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A Population Mental Health Framework for Public Health

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National Collaborating Centre for Healthy Public Policy

(NCCHPP)

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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

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Learning Objectives

- Discuss the importance of mental health for public health.

- Identify the main characteristics of a population mental health approach.

- Know some of the challenges for public health with regards to population mental health.

Momentum for change in public health

❑ Heavy and inequitable burden of mental disorders and poor mental health.

❑ Improved understanding of (positive) mental health as a resource for life and health.

> ➤ Integrated mental health strategies:
>
>> ➤ Improve the mental health <u>of the entire population</u>;
>>
>> ➤ Prevent and treat mental disorders;
>>
>> ➤ Recognize the interrelated and inseparable characteristics of physical and mental health.

Murray, Vos, Lozano, Naghavi, Flaxman, Michaud, Ezzati, et al., 2010; Pickett & Wilkinson, 2010; Roberts & Grimes, 2011; Herrman, Saxena, & Moodie, 2005; Friedli, 2009.
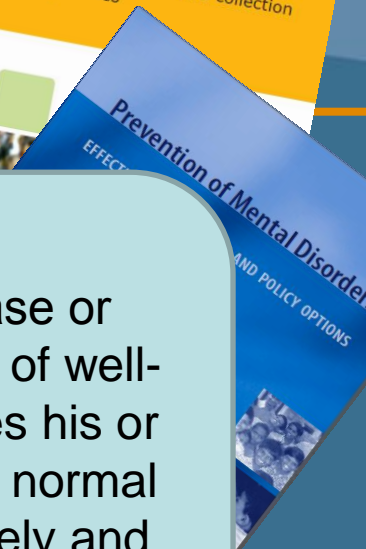
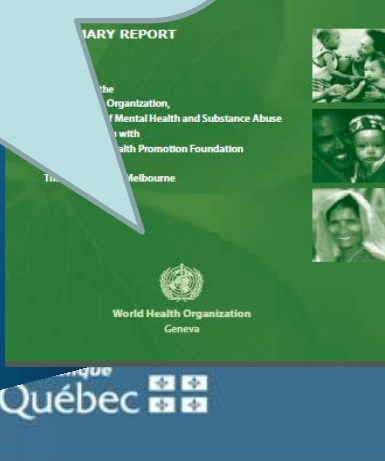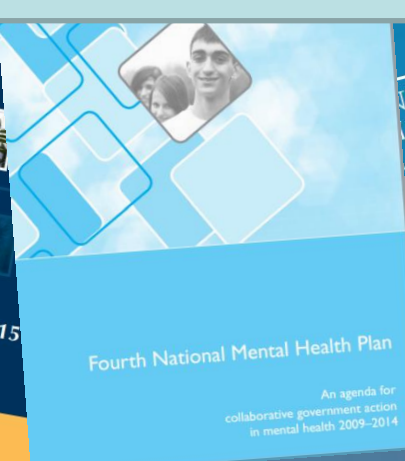"Not merely the absence of disease or infirmity but the presence of a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community"
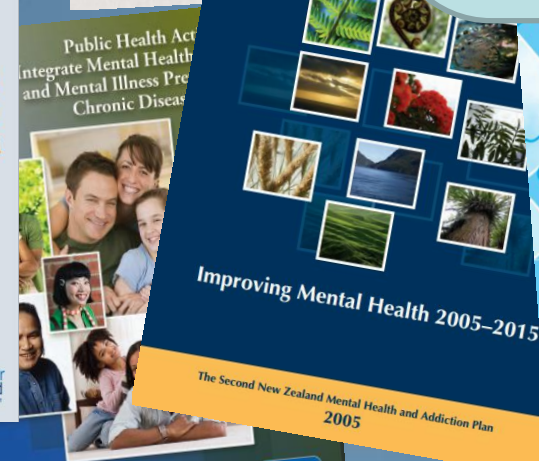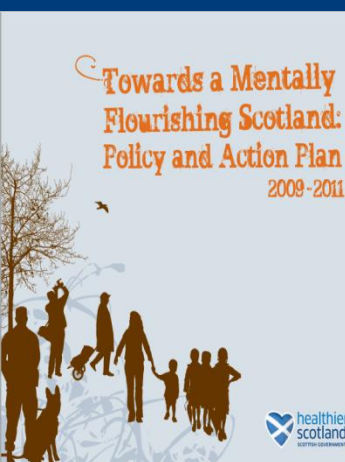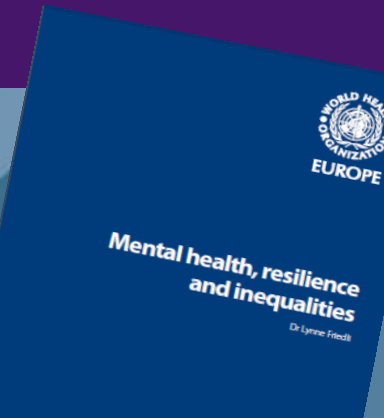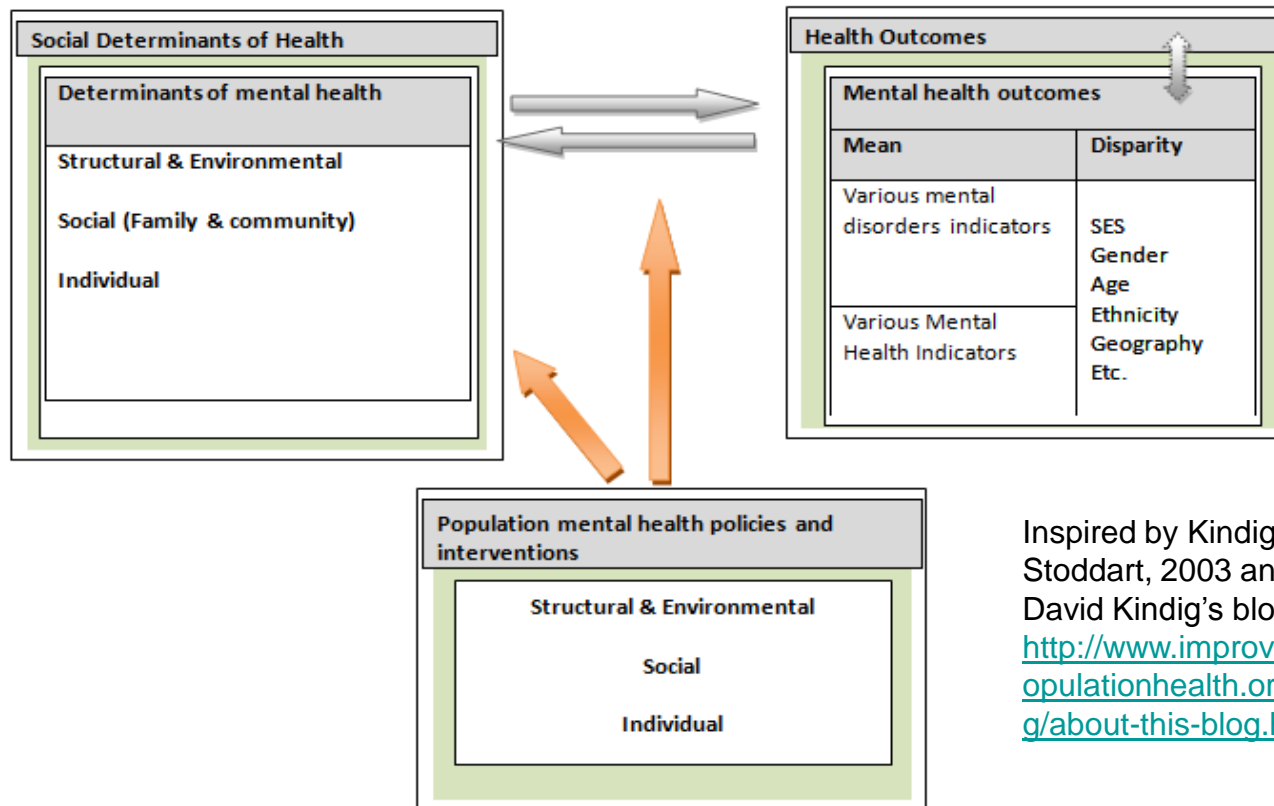
Points toward a renewed perspective in order to keep people from becoming mentally ill and to improve the mental health status of the whole population.

