

Clarifying and Supporting the Role of Public Health in Population Mental Health

Canadian Mental Health Association Conference

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Declaration of real or potential conflicts of interest

Presenters:

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We have no real or potential conflict of interest related to the material that is being presented today.

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Our mandate

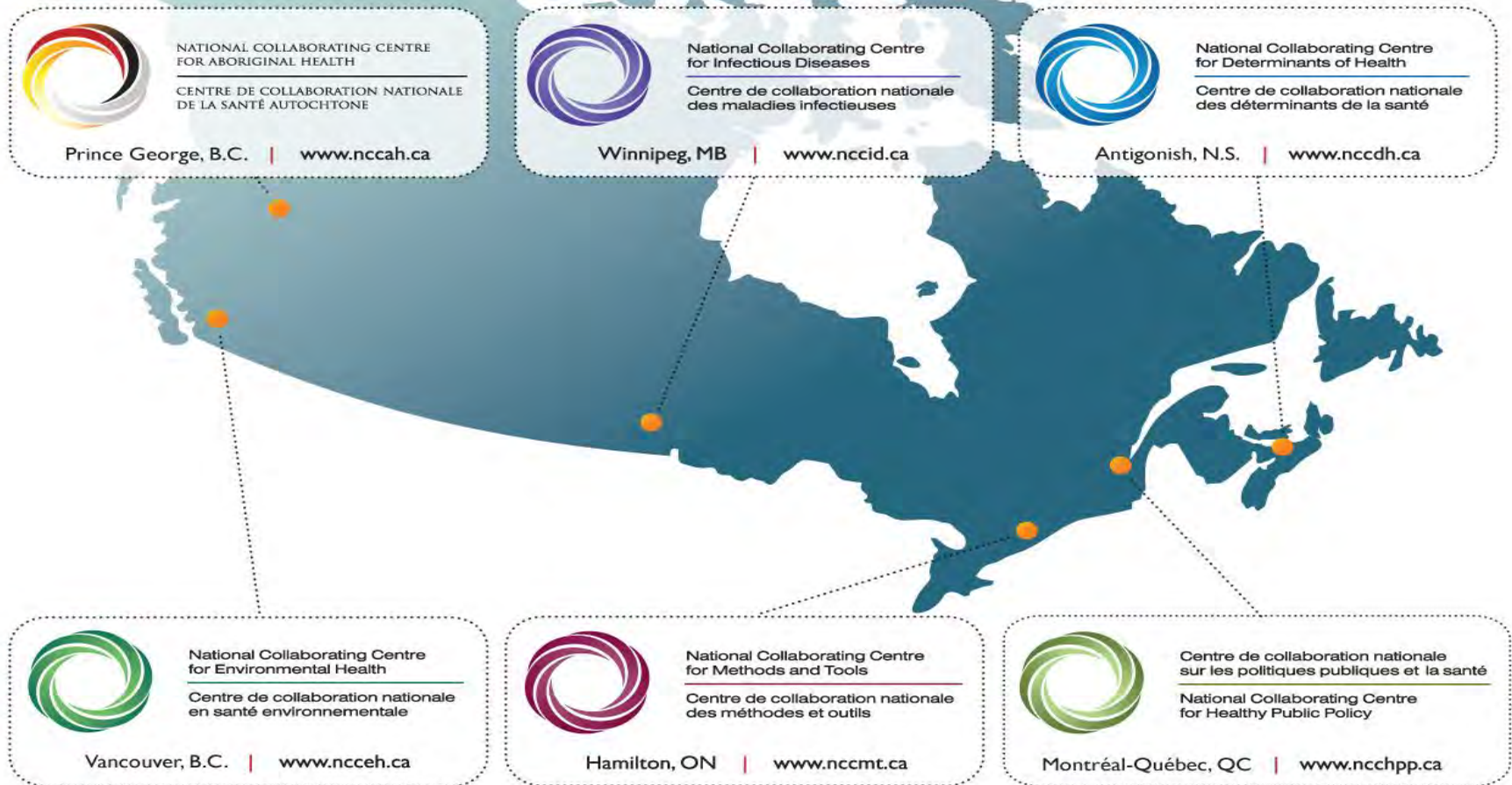
- Support public health actors in their efforts to promote healthy public policies.

