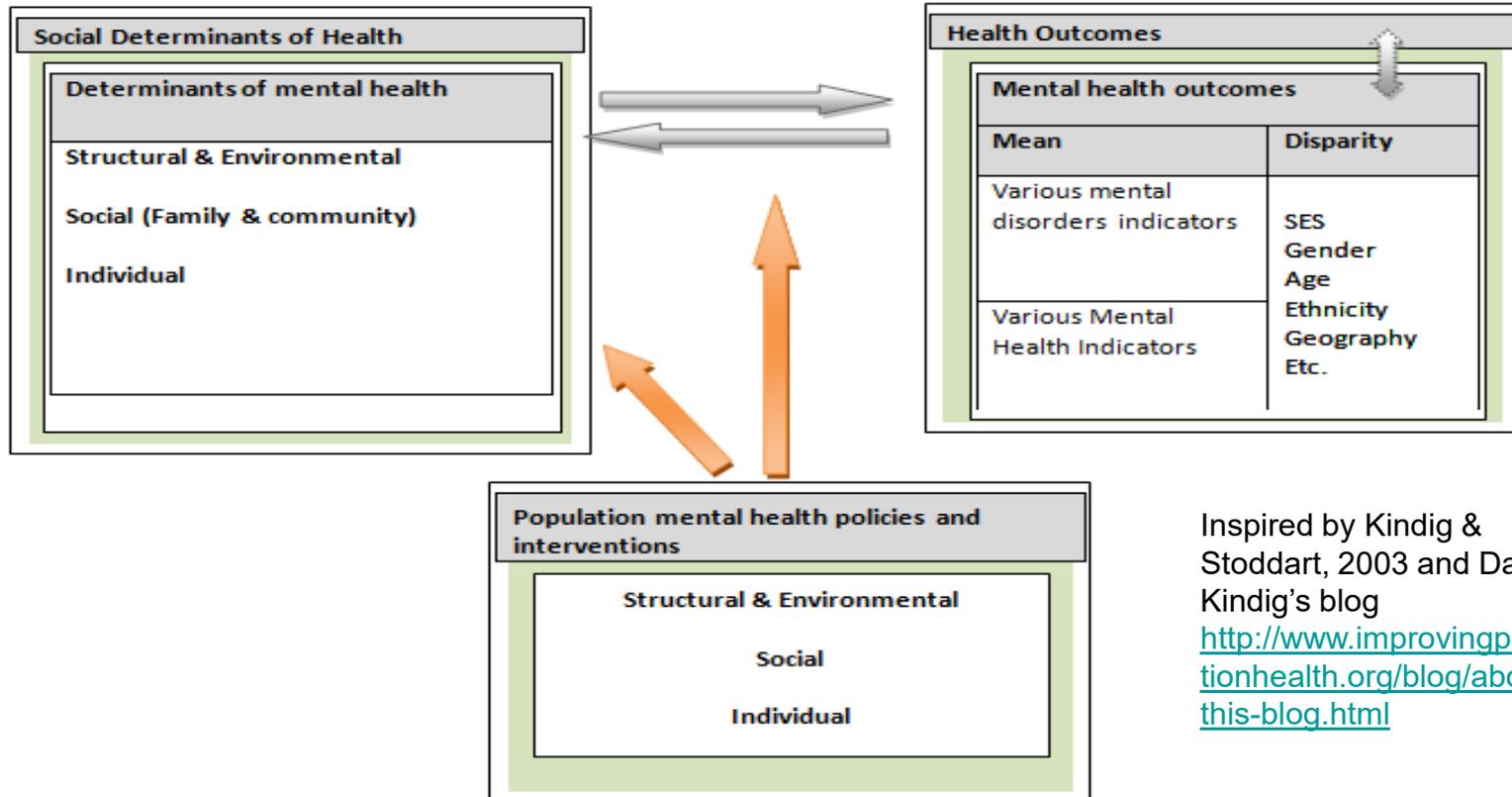
Points toward a renewed perspective in order to keep people from becoming mentally ill and to improve the mental health status of the whole population.

Framework on Population Mental Health for Public Health

Inspired by Kindig & Stoddart, 2003 and David Kindig's blog
http://www.improvingpopulationhealth.org/blog/about-this-blog.html

