

National Collaborating Centre  
for **Healthy Public Policy**

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## Scan of Canadian Provincial and Territorial Strategies in Mental Health

October 2018



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National Collaborating Centre  
for Healthy Public Policy

*Institut national  
de santé publique*

Québec 



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## **Scan of Canadian Provincial and Territorial Strategies in Mental Health**

**October 2018**

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## Introduction

The NCCHPP produced a Scan of Mental Health Strategies<sup>1</sup> to show what is being developed in the field of population mental health across Canada. This scan provides an overview of mental health and wellness and related strategies through comparative tables and summaries, with a particular emphasis on work related to the promotion of mental health and the prevention of mental illnesses.

This document presents the information contained in the online comparative table that lists the most recent Canadian provincial and territorial strategies in mental health. In developing this section of the Scan, a search of the grey literature was carried out, and completed by reaching out to key informants in certain provinces/territories. Briefly, we searched for mental health strategies in each province and territory. We did not, however, search for provincial or territorial wellness strategies though these may include dimensions of mental health. The content is therefore not necessarily a comprehensive review of all strategies.

To describe each strategy, a summary is presented, as well as its objectives, its guiding values and principles, the dimensions of mental health promotion, mental illness prevention, and early intervention, elements of its evaluation, and a listing any preceding versions of the strategy and accompanying evaluation reports.

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<sup>1</sup> The Scan of Mental Health Strategies in Canada is available online at:  
[http://www.ncchpp.ca/553/publications.ccnpps?id\\_article=1905](http://www.ncchpp.ca/553/publications.ccnpps?id_article=1905)



# 1 Alberta

## 1.1 Valuing Mental Health: Next steps

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### Organization

Alberta Government, Alberta Health

### Year

2017

### Sub-populations

Children, youth, and families; Individuals with multiple and complex needs; Individuals requiring addiction services; Indigenous peoples and communities

### Summary

In 2016, the Alberta Mental Health Review Committee published a comprehensive review of the mental health system in Alberta, entitled *Valuing Mental Health: Report of the Alberta Mental Health Review Committee*. Following consultations with key stakeholders, the Committee's 32 recommendations were summarized into 18 actions reflected in the three-year plan entitled *Valuing Mental Health: Next Steps*. Implementation will begin in spring 2017 and is expected to be completed by winter 2020.

The full report of the Alberta Mental Health Review Committee is available here:

<https://open.alberta.ca/dataset/d8413604-15d1-4f15-a979-54a97db754d4/resource/1a5e7a16-3437-428e-b51f-4ba9201767a4/download/alberta-mental-health-review-2015.pdf>.

### Objectives

This three-year plan identifies four action areas (Alberta Health, 2017, pp. 4-5):

1. "Act in partnership: create an integrated system"
2. "Act on access: enhance the role of primary health care"
3. "Act early: focus on prevention and early intervention"
4. "Act on system enhancements, legislation and standards"

### Guiding Values and Principles

The vision underpinning this plan includes better coordinated and integrated addiction and mental health services, with an emphasis on a person-centered approach, mental health promotion, early intervention, treatment of mental health issues as a chronic disease, and a strengthened role for primary healthcare.

### Promotion/Prevention/Early Intervention

The Alberta Government will be working towards better integration of its mental health programs and services, from prevention and early intervention to diagnosis, treatment and recovery. In parallel, a community-based service hub model will be implemented. Through this model, services for housing, physical and mental health, primary healthcare, addiction and justice, as well as social services, school-based services, etc., will be jointly designed and delivered by multiple sectors at a single location.

Activities more closely related to the third action area, prevention and early intervention, will primarily address children, youth and families (Alberta Health, 2017, pp. 15-16):

- “Support learning environments that promote positive mental health and well-being in our schools and post-secondary institutions”
- “Incorporate harm reduction approaches in service planning and delivery for Albertans 15 years of age and older; begin by completing an assessment of need for supervised safe consumption services”
- “Develop virtual, technology-based solutions to help people access tools, information and treatment to address addiction and mental health issues”
- “Develop a youth suicide prevention plan”

The plan also proposes screening for adverse childhood experiences in primary healthcare settings to proactively identify and support individuals who are at increased risk of addiction and mental health issues resulting from experiencing abuse, neglect, and other adverse childhood experiences.

### **Evaluation/Measures/Indicators**

*VMH: Next Steps* makes reference to planning, implementation, and evaluation of activities. No specific evaluation plan is outlined.

### **Sources**

Alberta Health. (2017). *Valuing Mental Health: Next Steps*. Retrieved from: <https://open.alberta.ca/dataset/25812976-049c-43c9-9494-77526c6f6ddd/resource/684600a3-a0ea-440c-a053-38a4cef83de9/download/alberta-mental-health-review-next-steps-2017.pdf>

### **Preceding Strategies and Accompanying Evaluation Reports**

Government of Alberta. (n.d.). *Creating Connections: Alberta's Addiction and Mental Health Strategy Implementation Interim Report 2011–2014*. Retrieved from: <https://open.alberta.ca/dataset/3ed8fe79-866a-498d-ab79-fbc7ded95b6a/resource/e3ac4a54-5868-400e-8723-c8883105a822/download/2015-creating-connections-interim-report-2011-2015.pdf>

Alberta Health Services. (2011). *Creating Connections: Alberta's Addiction and Mental Health Strategy*. Alberta: Government of Alberta. Retrieved from: <https://open.alberta.ca/dataset/9ab4e813-6731-4f6c-b517-57637ad440c3/resource/bebad5b6-5e87-4627-bef4-9589790a0aad/download/54546662011creatingconnectionsAlbertasaddictionmentalhealthstrategy.pdf>

Alberta Health Services. (2011). *Creating connections: Alberta's addiction and mental health action plan 2011-2016*. Alberta: Government of Alberta. Retrieved from: <http://www.albertaaddictionproviders.org/ccactionplan2011.pdf>

Government of Alberta. (2008). *Children's Mental Health Plan for Alberta: Three year action plan (2008-2011)*. Alberta: Alberta Health. Retrieved from: <https://open.alberta.ca/dataset/0fd6499b-2e9c-45fd-b707-3ea83121647e/resource/00ae5c9b-7ee5-4438-88d6-dff715a26fb6/download/2008-mental-health-plan-children-08.pdf>

Alberta Health and Wellness. (2006). *Positive futures - Optimizing mental health for Alberta's children & youth*. Alberta: Government of Alberta. Retrieved from: [http://www.assembly.ab.ca/lao/library/egovdocs/2006/alhw/156586\\_01.pdf](http://www.assembly.ab.ca/lao/library/egovdocs/2006/alhw/156586_01.pdf)

## 2 British Columbia

### 2.1 Healthy Minds, Healthy People: A Ten-Year Plan to Address Mental Health and Substance Use in British Columbia

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#### Organization

Government of British Columbia

#### Year

2010

#### Sub-populations

Whole population approach; people who use substances

#### Summary

“This plan establishes a decade-long vision for collaborative and integrated action on mental health and psychoactive substance use in British Columbia” (Government of British Columbia, 2010, p. 2). [...] “In order to ensure sustainability of mental health and substance use supports and services across the continuum, the Province and community partners need to target existing and future funding on whole-population and targeted approaches with a proven track record for success. By focusing resources on evidence-based and best practices, everyone involved in promoting the healthy social and emotional development of British Columbians can maximize their investments and yield long-term positive outcomes and economic gains for individuals, businesses and government” (Government of British Columbia, 2010, p. 2). [...] “The plan aims not only to assist individuals with the most severe challenges, but also to address the needs of all British Columbians and, whenever possible, prevent problems before they start. The plan places a strong emphasis on children and families. For the majority, mental health problems originate in childhood, pointing to the need for early intervention to mitigate risk of future illness” (Government of British Columbia, 2010, p. 2).