Our areas of expertise

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



The National Collaborating Centres for Public Health



“ **I**llness → **W**ellness ”



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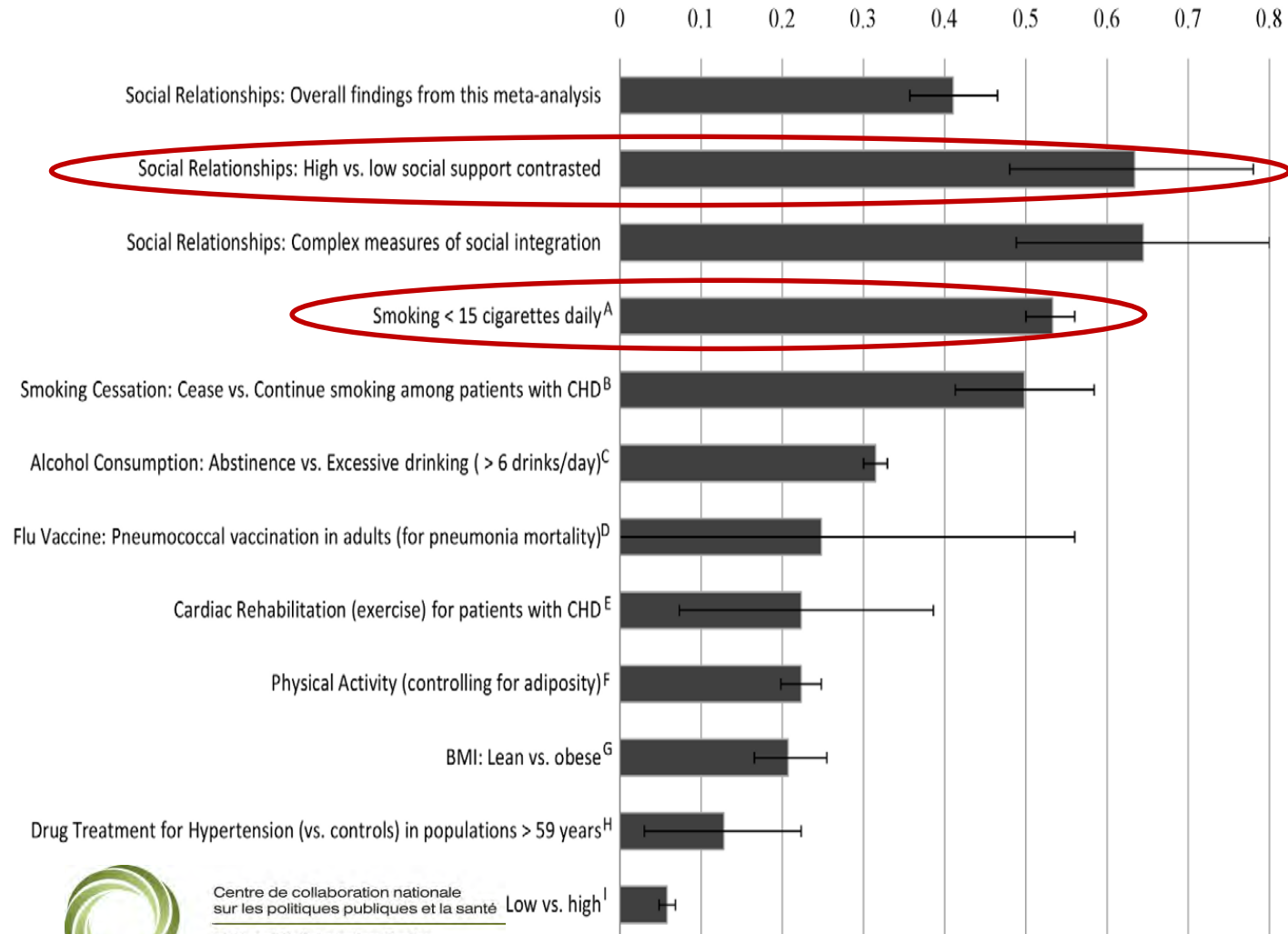
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Social relationships have big impacts – not just on mental health and wellbeing but also ‘hard’ impacts like mortality

Meta analysis: comparative odds of decreased mortality



Holt-Lundstad et al., 2010



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Momentum for change in mental health and public health

- ❑ Heavy and inequitable burden of mental disorders (1/5) and of poor mental health (languishing).
- ❑ Recognition that treating mental ill health alone will not improve mental health at population level
- ❑ Improved understanding of (positive) mental health as a resource for life and health (5/5).
- ❑ Value of promoting (positive) mental health at population level : associated social, economic, and health outcomes (5/5)

Murray, Vos, Lozano, Naghavi, Flaxman, Michaud, Ezzati, et al., 2010; Pickett & Wilkinson, 2010; Roberts & Grimes, 2011; Herrman, Saxena, & Moodie, 2005; Friedli, 2009, World Health Organization, 2013



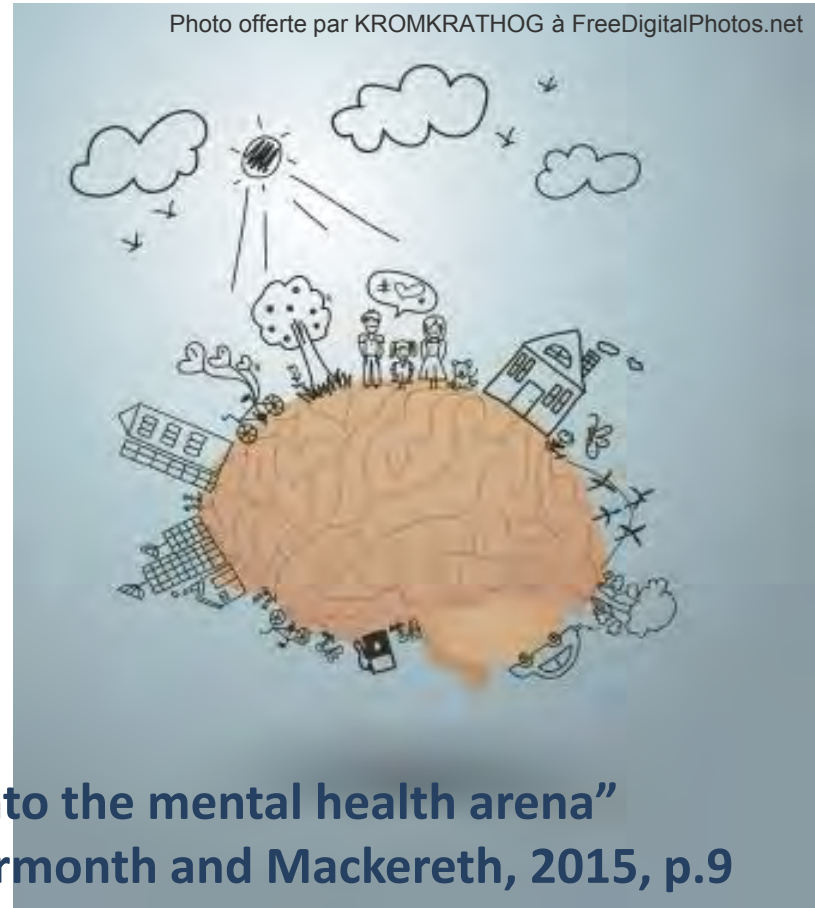
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TRANSITION

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



What exactly is meant by a population mental health promotion perspective?

- A whole population, whole of society perspective
- Mental health
 - a positive resource (asset based)
 - Two continuum model
 - Holistic perspective
- Mental health promotion for all, *and* reduction of mental health inequalities, across the life course
- Health promotion principles and values
 - Equity, participation, empowerment, culture, and the action areas of the Ottawa Charter
- Social determinants of mental; multiple, synergistic interventions
- Indicators of positive mental health

(Barry, 2007, 2009, Friedli, 2009 Herrman, Saxena, & Moodie, 2005; Keyes 2005, 2007)

Every one has a role to play

Public health is very well positioned



Population Mental Health Framework for Public Health

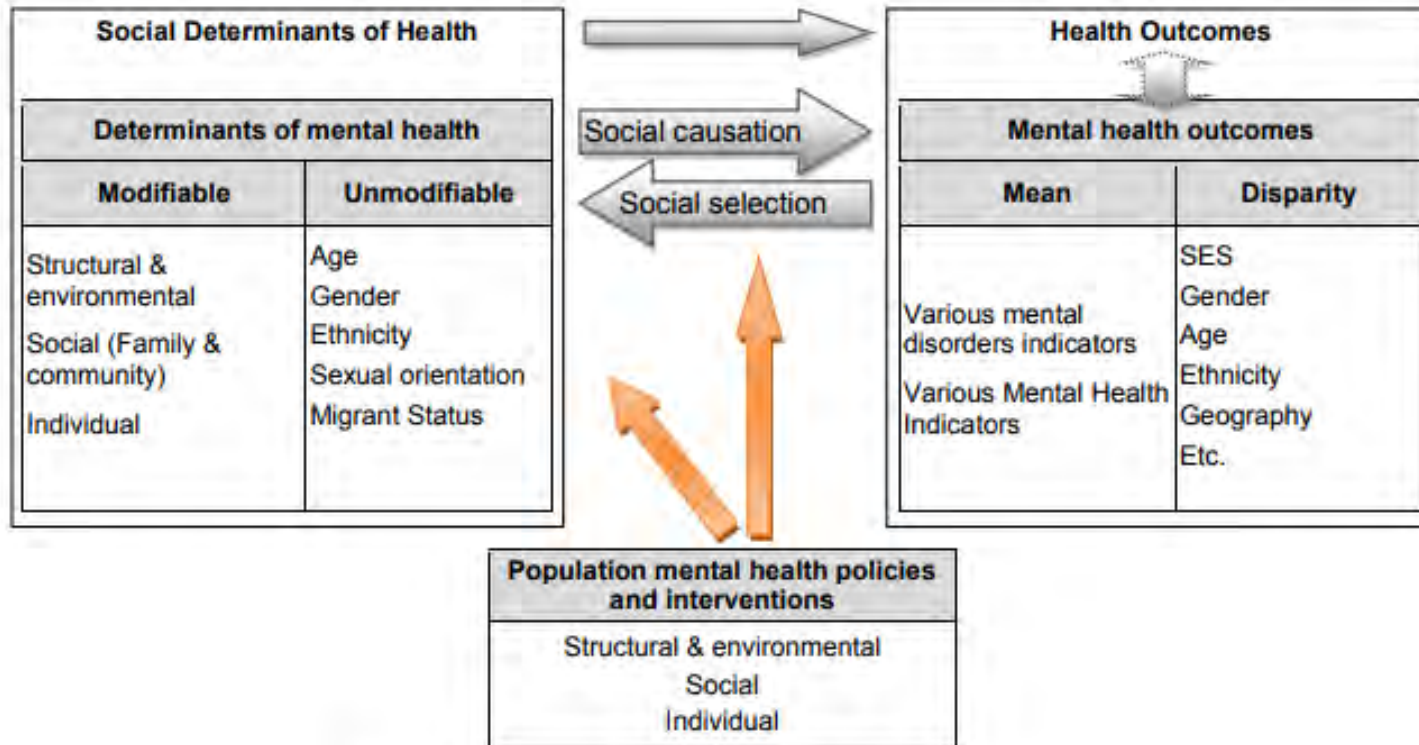


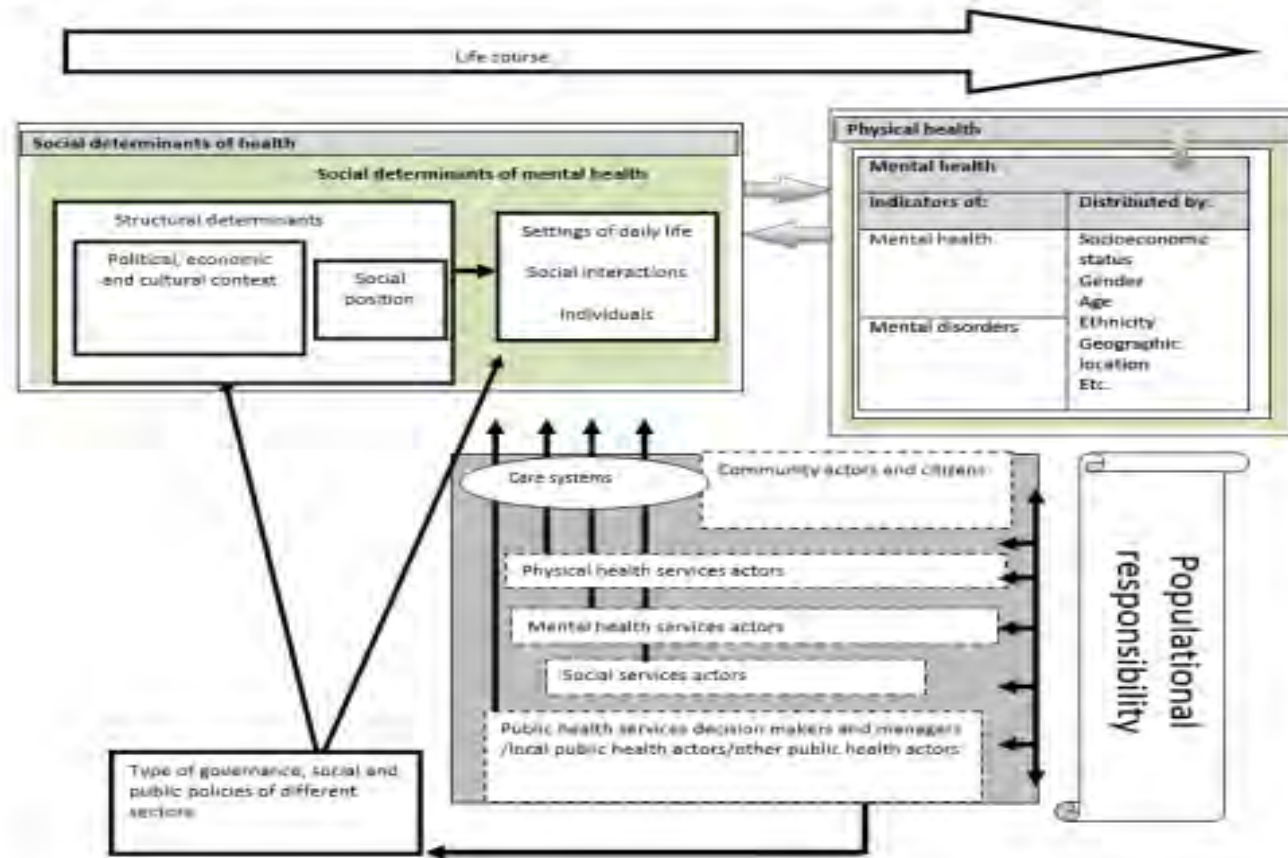
Figure 1 Framework for population mental health

Mantoura, P. (2014). Defining a population mental health framework for public health. Montréal, Québec: National Collaborating Centre for Healthy Public Policy.

http://www.ncchpp.ca/553/publications.ccnpps?id_article=1268



Roles of the entire workforce involved in population mental health



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

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





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

Categories:

Working in partnership to focus on positive mental health and wellness

On February 28, 2018, in Gatineau, Québec, the NCCs, in partnership with the [Public Health Agency of Canada](#), the [Centre for Addiction and Mental Health](#), the [Canadian Mental Health Association](#), and the [Mental Health Commission of Canada](#), brought together 70 leaders from public health, mental health and Indigenous health organizations from all provinces and territories. This two-day forum, entitled *Population mental health and wellness promotion: Clarifying the roles of public health*, was oriented to population health, and underpinned by determinants and enablers of positive mental health and wellness. Positive mental health is a multi-faceted concept, one that is distinct from mental illness and embraces emotional, psychological and social components. Although holistic considerations of health which include positive mental health are recent in Eurocentric worldviews, they have been, and continue to be, central to Indigenous peoples. Thus, the forum intentionally bridged Indigenous and non-Indigenous knowledge. Accordingly, NCCs, partners and representatives from the Thunderbird Partnership Foundation, University of Toronto, Ottawa Public Health, Saskatchewan Health Authority, Institut national de santé publique du Québec, and the BC Ministry of Health contributed to the event's advisory committee.

