

Please find your group!

Health care
provider

Decision
maker/
Program
Planner

Promotion
Prevention
Policy
Advocacy

Surveillance
Other



Population mental health: What are the needs for a comprehensive public health practice?

April 10, 2014, 11:00-12:30

Chronic Disease Prevention Alliance of Canada (CDPAC)

Conference, April 8-11 2014.

Pascale Mantoura, Research Officer
National Collaborating Centre for Healthy Public Policy



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National Collaborating Centre
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Institut national
de santé publique
Québec

National Collaborating Centre for Healthy Public Policy (NCCCHPP)

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



The National Collaborating Centres for Public Health



**NATIONAL COLLABORATING CENTRE FOR ABORIGINAL HEALTH**
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**Centre de collaboration nationale sur les politiques publiques et la santé**
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Montréal-Québec, QC | www.ncchpp.ca

NCCHPP / NCCs and Mental Health

- Collaborative Project with other NCCs
 - Led by NCCHPP
 - *Population mental health (PMH) Framework for Public Health*
 - *Collaborative survey for needs assessment for PMH*
- NCCHPP Project
 - *Environmental Scan*
 - *Framework for healthy public policies favourable for mental health (HPP-FMH)*



Objectives of the Workshop

Mix of presentation & interaction with a small group exercise.

Learning objectives & Needs assessment:

- Become familiar with the concept of PMH and describe the components of the framework for PMH;
- Begin a reflection on the links between your public health practice and PMH objectives/strategies;
- Identify needs to improve action on PMH.

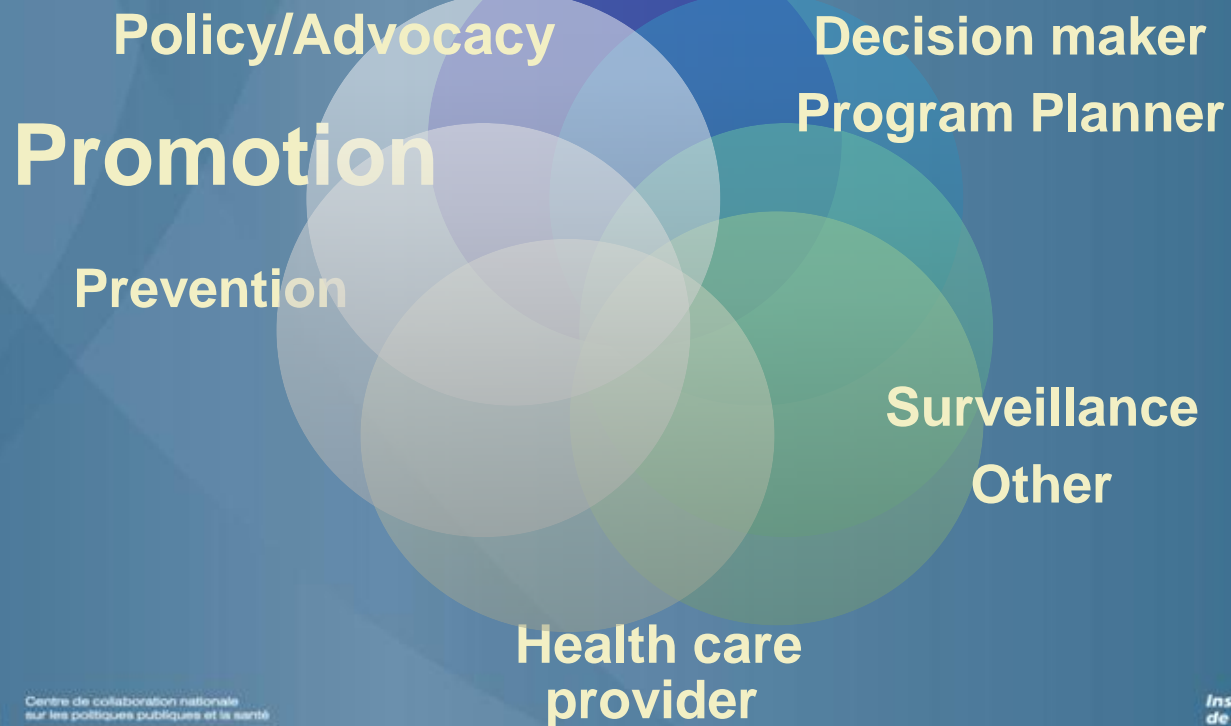


Outline of Presentation

- Introduction
- Identification of groups according to roles of public health actors
- Current Context surrounding mental health
- Presenting the Framework
- Questions & Discussion
- Activity in small groups, report back and discussion
- What's next?



Your role(s)





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Can you identify a professional situation in which you are involved that has an impact on mental health ?

Can you identify resources or opportunities that facilitate your work in favour of mental health?

Can you identify gaps or difficulties that limit your work in favour of mental health?

What are your needs to improve your action on mental health?



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Current Context & Rationale for Action



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Mental Health Problems Constitute a Heavy Burden

- The prevalence of mental disorders is growing, and Canadians (esp. youth) are in distress;
- By 2030:
 - mental health issues will be the leading cause of disability in high-income countries.
 - depression will constitute the leading cause of disease burden worldwide.
- Escalating social and economic costs;
- Disproportionate toll upon those who are socially and economically disadvantaged.

(Canadian Institute for Health Information, 2011; Mental Health Commission of Canada, 2012)



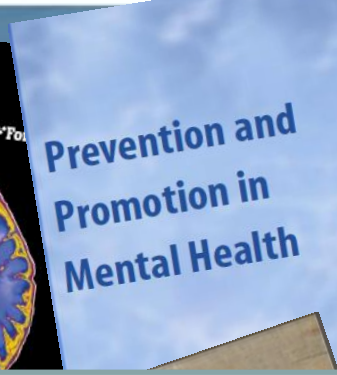
Momentum in Public Health

- Mental problems and disorders are a growing burden.
- Mental health is increasingly recognised as a resource for life and health.
 - A Comprehensive mental health strategy:
 - Improving the mental health status of the whole population;
 - Preventing mental illness and treating it if it occurs;
 - Recognizing that mental health and physical health are thoroughly intertwined and inseparable;
 - Integrating mental health into the broader public health framework.