#### Objectives

“Over the next 10 years, the plan aims to:

1. Improve the mental health and well-being of the population. [...]
2. Improve the quality and accessibility of services for people with mental health and substance use problems. [...]
3. Reduce the economic costs to the public and private sectors resulting from mental health and substance use problems.

A focus on evidence-based practice using a collaborative approach of both public and private sectors will ensure existing resources provide the best outcomes. By working together, entire communities will play a part in achieving positive mental health for all British Columbians” (Government of British Columbia, 2010, p. 6).

#### Guiding Values and Principles

N/A

### **Promotion/Prevention/Early Intervention**

A population health approach to mental health promotion is emphasized, with actions addressing various population groups, including children, seniors, families, and workers. These actions include improving programs and services that promote maternal and family health and early childhood development; promoting mental health in school-based settings; developing partnerships with local governments to promote mental health and wellness for families and strengthen community connections; collaborating with employers and unions to design and implement mental health promotion programs in workplaces; strengthening the mental health of seniors by promoting physical activity-related initiatives and opportunities to remain socially active and engaged in their communities.

Further actions include efforts to reduce stigma and discrimination associated with mental health and substance use problems through local anti-stigma campaigns, and to increase mental health literacy in the general population through the implementation of *B.C.'s Integrated Provincial Strategy to Promote Health Literacy in Mental Health and Addictions*.

Further priorities include prevention efforts targeted at vulnerable people within the following population groups: parents and families, children and youth, adults, seniors, and people with chronic physical disease or compromised health (see pages 20-25 for further information).

### **Evaluation/Measures/Indicators**

*Healthy Minds, Healthy People. Monitoring Progress: 2012 Annual Report* is available at:  
<http://www.health.gov.bc.ca/library/publications/year/2012/HMHP-progressreport-2012.pdf>

### **Sources**

Government of British Columbia. (2010). *Healthy Minds, Healthy People: A Ten-Year Plan to Address Mental Health and Substance Use in British Columbia*. Retrieved from:  
[http://www.mooddisorderscanada.ca/documents/Publications/BChealthy\\_minds\\_healthy\\_people.pdf](http://www.mooddisorderscanada.ca/documents/Publications/BChealthy_minds_healthy_people.pdf)

### **Preceding Strategies and Accompanying Evaluation Reports**

N/A

## 2.2 B.C.'s Mental Health and Substance Use Strategy 2017-2020

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### Organization

Government of British Columbia

### Year

2017

### Sub-populations

Children, youth and families; Adults; Indigenous peoples

### Summary

This cross-government mental health and substance use strategy involves the collaboration of multiple ministries, including the Ministries of Health, Children and Family Development, Justice, Education, Advanced Education, Social Development and Social Innovation, Finance, and the Ministry Responsible for Housing. This three-year strategy builds on tenets outlined in previous work, including *Healthy Minds, Healthy People, A Path Forward: BC First Nations and Aboriginal People's Mental Wellness and Substance Use Ten Year Plan*, and *Housing Matters BC*, to develop a more comprehensive, integrated, and collaborative mental health and substance use system. This strategy focuses on three areas: wellness, access, and partnerships. It "emphasizes building stronger collaboration and integration among partners to ensure the best outcomes for children, youth, adults, their families and communities. It emphasizes the need for better access to services, better co-ordination of services, and improved continuity of care. It also underscores the need to continue to develop and offer services based on evidence and best practice" (Government of British Columbia, 2017, p. 6).

Furthermore, the strategy positions the "mental health and wellness of Indigenous children, their families and communities, as a shared responsibility integral to the broader process of Reconciliation" (Government of British Columbia, 2017, p. 8). As such, an area of focus will be to ensure services are culturally safe, trauma-informed and rooted in culture and community. Aligning the implementation of this strategy with the vision and principles set out in *A Path Forward*, in partnership with Indigenous stakeholders, is presented as a key action of the provincial government.

### Objectives

Three areas of focus are identified in this strategy:

1. Promoting mental wellness in children, youth, adults and their families, including supporting mental health promotion, mental illness prevention and early intervention
2. Increasing access by providing better navigation towards services, as well as expanding their reach
3. Forging partnerships across organizational boundaries to deliver integrated and well-coordinated services for individuals and families

### Guiding Values and Principles

Person-centred care; family-centered practices; ensuring cultural safety and trauma-informed practices in service delivery

### **Promotion/Prevention/Early Intervention**

As part of the first area of focus in this strategy, “key investments will be made to increase access to prevention and early intervention services for children and young people” (Government of British Columbia, 2017, p. 16):

- For preschool children, the provincial government will continue to support and improve access to evidence-based parenting skills programs, as well as evidence-based early intervention programs.
- For school-age children, the province will continue to support access to integrated health and wellness school-based services and programs, including anxiety-prevention and resiliency-building programs, as well as targeted mental health services.

In addition, promotion/prevention activities are included as part of the second area of focus (increasing access to services):

- New investments in public awareness concerning the overdose crisis response
- Expansion of existing community-organized mental wellness promotion and suicide prevention resources in First Nations communities
- Activities addressing the broader social determinants of mental health in order to support recovery, including housing (e.g.: supporting non-profit organizations providing housing services for individuals with mental health and substance use issues)

### **Evaluation/Measures/Indicators**

N/A

### **Sources**

Government of British Columbia. (2017). *B.C.'s Mental Health and Substance Use Strategy 2017-2020*. Retrieved from: <https://www.health.gov.bc.ca/library/publications/year/2017/mental-health-substance-use-strategy.pdf>

### **Preceding Strategies and Accompanying Evaluation Reports**

N/A



## 2.3 Mental Health and Addictions Strategy

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### Organization

Government of British Columbia, Ministry of Mental Health and Addictions

### Year

N/A

### Sub-populations

N/A

### Summary

The newly-founded Ministry of Mental Health and Addictions has been mandated with developing and implementing a mental health and addictions strategy and accompanying action plan “embod[ying] Indigenous perspectives of health and wellness, focus[ing] on the social determinants of health and reflect[ing] the connection between the mental, physical, emotional and spiritual dimensions of well-being” (Ministry of Mental Health and Addictions, 2018, p. 10). In addition, the strategy will focus on “prevention and early intervention services/supports, and children, youth, and Indigenous peoples” (Ministry of Mental Health and Addictions, 2018, p. 10).

### Objectives

N/A

### Guiding Values and Principles

N/A

### Promotion/Prevention/Early Intervention

N/A

### Evaluation/Measures/Indicators

N/A

### Sources

Ministry of Mental Health and Addictions. (2018). *2018/19-2020/21 Service Plan*. Retrieved from: <http://bcbudget.gov.bc.ca/2018/sp/pdf/ministry/mh.pdf>

### Preceding Strategies and Accompanying Evaluation Reports

N/A



## 3 Manitoba

### 3.1 Improving Access and Coordination of Mental Health and Addiction Services: A Provincial Strategy for all Manitobans

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#### Organization

Government of Manitoba, Health, Seniors and Active Living

#### Year

2018

#### Sub-populations

Children and youth; Indigenous peoples; Individuals with substance use/addiction and mental health problems and illnesses

#### Summary

In 2017, the Minister of Health, Seniors and Active Living commissioned a provincial strategic plan focusing on improving access and coordination of services for individuals with substance use/addiction and mental health problems and illnesses (SUA/MH). The following report by VIRGO Planning and Evaluation Consultants, entitled *Improving Access and Coordination of Mental Health and Addiction Services: A Provincial Strategy for all Manitobans*, is the result. The department of Manitoba Health, Seniors and Active Living will evaluate the feasibility of each recommendation, as well as how each fits within the clinical and preventive service planning being undertaken by the provincial health organization. The Mental Health and Addictions Strategy implementation plan will be announced in the coming months.

