Integrating a population mental health approach in public health: Canadian perspectives on clarifying and supporting public health roles

IUHPE, Rotorua, April, 8, 2019

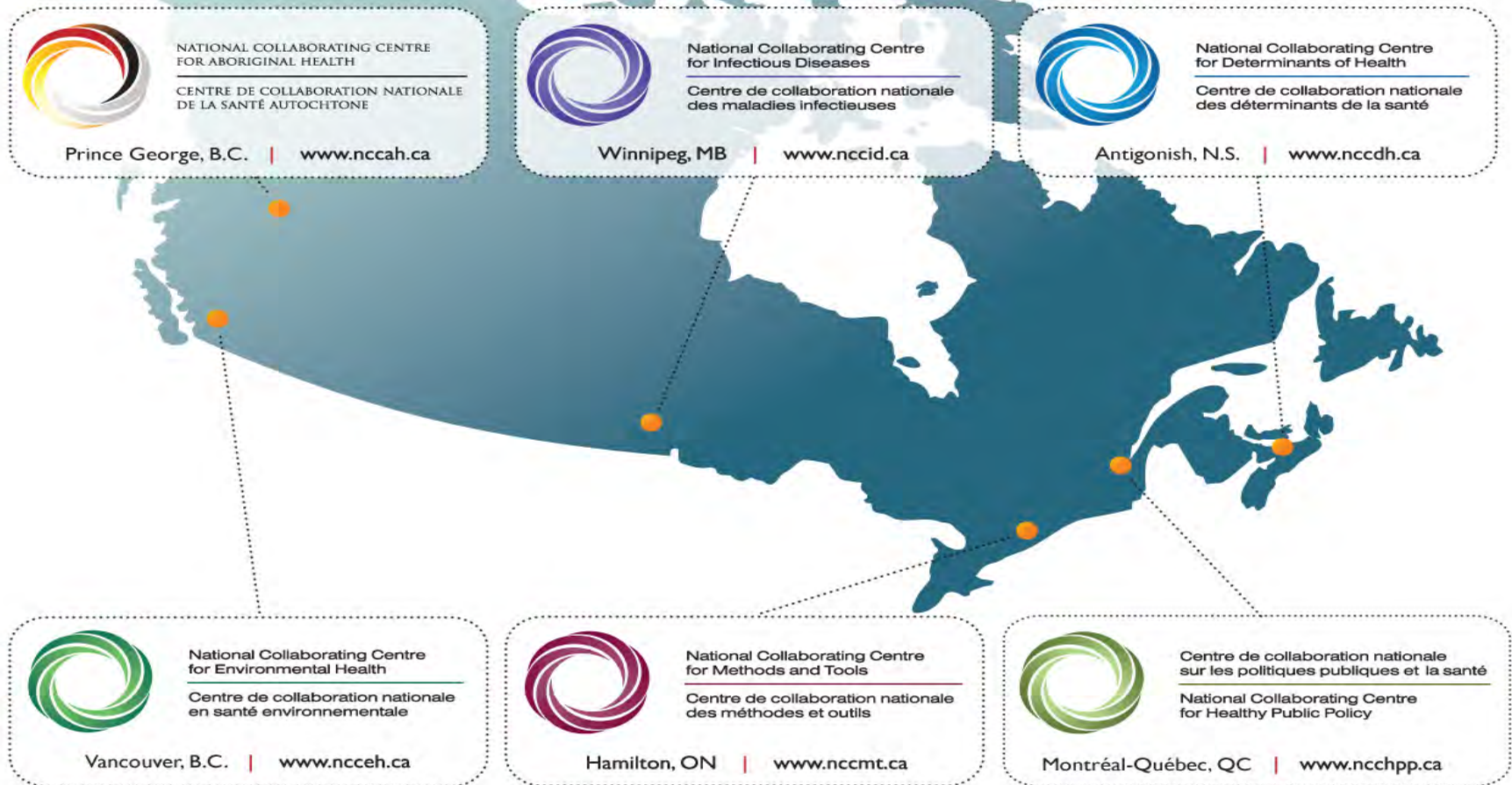Pascale Mantoura, Scientific Advisor, National Collaborating Centre for Healthy Public Policy (NCCHPP)