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



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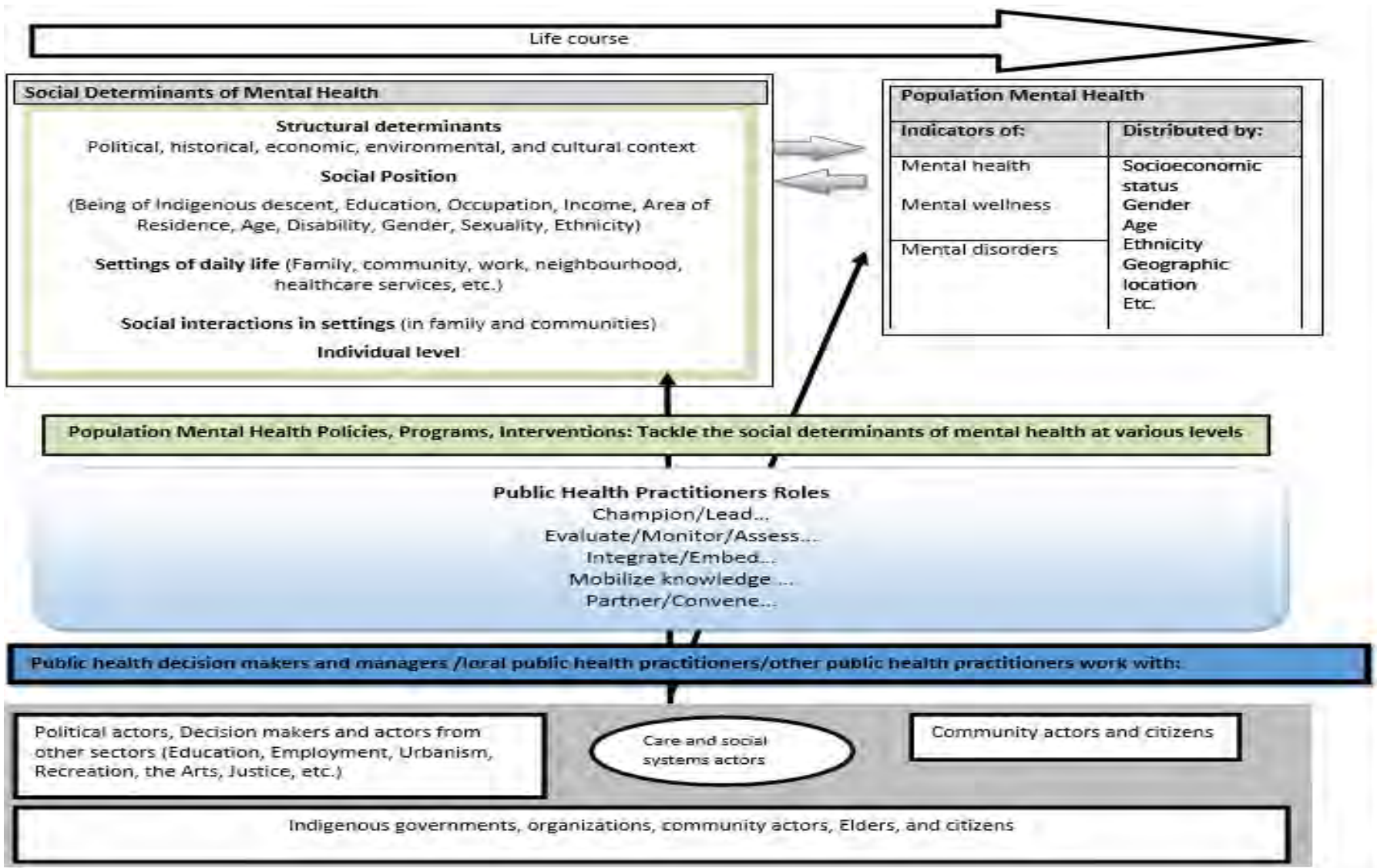
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Public Health Roles

Public Health is well positioned:

- **Roles and competencies build on strengths and expertise of public health**
 - Competencies in health promotion, population health approach, reducing health inequalities
 - **To forge a specialized PH workforce for mental health and wellness promotion**
 - With specific knowledge, values, skills
 - **To lead, champion, integrate, embed, partner with, evaluate, measure, and mobilize knowledge....for population mental health and wellness promotion.**