#### Objectives

Six strategic priorities for improving access and coordination of services are identified within this report (VIRGO Planning and Evaluation Consultants, 2018, p. xviii):

1. "Population health-based planning, disparity reduction and diversity response"
2. "Comprehensive continuum of evidence-informed services and support"
3. "Seamless delivery of integrated services across sectors, systems and the life span"
4. "Mental wellness of Manitoba's children and youth"
5. "Mental wellness of Manitoba's Indigenous peoples"
6. "Healthy and competent mental health and substance use workforce"

#### Guiding Values and Principles

N/A

### **Promotion/Prevention/Early Intervention**

This strategy proposes a public health/population-based health approach to service planning. Specific recommendations include the use of a tiered model which emphasizes universal health promotion and prevention activities, including those addressing the social determinants of health; a whole-of-government approach in the implementation of this strategy; the allocation of 8% of SUA/MH resources for prevention; reinforcing alcohol prevention and risk reduction activities; and developing a coordinated provincial program for suicide prevention (recommendations 1.1-1.6).

Additionally, recommendations pertaining to disparity reduction include surveillance of gender-based inequities, establishing a Provincial Task Force to investigate transportation options with regards to cost and safety, and increasing housing options for individuals with SUA/MH (recommendations 1.12, 1.15, 2.14, and 2.23).

This strategy also proposes to work with Indigenous communities, organizations and elders in implementing recommendations to meet community needs.

### **Evaluation/Measures/Indicators**

Reviews and/or evaluations will be conducted in support of certain recommendations (recommendations 8.5-8.9). Participation of key stakeholders in the evaluation process is highlighted (recommendation 10.1), though no specific plan is outlined.

### **Sources**

VIRGO Planning and Evaluation Consultants. (2018). *Improving Access and Coordination of Mental Health and Addiction Services: A Provincial Strategy for all Manitobans*. Retrieved from: [http://www.gov.mb.ca/health/mha/docs/mha\\_strategic\\_plan.pdf](http://www.gov.mb.ca/health/mha/docs/mha_strategic_plan.pdf)

### **Preceding Strategies and Accompanying Evaluation Reports**

(n.d.). *Rising to the Challenge: A strategic plan for the mental health and well being of Manitobans – Summary Report of Achievements: Year Two*. Retrieved from: [https://www.gov.mb.ca/health/mh/docs/challenge\\_report\\_of\\_achievements2.pdf](https://www.gov.mb.ca/health/mh/docs/challenge_report_of_achievements2.pdf)

Government of Manitoba. (2012). *Rising to the Challenge: A strategic plan for the mental health and well-being of Manitobans – Summary Report of Achievements: Year One*. Retrieved from: [https://www.gov.mb.ca/health/mh/docs/challenge\\_report\\_of\\_achievements.pdf](https://www.gov.mb.ca/health/mh/docs/challenge_report_of_achievements.pdf)

Government of Manitoba. (2011). *Rising to the Challenge: A strategic plan for the mental health and well-being of Manitobans*. Retrieved from: <https://www.gov.mb.ca/health/mh/docs/challenge.pdf>

## 4 New Brunswick

### 4.1 The Action Plan for Mental Health in New Brunswick 2011-2018

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#### Organization

Government of New Brunswick

#### Year

2011

#### Sub-populations

Aboriginal Peoples; Children & Youth; Seniors; People living with mental disorders

#### Summary

“The Action Plan for Mental Health in New Brunswick includes an emphasis on mental-health promotion, change in service delivery of all sectors, early identification of mental illness and effective intervention, and a shift in the attitudes and values of residents. Specific initiatives will involve greater collaboration between government, educators, employers and non-governmental organizations. New targets and a plan to increase access to specialized services across the province are among initiatives designed to put New Brunswickers living with mental illness at the centre of treatment and care.

New Brunswick will adopt an individualized, patient-centred and recovery-based approach and introduce services designed to intersect effectively with family, community and workplace to support those living with mental illness. Moving toward patient-centred health care means that the system will be restructured to be responsive to individual and community needs, rather than expecting people to adapt to what the system has to offer” (Government of New Brunswick, 2011a).

#### Objectives

“The Action Plan for Mental Health in New Brunswick identifies a concrete agenda for action, setting out the following strategic goals designed to make this vision a reality [...]

1. Transforming service delivery through collaboration [...]
2. Realizing potential through an individualized approach [...]
3. Responding to diversity [...]
4. Collaborating and belonging: family, workplace and community [...]
5. Enhancing knowledge [...]
6. Reducing stigma by enhancing awareness [...]
7. Improving the mental health of the population” (Government of New Brunswick, 2011b, p. 6-7)

#### Guiding Values and Principles

The vision for this action plan is underpinned by the following principles: dignity, diversity, equality, excellence, holism, hope and partnership.

### **Promotion/Prevention/Early Intervention**

Throughout this action plan, the importance of the social determinants of health is emphasized, particularly in promoting recovery. As such, partnerships with other departments, including the Department of Social Development, the Department of Wellness, Culture and Sport and the Department of Education, are highlighted. Specific actions include participating in *New Brunswick's Economic and Social Inclusion Plan*, particularly with regard to ensuring housing and income supports for individuals living with mental illness; providing education, training and employment resources for people living with mental illness; introducing curricula on mental health promotion, anti-stigma, etc., for healthcare professionals; developing and implementing anti-stigma initiatives targeting the public and healthcare sectors, particularly for reducing stigma and promoting inclusion in school, workplace and community settings; developing and/or expanding upon successful mental health promotion and prevention initiatives; and implementing elements of *New Brunswick's Wellness Strategy*.

### **Evaluation/Measures/Indicators**

A progress report on the Action Plan for New Brunswick 2011-2018 is available at: [http://www.gnb.ca/0055/pdf/2013/Action-Plan\\_Progress-Report.pdf](http://www.gnb.ca/0055/pdf/2013/Action-Plan_Progress-Report.pdf).

A second progress report (2015) highlighting the implementation status of the action plan is available here: <http://www2.gnb.ca/content/dam/gnb/Departments/h-s/pdf/en/MentalHealth/ActionPlanProgressReport2015.pdf>.

### **Sources**

Government of New Brunswick. (2011a). *The Action Plan for Mental Health in New Brunswick 2011-18*. Department of Health. Consulted on February 3, 2014: <http://www.gnb.ca/0055/action-e.asp>

Government of New Brunswick. (2011b). *The Action Plan for Mental Health in New Brunswick 2011-18*. Retrieved from: <http://www.gnb.ca/0055/pdf/2011/7379%20english.pdf>

### **Preceding Strategies and Accompanying Evaluation Reports**

N/A

## 5 Newfoundland and Labrador

### 5.1 The Way Forward - Towards Recovery: The Mental Health and Addictions Action Plan for Newfoundland and Labrador

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#### Organization

Government of Newfoundland and Labrador, Department of Health and Community Services

#### Year

2017

#### Sub-populations

Children, youth and families; Caregivers; Seniors; Inmates; Individuals with substance use/addiction and mental health problems and illnesses; Indigenous peoples; Communities

#### Summary

In 2017, the All-Party Committee on Mental Health and Addictions released the report *Towards Recovery: A Vision for a Renewed Mental Health and Addictions System for Newfoundland and Labrador*, which identified gaps in services and areas for improvement, based on consultations and on review and analysis of the provincial mental health and addictions system. This Mental Health and Addictions Action Plan for Newfoundland and Labrador (2017- 2022) sets out short, medium and long-term goals to ensure implementation of all 54 recommendations outlined in the *Towards Recovery* report.

This action plan embraces the following vision: “A province that promotes positive mental well-being and resilience and supports individuals and families with lived experience of mental illness and addiction to live full and rewarding lives” (Department of Health and Community Services, 2017, p. 5).

This action plan is consistent with the *Department of Health and Community Services’ Strategic Plan (2017-2020)*, one of whose five strategic priorities is the improvement of mental health. Several other actions also align with recommendations in this plan. Additionally, under the leadership of the Department of Health and Community Services, *The Way Forward* will guide the development of a comprehensive provincial mental health and addictions program.