Centre de collaboration nationale
sur les politiques publiques et la santé

National Collaborating Centre
for Healthy Public Policy

Institut national
de santé publique
Québec

The National Collaborating Centres for Public Health

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

Centre de collaboration nationale
sur les politiques publiques et la santé

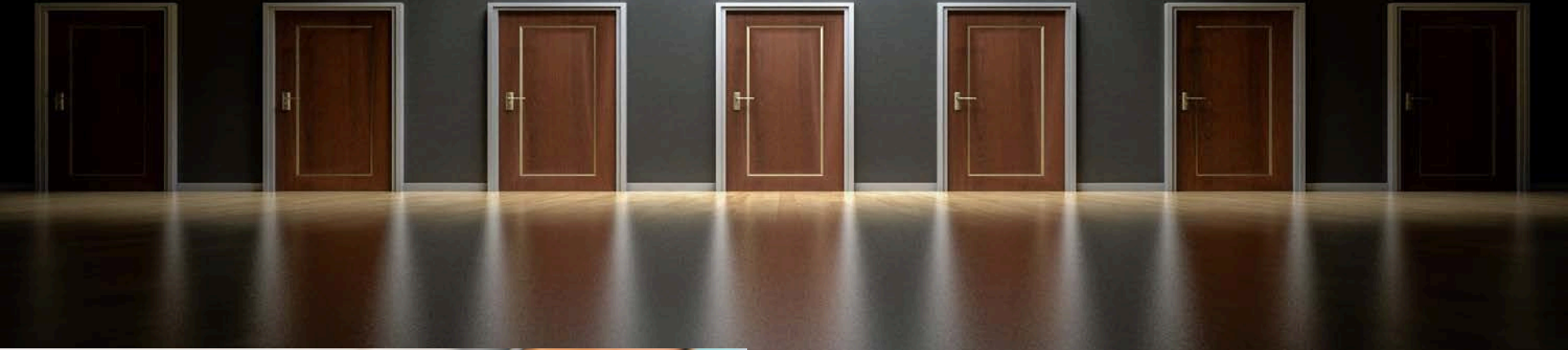National Collaborating Centre
for Healthy Public Policy

Institut national
de santé publique
Québec

Objectives

- Recognize the context and processes that led to the clarification of the roles of public health in Canada for population mental health and wellness promotion.

- Identify some of the roles public health may play in promoting population mental health and wellness.

Shift in Paradigm

International Context

Lancet Global Mental Health Commission, 2018

Canadian Context

Mental health for Canadians: Striking a balance

Health and Welfare Canada, 1988

POSITIVE MENTAL HEALTH SURVEILLANCE INDICATOR FRAMEWORK

A lot of work in, not always with a MHP label...
Various needs, including clarification of roles

Public Health Actions in PMHP

Mantoura, 2017a, 2017b

Centre de collaboration nationale sur les politiques publiques et la santé

National Collaborating Centre for Healthy Public Policy

Institut national de santé publique Québec

NCCs convene national gathering, explore public health roles for mental health and wellness

Categories:

Working in partnership to focus on positive mental health and wellness

- Partnership with four organisations (PHAC, MHCC, CAMH,CMHA)
- Two-eyed seeing perspective : **Roles of PH for Population Mental Heath** *and Mental Wellness Promotion (PMHWP)*

> "Indigenous knowledge about health and healing has resonance beyond Indigenous communities: "It's just a good way to live".
> Shirley Tagalik, Educational Consultant, Inukpaujaq Consulting

- Build on the expertise of 70 participants, PH, MH, Indigenous organizations, First Nations, Inuit and Metis, all experts in PMHWP

http://nccph.ca/projects/mentalhealth/#forum

Centre de collaboration nationale
sur les politiques publiques et la santé

National Collaborating Centre
for Healthy Public Policy

**Institut national
de santé publique
Québec**

Roundtable discussion :

- *From the perspective of your own practice setting, geographical context, and/or experience and expertise, what do you think are the key roles, functions, or specific actions public health actors at various levels must play or must implement in order to integrate and mainstream PMHWP work into their practices?*

World Café discussion :

- *What is needed to support PH for PMHWP work in terms of four topics: 1. skills, knowledge, and values; 2. systems-policy supports; 3. implementation structures; 4. science and research paradigms.*

Centre de collaboration nationale sur les politiques publiques et la santé

National Collaborating Centre for Healthy Public Policy

Institut national de santé publique
Québec

Qualitative content analysis

Relevant competency-type frameworks.

Health promotion, public health, Indigenous public health, mental health promotion and public mental health

Upcoming, 2019

….Mix slowly and let simmer…..