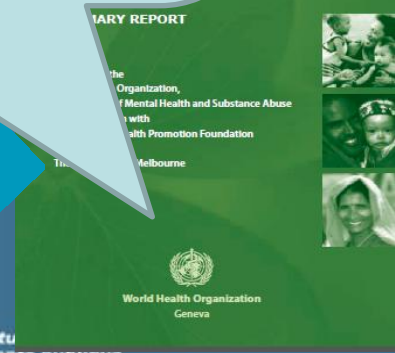
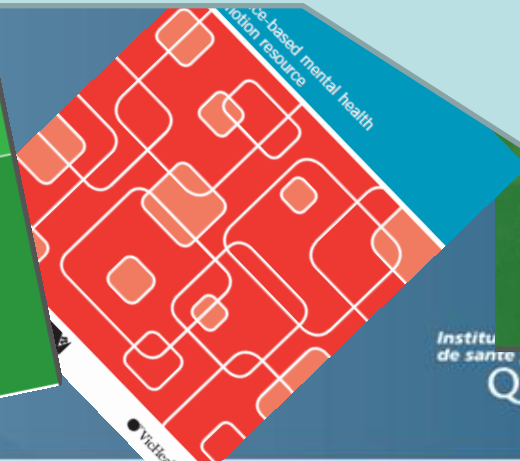
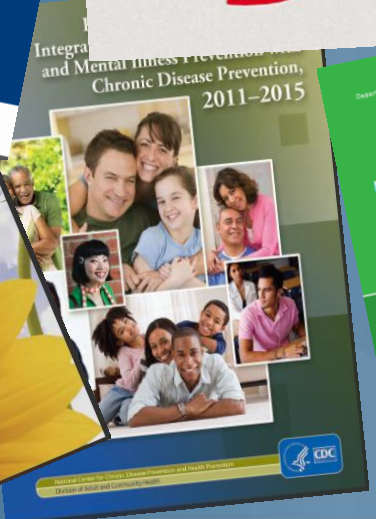
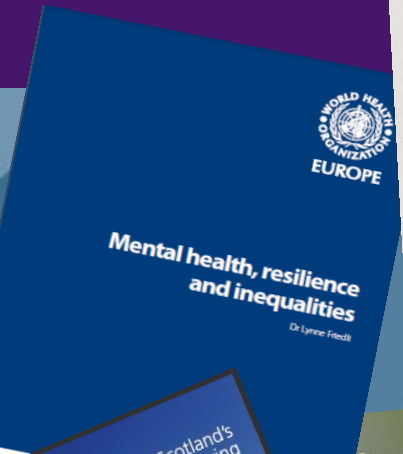



No health without mental health

A cross-government mental health outcomes strategy for people of all ages



“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)





“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.”

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.

CHANGING DIRECTIONS CHANGING LIVES
THE MENTAL HEALTH STRATEGY FOR CANADA

Connecting the Dots
How Ontario Public Health Units are Addressing
Child and Youth Mental Health

TOWARD
RECOVERY &
WELL-BEING
A Framework for a Mental Health Strategy for Canada

Mental Health Commission of Canada
November 2009

Population Mental Health Framework for Public Health Inspiration and Outline



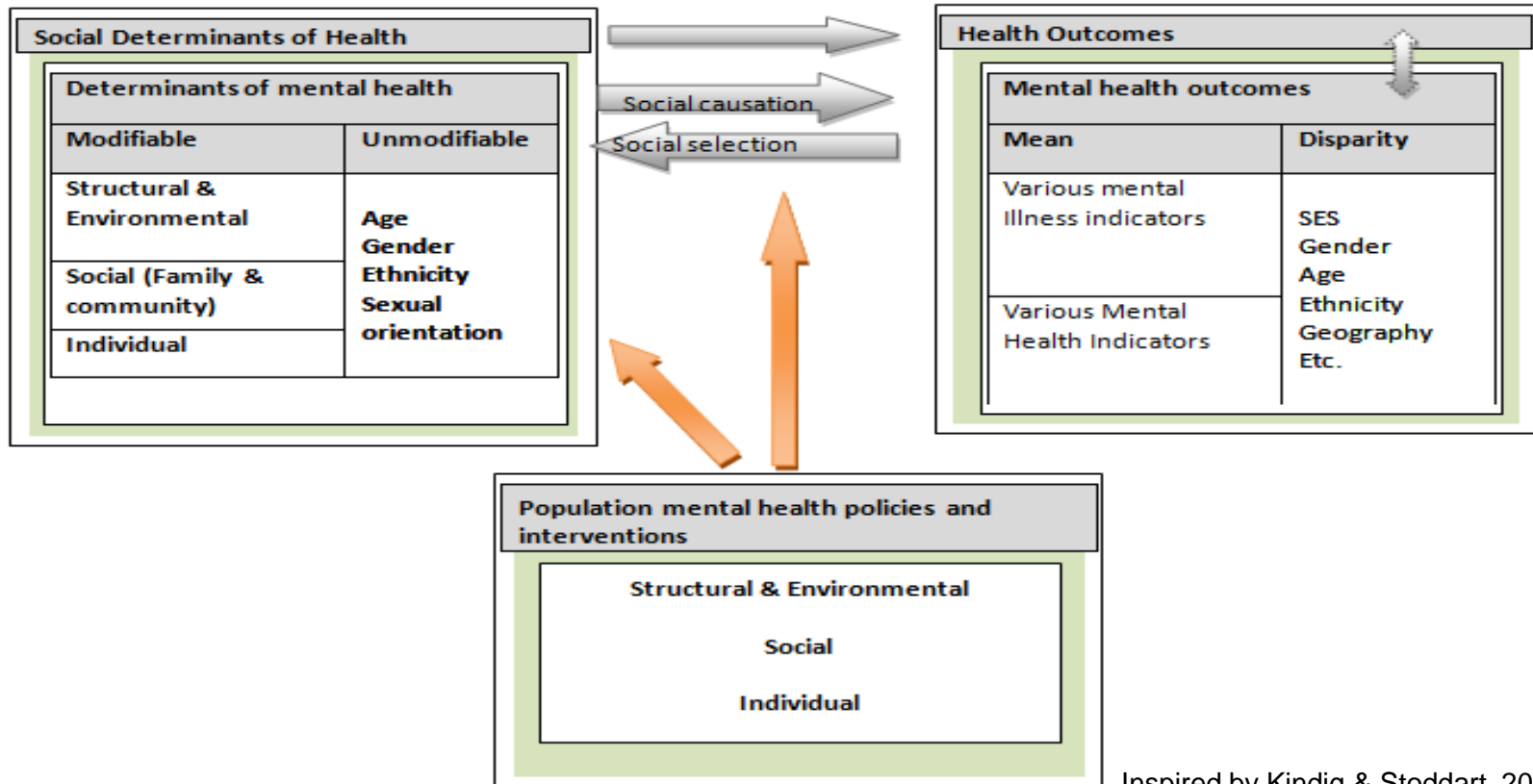
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PMH Framework for PH Inspiration?