The full report of the All-Party Committee on Mental Health and Addictions is available here:

[http://www.health.gov.nl.ca/health/all\\_party\\_committe\\_report.pdf](http://www.health.gov.nl.ca/health/all_party_committe_report.pdf).

#### Objectives

The recommendations and work carried out under this action plan are based on four pillars (Department of Health and Community Services, 2017, p. 11):

1. “Promotion, Prevention and Early Intervention”
2. “Focusing on the Person”
3. “Improving Service Access, Collaboration and Continuity of Care”
4. “Including All People Everywhere”

## Guiding Values and Principles

The following values underpin the implementation and delivery of services set out in this plan: respectfulness, person-centered, accessibility, recovery-focused, collaboration, effectiveness and efficiency, responsiveness and inclusivity.

## Promotion/Prevention/Early Intervention

Focus area 1 comprises recommendations exclusively aimed at mental health promotion, illness prevention and early intervention. These efforts address improved access to programs on parenting skills and child development for families with young children; development of mental health promotion, prevention and early intervention programs in educational settings; use of technology-based interventions with a special focus on promoting wellness and early intervention; encouraging community leaders to form coalitions to promote mental wellness; and development of provincial implementation plans for alcohol abuse and suicide prevention (recommendations 1, 2, 5, 6, 11, 47).

Among the other focus areas are several recommendations that further address the broader social determinants of mental health, including social inclusion, stigma and discrimination, and housing (recommendations 7, 9, 10, 24, 38, 39, 40, 41, 42, 45).

Additionally, the provincial government will be adopting a “health-in-all-policies approach to ensure health impact considerations are built into all policy decisions” (recommendation 48) (Department of Health and Community Services, 2017, p. 16).

## Evaluation/Measures/Indicators

Progress reports on the implementation of this action plan will be published at six months (December 2017), 12 months (June 2018) and 24 months (June 2019). The first of these, entitled *Report Card: The First Six Months* is available here:

[http://www.health.gov.nl.ca/health/publications/pdf/Progress\\_Update\\_Mental\\_Health\\_Way\\_Forward.pdf](http://www.health.gov.nl.ca/health/publications/pdf/Progress_Update_Mental_Health_Way_Forward.pdf).

Briefly, a performance monitoring framework will be established to track the results of the implementation plan. Project teams designated responsibility for specific recommendations will develop indicators to measure progress. These will be approved by an implementation team tasked with submitting regular progress reports to the Mental Health and Addictions Provincial Program Executive Committee, who in turn, will be tasked with reviewing, approving and submitting these progress reports to the Advisory Council and the Recovery Council. These two councils, which ultimately oversee performance monitoring and evaluation of the implementation plan, will review the reports and provide advice on progress to the Minister of Health and Community Services, who will report publicly.

## Sources

Department of Health and Community Services. (2017). *The Way Forward. Towards Recovery: The Mental Health and Addictions Action Plan for Newfoundland and Labrador*. Retrieved from:

[http://www.health.gov.nl.ca/health/mentalhealth/pdf/mentalhealth\\_addictions\\_plan.pdf](http://www.health.gov.nl.ca/health/mentalhealth/pdf/mentalhealth_addictions_plan.pdf)

## Preceding Strategies and Accompanying Evaluation Reports

Government of Newfoundland and Labrador. (2005). *Working Together for Mental Health: A provincial policy framework for mental health & addiction services in Newfoundland and Labrador*. Retrieved from: [http://www.health.gov.nl.ca/health/publications/working\\_together\\_for\\_mental\\_health.pdf](http://www.health.gov.nl.ca/health/publications/working_together_for_mental_health.pdf)



## 6 Nova Scotia

### 6.1 Together We Can: The plan to improve mental health and addictions care for Nova Scotians

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#### Organization

Government of Nova Scotia

#### Year

2012

#### Sub-populations

Children & Youth; Aboriginal Peoples; Seniors; Diverse communities

#### Summary

“Nova Scotia's first ever government-wide strategy for mental health and addictions care, Together We Can: The Plan to Improve Mental Health and Addictions Care for Nova Scotians, is a five-year plan that outlines 33 actions to provide better care sooner for Nova Scotians living with mental illness and addictions and their families” (Government of Nova Scotia [NS], 2013a).

“[...] An Advisory Committee made up of people with personal and professional experience in mental health and addictions [was appointed and] given the task of developing recommendations for improving mental health and addictions services” (Government of NS, 2013b, p. 3). After an 18-month consultation process with more than 1,200 Nova Scotians, and a review of best practices and research, the committee “made recommendations for improving mental health and addictions services in their report Come Together, which was released on April 23, 2012” (Government of NS, 2013b, p. 3). The recommendations contained in the report are meant as a roadmap for the strategic plan. “Their priorities—investing in health promotion, earlier intervention, and faster access to services; fixing gaps within the systems of care; creating supportive communities; and strengthening collaboration—are reflected in this plan. Their thoughtful, well-researched advice will set our course for the next five years” (Government of NS, 2013b, p. 3).

#### Objectives

The strategy is guided by 5 key priority areas:

1. “Intervening and treating early for better results;
2. Shorter waits, better care;
3. Aboriginal and diverse communities;
4. Working together differently; and
5. Reducing stigma” (Government of Nova Scotia, 2013b, p. iii).

#### Guiding Values and Principles

This strategy is guided by the following principles: accessibility, health equity, respect and collaboration, dignity, and sustainability.

### **Promotion/Prevention/Early Intervention**

Several actions proposed within the five priority areas address mental health promotion, illness prevention and early intervention. These include expanding early intervention programs for families of children with behavioural issues, and raising public awareness about the importance of psychological health and safety in the workplace.

This plan also proposes actions that address the broader determinants of mental health, primarily in supporting recovery, stigma and discrimination reduction, housing assistance, and community supports. Specific actions include permitting student requests for groups that support the safety and inclusion of marginalized students, including Gay/Straight Alliances as a means of reducing stigma and discrimination in the LGBTI population; implementing anti-stigma initiatives across the province; finding opportunities to work with and inform the media on mental health and addictions issues in reducing stigma; improving training for healthcare professionals working with seniors who may be facing stigma and discrimination related to depression, anxiety, substance abuse, and gambling problems; promoting collaboration between the Departments of Community Services and Health and Wellness to ensure safe and affordable housing options for individuals with mental health and addictions issues; and investing in community organizations implementing projects focused on mental health promotion, building resiliency, and capitalizing on the skills of individuals living with mental illness and addiction issues.

### **Evaluation/Measures/Indicators**

A year one progress report, entitled “Together We Can: The plan to improve mental health and addictions care for Nova Scotians Our First Year” is available at <http://novascotia.ca/dhw/mental-health/reports/MHS-Together-We-Can-One-Year-Update.pdf>.

A progress update covering the first three years of the mental health and addictions strategy (2016) is available here: <https://novascotia.ca/dhw/mental-health/reports/ProgressReport-Jan2016.pdf>.

### **Sources**

Government of Nova Scotia. (2013a). *Mental Health and Addictions Strategy*. Department of Health and wellness. Retrieved from: <http://novascotia.ca/dhw/mental-health/mental-health-addiction-strategy.asp>

Government of Nova Scotia. (2013b). *Together we can: The plan to improve mental health and addictions care for Nova Scotians*. Department of Health and Wellness. Retrieved from: <https://novascotia.ca/dhw/mental-health/reports/Mental-Health-and-Addictions-Strategy-Together-We-Can.pdf>

### **Preceding Strategies and Accompanying Evaluation Reports**

(n.d.). *Together We Can: The plan to improve mental health and addictions care for Nova Scotians. Our First Year*. Retrieved from: <http://novascotia.ca/dhw/mental-health/reports/MHS-Together-We-Can-One-Year-Update.pdf>

## 7 Nunavut

At the time of publication, Nunavut does not have a territorial mental health strategy. For more information on mental health and wellness and related strategies in Nunavut, please consult the accompanying documents entitled *Scan of strategies related to suicide prevention* and *Scan of Indigenous-specific mental health and/or wellness strategies*.