Public Health Roles for Population Mental Health and Wellness Promotion (PMHWP)

Goal: Hope, Belonging, Meaning, Purpose

Partner, Bridge, Enable Change

Indigenous governance structures, communities, experts, researchers	Learn from and inform practices Act as Ally
Other sectors	Common language Intersectoral coalitions for PMHW MHiAP/MHIA HEIA/Indigenous ROI
MH sector	Learn from, Clarify roles Act as ally support capacity for MHWP services
Researchers	Co-produce knowledge
NGO, Communities Target populations Peers	Learn from Act as ally Build on expertise to inform PH practices Build capacity and MHL
with other actors from the PH Workforce	Share emerging knowledge Needed levers

Co-lead, advocate, and enable change for shifts in paradigms

Work collaboratively for shifts in meanings, language and approaches vis-à-vis mental health. Create an ethical space for Indigenous world views. Advocate to promote mental health and wellness and reduce inequities across the broad workforce.

Forge shifts in public health structures, processes and workforce

Exchange and Connect knowledge and Enable change

Communicate /support positive attitude towards MH
Reduce stigma
Master and use different culturally appropriate communication tools
Exchange Information on factors and practices related to PMHWP
Train the Workforce
Learn from elders and Indigenous communities, inform PH practices, and act as ally by advocating for Indigenous Peoples' self-determination for their MW
Integrate continuous and iterative KDE processes, create learning practices
Leverage, network, connect emerging local expertise across public health practices (CoP)

Integrate, Embed, Enable Change

Equity /Indigenous equity lens

Collaboratively Assess and Report
Complete health portrait: positive MH, community wellbeing (assets, needs), Indigenous wellness indicators; sharing data

Collaboratively Plan and Report
Recognise where PMHWP exists, identify gaps, add a PMHWP lens

Collaboratively Implement and report
Empowering, participatory, context-specific, community-led, trauma-informed practices and implementation science

Collaboratively Evaluate, Research and report
Innovation, multidisciplinarity, CBPR, community and Indigenous worldview, PHIR, focus on processes and outcomes, continuous KDE

Continuous KDE feedback loops

Plural sources of knowledge, inclusiveness of diverse communities and actors
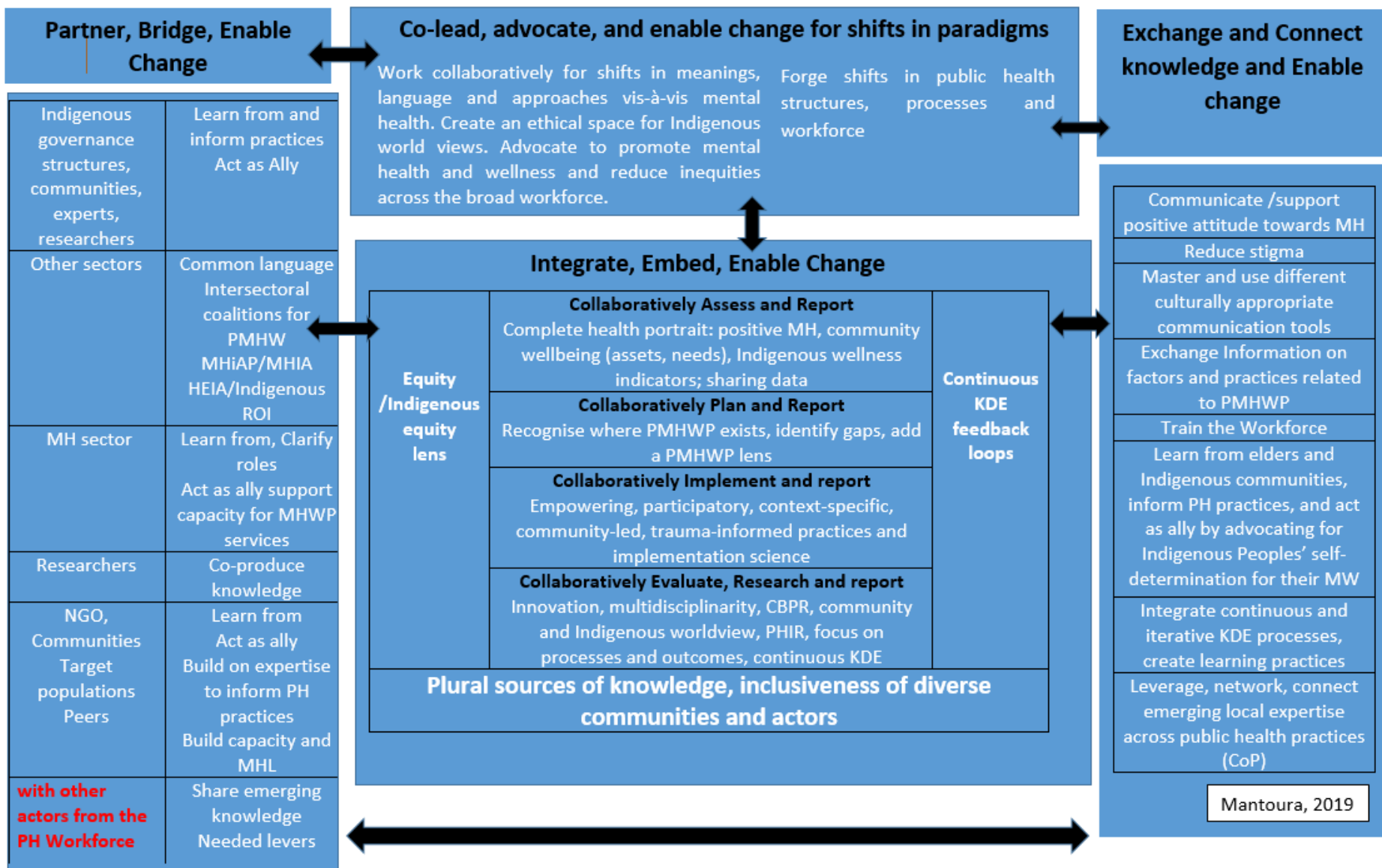
Mantoura, 2019