- No existing clear definition or model of population mental health.
 - Public mental health
 - Population health



Population Mental Health Framework for Public Health



Inspired by Kindig & Stoddart, 2003

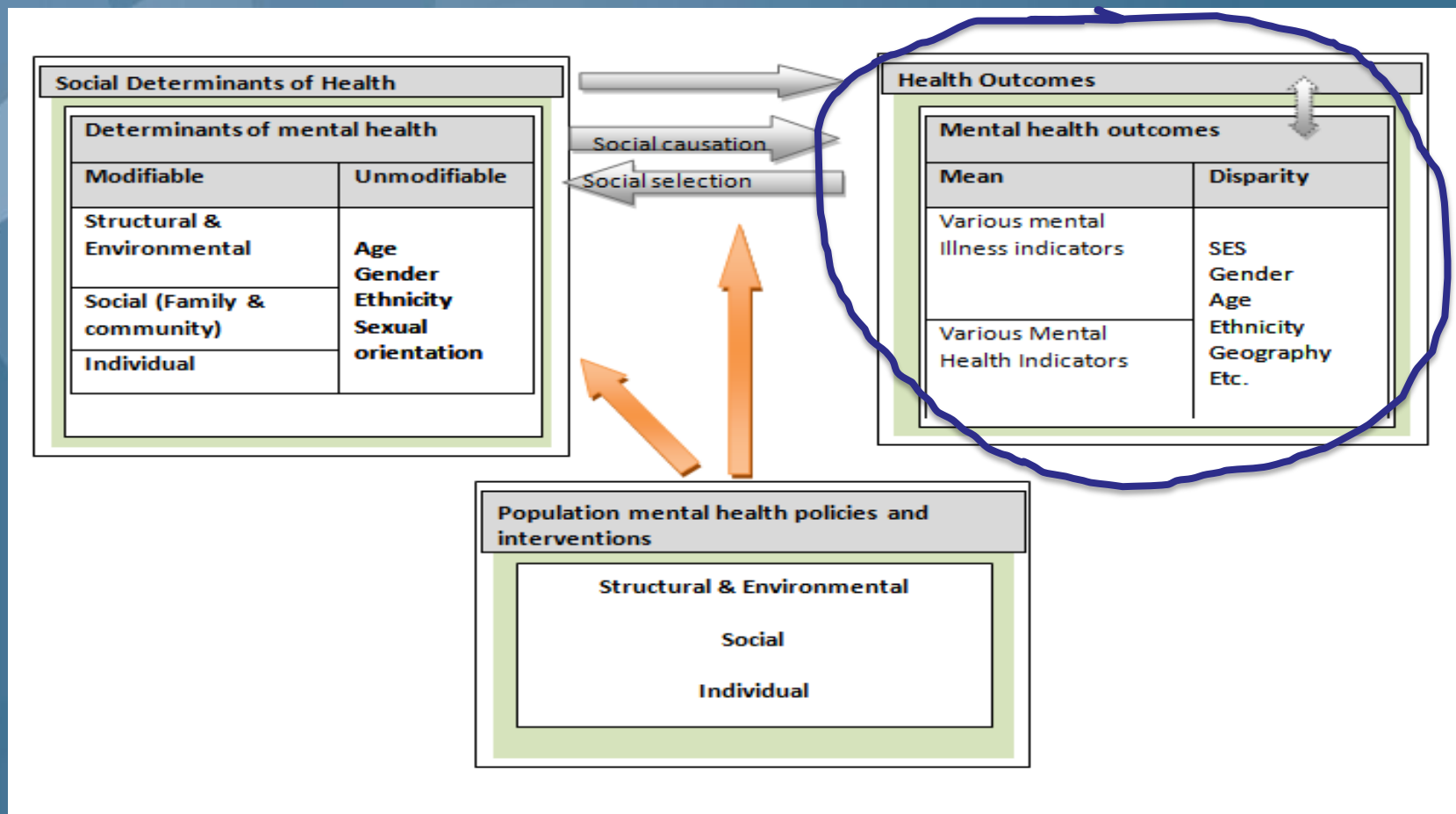


PMH Outcomes

**WHAT DOES IT MEAN TO CONSIDER
THE MENTAL HEALTH OUTCOMES
OF THE WHOLE POPULATION?**



Population Mental health Framework For Public Health



Inspired by Kindig & Stoddart, 2003



Mental Health / Mental Disorders

A complete mental health state (Keyes)
considers mental health outcomes and
mental disorder outcomes

Both are important for PMH



WHO's 1948 definition of overall health:

“**the presence** of positive human capacities and **functioning as well as the absence of disease** or **infirmity**”.

WHO's 2005 definition of mental health:
“**not merely the absence of mental illness**, 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”.