### **Organization**

N/A

### **Year**

N/A

### **Sub-populations**

N/A

### **Summary**

N/A

### **Objectives**

N/A

### **Promotion/Prevention/Early Intervention**

N/A

### **Evaluation/Measures/Indicators**

N/A

### **Sources**

N/A

### **Preceding Strategies and Accompanying Evaluation Reports**

Mental Health Commission of Canada. (2012). *Territorial and provincial initiatives for improving mental health in primary health care in Canada: An environmental scan*. Retrieved from: [https://www.mentalhealthcommission.ca/sites/default/files/PrimaryCare\\_Environmental\\_Scan\\_ENG\\_0.pdf](https://www.mentalhealthcommission.ca/sites/default/files/PrimaryCare_Environmental_Scan_ENG_0.pdf)



## 8 Northwest Territories

### 8.1 Mind and Spirit: Promoting Mental Health and Addictions Recovery in the Northwest Territories - Strategic Framework 2016-2021

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#### Organization

Government of Northwest Territories, Department of Health and Social Services

#### Year

2016

#### Sub-populations

Whole population approach; Children, youth and families; Elders; People living with mental health problems and illnesses; Indigenous peoples

#### Summary

The Mind and Spirit Strategic Framework is a five-year strategy that will guide the delivery of mental health and addictions programs and services in the Northwest Territories through culturally appropriate methods. The Framework has been developed through extensive consultation with various stakeholders, research into best practices, and review of the current mental health and addictions system. The contents of this strategic framework are embedded in a person-centred approach and promote cultural safety as a means of maintaining mental wellness and access to programs and services.

Three action plans will be developed from this strategic framework - A Child and Youth Mental Wellness Action Plan, a Mental Health Action Plan, and an Addictions Recovery Action Plan.

#### Objectives

This Strategic Framework proposes four guiding strategic directions, which together represent a holistic circle of care (Department of Health and Social Services, 2016, p. 2):

1. "A Focus on Prevention and Early Intervention"
2. "A Recovery-Oriented System"
3. "Personal Experience and Outcomes"
4. "A Whole of Government Approach"

Priority concerns are identified for each of these four directions, which will be further translated into actions in three action plans.

#### Guiding Values and Principles

N/A

### **Promotion/Prevention/Early Intervention**

Strategic directions #1 and #4 encompass a variety of upstream approaches aimed at preventing mental health problems and substance abuse, focusing on both risk factors that make people vulnerable to mental health problems and addictions, as well as protective factors that support mental wellness at the family and community level, build coping skills and promote resiliency. This includes activities addressing the social determinants of health, as well as activities focused on specific risk factors such as fetal alcohol spectrum disorder and family violence. The strategic framework also provides characteristics of promising practices in prevention and early intervention, as well as promising practices in Indigenous-specific mental health promotion.

### **Evaluation/Measures/Indicators**

An accountability framework will be built into the three action plans. These will set out measurable outcomes to be targeted.

### **Sources**

Department of Health and Social Services. (2016). *Mind and Spirit: Promoting Mental Health and Addictions Recovery in the Northwest Territories - Strategic Framework 2016-2021*. Retrieved from: <http://www.hss.gov.nt.ca/sites/hss/files/resources/mind-spirit-promoting-mental-health-addictions-recovery-nwt-strategic-framework-web.pdf>

### **Preceding Strategies and Accompanying Evaluation Reports**

Government of Northwest Territories. (2012). *A Shared Path Towards Wellness: Mental Health and Addictions Action Plan 2012–2015*. Retrieved from: [http://www.fshssa.hss.gov.nt.ca/sites/default/files/a\\_shared\\_path\\_towards\\_wellness.pdf](http://www.fshssa.hss.gov.nt.ca/sites/default/files/a_shared_path_towards_wellness.pdf)

## 8.2 Child and Youth Mental Wellness Action Plan 2017-2021

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### Organization

Government of Northwest Territories, Department of Health and Social Services

### Year

2017

### Sub-populations

Children, youth and emerging adults (0-24 years); Families; Communities; Indigenous peoples

### Summary

The Child and Youth Mental Wellness Action Plan is the first of three action plans to be developed in conjunction with the Mind and Spirit Strategic Framework. This action plan is the result of extensive review, consultation with youth, and collaboration among multiple instances within the Government of the Northwest Territories (GNWT) (health and social services system, Department of Education, Culture and Employment, Department of Justice, and Department of Municipal and Community Affairs).

The goal of this action plan is to ensure "Children, youth and emerging adults (ages 0-24) are supported in their mental wellness needs at every stage of their journey" (Department of Health and Social Services, 2017, p. 6). The plan lists all activities to be undertaken with corresponding timelines, the government bodies responsible for each activity, as well as outputs, and expected outcomes.

Additionally, the Child and Youth Mental Wellness Action Plan is aligned with and builds upon other GNWT policy frameworks and action plans, including:

- *Building Stronger Families - An Action Plan to Transform Child and Family Services*
- *Building a Culturally Respectful Health and Social Services System*
- *Early Childhood Development Strategic Framework and Action Plans*
- *Government of the Northwest Territories Anti-Poverty Action Plan*
- *Northwest Territories Aboriginal Languages Framework: A Shared Responsibility*
- *NWT Education Renewal Action Plan*
- *Skills 4 Success 4-Year Action Plan*

### Objectives

This action plan identifies five objectives (Department of Health and Social Services, 2017, p. 6):

1. "Improve mental health literacy among children, youth and families"
2. "Create a supportive environment to protect the mental wellness of children and youth"
3. "Create a capable and skilled community of adults to support the mental wellness of children and youth"
4. "Improve access to mental wellness services and programs for children and youth"
5. "Improve mental wellness programs and services through the use of locally relevant data and perspectives"

### **Guiding Values and Principles**

N/A

### **Promotion/Prevention/Early Intervention**

This action plan expands upon strategic direction #1 (A focus on prevention and early intervention) in the Mind and Spirit Strategic Framework and identifies health promotion, illness prevention, and early intervention activities targeting children, youth, their parents/caregivers, and families. These activities comprise the development and implementation of school and community-based programming, as well as GNWT programs, in addition to the use of alternative mediums and technology, such as the implementation of a social marketing campaign on youth mental wellness.

Specific efforts include the integration of mental wellness content in early childhood and preschool programs and services, as well as school curricula; activities aimed at improving positive parenting knowledge and skills; providing access to recovery and support programs in shelters to break the cycle of family violence; increasing access to school and community-based programming, as well as GNWT programs, focused on youth leadership, resiliency, healthy relationships and mentorship, in addition to the social determinants of health, and language and culture; promoting participation in recreational activities that promote and protect health and wellness; improving access to programs and services that are more inclusive in terms of language and delivery; and establishing a Territorial Suicide and Crisis Support Network to support communities in preventing suicides and during times of crisis.

### **Evaluation/Measures/Indicators**

Progress on specific activities will be reported through the NWT Health and Social Services System Annual Report. Individual monitoring and evaluation plans will be developed for certain other activities. Expected outcomes for each objective can be found in the action plan.

In addition, local, existing data will be used to establish and monitor indicators related to child and youth mental wellness in order to inform program development and improvement.

### **Sources**

Department of Health and Social Services. (2017). *Child and Youth Mental Wellness Action Plan 2017-2022*. Retrieved from: <http://www.hss.gov.nt.ca/sites/hss/files/resources/child-youth-mental-wellness-action-plan-2017-2022.pdf>

### **Preceding Strategies and Accompanying Evaluation Reports**

N/A



## 9 Ontario

### 9.1 Open Minds, Healthy Minds: Ontario's Comprehensive Mental Health and Addictions Strategy

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#### Organization

Government of Ontario

#### Year

2011

#### Sub-populations

Whole population approach; people who use substances

#### Summary

“Open Minds, Healthy Minds, Ontario's [10-year] Comprehensive Mental Health and Addictions Strategy, is our plan to support mental health throughout life, from childhood to old age, and to provide the integrated services and supports that Ontarians need if they experience a mental illness or addictions” (Government of Ontario, 2011, p. 5).