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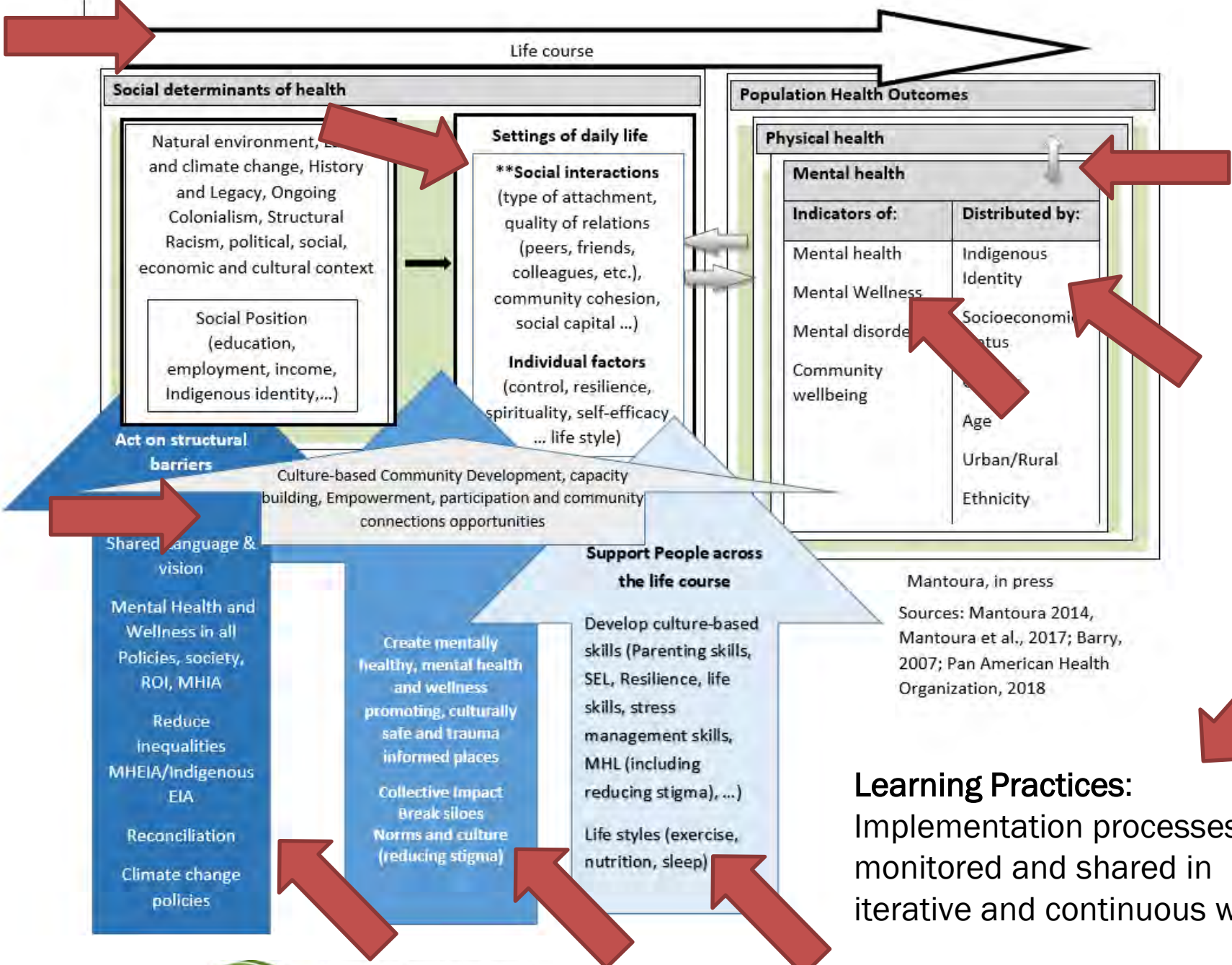National Collaborating Centre for Healthy Public Policy