…Before leaping into the subject…

….here are some of your responses…

Knowledge Level

		48%	
	26%		25%
1%			
Zero	Low	Intermediate	Advanced

Provinces

						62%
3%	3%	4%	7%	10%	11%	
Nova Scotia	Quebec	Saskatchewan	New Brunswick	Alberta	British Columbia	Ontario
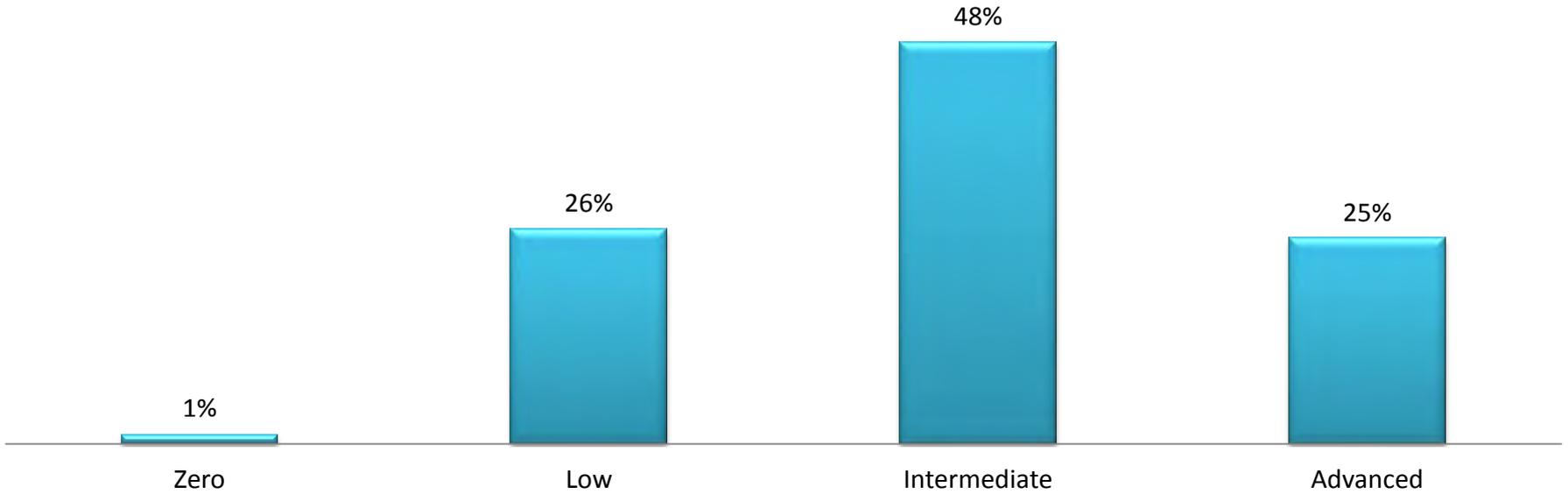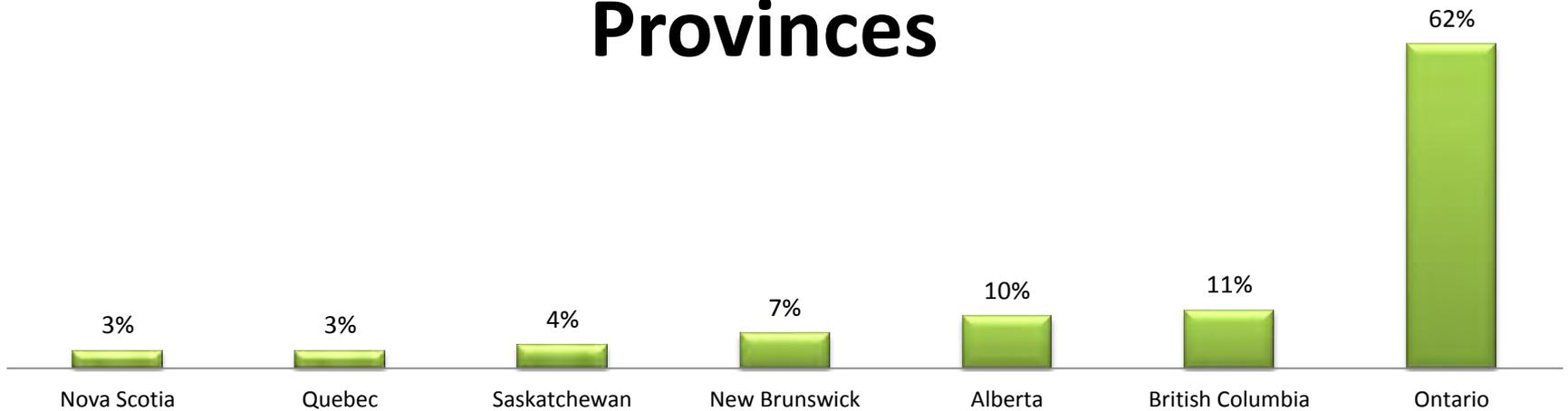
Types of organizations

Framework on Population Mental Health for Public Health

Social Determinants of Health

Determinants of mental health

Structural & Environmental

Social (Family & community)

Individual

Health Outcomes

Mental health outcomes

Mean	Disparity
Various mental disorders indicators	SES Gender Age Ethnicity Geography Etc.
Various Mental Health Indicators	

Population mental health policies and interventions

Structural & Environmental

Social

Individual

Inspired by Kindig & Stoddart, 2003 and David Kindig's blog http://www.improvingpopulationhealth.org/blog/about-this-blog.html.
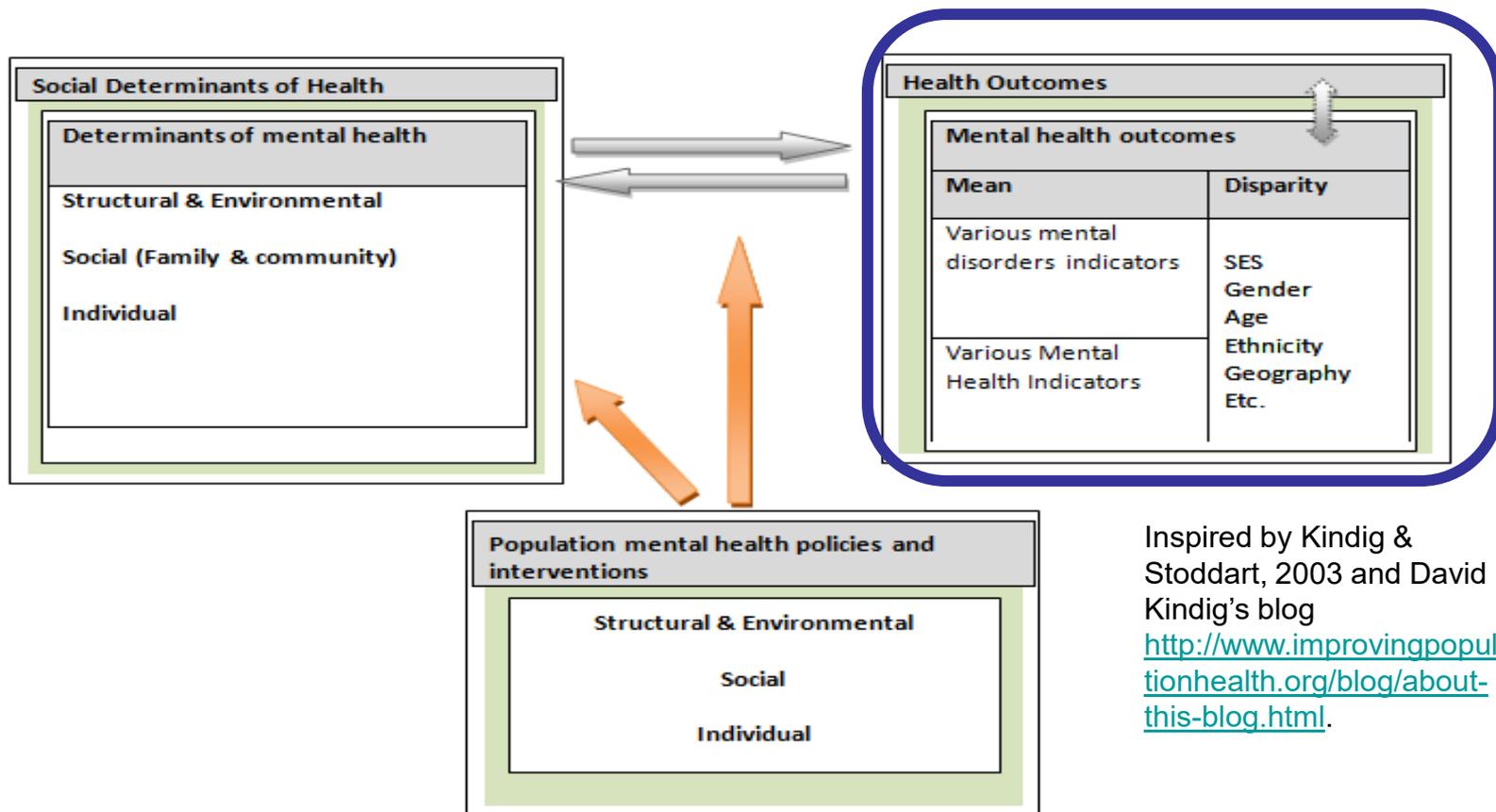
Mental Health / Mental Disorders Links