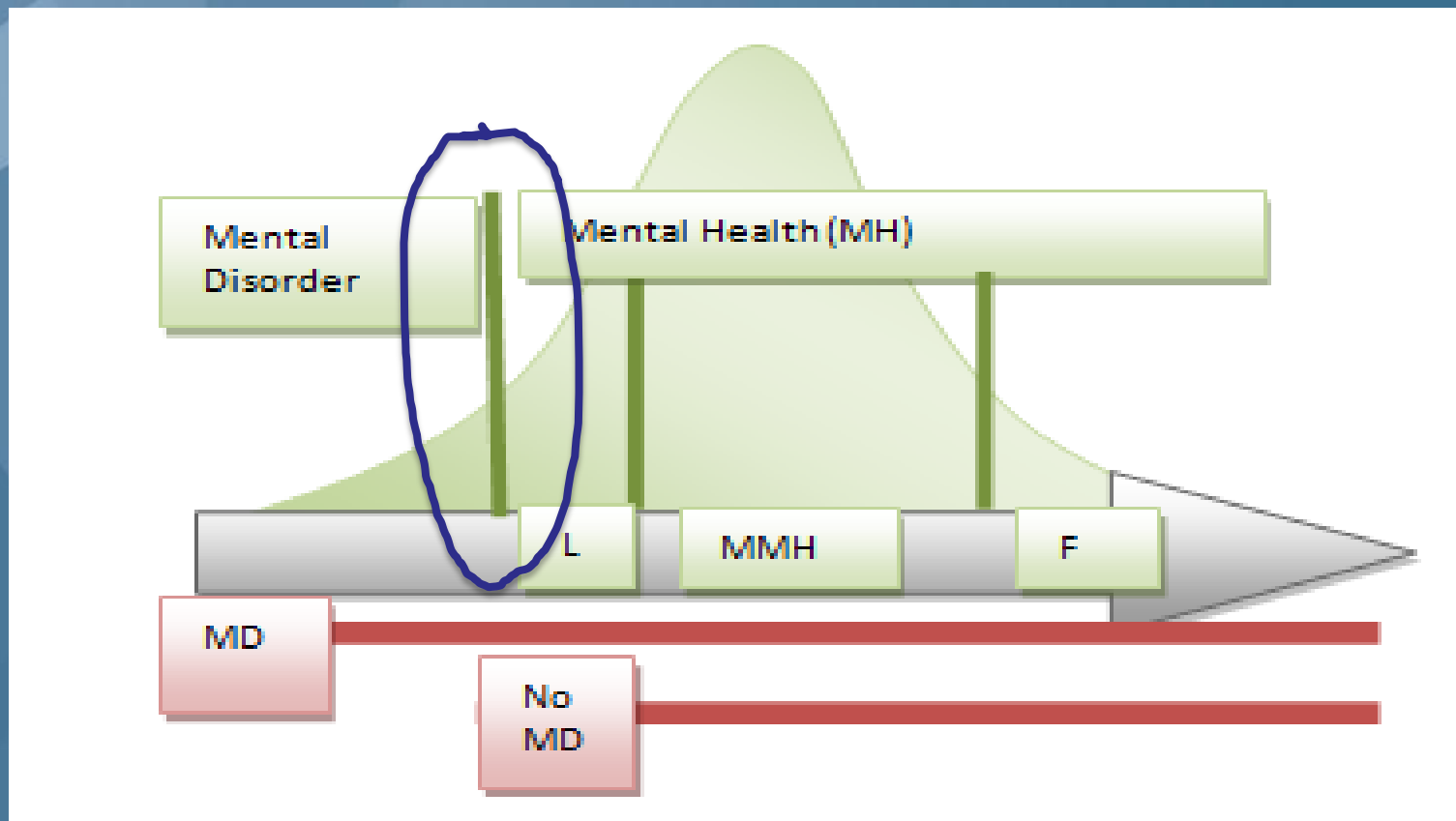
Mental Health / Mental Disorders Links

Interrelated and overlapping

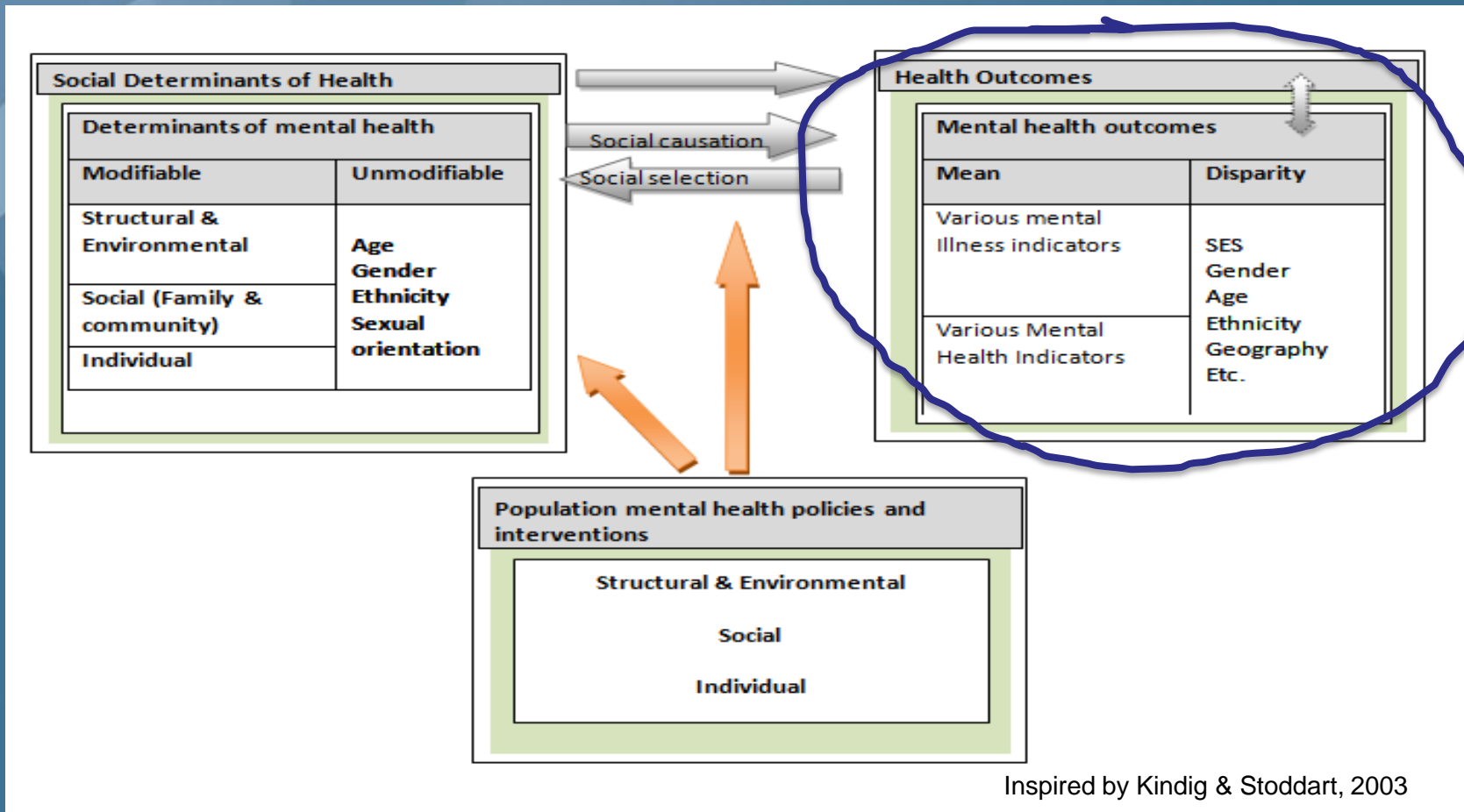
- Mental health and mental disorder belong to separate continuums
- Both can coexist at the same time in one person.
- Mental health can fluctuate in degrees.
- The absence of mental disorder does not mean good mental health; *and* the presence of good mental health is compatible with the presence of a mental disorder.