Institut national de santé publique
Québec

Life course

Social determinants of health

Natural environment, [E]... and climate change, History and Legacy, Ongoing Colonialism, Structural Racism, political, social, economic and cultural context

Social Position (education, employment, income, Indigenous identity,...)

Settings of daily life

Social interactions (type of attachment, quality of relations (peers, friends, colleagues, etc.), community cohesion, social capital ...)

Individual factors (control, resilience, spirituality, self-efficacy ... life style)

Population Health Outcomes

Physical health

Mental health

Indicators of:	Distributed by:
Mental health	Indigenous Identity
Mental Wellness	Socioeconomic [status]
Mental disorde[r]	[Gender]
Community wellbeing	Age
	Urban/Rural
	Ethnicity

Mantoura, in press

Sources: Mantoura 2014, Mantoura et al., 2017; Barry, 2007; Pan American Health Organization, 2018

Act on structural barriers

Shared language & vision

Mental Health and Wellness in all Policies, society, ROI, MHIA

Reduce inequalities MHEIA/Indigenous EIA

Reconciliation

Climate change policies

Culture-based Community Development, capacity building, Empowerment, participation and community connections opportunities

Create mentally healthy, mental health and wellness promoting, culturally safe and trauma informed places

Collective Impact Break siloes Norms and culture (reducing stigma)

Support People across the life course

Develop culture-based skills (Parenting skills, SEL, Resilience, life skills, stress management skills, MHL (including reducing stigma), ...)
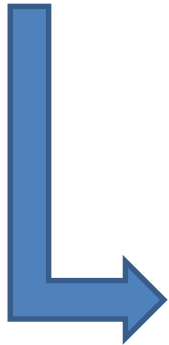
Life styles (exercise, nutrition, sleep)

Learning Practices: Implementation processes monitored and shared in iterative and continuous ways.

Co- Lead, Advocate, enable change

"Intentional positive disrupters" for shifts in paradigm from mental illness to mental health and wellness

"Institutional and Moral courage" for shifts in structural paradigms

- Shared language and vision
- Upstream action and reduction of inequities
- Create an ethical space and act as ally
- Strategic direction for public health:
  Hope, belonging, meaning and purpose

Key Determinants of Mental Health and Wellness

Health Canada and Assembly of First Nations (2015)	Hope, belonging, meaning, and purpose
Keleher et Armstrong (2005)	Social inclusion, freedom from discrimination and violence, access to economic resources.
Friedli (2009, 2013)	Status or social position (respect, dignity), psychosocial skills (self-esteem, positive identity), relatedness or connectedness, and control (influence over the things that affect our lives).
Coggins, T., Cooke, A., Friedli et al. (2009)	Resilience and community assets, participation, control, inclusion.
Cohen, Davis, Estes, Mikkelsen & Savannah (2017)	Belonging and connectedness, control of destiny, dignity, hope and aspiration, safety and trust are identified.

Co- Lead, Advocate, Enable change

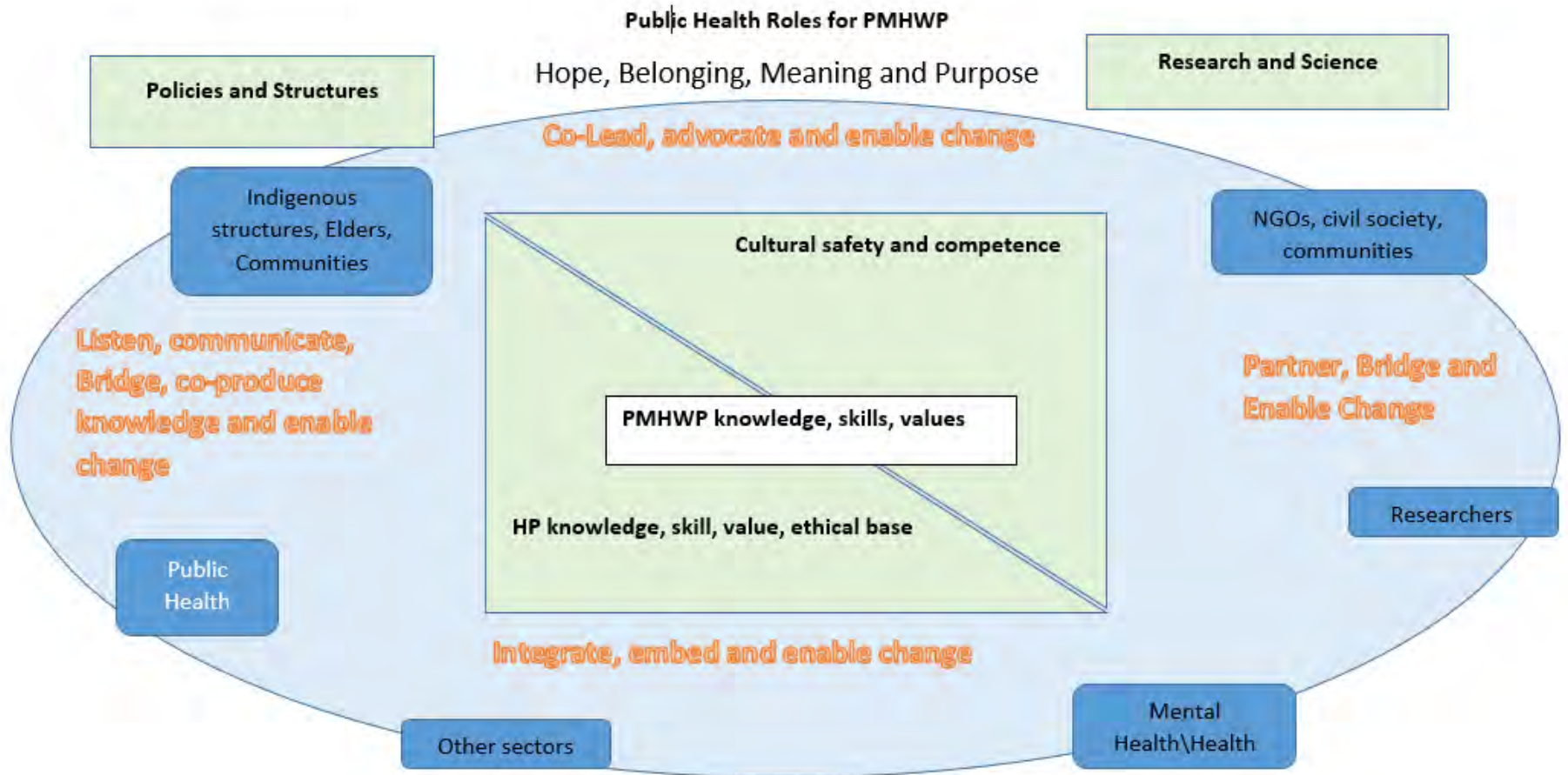"Intentional positive disrupters" for shifts in paradigm from mental illness to mental health and wellness

"Institutional and Moral courage" for shifts in structural paradigms

Forging supportive:

- Structures (mandate, resources, long term time frame, capacity building, accountable, power sharing, inclusive, collaborative, epistemologically flexible and plural …)
- Processes (community-led, participatory, anchored in culture, contexts…)
- Workforce (inclusive, trained (health promotion + MH-W Literacy + cultural competence, safety…)