Optimal mental health
"Flourishing"

No mental disorder

Moderate mental health

Mental disorder

Poor mental health
"Languishing"
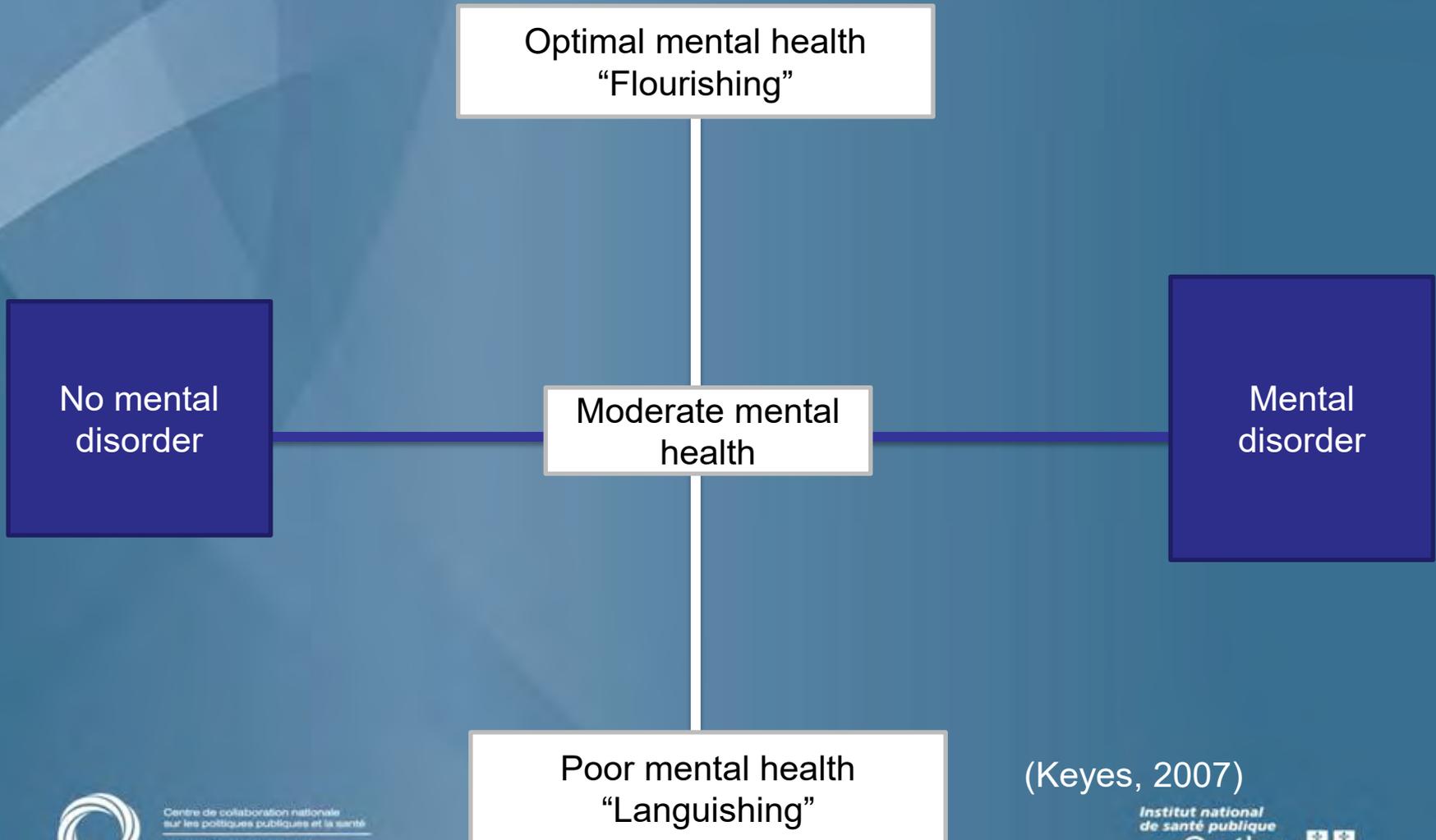
(Keyes, 2007)

What is Mental Health?