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



Population Mental health Framework



Inspired by Kindig & Stoddart, 2003

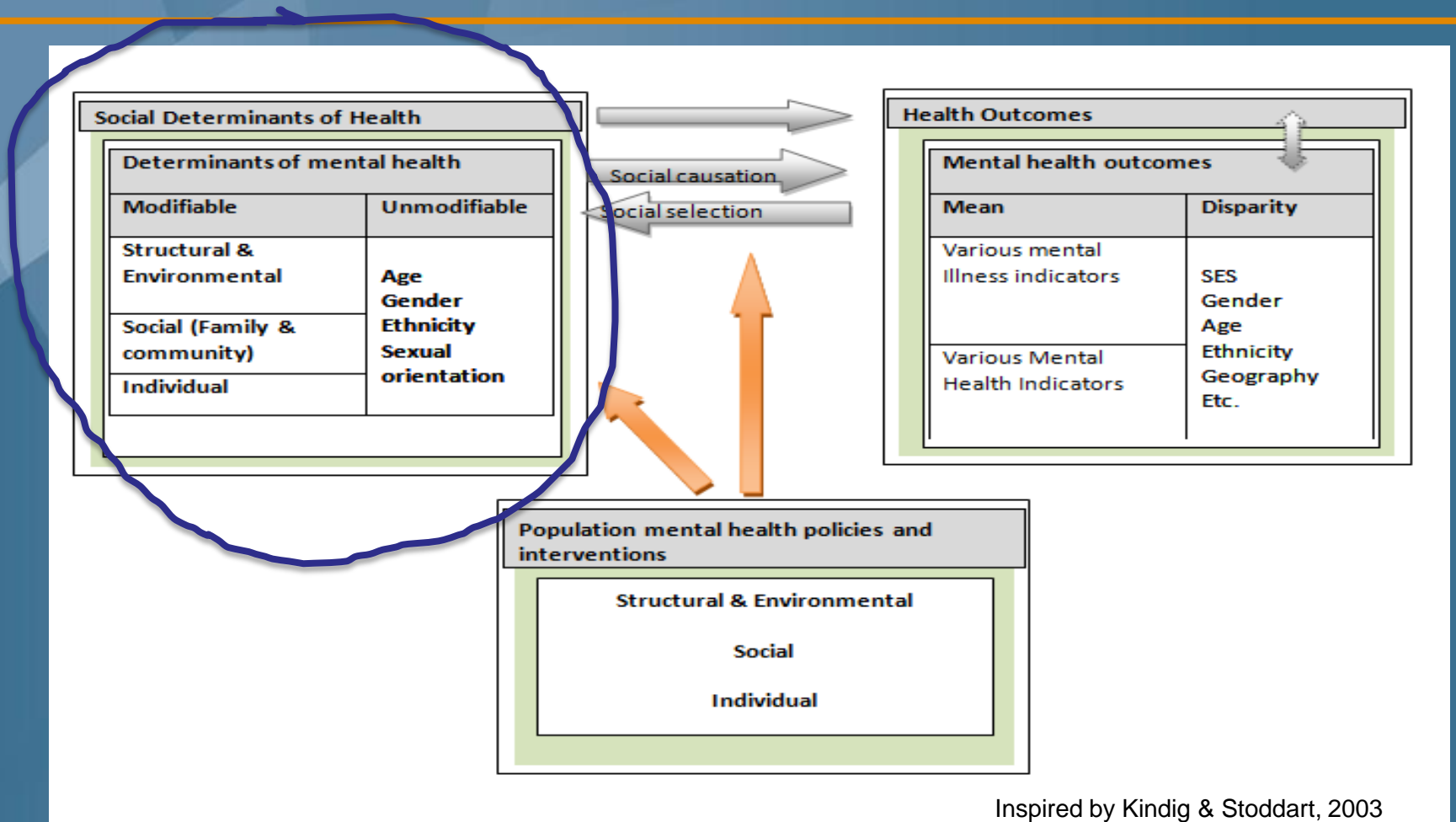


PMH Determinants



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Population Mental health Framework



Inspired by Kindig & Stoddart, 2003





**“Social-emotional development
is the iceberg; mental health
problems are the tip”**

Clyde Hertzman

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PMH Determinants

Risk factors

- Increase the probability that mental health problems and disorders develop.
- Increase the duration and severity when a mental disorder occurs.
- Exposure to multiple risk factors over time can have a cumulative effect on mental health and illness.



PMH Determinants

Protective factors

- Contribute to enhancing positive mental health and reducing the likelihood that a disorder will develop.
- Enhance people's capacity to successfully cope with and enjoy life and mitigate the effects of negative events.