Take Away Messages

Public Health Roles for PMHWP

Hope, Belonging, Meaning and Purpose

Policies and Structures

Research and Science

Co-Lead, advocate and enable change

Indigenous structures, Elders, Communities

NGOs, civil society, communities

Cultural safety and competence

Listen, communicate, Bridge, co-produce knowledge and enable change

Partner, Bridge and Enable Change

PMHWP knowledge, skills, values

HP knowledge, skill, value, ethical base

Researchers

Public Health

Integrate, embed and enable change

Other sectors

Mental Health\Health

Mantoura, in press

Shift in Paradigm

Illness   **WE**llness

Credit to Jude Stansfield from PHE

"Translation of new public health thinking into the mental health arena"
John Ashton Foreward in Brown, Alyson, Learmonth and Mackereth, 2015, p.9

Centre de collaboration nationale
sur les politiques publiques et la santé

National Collaborating Centre
for Healthy Public Policy

Institut national
de santé publique
Québec

Thank you!

Pascale Mantoura, Scientific Advisor, NCCHPP
Pascale.Mantoura@inspq.qc.ca

National Collaborating Centre for Healthy Public Policy (NCCHPP) http://www.ncchpp.ca/en/

Centre de collaboration nationale
sur les politiques publiques et la santé

National Collaborating Centre
for Healthy Public Policy

Institut national
de santé publique
Québec

References

- Ashton, J. (2015). Forward, in Mackereth, C., Brown, J., and Learmonth A. (Eds), Promoting Public Mental Health and Well-being - Principles into Practice. UBC Press.

- Barry, M. (2007). Generic Principles of Effective Mental Health Promotion. International Journal of Mental Health Promotion, 9(2), 4-16

- Barry, M. (2009). Addressing the Determinants of Positive Mental Health : Concepts, Evidence and Practice. International Journal of Mental Health Promotion, 11(3), 4-17.

- Canadian Institute for Health Information. (2009). Improving the Health of Canadians: Exploring positive mental health. Ottawa: CIHI. Retrieved from: http://www.cihi.ca/cihiextportal/pdf/internet/improving_health_canadia ns_en

- Centre for Addiction and Mental Health, Dalla Lana School of Public Health (University of Toronto), Toronto Public Health, 2010, 2012, 2014. Best Practice Guidelines for Mental Health Promotion Programs. Retrieved form: https://www.porticonetwork.ca/fr/web/camh-hprc/resources/best-practice-guidelines-for-mental-health-promotion-programs

- Cooke, A., Friedli, L., Coggins T., Edmonds, N., Michaelson, J., O'Hara, ..., Scott-Samuel, A. (2011). Mental well-being impact assessment. A toolkit for well-being, 3è éd. Londres : National MWIA Collaborative. Retrieved from: https://healthycampuses.ca/wp-content/uploads/2014/07/MentalWellbeingImpactAssessmentAtoolkitforwellbe-1.pdf

- Keleher, H. et Armstrong, R. (2005). Evidence-based mental health promotion resource, Report for the Department of Human Services and VicHealth, Melbourne. Retrieved form: http://www.gwhealth.asn.au/data/mental_he alth_resource.pdf

- Keyes, C. L. M. (2002). The Mental health continuum: From languishing to flourishing in life. Journal of Health and Social Behavior, 43(2), 207-222.

- Keyes, C. L. M. (2007). Promoting and Protecting Mental Health as Flourishing. A complementary Strategy for Improving Mental Health. American Psychologist, 62(2), 95-108.

- Friedli, L. (2009). Mental Health, Resilience and Inequalities. WHO Regional Office for Europe. Retrieved from: http://www.euro.who.int/document/e92227.pdf

- Health Canada, & Assembly of First Nations. (2015). First Nations Mental Wellness Continuum Framework - Summary Report (program descriptions). Retrieved form: https://thunderbirdpf.org/wp-content/uploads/2015/01/24-14-1273-FN-Mental-Wellness-Framework-EN05 low.pdf

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

Institut national de santé publique Québec

References

- Mantoura, P. (2014). Defining a population mental health framework for public health. Montréal, Québec: National Collaborating Centre for Healthy Public Policy. Retrieved from: http://www.ncchpp.ca/553/Publications.ccnpps?id_article=1268

- Mantoura, P. (2017a). Population Mental Health in Canada: An Overview of the Context, Stakeholders and Initiatives to Support Action in Public Health. Montréal, Québec: National Collaborating Centre for Healthy Public Policy. Retrieved from: http://www.ncchpp.ca/553/publications.ccnpps?id_article=1654