Hedonic "feeling good"

Eudemonic "functioning well"

Mental health

Emotional

Cognitive/ psychological

Physical health

Purpose

Social
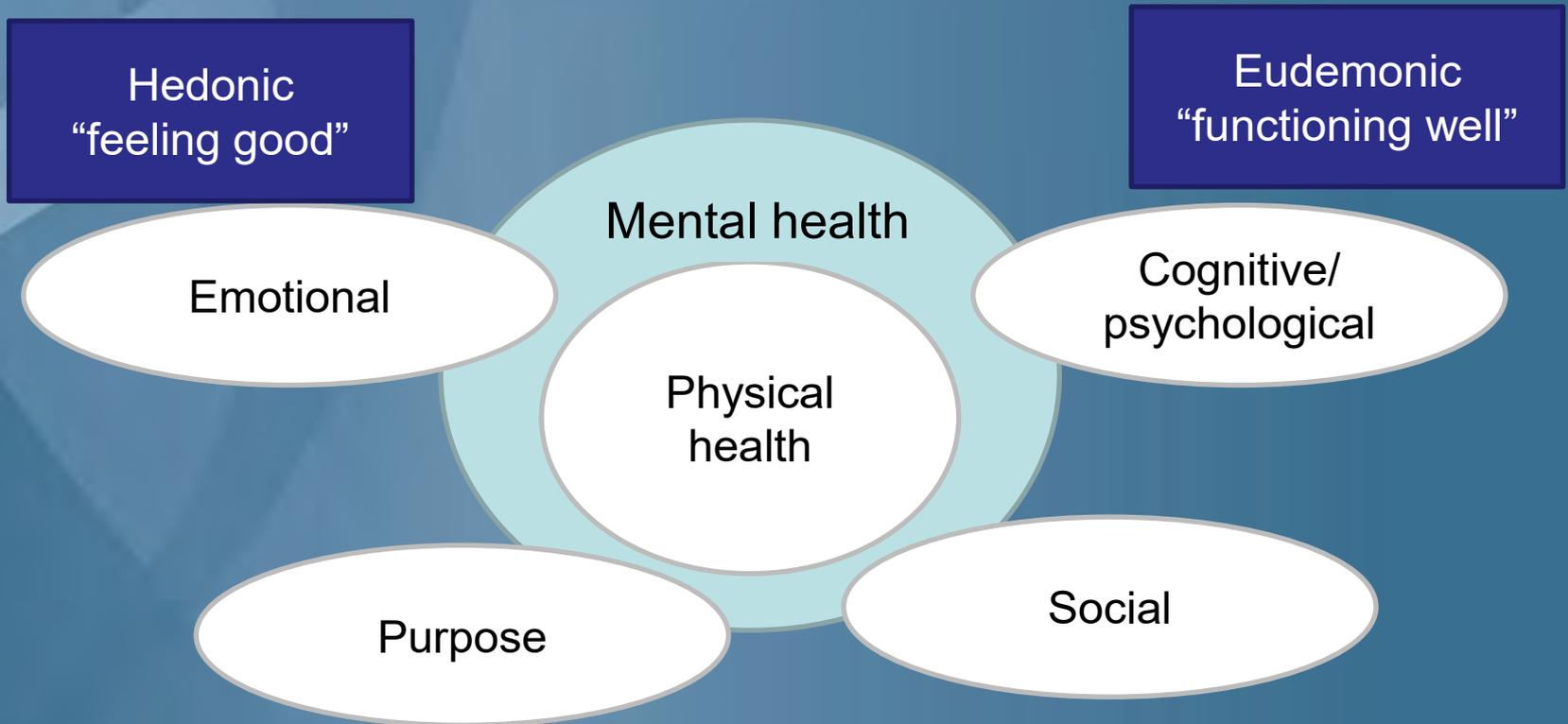
(Barry, 2009; Diener et al., 2009).

Population Distribution of Mental Health and Disorders
(Huppert, 2005; 2009)

Framework on Population Mental Health for Public Health: Links with Physical Health
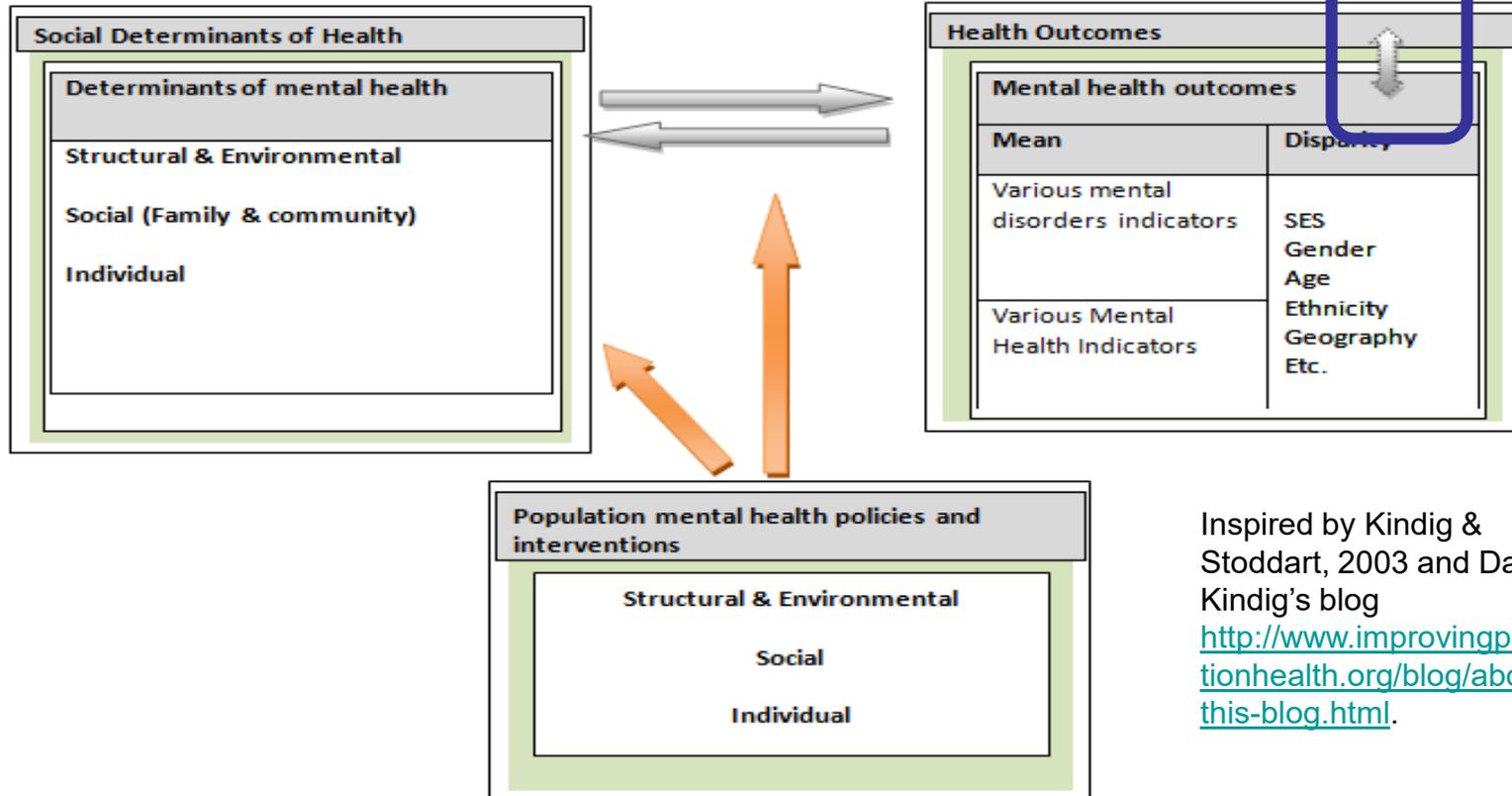
Inspired by Kindig & Stoddart, 2003 and David Kindig's blog http://www.improvingpopulationhealth.org/blog/about-this-blog.html.

Framework on Population Mental Health for Public Health: Determinants of Mental Health

Inspired by Kindig & Stoddart, 2003 and David Kindig's blog http://www.improvingpopulationhealth.org/blog/about-this-blog.html.

Policies and Interventions to Promote Population Mental Health and the Roles of Public Health Practitioners…