A Population Mental Health Framework for Public Health

Inspired by Kindig & Stoddart, 2003 and David Kindig's blog
http://www.improvingpopulationhealth.org/blog/about-this-blog.html

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

Mental Health / Mental Disorders Links

Optimal mental health "Flourishing"

No mental disorder

Moderate mental health

Mental disorder

Poor mental health "Languishing"
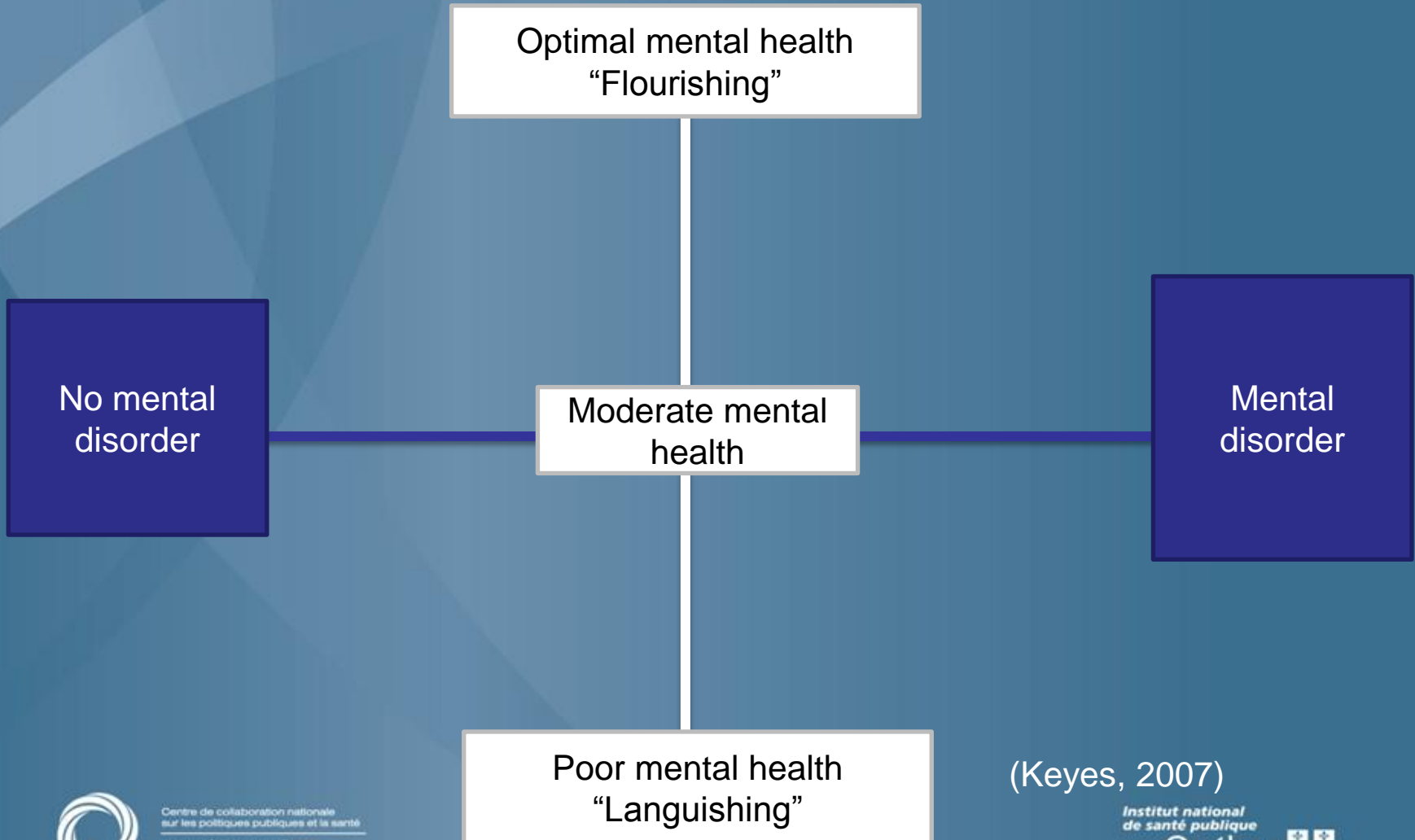
(Keyes, 2007)

What advantages to flourishing mental health?

Complete mental health

Optimal mental health "Flourishing"

No mental disorder

Better social, economic, health functioning…. (Keyes, 2002, Keyes & Grzywacz, 2005). Diminished risks for developing a mental disorder (Keyes, