

# Population Mental Health Framework and the Roles of Public Health

The Ontario Public Health Convention.

March 23, 2018 - Beanfield Centre, Toronto, ON

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for Healthy Public Policy (NCCHPP)



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

# 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

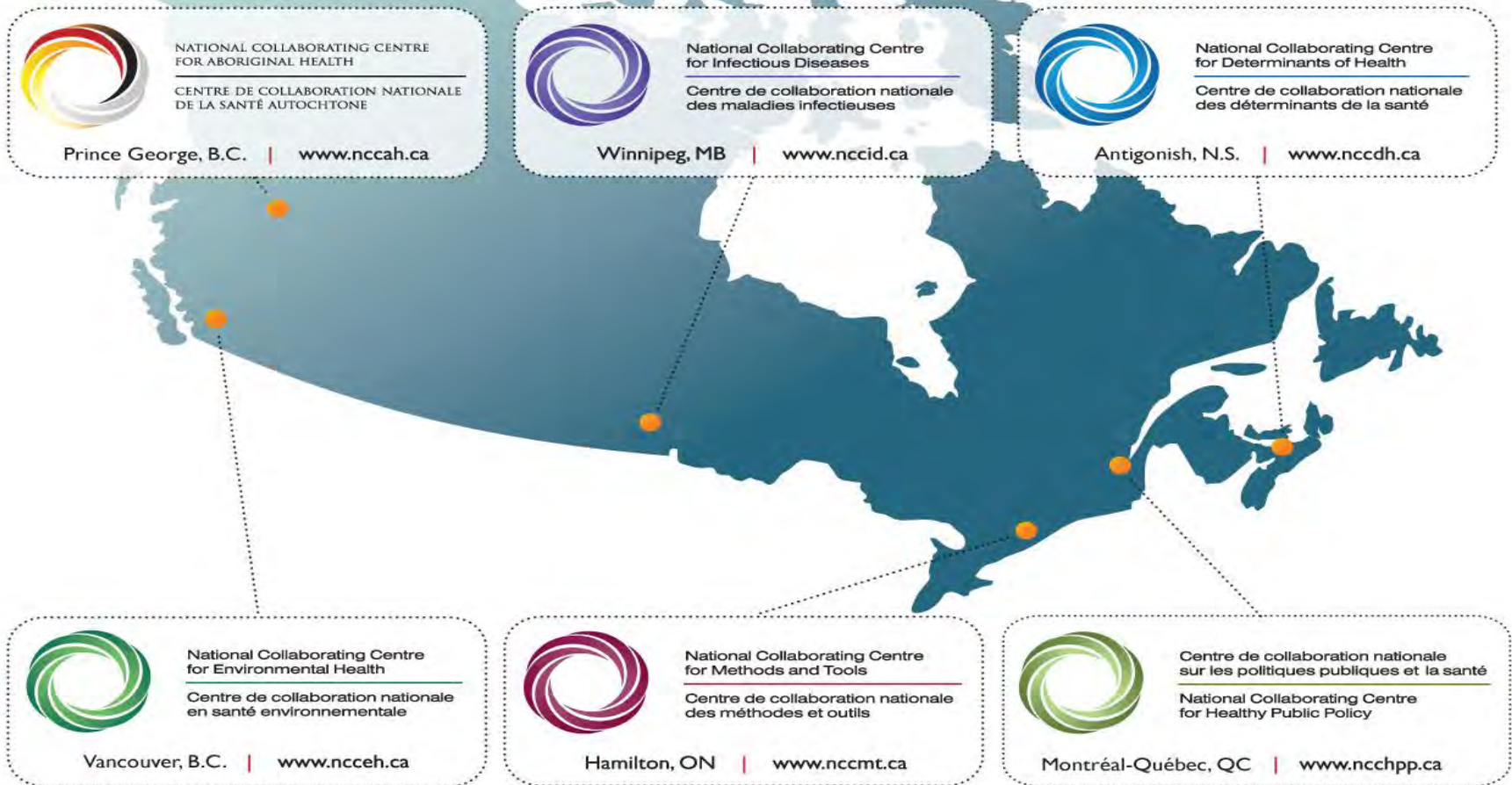
- The effects of public policies on health
- Generating and using knowledge about policies
- Intersectoral actors and mechanisms
- Strategies to influence policy making



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Québec 

# The National Collaborating Centres for Public Health



# Outline of the Presentation

- **WHY:** Public Health and Population Mental Health
- **WHAT:** Population mental health Framework
- **WHO:** Perspectives on roles of Public Health practitioners and needs to support population mental health practice





**WHY?**

Public Health and PMH...



“ **I**llness → **W**ellness ”



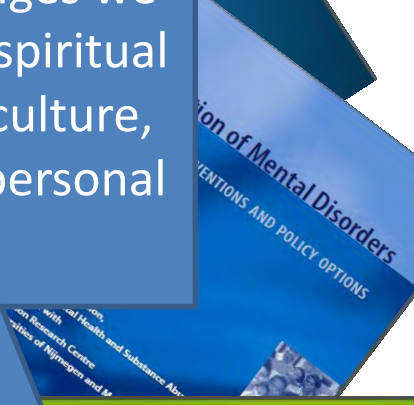
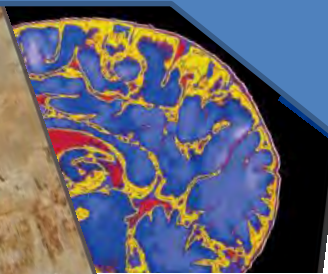
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“Mental health is the capacity of each and all of us to feel, think, and act in ways that enhance our ability to enjoy life and deal with the challenges we face. It is a positive sense of emotional and spiritual well-being that respects the importance of culture, equity, social justice, interconnections and personal dignity.”

No health  
mental he

A cross-government mental  
strategy for people of all ages





The Action Plan for Mental Health in New Brunswick 2011-18



NEW BRUNSWICK

AVIS SCIENTIFIQUE SUR LES INTERVENTIONS EFFICACES EN PROMOTION DE LA SANTÉ ET EN PRÉVENTION DES TROUBLES MENTAUX

PLAN D'ACTION EN SANTÉ MENTALE LA FORCE DES LIENS



Québec

Rising to the Challenge



The Human Face of Mental Health and Mental Illness in Canada 2006

A PATH FORWARD BC First Nations and Aboriginal People's Mental Health and Substance Use - 10 Year Plan



A Provincial Approach to Facilitate Regional and Local Planning and Action

A Shared Path Towards Wellness Mental Health and Addictions Action Plan



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

Ontario

Together We Can

The plan to improve mental health and addictions care for Nova Scotians

NOVA SCOTIA

TOWARD RECOVERY & WELL-BEING

A framework for a Mental Health Strategy for Canada

CHANGING DIRECTIONS THE MENTAL HEALTH STRATEGY

Health Canada / Santé Canada

Mental Health Commission of Canada November 2009





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# TRANSITION

**“Translation of New Public Health thinking into the mental health arena”  
John Ashton Foreward in Brown, Alyson, Learmonth and Mackereth, 2015, p.9**

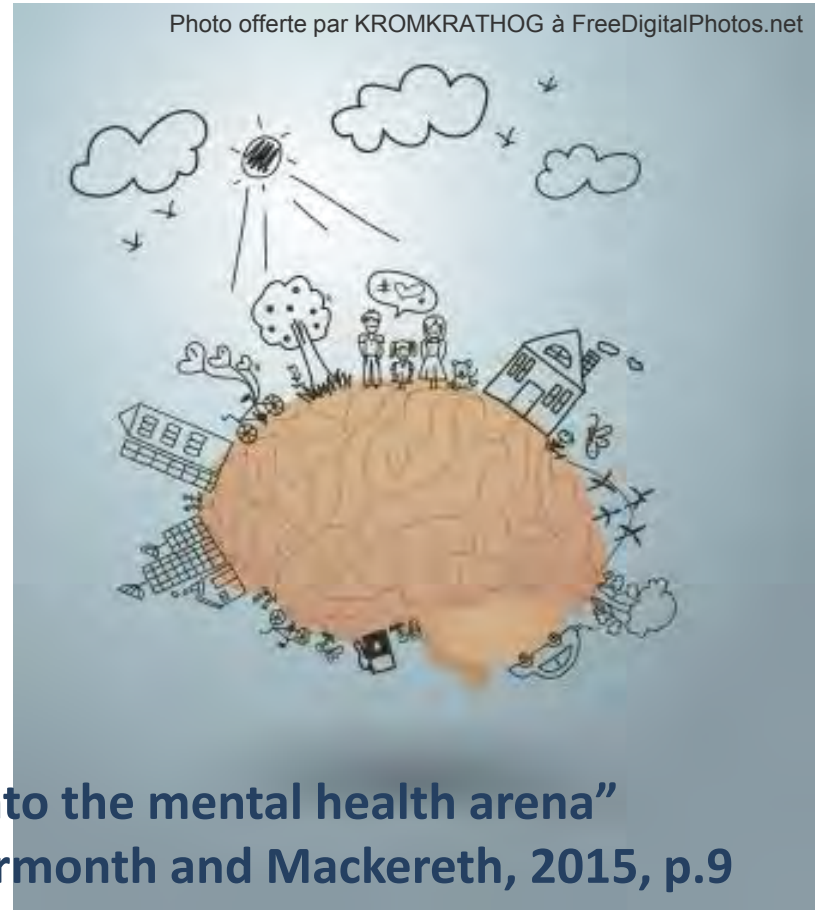


Photo offerte par KROMKRATHOG à FreeDigitalPhotos.net



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A decorative border at the top of the slide consists of a series of overlapping, colorful triangles in shades of blue, orange, green, pink, and purple, creating a jagged, abstract edge.

So what for public  
health?

## Public Health and PMH...

- ❑ Heavy and inequitable burden of mental disorders (1/5) and of **burden of poor mental health-languishing**
- ❑ There is no health without mental health
  - Value of promoting (positive) mental health at population level : associated social, economic, and health outcomes (5/5)



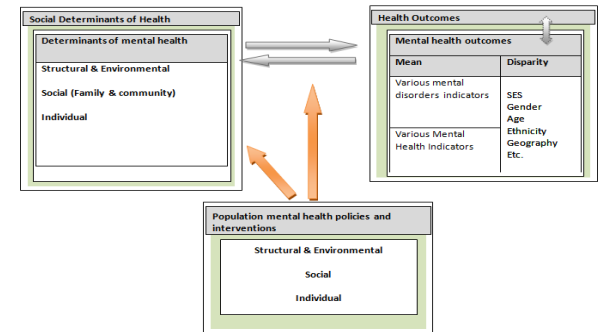


## **WHAT and HOW?**

# Population Mental Health Framework for Public Health (and some background...)

# NCCHPP/PH Population Mental Health Project

- An environmental scan:
  - Strong impetus at policy level
  - Discrepancy at local/regional level
- Frameworks (2 briefing notes, 1 article): **To help legitimise/support/clarify the content, the workforce, the roles...**



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/docs/2014\\_SanteMentale\\_EN.pdf](http://www.ncchpp.ca/docs/2014_SanteMentale_EN.pdf)

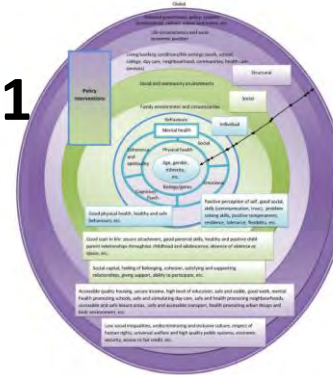
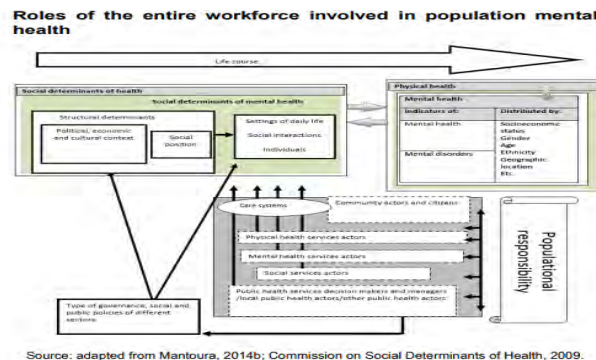


Figure 1 Policy Framework for Mental Health

Mantoura, P. (2014). Framework for healthy public policies favouring Mental Health. Montréal, Québec: National Collaborating Centre for Healthy Public Policy. Retrieved from: [http://www.ncchpp.ca/docs/PPFSM\\_EN\\_Gabarit.pdf](http://www.ncchpp.ca/docs/PPFSM_EN_Gabarit.pdf)

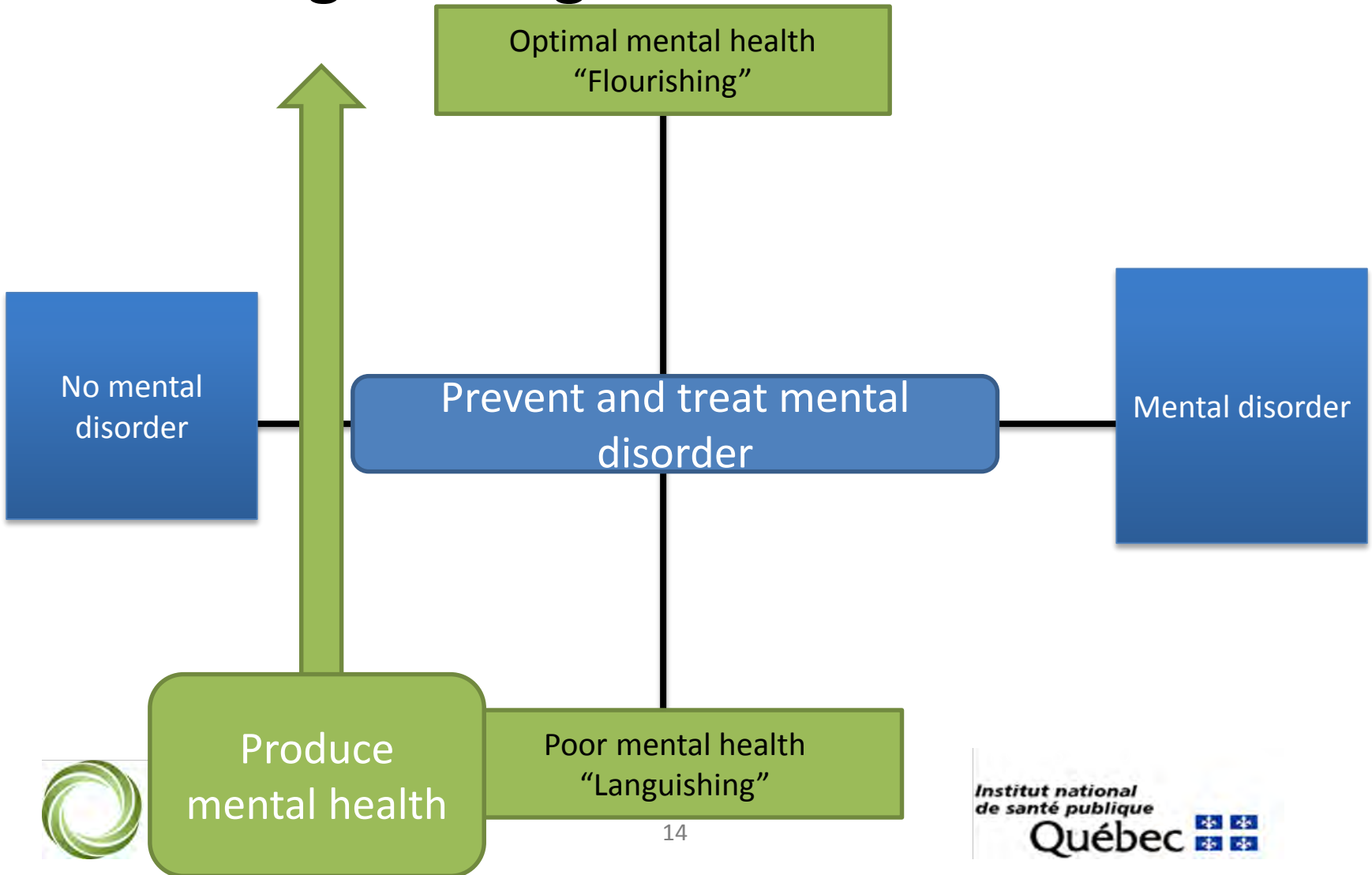
Mantoura, P., Roberge, M.-C., & Fournier, L. (2017). A Framework for Supporting Action in Population Mental Health. Montréal, Québec: National Collaborating Centre for Healthy Public Policy. Retrieved from: [http://www.ncchpp.ca/553/publications.cnpps?id\\_article=1711](http://www.ncchpp.ca/553/publications.cnpps?id_article=1711)



Source: adapted from Mantoura, 2014b; Commission on Social Determinants of Health, 2009.



# Improve the population's mental health: reconciling two logics



# Promoting Mental Health for All A Known Public Health Model

- **Improve everyone's mental health, including recovery for those with mental disorders**
  - **Associated to improvements in social, economic, health functioning for all throughout life trajectory** (Herrman, Saxena, & Moodie, 2005; IUHPE, 2005; Herrman & Jané-Llopis, 2012; Friedli, 2009).
- **Reduce the incidence and prevalence of certain common mental disorders.** (Hosman & Jané-Llopis, 1999; Barry, 2007; IUHPE, 2005, Herrman & Jané-Llopis, 2012; Keyes, Dhingra, & Simoes, 2010; Keyes, Eisenberg, Perry et al., 2012).

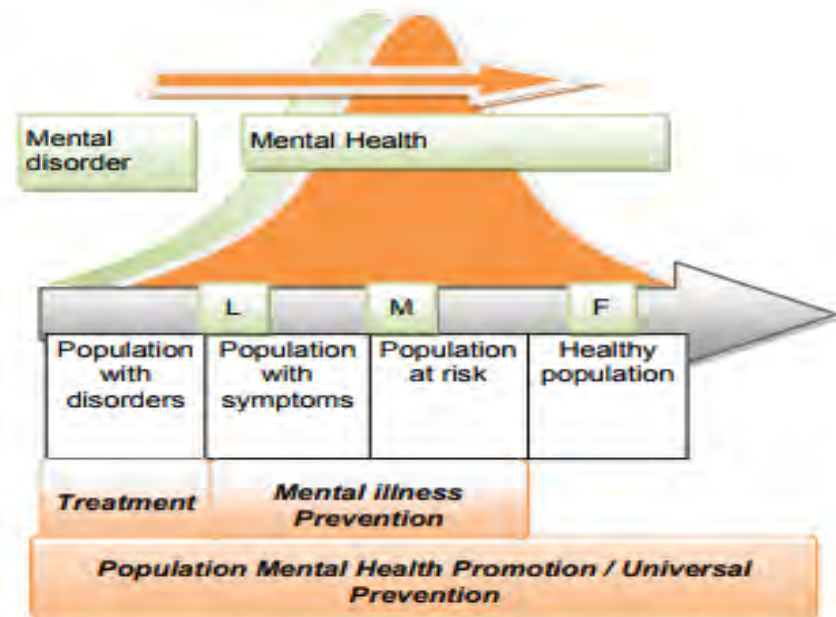
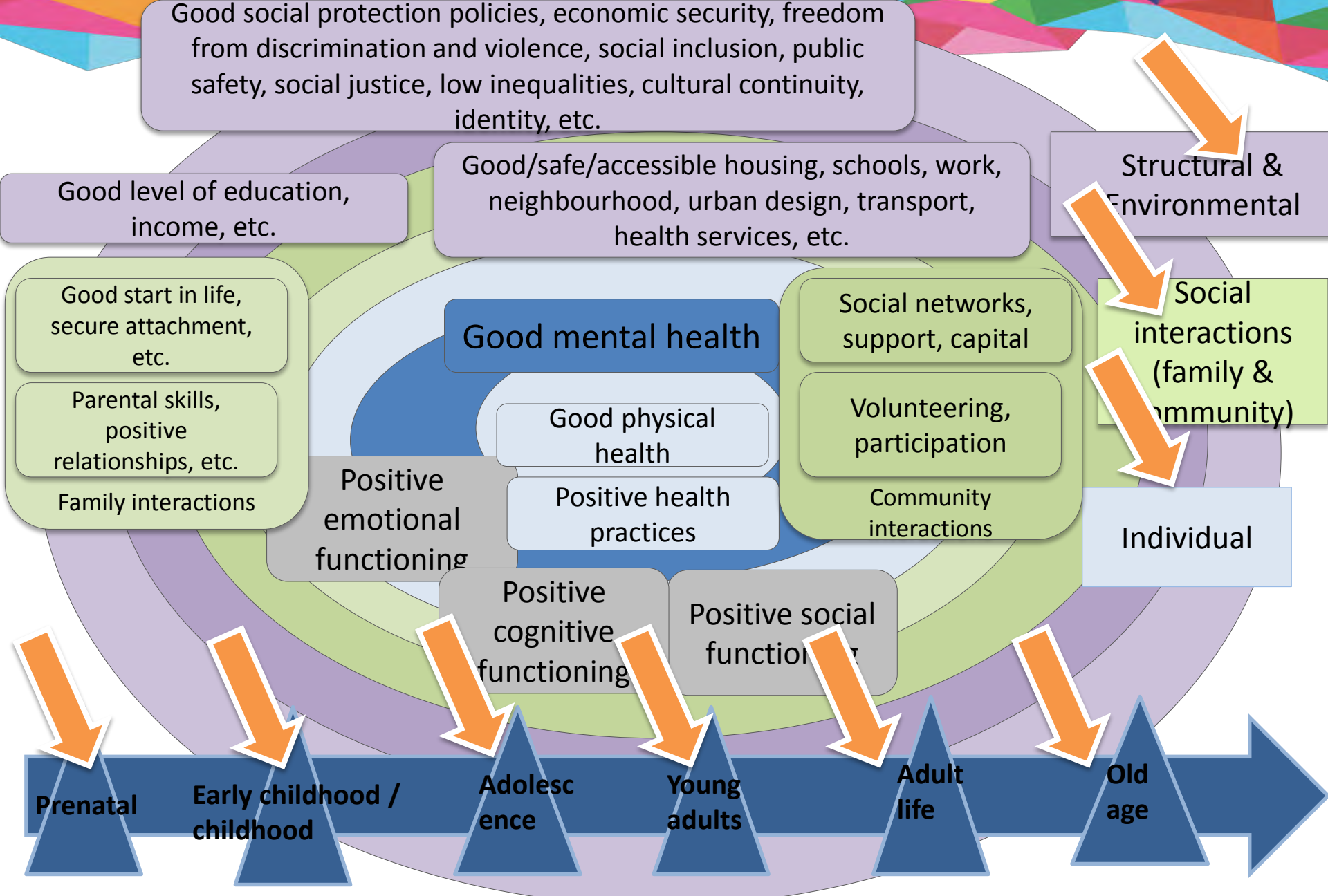


Figure 5 Population mental health promotion (inspired by Barry, 2001)

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/docs/2014\\_SanteMentale\\_EN.pdf](http://www.ncchpp.ca/docs/2014_SanteMentale_EN.pdf)







# « Best and Good Buys »

## **Settings and life stages with best evidence for cost effectiveness of interventions:**

- Parents & Early years
- Life long learning: universal SEL and whole school approaches
- Improving working lives
- Mental health of older people

## **Focus/Levels of Interventions**

- Favoring social inclusion, tolerance, freedom from discrimination and violence, cultural continuity and identity
- Essential resources and opportunities
- Environmental improvements
- Social support, connection, participation
- Individual capacities, skills,
- Lifestyle (diet, exercise, alcohol, sleep)

McDaid & Park, 2011; Herrman & Jané-Llopis, 2012; Jané-Llopis, Anderson, Stewart-Brown et al., 2012; Friedli & Parsonage, 2007; INSPQ, 2008; Department of Health, UK, 2015; Jacka, et al., 2013; Huppert, 2005.

(

# Positive Mental Health Surveillance Indicator Framework

The Positive Mental Health Surveillance Indicator Framework (PMHSIF) provides information on positive mental health outcomes and its associated risk and protective factors. Positive mental health is a state of well-being that allows us to feel, think, and act in ways that enhance our ability to enjoy life and deal with the challenges we face.

The PMHSIF contains a core set of indicators grouped by positive mental health outcomes and four key domains as listed below. Each indicator has a corresponding measure. For each measure in the PMHSIF, pan-Canadian estimates are available for adults aged 18 and older, and youth aged 12–17 years, along with breakdowns by key demographic and socioeconomic variables. A Framework for children is under development. The indicators identified in the PMHSIF are the same for each age group; however, the corresponding measure does differ according to the age group.

For a quick overview of the PMHSIF click on any of the domains listed below. A list of all indicators and measures within the domain, for adults (aged 18 and older) and youth (aged 12–17 years), with their corresponding pan-Canadian estimates, will unfold. Additionally, a detailed description of each measure can be obtained by clicking on the “Description” link next to each measure. The most current versions of the PHMSIF's Quick Stats are also available in a printer-friendly format ([Youth](#) and [Adults](#)).

The “Data Tool” button situated below brings you to a selection tool that provides access to all available **data breakdowns** for every indicator in the PMHSIF.

Use the PMHSIF Data Tool

## POSITIVE MENTAL HEALTH SURVEILLANCE INDICATOR FRAMEWORK

INDICATOR GROUP	INDICATOR MEASURE	LASTY DATA	DATA SOURCE (YEAR)
<b>POSITIVE MENTAL HEALTH OUTCOMES</b>			
Self-rated mental health	% of population who answer that their mental health is "excellent" or "very good"	64.0%	2013 Mental Health Survey (2013)
Optimism	% of population who report being "optimistic" or "not very optimistic"	61.0%	2013 Mental Health Survey (2013)
Life satisfaction	% of population who report being satisfied with the "way they are" or "the way things are"	60.1%	2013 Mental Health Survey (2013)
Psychological well-being	% of population who report being "psychologically well"	77.0%	2013 Mental Health Survey (2013)
Social well-being	% of population who report feeling "connected" or "connected strongly" to their social community	63.8%	2013 Mental Health Survey (2013)
<b>BEHAVIOURAL DETERMINANTS</b>			
Control and self-efficacy	% of population who report feeling in control of their own lives	76.0%	2013 Mental Health Survey (2013)
Motivation	% of population who report feeling motivated to do things that are important to them	62.0%	2013 Mental Health Survey (2013)
Health status	% of population who report feeling their health is "excellent" or "very good"	60.0%	2013 Mental Health Survey (2013)
Physical activity	% of population who report being physically active in the past 7 days	51.0%	2013 Mental Health Survey (2013)

PMHSIF's Quick Stats is also available in a printer-friendly format:

- Youth - [PDF document](#)
- Adults - [PDF document](#)

Centre for Chronic Disease Prevention (2016). Positive Mental Health Surveillance Indicator Framework Quick Statistics, adults (18 years of age and older), Canada, 2016 Edition. Ottawa (ON): Public Health Agency of Canada.. Retrieved from: <https://infobase.phac-aspc.gc.ca/positive-mental-health/>

# Population Mental Health Framework/ Summary-

## Key dimensions

- Mental Health and illness are on **two separate but interrelated continuums**.
- Mental and physical health are inseparable: Holistic conception of health and wellbeing.
- Mental health is a **positive resource created where people live their lives**.
- PMH involves **promoting mental health for everyone**, including those who are at risk or are mentally ill; **and reducing inequalities in mental health**.
- Promoting mental health involves action on social determinants of mental health **at all levels and across the lifespan**.
- ***Action on the SDMH requires cross sectoral intervention through, integration across all sectors and levels, and all of society approaches.***
- **Population mental health requires measurements of positive mental health outcomes.**
- **The public health workforce is well positioned to build on expertise and champion this work in partnerships with actors from other sectors.**





# WHO?

The roles and needs of the Public  
Health Workforce...

# NCCHPP briefing notes and 2 NCCPH collective projects: Exploring stakeholders, needs, and roles...

ing Note  
knowledge relating to healthy public policy

## Population Mental Health in Canada: Summary of Emerging Needs and Orientations to Support the Public Health Workforce

March 2017

### Introduction

Mental health<sup>1</sup> is an essential part of our individual and collective health. The importance of mental health promotion across the whole population has entered the mainstream policy agenda. Many strategy and policy documents in mental health and public health have integrated the goal of mental health promotion (MHP) and mental disease prevention (MDP). In consequence, a dedicated and broader workforce is increasingly called upon to contribute to those objectives. This workforce, however, is not yet sufficiently supported to intervene in the most effective ways with regards to population mental health.<sup>2</sup>

Four Canadian initiatives undertaken during the past three years have assessed public health practitioners' needs and suggested recommendations with regards to public health's action in population mental health. This document provides a synthesis of these emerging needs and avenues for action. It is particularly intended for various stakeholders who wish to:

- Grasp the needs of the workforce at local and regional levels with regards to population mental health, and
- Develop resources, tools or strategies to support that workforce.

This document does not detail the different recommendations as they are outlined in the original reports, and readers who seek in-depth

responsible for these recommendations; nor is it meant as a strategic analysis identifying what is already available, what is missing or how to implement each recommendation. It does, however, provide general suggestions and possible orientations for next steps.

### Canadian survey initiatives

In Canada, four initiatives have identified public health actors' assets or enablers, and needs, and formulated recommendations in certain instances with regards to population mental health-related activities.

Two focused specifically on children and youth in Ontario:

- The study, *Connecting the dots: How Ontario public health units are addressing child and youth mental health* (Centre for Addiction and Mental Health [CAMH], Public Health Ontario, & Toronto Public Health, 2013) presents the range of mental health activities, services, initiatives and programming undertaken by Ontario public health units with children and youth and identifies their sustaining financing and mandates.<sup>3</sup>
- The study, *Identifying areas of focus for mental health promotion in children and youth for Ontario public health: A locally driven collaborative project 2014-2015*, set out "to identify the evidence-informed areas of focus for public health."

## Population Mental Health in Canada: An Overview of the Context, Stakeholders and Initiatives to Support Action in Public Health

March 2017

### Introduction

In Canada, and elsewhere in the world, we are seeing a boom in integrated mental health strategies. These consider that mental health and mental disorders are conceptually distinct but linked. In consequence, they recommend action to promote mental health for the entire population, in addition to interventions aiming at preventing mental disorders and suicide, and providing treatment and rehabilitation to persons living with mental disorders. These strategies are based on a holistic understanding of health, which implies that physical health and mental health are inseparable (i.e., you cannot consider one without the other). Finally, these strategies are based on partnerships between mental health, public health and other sectors.

To foster the population's mental health, the literature stresses the importance of a dedicated public health workforce (that is already specialized in promoting health and preventing disease, and could extend that specialization to mental health promotion [MHP] and mental disorder prevention [MDP]). This public health workforce already develops, facilitates and implements promotion and prevention practices in numerous environments. The literature also emphasizes the need for a broader workforce, whose primary mission is not promotion and prevention. This broader workforce includes actors in the various clinical sectors (physical and mental health), from other sectors (such as education, employment, etc.), as

well. These concern both dedicated and broader workforces. In Canada, while there is clearly enthusiasm at the policy and strategic levels, the local and regional public health workforce is not sufficiently supported to implement these recommendations, despite the fact it is being increasingly called on to take action in MHP and MDP and to establish partnerships with actors from clinical, community and other sectors with the aim of improving the population's mental health.

This document focuses on outlining the context in which public health's population mental health-related goals are evolving so that public health practitioners can better understand the momentum they are witnessing, access key resources, as well as become aware of certain initiatives intended to support them. First, we outline the international, national and provincial contexts and identify guiding resources. Then we present some recommendations and activities that have been proposed elsewhere to support the public health workforce in this field. These resources from abroad may prove useful in guiding Canadian public health practitioners. Finally, we mention recent initiatives that identified assets and needs of the Canadian public health workforce in this field.

### Mental health in public health: a global movement taking varying shapes

For the last ten years, both internationally and

ing Note  
knowing people's attitudes to health by public health



- Mental Health (equated with positive mental health):**
- o Necessary for a life that is healthy, fulfilling, and productive.
  - o More than the absence of mental illness.
  - o Begins before birth and continues through the lifespan.
  - o Shaped by life circumstances, life settings and the events throughout our lives.
  - o Can fluctuate throughout life from a state of languishing to a state of flourishing.
  - o Fluctuations in mental health affect the community as well as the individual's quality of life and general health.
  - o Modifiable by addressing risk and protective factors from individual to societal levels.

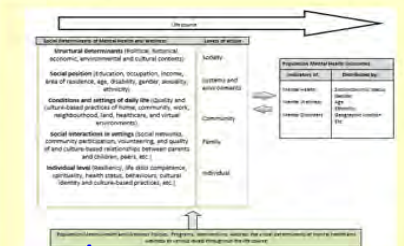
- Who is involved? Everyone**
- Mental health is everybody's business: It can only be achieved through an intersectoral approach, an all of government approach, as well as good engagement of the public through an all-of-society approach.
  - Other sectors (education, housing, justice etc.) may not have mental health promotion as their core activity, yet their actions and interventions deeply impact population mental health and wellness.
  - Public health actors are increasingly called upon to play a leading role – as a "specialist workforce" for PMHWP as well as to establish partnerships with the overall workforce engaged in physical and mental health care, social services, community support, and other sectors.