“One of our biggest challenges is that mental health and addictions services are fragmented, spread across several ministries and offered in a variety of care settings.

Open Minds, Healthy Minds addresses this complicated system by striving to keep the person at the centre and providing the support they need to direct their own care and build on their strengths.

Our strategy is aligned with the Excellent Care for All initiative, which encourages the use of best practices to organize health care delivery around the person in the most efficient, integrated way possible” (Government of Ontario, 2011, p. 6).

The Mental Health and Addictions Leadership Advisory Council was appointed by the Minister of Health and Long-Term Care in 2014 to advise on the implementation of the strategy. This advisory body was given a three-year mandate to provide advice on key priorities, make recommendations, and report annually on the strategy's progress.

The 2017 Report: *Realizing the Vision: Better Mental Health Means Better Health* is available here: [http://www.health.gov.on.ca/en/common/ministry/publications/reports/bmhmbh\\_2017/vision\\_2017.pdf](http://www.health.gov.on.ca/en/common/ministry/publications/reports/bmhmbh_2017/vision_2017.pdf).

The 2016 Report: *Moving Forward: Better Mental Health Means Better Health* is available here: [http://www.health.gov.on.ca/en/common/ministry/publications/reports/bmhmbh\\_2016/moving\\_forward\\_2016.pdf](http://www.health.gov.on.ca/en/common/ministry/publications/reports/bmhmbh_2016/moving_forward_2016.pdf).

The 2015 Report: *Better Mental Health Means Better Health* is available here: [http://www.health.gov.on.ca/en/common/ministry/publications/reports/bmhmbh/mental\\_health\\_advisory\\_council.pdf](http://www.health.gov.on.ca/en/common/ministry/publications/reports/bmhmbh/mental_health_advisory_council.pdf).

## Objectives

“[The] long-term, comprehensive strategy reinforces [Ontario's] efforts on *The Poverty Reduction Strategy*, *Early Learning Strategy* and the *Long-Term Affordable Housing Strategy* with four guiding goals:

1. Improve mental health and well-being for all Ontarians;
2. Create healthy, resilient, inclusive communities;
3. Identify mental health and addictions problems early and intervene; and
4. Provide timely, high-quality, integrated, person-directed health and other human services”  
(Government of Ontario, 2011, p. 4).

“[The] first three years will start with children and youth. [The] focus [will be] on early intervention and support to protect children from the many associated costs of mental illness and addictions and help steer them on the road to safe, healthy, and happy futures.

We will:

- Provide children, youth and families with fast access to high quality services;
- Identify and intervene in child and youth mental health and addictions issues early;
- Close critical service gaps for vulnerable children and youth, children and youth at key transition points, and those in remote communities” (Government of Ontario, 2011, p. 4).

## Guiding Values and Principles

“Respect and understanding [...] Healthy development, hope and recovery [...] Person-directed services [...] Diversity, equity and social justice [...] Excellence and innovation [...] Accountability”  
(Government of Ontario, 2011, p. 9)

## Promotion/Prevention/Early Intervention

Individual and community-level health promotion and illness prevention initiatives are detailed under the “Improve mental health and well-being for all Ontarians” and “Create healthy, resilient, inclusive communities” goals. Actions comprise:

- Targeted activities for children, youth and families, such as early identification of mental health needs and accompanying programs and services, reducing stigma by promoting equity and diversity, physical activity, healthy eating and self-esteem, and developing parenting and peer support programs
- For adults, developing and delivering workplace education and awareness programs and best practices to promote supportive work environments
- For population groups at risk for mental health and addictions problems (Aboriginal communities, individuals with developmental or physical disabilities, recent immigrants, people experiencing unemployment, seniors and those who have experienced trauma), collaborating with partners in the development of targeted education and awareness programs to improve mental health literacy, foster resilience and mental wellness
- At the community level, promoting access to the social determinants of health - employment and housing - by harmonizing existing and developing new policies to improve housing and employment supports for people with mental health and addictions problems, and creating community hubs for activities and services that integrate healthcare, mental health and addictions

services, housing and other services; efforts to address the reduction of stigma and discrimination towards people with a mental illness or addictions by implementing health promotion activities and anti-stigma practices at the population level

Early intervention actions are also highlighted under the “Identify mental health and addictions problems early and intervene” goal.

Furthermore, the first three years of Ontario’s Comprehensive Mental Health and Addictions Strategy will focus on children and youth.

**Evaluation/Measures/Indicators**

Every two years, the government will work with the Advisory Council to publish and post a public progress report on the Comprehensive Strategy.

**Sources**

Government of Ontario. (2011). *Open Minds, Healthy Minds. Ontario's Comprehensive Mental Health and Addictions Strategy*. Retrieved from:  
[http://www.ocoped.ca/PDF/Open\\_minds\\_healthy\\_minds\\_2011.pdf](http://www.ocoped.ca/PDF/Open_minds_healthy_minds_2011.pdf)

**Preceding Strategies and Accompanying Evaluation Reports**

N/A



## 10 Prince Edward Island

### 10.1 Moving Forward Together: Prince Edward Island's Mental Health and Addictions Strategy 2016-2026

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#### Organization

Government of Prince Edward Island

#### Year

2016

#### Sub-populations

Whole population approach; Children, young people and families; People living with mental health problems and illnesses; Diverse communities; Individuals with complex needs

#### Summary

Prince Edward Island's 10-year Mental Health and Addictions Strategy embraces the following vision: "All people living in Prince Edward Island will have the equal opportunity to achieve and maintain the best possible mental health and well-being throughout their lifetime" (Government of Prince Edward Island, 2016, p. 1). As such, this strategy emphasizes a comprehensive approach, involving the collective action of multiple ministries, in transforming the current mental health services system. This document identifies challenges the system faces, long-term strategies for change, and describes expected outcomes.

The following overall goals have been identified to frame efforts over the next decade (2016-2026):

- "People get the right amount of support that matches their need and wait times for appropriate care will be reduced
- People and their families receive services and support that is designed around them and their needs
- A person's recovery is supported at every point of contact
- Mental health problems and illnesses will be recognized early, in people of all ages
- More collaboration within government and between government and community will occur to promote mental health
- Stigma and discrimination will be eliminated
- Mental health outcomes for specific diverse population groups will improve" (Government of Prince Edward Island, 2016, p. ii)

The Strategy will be linked with other provincial strategies, plans and initiatives.

#### Objectives

Five interconnected strategic priorities are identified (Government of Prince Edward Island, 2016, p. ii):

1. "Mental Health Promotion for People of All Ages"
2. "Access to the Right Service, Treatment and Support"

3. “An Innovative and Collaborative Workforce”
4. “Invest Early- Focus on Children, Young People and Families”
5. “Foster Recovery and Well-being for People of All Ages”

For each priority, areas for action have been identified, as well as expected outcomes.

### **Guiding Values and Principles**

The following guiding principles apply to all efforts carried out within the scope of this strategy:

- “Everyone has a role to play in mental health
- People can and do recover; and recovery is a unique and personal process
- The system is organized with and around the needs of people and their families
- Culturally safe and competent programs and services are available to everyone
- Services are delivered using the best available knowledge, and are informed by ongoing monitoring, and evaluation
- The prevention of mental illness and the promotion of mental health is a key focus
- There is effective use of resources at all times” (Government of Prince Edward Island, 2016, p. ii)

### **Promotion/Prevention/Early Intervention**

This strategy recognizes the importance of investing in mental health promotion and illness prevention initiatives, and of addressing the broader social determinants of mental health. Strategic priority #1 comprises the following areas for action: implementation of evidence-based promotion and prevention activities addressing the determinants of mental health at different levels (individual, community, organizational, societal), and in different settings, including promoting mentally healthy workplaces, and affordable and safe housing for individuals with complex needs; support for community-based promotion and prevention initiatives, as well as activities targeting diverse populations, but capable of addressing distinct needs; policies and programs that minimize harm caused by substance misuse, and improve public awareness; and legislation, policy and practices that support the above-mentioned initiatives.

Additionally, several other strategic priorities include promotion and prevention activities. For instance, strategic priority #4, which focuses on early investment in children, young people and families, identifies the following related priority areas: designing and delivering evidence-based programs that promote the socio-emotional development of children and youth, while supporting parents and families; and ensuring a continuum of education, promotion and prevention programs/services for youth mental health and substance use issues.

Furthermore, strategic priority #2 recommends the continued implementation of a tiered-care approach to services, from universal prevention to acute care, so that people receive support that matches their needs. Other related priorities include creating cross-government, community and industry partnerships to improve outcomes in the areas of housing and corrections, and further strengthening the role of the community to provide more supports for individuals with lived experience and their families.

### **Evaluation/Measures/Indicators**

An evaluation plan will be developed to track progress, targets, and outcomes.

Anticipated outcomes for strategic priority #1 include:

- “Greater workplace productivity and reduced absenteeism
- Healthier more resilient communities
- Improved population mental health
- Lower rates of some mental illnesses
- More people living in safe, stable homes and fewer living in hospital” (Government of Prince Edward Island, 2016, p. 7)

Anticipated outcomes for the other strategic priorities can be found in *Moving Forward Together: Prince Edward Island's Mental Health and Addictions Strategy 2016-2026* (see pages 12, 14, 17, 20).

### **Sources**

Government of Prince Edward Island. (2016). *Moving Forward Together: Prince Edward Island's Mental Health and Addictions Strategy 2016-2026*. Retrieved from: [https://www.princeedwardisland.ca/sites/default/files/publications/peimentalhealthaddictionsstrategy\\_moving\\_forward.pdf](https://www.princeedwardisland.ca/sites/default/files/publications/peimentalhealthaddictionsstrategy_moving_forward.pdf)

### **Preceding Strategies and Accompanying Evaluation Reports**

N/A





## 11 Québec

### 11.1 Working together and differently: 2015-2020 Mental Health Action Plan

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#### Organization

Government of Québec, Department of Health and Social Services

#### Year

2015

#### Sub-populations

Whole population approach; Children and youth; Adults; People living with mental disorders; Service users; Indigenous peoples

#### Summary

The 2015-2020 Mental Health Action Plan (referred to by its French acronym, PASM) represents a continuation of the previous action plan, with a greater emphasis placed on orientations that allow for a more adequate response to the diverse needs of individuals who use mental health services, as well as the improvement of practices.

Three accompanying guides have been published in support of this mental health action plan:

- The action plan on the primacy of the person in the provision and organization of services (*Le Plan d'action sur la primauté de la personne dans la prestation et l'organisation des services*) (measure 1)
- Combating stigma and discrimination in the health and social services network (*La lutte contre la stigmatisation et la discrimination dans le réseau de la santé et des services sociaux*) (measure 1 and measure 1.2)
- Participation of service users and their family/support network in the planning and organization of services (*La participation de personnes utilisatrices de services et de membres de l'entourage à la planification et à l'organisation des services*) (measure 1 and measure 1.5)

#### Objectives

This action plan is based on four orientations [citations translated from the Department of Health and Social Services, 2015, p. 12]:

- “Promote the primacy of the person and the full exercise of his or her citizenship,” or the implementation of a context that promotes the recovery of service users
- “Provide care and services adapted to youth, from birth to adulthood
- Promote clinical and management practices that improve the patient experience
- Ensure quality performance and continuous improvement of mental health care and services”

### **Guiding Values and Principles**

The proposed measures in this action plan are underpinned by the following values and principles: the primacy of the person; the recognition of a person's family and immediate support network as partners in the planning and organization of services; the sharing of responsibilities; as well as a recovery-oriented approach; the delivery of care and services in a timely manner and based on collaborative practices, and organizational and clinical practices that are part of a process of continuous quality improvement.

### **Promotion/Prevention/Early Intervention**

“While the PASM is also intended to encourage mental health promotion and the prevention of mental disorders and suicide, the [Québec Public Health Plan (known by its French acronym, PNSP)] remains the main policy tool for addressing these issues and supporting their implementation. The actions proposed in the PASM are harmonized with those proposed by the PNSP” [translated from the Department of Health and Social Services, 2015, p. 8].

Nevertheless, this action plan proposes universal and targeted mental health promotion/prevention measures. For instance, measure 8 requires the implementation of a mental health action plan, including effective measures for the promotion of mental health at work by each institution in the health and social services system. In terms of suicide prevention, measure 29 requires the creation of follow-up services for individuals who are or who have been at risk of committing suicide for each integrated health and social services centre; informing partners of follow-up services for crisis management, and establishing a process for referral to partnering organizations. Through measure 30, the MSSS will also continue to collaborate with the First Nations of Québec and Labrador Health and Social Services Commission (FNQLHSSC) in adapting best practice guides for suicide prevention and in training healthcare providers in First Nations communities not covered by the northern agreements. The MSSS will also collaborate in the implementation of similar activities within Indigenous communities covered by the northern agreements.

In addition, the action plan identifies universal measures for mental health promotion and the prevention of mental disorders in children and families. Measures 9 and 10 propose cross-government collaboration in the development and implementation of promotion and prevention activities within school settings to support the healthy development of Québec children. Finally, measure 11 recalls commitments set by the MSSS in the interdepartmental plan for homelessness 2014-2019 (*Plan d'action interministériel en itinérance 2014-2019*), including the implementation and improvement of programs for children and youth, and the detection of addiction and mental illness problems in parents targeted by these programs for referral to appropriate services.

### **Evaluation/Measures/Indicators**

The plan action will be accompanied by governmental and territorial implementation plans. These will detail governmental and territorial measures related to objectives in the action plan, timelines, target outcomes, expected results, methods and tools for ongoing monitoring of implementation, etc. Data will be collected and analyzed regularly for each target outcome. Most data will be reviewed annually. Some targets corresponding to one-off or specific deliverables (e.g. policy development) or processes (e.g. implementation of a work group) will be tracked through a mid-term and a final report.

With a view toward ensuring high quality services and continuous improvement, “the MSSS will conduct an assessment determining compliance with governmental standards for mental health services. This process will focus on measuring compliance with governmental standards, particularly in regards to quality, services offered, required clinical processes, required organizational practices, and the time required to access services”[translated from the Department of Health and Social Services, 2015, p. 63].

“In addition, an implementation evaluation will be conducted when the PASM comes to term. Considering all measures, it will document the achievement of anticipated outcomes, as well as the factors that contributed significantly to their achievement or, on the contrary, impeded achievement” [translated from the Department of Health and Social Services, 2015, p. 63].

### **Sources**

Ministère de la Santé et des Services sociaux. (2015). *Faire ensemble et autrement : plan d'action en santé mentale 2015-2020*. Retrieved from:

<http://publications.msss.gouv.qc.ca/msss/fichiers/2015/15-914-04W.pdf>

### **Preceding Strategies and Accompanying Evaluation Reports**

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## 12 Saskatchewan

### 12.1 Working Together for Change: A 10 Year Mental Health and Addictions Action Plan for Saskatchewan

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#### Organization

Government of Saskatchewan

#### Year

2014

#### Sub-populations

Children, youth and families; Seniors; Individuals with persistent and complex mental health and addictions issues; Diverse communities; Indigenous peoples

#### Summary

In 2014, Dr. Fern Stockdale Winder, Commissioner of the Mental Health and Addictions Action Plan, submitted her report to the Government of Saskatchewan. It is the culmination of extensive public consultations across the province. Saskatchewan's action plan embraces the vision of a more accessible and responsive system that is coordinated and recovery-oriented. This report elaborates on a series of 16 recommendations for improving how the province responds to individuals with mental health and addictions across the human service sectors.