Socio economic position & circumstances

National and institutional characteristics and policies

Environmental & Structural

Living/working conditions/ life settings

Family relationships

Community relationships

Social

Mental Health

Behaviours and lifestyles

Individual

Physical health

In utero

Infancy/ childhood

Adolescence

Young adulthood

Adult life

Old Age

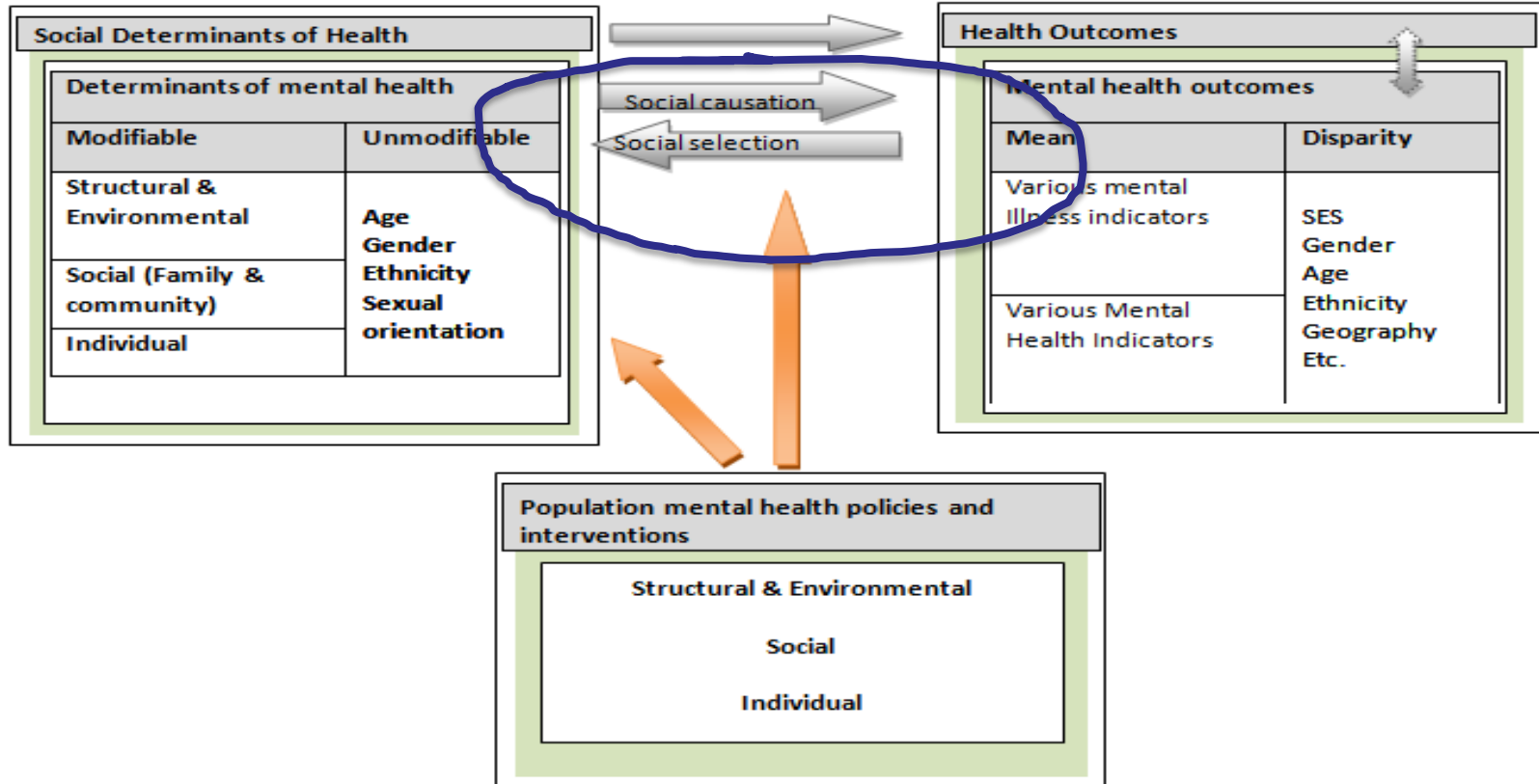


Inequalities and PMH



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Population Mental health Framework

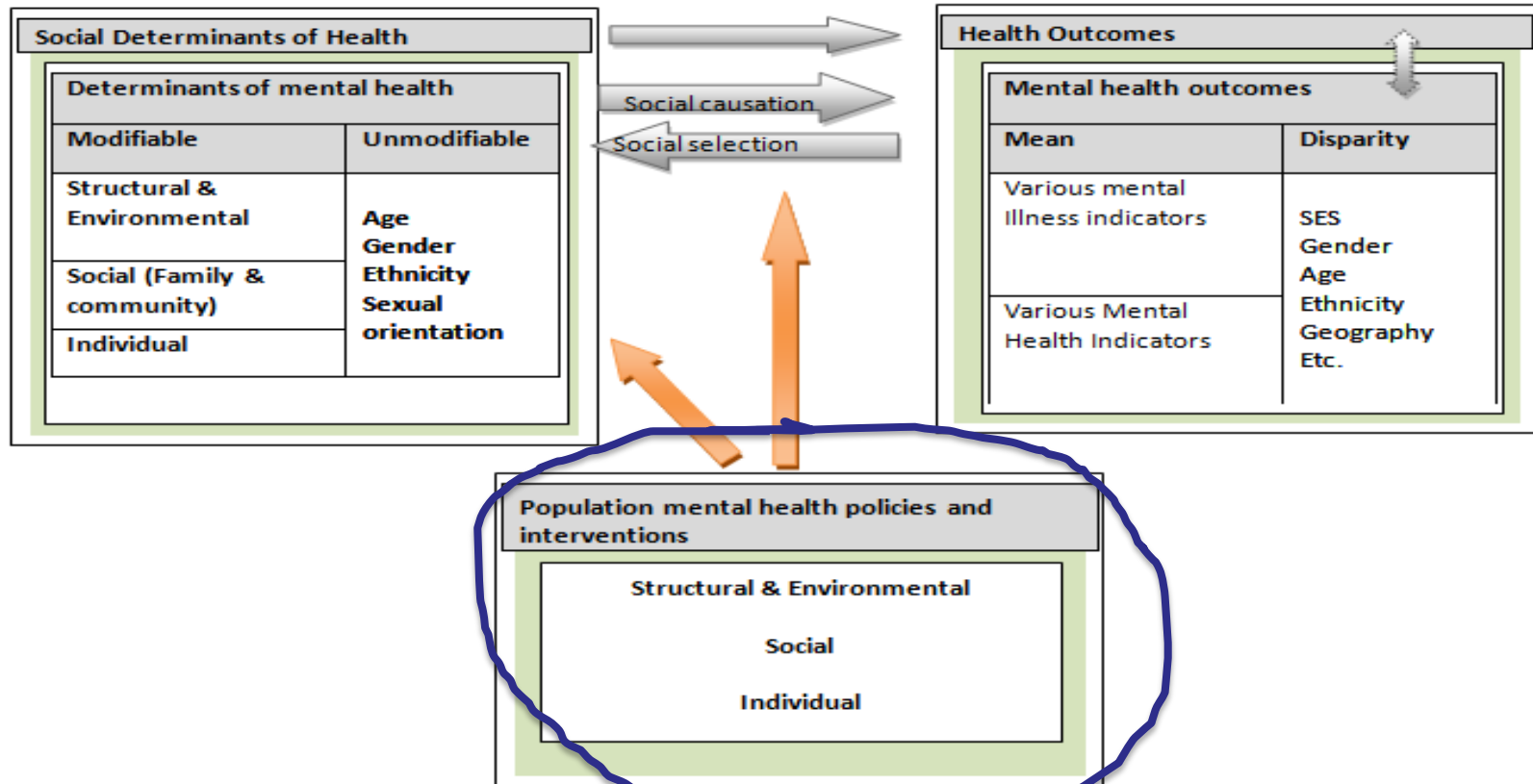


Policies and Interventions for PMH



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Population Mental health Framework