### HOW is PMHWP done?

- By addressing the social determinants of mental health and wellness at societal, environmental, community, family and individual levels, throughout the life course.
- o Access to essential resources and opportunities: social inclusion, tolerance; cultural diversity, continuity and identity; freedom from discrimination and violence are key.
- Through multiple simultaneous strategies combining:
- o Healthy public policies
  - o Creating supportive environments
  - o Strengthening community action
  - o Reinforcing personal skills
  - o Reorienting health services
- Using:
- o Proportionate universalism
  - o Cultural and gendered approach
  - o Participation and empowerment
  - o Strength and competence enhancement

### What is Population Mental Health and Wellness Promotion (PMHWP)?

Improve mental health and wellness for all and reduce inequalities in mental health and wellness



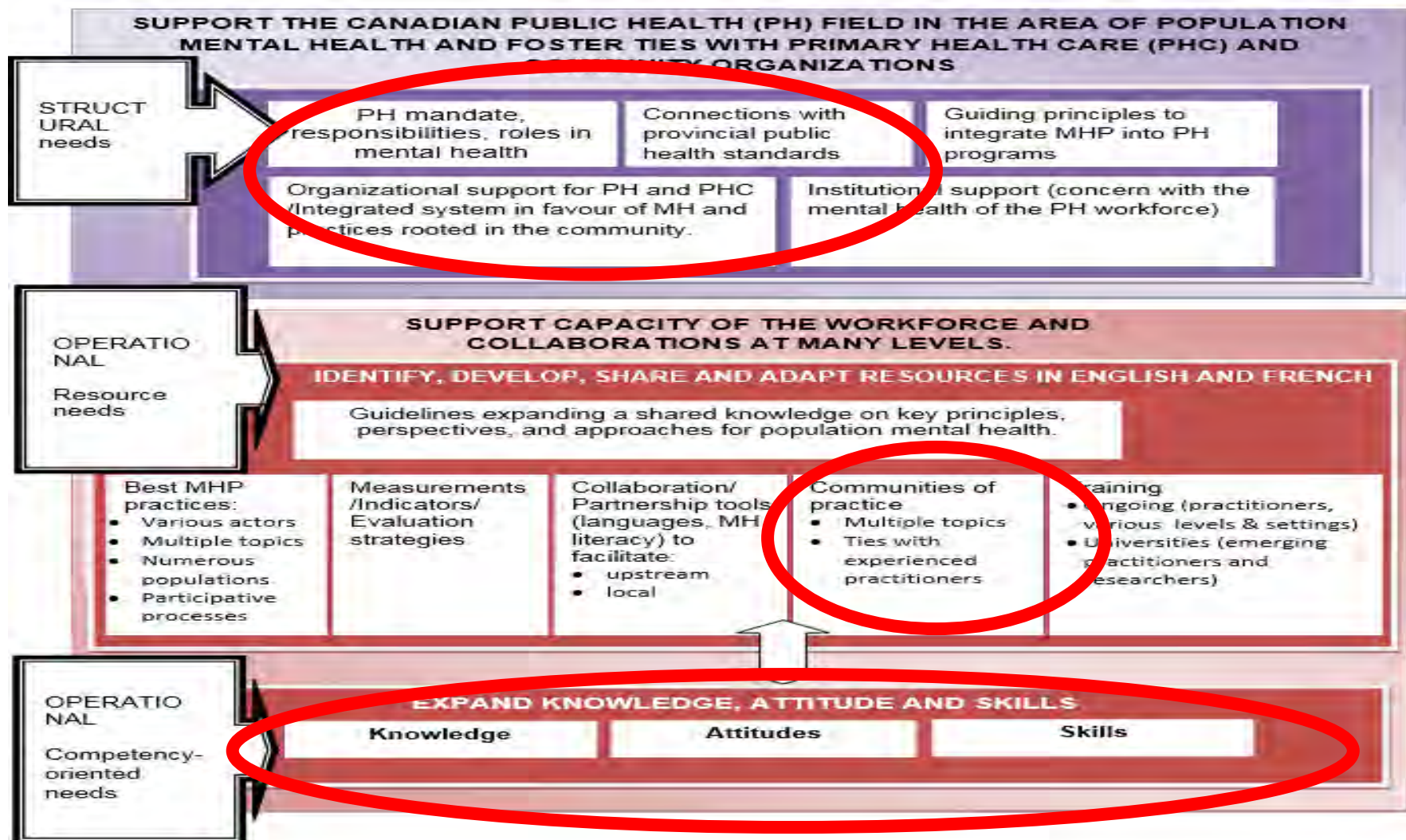
### Why is it important to promote mental health?

- Improved mental health is associated with improvements in physical health, longevity, healthy behaviours, healthy child development, school readiness and success, productivity & employment, participation, social capital, social relations, community safety & efficacy, quality of life, recovery (mental illness and addictions), etc.
- These improvements affect everyone: those who are living with mental illnesses, and those who are not.
- Improved mental health is associated with reduced incidence and prevalence of mental illness, and can support reduced burden of substance use problems.
- Populations and systems benefit from mental health promotion.
- There is a return on investment for mental health promotion and mental illness prevention. A long term view is necessary.

- **Building on public health assets and expertise**
  - **To forge a specialised PH workforce for mental health and wellness promotion**
- Champion/Lead...
- Evaluate/Monitor/Assess..
- Integrate/Embed...
- Mobilize knowledge ...
- Partner/Convene...
- ...



# What's next?



Mantoura, P. (2017). 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](http://www.ncchpp.ca/553/publications.ccnpps?id_article=1654)





THANK YOU...

For questions, comments:  
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