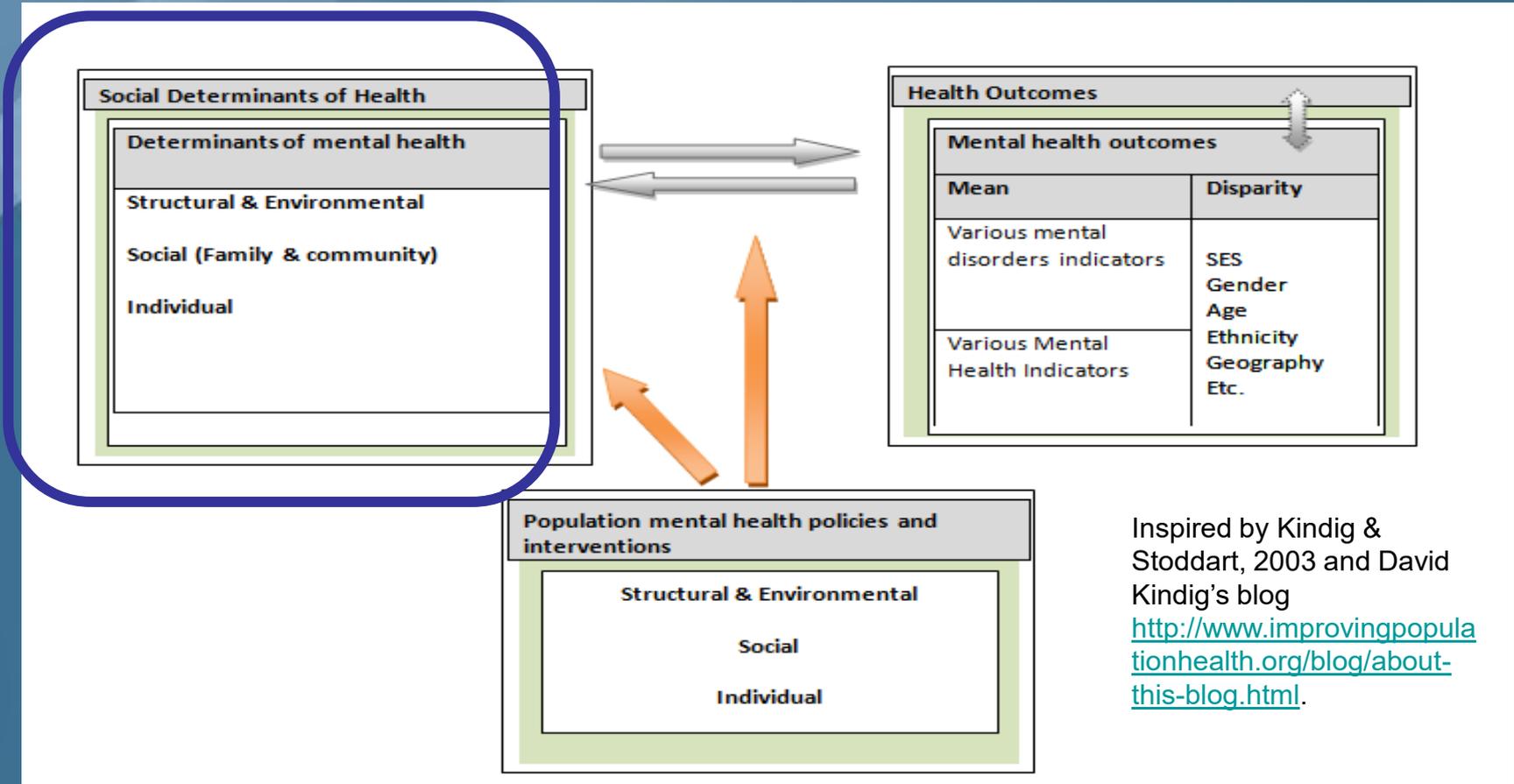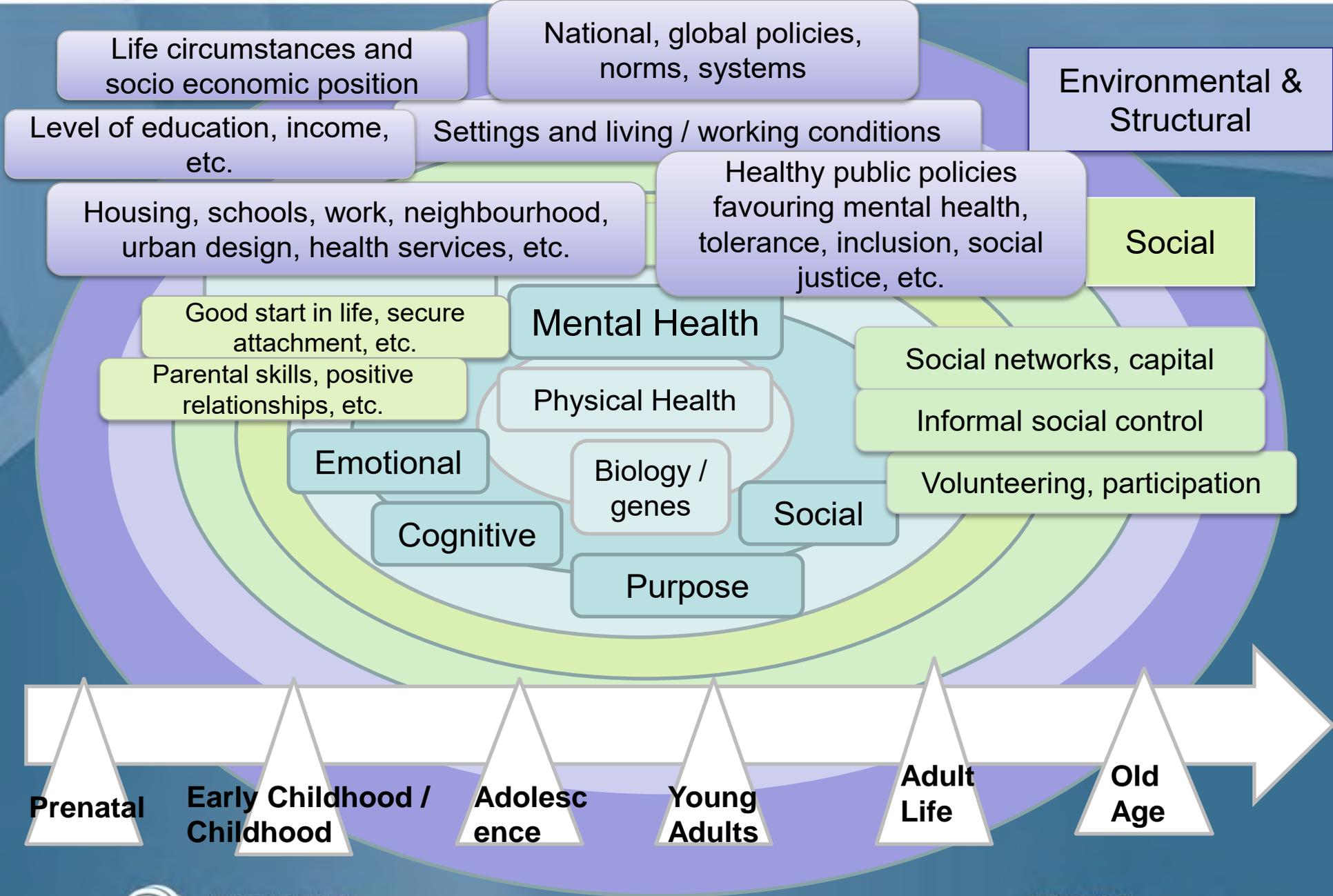# Framework on Population Mental Health for Public Health: Interventions

Social Determinants of Health

Determinants of mental health

Structural & Environmental

Social (Family & community)

Individual

Health Outcomes

Mental health outcomes

Mean	Disparity
Various mental disorders indicators	SES Gender Age Ethnicity Geography Etc.
Various Mental Health Indicators	

Population mental health policies and interventions

Structural & Environmental

Social

Individual

Inspired by Kindig & Stoddart, 2003 and David Kindig's blog
http://www.improvingpopulationhealth.org/blog/about-this-blog.html