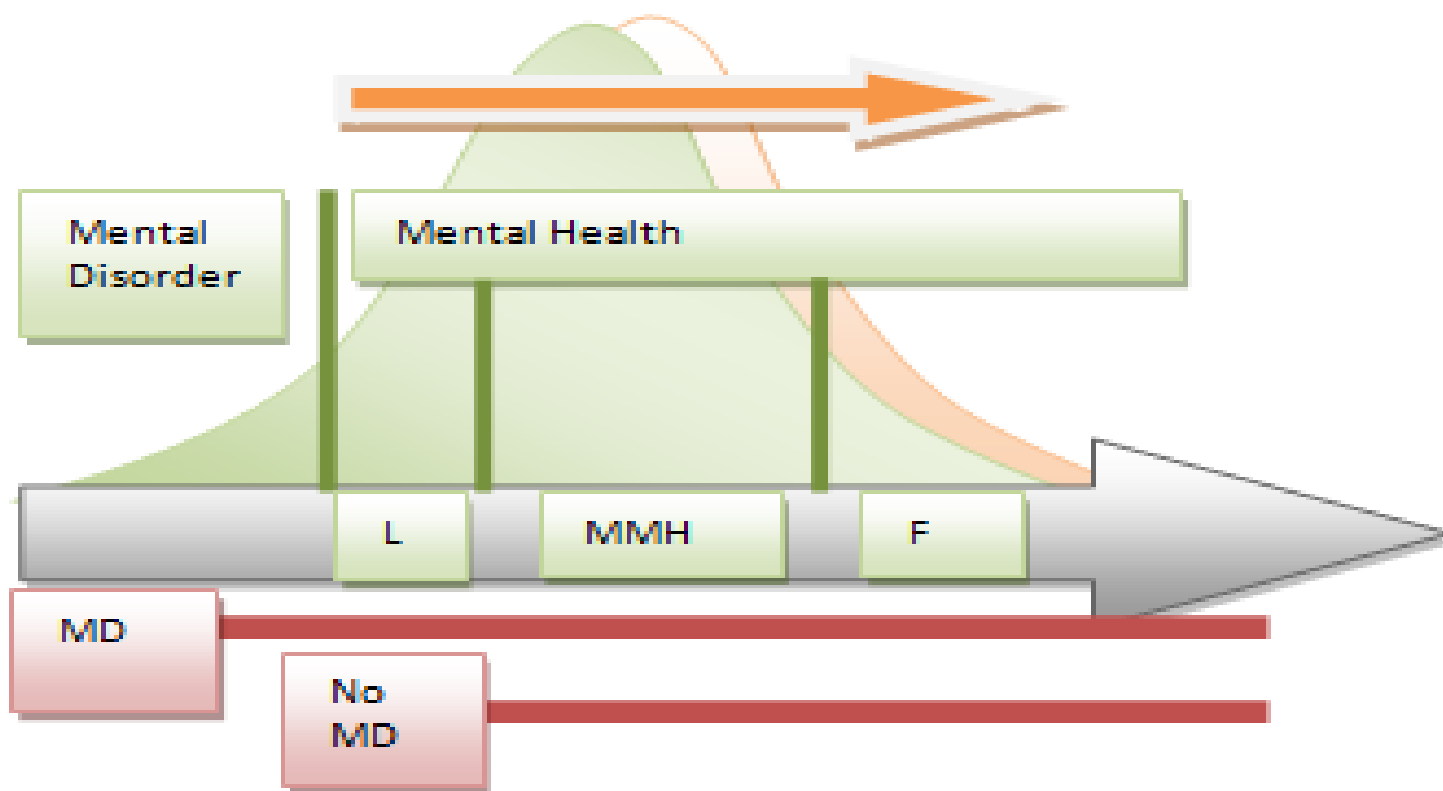


Inspired by Kindig & Stoddart, 2003



Promoting Mental Health in the Population

A Known Public Health Model

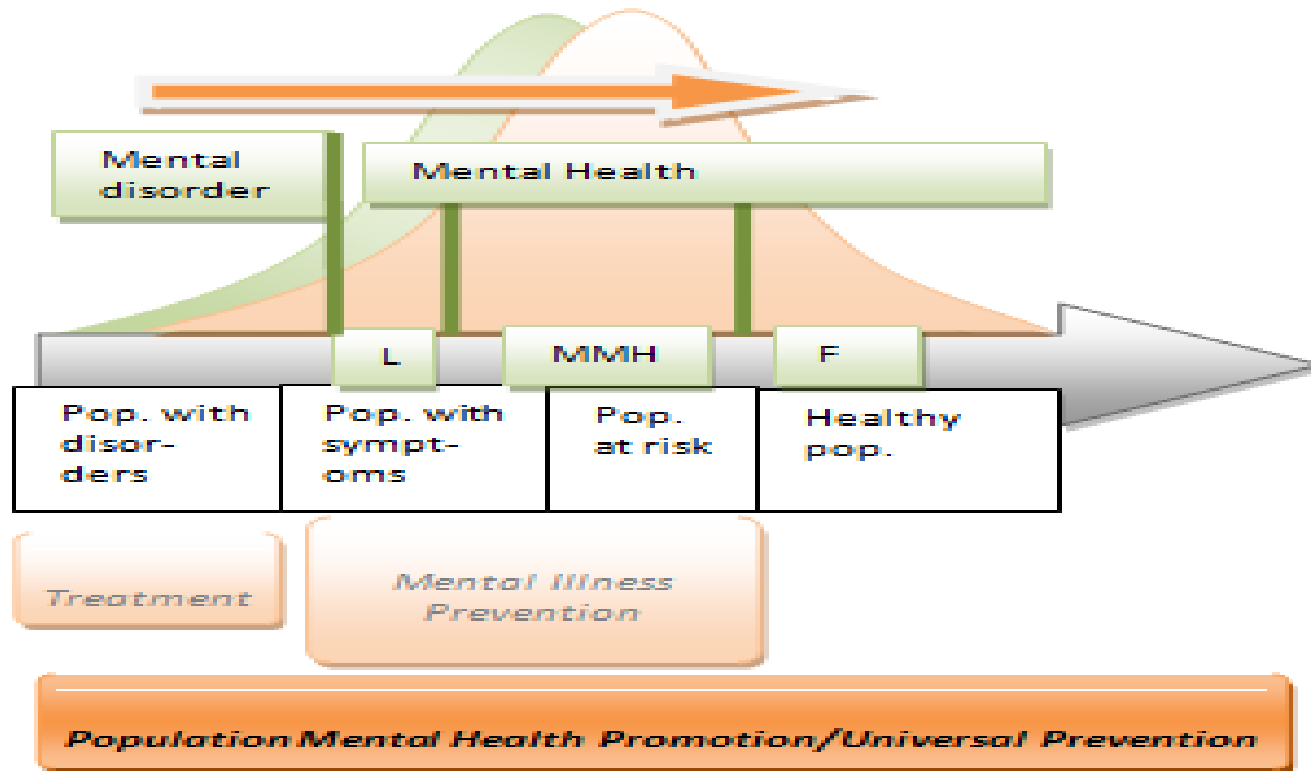


Inspired by Huppert, 2005



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Population Mental Health Promotion



Inspired by Huppert, 2005; Barry, 2001



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Improve working and living conditions and life settings :
Housing, food security and nutritional value, work safety and conditions,
neighbourhood safety and design, transport safety and design, schools and child care
safety and quality, mental health supporting health services, etc.