- Mantoura, P. (2017b). Population Mental Health in Canada: Summary of Emerging Needs and Orientations to Support the Public Health Workforce. Montréal, Québec: National Collaborating Centre for Healthy Public Policy. Retrieved from:http://www.ncchpp.ca/docs/2017_SMP_PMH_NeedsOrientations_En.pdf

- Mantoura, P., Roberge, M.-C., & Fournier, L. (2017). A Framework for Supporting Action in Population Mental Health. Montréal, Québec: National Collaborating Centre for Healthy Public Policy. Authorized translation of the following original article: Mantoura, P., Roberge, M.-C. et Fournier, L. (2017). Un cadre de référence pour soutenir l'action en santé mentale des populations. Santé mentale au Québec, XLII(1), Printemps 2017, 105-123. Retrieved form : http://www.ncchpp.ca/553/publications.ccnpps?id_article=1711

- Pan American Health Organization. Just Societies: Health Equity and Dignified Lives. Executive Summary of the Report of the Commission of the Pan American Health Organization on Equity and Health Inequalities in the Americas. Washington, D.C.: PAHO; 2018.

- Prevention Institute. Back to Our Roots: Catalyzing Community Action for Mental Health and Wellbeing. Prevention Institute. 2017. Retrieved from: https://www.preventioninstitute.org/sites/default/files/publications/Back%20to%20Our%20Roots-Catalyzing%20Community%20Action%20for%20Mental%20Health%20and%20Wellbeing.pdf

Centre de collaboration nationale
sur les politiques publiques et la santé

National Collaborating Centre
for Healthy Public Policy

Institut national
de santé publique
Québec

Useful Resources:

- Better Mental Health for All: A Public Health Approach to Mental Health Improvement. (2016) London: Faculty of Public Health and Mental Health Foundation.

- Department of Health (2015). What works to improve wellbeing. A Compendium of Factsheets: Wellbeing Across the Life course. Retrieved form: https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/277593/What_works_to_improve_wellbeing.pdf

- Herrman, H., Saxena, S. et Moodie, R. (2005). Promoting Mental Health. Concepts. Emerging Evidence. Practice. Geneva: WHO Department of Mental Health and Substance Abuse in collaboration with the Victorian Health Promotion Foundation and the University of Melbourne. Retrieved form: http://www.who.int/mental_health/evidence/en/promoting_mhh.pdf

- Herrman, H. et Jané-Llopis, E. (2012). The Status of Mental Health Promotion. Public Health Reviews, 34(2), 121.

- Patel, V., Saxena, S., Lund, C., Thornicroft, G., Baingana, F., Bolton, P., ... UnÜtzer, Jü. (2018). The Lancet Commission on global mental health and sustainable development. *The Lancet, 392*(10157), 1553-1598. https://doi.org/10.1016/S0140-6736(18)31612-X

Useful Resources :

- Public Health England [PHE]. (2015). Public Mental Health Leadership and Workforce Development Framework. London: Public Health England. Retrieved from: https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/410356/Public_Mental_Health_Leadership_and_Workforce_Development_Framework.pdf

- Public Health England [PHE] and UCL Institute of Health Equity. (2017). Psychosocial pathways and health outcomes: Informing action on health inequalities. London: Public Health England. Retrieved form: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/647709/Psychosocial_pathways_and_health_equity.pdf

- PHE, 2018. Health matters: community-centred approaches for health and wellbeing. London: Public Health England. Retrieved form: https://www.gov.uk/government/publications/health-matters-health-and-wellbeing-community-centred-approaches/health-matters-community-centred-approaches-for-health-and-wellbeing

- Tamminen, N., Solin, P., Kannas, L., Linturi, H., Stengård, E., & Kettunen, T. (2018). Mental health promotion competencies in the health sector based on a Delphi study. *The Journal of Mental Health Training, Education and Practice*, *13*(6), 297-306. https://doi.org/10.1108/JMHTEP-01-2018-0003

- Vukic, A., Gregory, D., Martin-Musener, R., & Etowa, J. (2011). Aboriginal and Western Conceptions of Mental Health and Illness - Pimatisiwin. Retrieved form: http://www.pimatisiwin.com/online/?page_id=893

- World Health Organization (WHO) and Calouste Gulbenkian Foundation (2014). Social determinants of mental health. Geneva, World Health Organization