The Government of Saskatchewan has endorsed this 10-year Mental Health and Addictions Action Plan.

A list of cross-ministry initiatives supporting the Mental Health and Addictions Action Plan recommendations is available here: <http://publications.gov.sk.ca/documents/13/99239-Mental%20Health%20and%20Addictions%20Action%20Plan%20-%20Cross-Ministry%20Supporting%20Intiatives.pdf>.

#### Objectives

The Mental Health and Addictions Action Plan outlines 16 recommendations that fall into seven categories (Winder, 2014, pp. 10, 12, 13, 14, 15, 16):

1. "Enhance Access and Capacity and Support Recovery in the Community"
2. "Focus on Prevention and Early Intervention"
3. "Create Person and Family-Centred and Coordinated Services"
4. "Respond to Diversities"
5. "Partner with First Nations and Métis Peoples"
6. "Reduce Stigma and Increase Awareness"
7. "Transform the System and Sustain the Change"

### **Guiding Values and Principles**

Underlying the vision of this action plan are the following principles: “person-centred, accessible, equitable, culturally-responsive, client-informed choices, coordinated, accountable, and of high quality with sufficient capacity to meet the needs of [the] province” (Winder, 2014, p. 6).

### **Promotion/Prevention/Early Intervention**

Upstream recommendations proposed in this action plan include the following:

- Expanding existing programs that foster healthy families and communities and positive environments for emotional development. Specific actions comprise improving access to maternal mental health resources, family skills-building and parenting resources, and preschool programs for at-risk children, promoting community wellness initiatives, enhancing efforts for assessing suicide risk, especially in seniors and youth, and coordinating a province-wide effort to reduce the harms associated with alcohol misuse.
- Delivering programs and services that promote better emotional health in children and youth in schools and other frequented settings.
- Increasing awareness of the negative impact of stigma and discrimination, and improving service responsiveness to diversities including gender, sexual orientation and disabilities.
- Developing a public education and awareness program as a means of increasing awareness of mental health and addictions issues, expanding the delivery of best practice programs shown to reduce stigma, and creating workplace awareness and promotion of psychological health and safety. This also includes working in partnership with the private sector to promote greater employment opportunities and the creation of safe and stable housing options for individuals living with mental health and addictions issues.
- Partnering with First Nations and Métis peoples in planning and delivering services that meet community needs.

### **Evaluation/Measures/Indicators**

No specific evaluation plan is outlined in this action plan. However, the need for regular monitoring and reporting on progress is identified (recommendation 15.3).

### **Sources**

Winder, Fern Stockdale. (2014). *Working Together for Change: A 10 Year Mental Health and Addictions Action Plan for Saskatchewan*. Retrieved from:

<http://publications.gov.sk.ca/documents/13/99244-Mental%20Health%20and%20Addictions%20Action%20Plan%20Full%20Report.pdf>

### **Preceding Strategies and Accompanying Evaluation Reports**

N/A

## 13 Yukon

### 13.1 Forward Together: Yukon Mental Wellness Strategy 2016-2026

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#### Organization

Yukon Government, Department of Health and Social Services

#### Year

2016

#### Sub-populations

Whole population approach; Children, youth and families; Adults and seniors; First Nations; Persons with disabilities

#### Summary

The primary objective of the Yukon Mental Wellness strategy is to “increase seamless mental health, trauma and substance use services with equitable access; a full continuum approach that spans the lifetime; cascading and need-appropriate service delivery and service matching; and to be accessible through any entry point or provider in the Yukon system in a culturally competent manner” (Department of Health and Social Services, 2016, p. 1). As such, this strategy acknowledges the significant interaction between mental health, addictions, and trauma, and proposes the use of a whole person approach. It further recognizes the importance of acting on culture and the broader social determinants of health, specifically within the context of First Nations initiatives.

The Yukon Mental Wellness strategy is aligned with and builds upon past and current work within Yukon, First Nation partners, and other Canadian and international jurisdictions (i.e. *Child and Youth Mental Health and Addiction Framework for the Yukon, Changing Directions, Changing Lives, First Nations Mental Wellness Continuum Framework*).

Finally, this strategy is intended as a “living document” and will change with new research, new practices and experience. A high-level implementation plan is available at the end of this document and identifies priority areas for the first two years.

#### Objectives

This document defines four strategic priorities (Department of Health and Social Services, 2016, p. 1):

1. “Promotion and Prevention”
2. “Service Delivery”
3. “System Performance and Access”
4. “Innovation and Research”

Within these strategic priorities, objectives have been set, and three focus areas will guide the first two years of implementation. Efforts will target improving access through the integration of services; child, youth and family focused initiatives; and community capacity building.

Additionally, implementation of the first two years of the 10-year strategy will focus on children, youth and families as a priority.

## **Guiding Values and Principles**

Eight guiding principles serve as foundation for the strategy and its implementation: “Person-Centered; Culturally Responsive; Integrated and Coordinated; Builds Capacity; Full Continuum; Evidence-Based Design and Practice; Accountable and Ongoing Evaluation; and Across the Life Span” (Department of Health and Social Services, 2016, p. 1).

## **Promotion/Prevention/Early Intervention**

Strategic priority #1 identifies 11 specific promotion/prevention activities. These activities can be grouped under the following three objectives (Department of Health and Social Services, 2016, p. 23-24):

- Objective 1.1: “Create opportunities to promote wellness across the life span with a key focus on prenatal and early childhood development, seniors’ wellness and at-risk areas, and life span transition points”
- Objective 1.2: “Raise awareness and compassion for those individuals, families and care givers experiencing mental health disorders, substance abuse issues and mental health problems and distress”
- Objective 1.3: “Decrease suicide rates in Yukon”

Sample activities include integrating promotion and prevention initiatives into primary care, systematically including messaging in governmental promotion and prevention material, expanding mental wellness efforts to schools and other settings frequented by youth, raising awareness of fetal alcohol spectrum disorder as well as other disabilities, developing anti-stigma messaging, implementing a harms reduction approach to prevention, developing a system-wide approach to suicide prevention, etc. This includes fostering cross-government collaborations, as well as partnerships with municipalities, service providers, and others.

## **Evaluation/Measures/Indicators**

A working group for each of the three priority areas will be responsible for developing implementation plans. An implementation chairperson committee will provide oversight for all implementation activities. This committee will work closely with a community advisory committee to ensure accountability within the mental wellness system.

Preliminary key results for strategic priority #1 include:

- “Yukon people experience an enhanced or greater sense of mental wellness
- Percentage of the population requiring formalized mental health and addiction care will reduce
- Increase in prevention and promotion activities in languages other than English
- Increased number of partnerships addressing promotion and prevention of mental illness, trauma and addictions [...]
- Mental health and addiction-related stigma will be reduced
- Increase in number of anti-stigma campaigns provided in Yukon - in particular in communities outside of Whitehorse
- Increase in awareness of gender-specific mental health and substance use issues [...]
- Decrease in emergency department visits related to intentional self-harm



- Decreased rates of suicide among youth and other population groups in Yukon” (Department of Health and Social Services, 2016, pp. 23-24).

Preliminary key results for other strategic priorities can be found in *Forward Together: Yukon Mental Wellness Strategy 2016-2026*.

### **Sources**

Department of Health and Social Services. (2016). *Forward Together: Yukon Mental Wellness Strategy 2016-2026*. Retrieved from: <http://www.hss.gov.yk.ca/pdf/mentalwellnessstrategy.pdf>

### **Preceding Strategies and Accompanying Evaluation Reports**

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