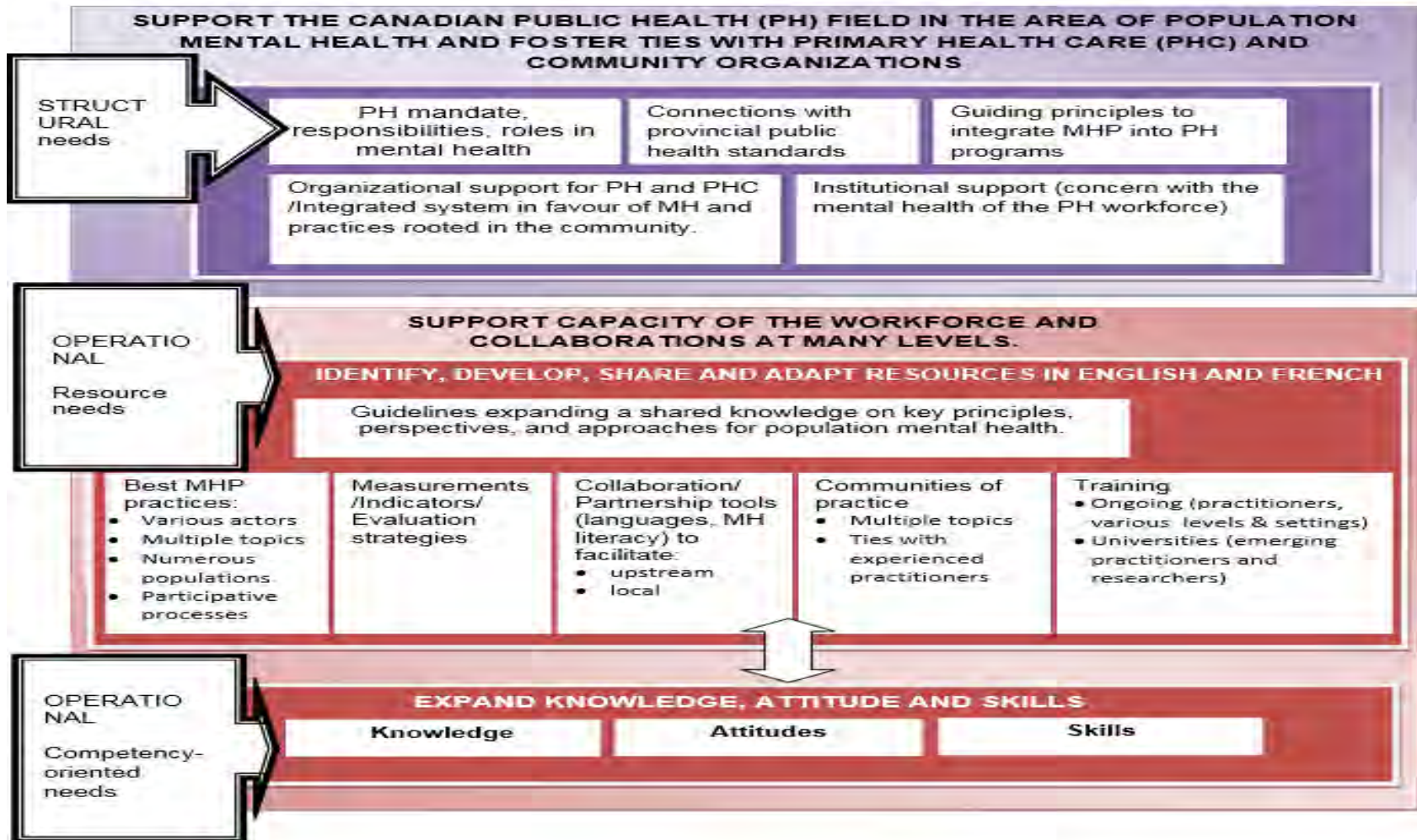




Mantoura, 2018



Building capacity, what are the needs?



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http://www.ncchpp.ca/553/publications.ccnpps?id_article=1654



THANK YOU...

For questions, comments:

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[http://www.ncchpp.ca/550/Population Mental Health.ccnpps](http://www.ncchpp.ca/550/Population_Mental_Health.ccnpps)



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Building Capacity for Population Mental Health

What's next?

Systems and policy support

Clarify roles, mandates, whole of government, society.

Knowledge, values and skills

Understand/integrate a social model of mental health, a broad competent workforce, operational tools, a shared language for a common understanding, simple messages amongst existing workforce

Implementation structures

Break siloes, creating linkages between public health, mental health, Indigenous organizations, mechanisms for intersectoral action, champions and networks to spread messages and drive change.

Research and science

Producing/sharing evidence, multiplicity of evidence, positive asset based, culturally relevant MH indicators, participatory, community led processes

Inspired by Margaret Barry, NCC Forum, Gatineau 2018

