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Mental Health in Public Health: The Importance of Structural Mechanisms

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Mental Health in Public Health in Québec

Structural mechanisms for Quebec's public health sector

- Plan d'action en santé mentale 2015-2020
[Quebec' mental health action plan]:
 - Focus on care and services for people with mental disorders;
 - Recognise the importance of population-wide mental health promotion and mental disorder prevention : the responsibility of the public health sector;
- Programme national de santé publique 2015-2025
[Quebec's public health program];
- Population-based responsibility;
- Politique gouvernementale de prévention en santé
[Quebec Government's preventive health policy];

Programme national de santé publique 2015-2025 [Quebec's public health program]

Clarify the roles and responsibilities of public health actors

- Aim: contribute to improve health and reduce social inequalities by offering a framework for effective actions on health determinants;
- Mental health is a cross-cutting concern integral to the full range of promotional and preventive actions;
- Individuals' health is considered holistically with an emphasis on certain stages of life or priority sectors;
- Focus: actions shaping safe and healthy environments and supporting the development of individuals;

Programme national de santé publique 2015-2025 [Quebec's public health program]

Clarify the roles and responsibilities of public health actors

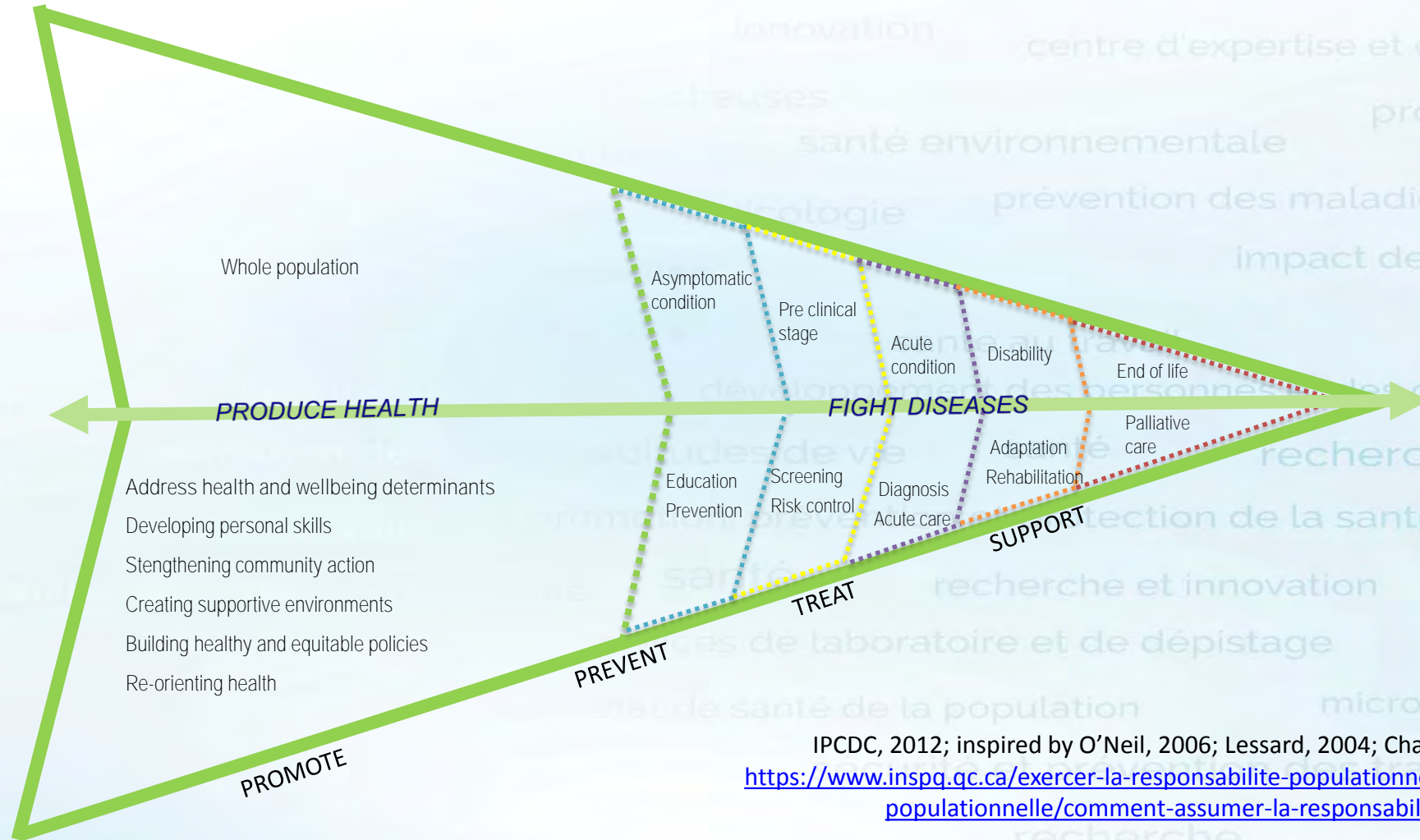
- Mental health promotion through different areas of intervention:
 - Surveillance: e.g. mental health and mental health determinants data
 - Optimal children and youth development: e.g. social and emotional learning;
 - Healthy and safe environment: e.g. psychosocial risk at work;
 - Management of the risks and threats to health: e.g. psychosocial impact of natural disasters related to climate change.
- Public health actors' roles: inform, implement, influence, collaborate.

Population-based responsibility: Quebec's lever for population health

In Quebec's Act Respecting health services and social services

- Shared territorial governance between health and social services, public health and partners (e.g. schools, municipalities, childcare services):
 - Collective responsibility for maintaining and improving the health and wellbeing of the population in a particular territory;
 - Accessibility of a series of social and health services to meet expressed and non-expressed needs of the population, from promotion to recovery;
 - Acting upstream on social determinants of health and wellbeing.
- Public health actors' roles: leaders, coaches.

Integrated services continuum



IPCCD, 2012; inspired by O'Neil, 2006; Lessard, 2004; Charte d'Ottawa, 1986
<https://www.inspq.qc.ca/exercer-la-responsabilite-populationnelle/responsabilite-populationnelle/comment-assumer-la-responsabilite-populationnelle>

Politique gouvernementale de prévention en santé du Québec [Quebec Government's preventive health policy]

A pan-governmental commitment to health and wellbeing

- 15 ministries and organisations involved in acting on a variety of factors to improve the population's health and quality of life;
- 4 orientations: development of individuals; safe and healthy environments; living conditions; preventive action in the health and social services system;
- 9 targets to reach by 2025:
 - E.g. increase the level of emotional, psychological and social wellbeing to 80%;
- Public health actors' roles: facilitators and enablers.

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