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Promoting Mental Health in the Population
A Known Public Health Model
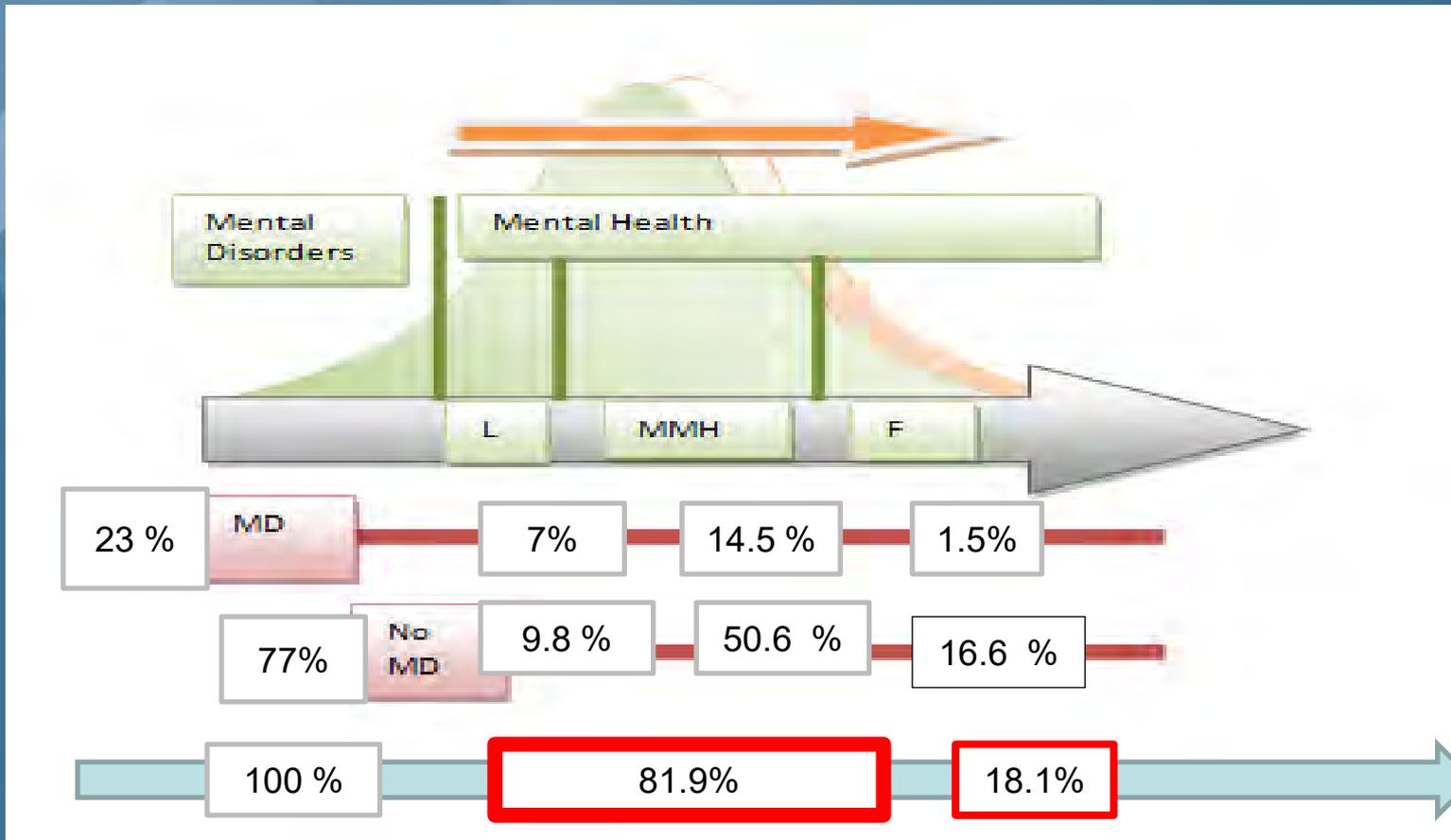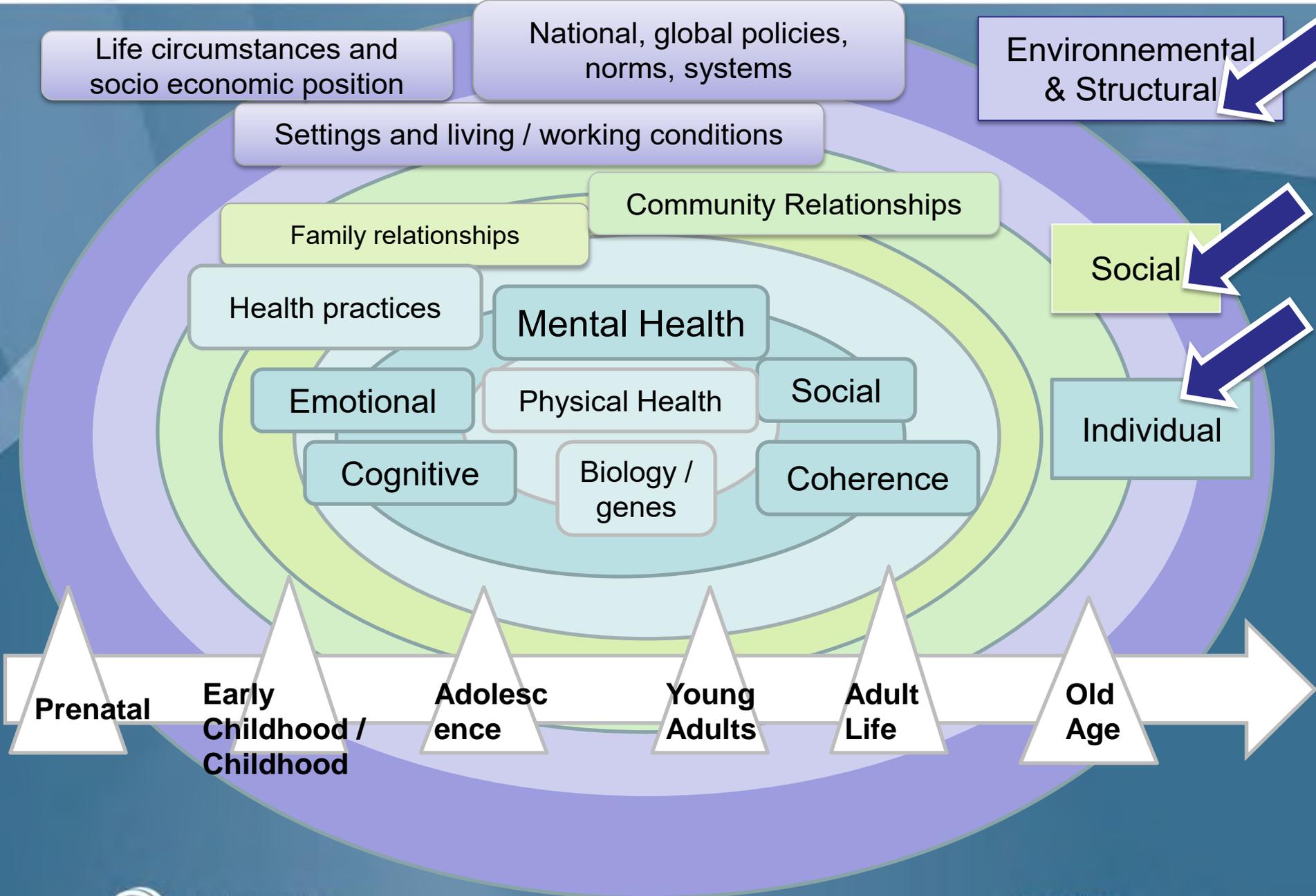
Interventions Aimed at the Individual Level