Reduce poverty, inequalities, discrimination, etc.
Favour a culture of cooperation, tolerance, one that supports meeting children's
emotional needs, etc.

Social support, self-help networks,
enhanced connections, volunteering,
social inclusion and participation, etc.

Interventions that improve relationships
between parents and their children from early
infancy through adolescence, including secure
attachment.

Promote self esteem, self-efficacy, life
coping skills, resilience, positive thought
processes, social competencies, etc.

Lifestyles that enhance MH: physical activity,
diet, drinking in moderation, maintaining
social networks, etc.

Connect

Be active

Take notice

Keep learning

Give



Interventions and Policies for PMH

- concern everyone,
- aim at many levels of influence,
- need to be developed according to a life course approach.

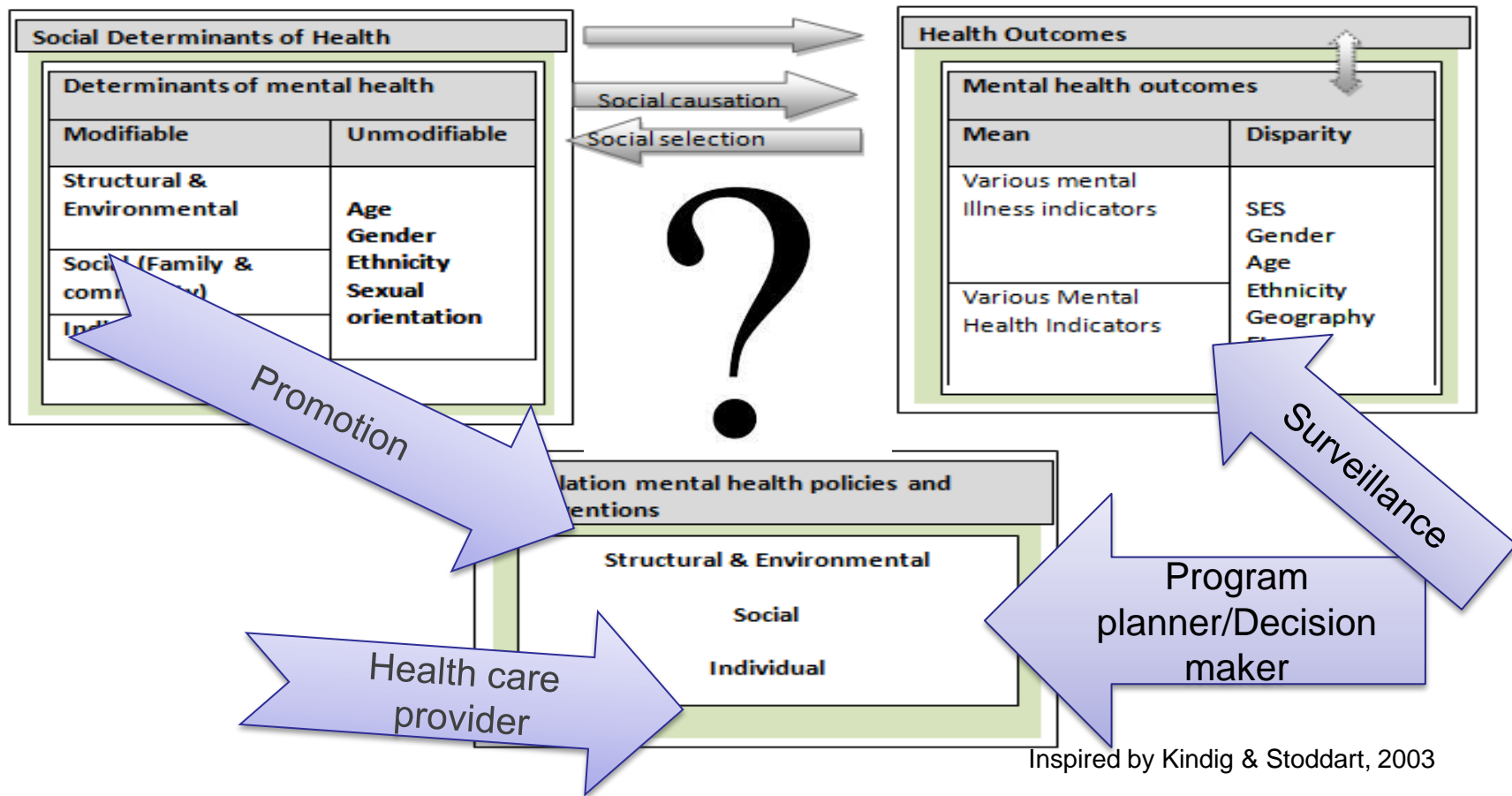


QUESTIONS & DISCUSSION

Public Health Practitioners' Roles for Population Mental Health



Public Health Practitioners' Roles for Population Mental health





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What's Next?



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What's Next?

- NCCHPP-NCCs
 - Continue developing support material for PMH and HPP-FMH

Based on practitioners' needs:

- *Identified through the survey*
- *Identified through today's workshop and upcoming workshops*



What's Next?

Upcoming opening of a new section on mental health on the NCCHPP website www.ncchpp.ca

What will you find?

- Briefing note defining a population mental health framework for public health*
- Briefing note defining a framework for healthy public policies favourable for mental health*
- Results of an environmental scan*

...And more useful resources



What's Next?

Upcoming Events/ Publications:

- *Webinar on PMH (upcoming, June 12 and 19)*
- *Analysis (and diffusion) of results of needs assessment*

And we would love to hear from you with any comment or suggestion on our publications and activities.

www.ncchpp.ca



THANK YOU!

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



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