– Develop personal skills: psycho-social skills, resilience, job hunting skills, etc.

– Brief primary care interventions

– Lifestyles

Mental health professionals (psychologists, general practitioners, psychiatrists), public health nurses, health promoters, community organizations, decision makers, policy and municipal actors, etc.

Interventions Aimed at the Social Level

- Parenting skills: secure attachment, positive relationships from childhood to adolescence.
- Community interventions: community participation, development, social integration, volunteering, mutual support, etc.
- Environmental and structural interventions facilitating social contact (transport, urban design, influencing norms towards more tolerance, less discrimination, etc.

Health promoters, program planners, decision makers, community organisers, social workers, public health nurses, community organisations, decision makers in other sectors, municipal actors, etc.

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Interventions Aimed at Settings and Environments

- Schools: whole school approaches
- Transitions, continuous education
- Child care / Day care
- Work environments
- Mental health services
- Etc.

- Income
- Education
- Housing
- Urban design
- Transport
- Inclusion
- Tolerance
- Social justice
- Etc.

Decision makers, program planners and managers, researchers in public health and other sectors, health promoters, municipal actors, educators, first line mental health and health care professionals, and health care professionals in settings such as schools, universities, work settings, homes, etc.)

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Life circumstances and socio economic position

National, global policies, norms, systems

Environnemental & Structural

Settings and living / working conditions

Community Relationships

Family relationships

Social

Health practices

Mental Health

Emotional

Physical Health

Social

Individual

Cognitive

Biology / genes

Coherence

Prenatal

Early Childhood / Childhood

Adolescence

Young Adults

Adult Life

Old Age

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Do you consider that your public health practice has links with population mental health?
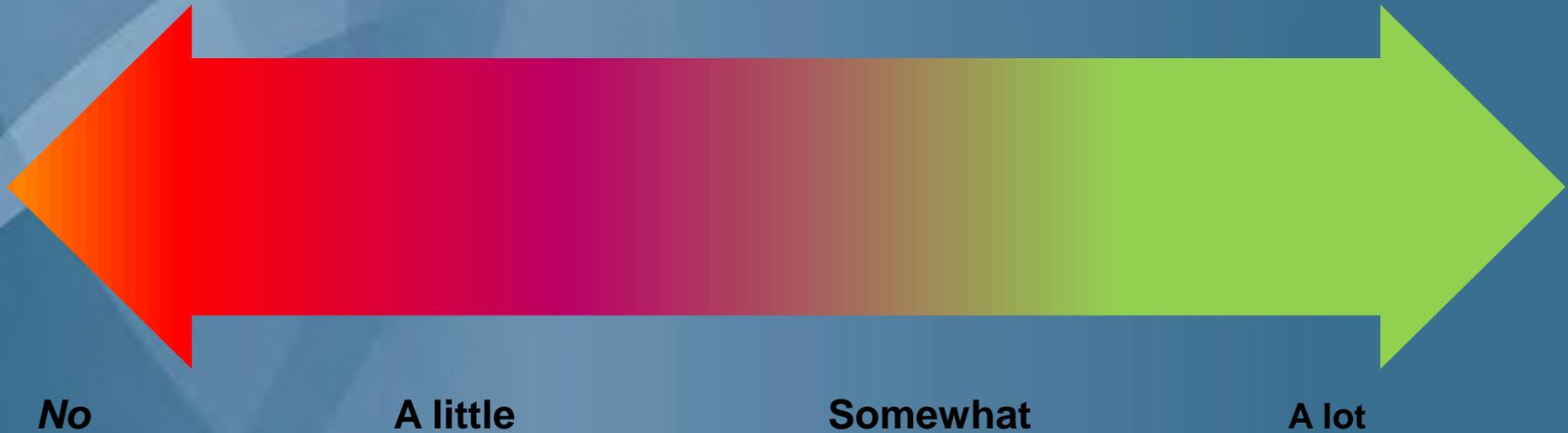
No   **A little**   **Somewhat**   **A lot**

# At which intervention level do you situate your practice?

- Individual – Social- Environmental and structural – None?

Can you share

Examples?

Questions?

Comments?

You can « raise your hand »
or
use the chatbox

Raise Hand
Agree
Disagree

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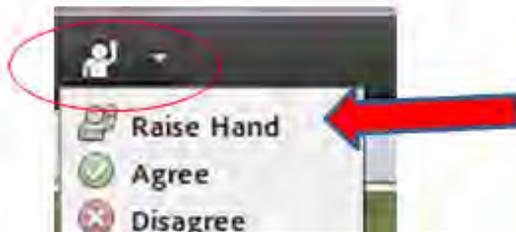
What's Next?

- **Evaluation form**
- **Survey for needs assessment for PMH**

Our section on population mental health on the NCCHPP website
www.ncchpp.ca

What will you find?

- – *Briefing note defining a framework for healthy public policies favouring mental health*

Coming very soon…

- – *Briefing note defining a population mental health framework for public health*

- – *Results of an environmental scan*

...And more useful resources

Thank you!

For comments or questions, please contact me at
pascale.mantoura@inspq.qc.ca

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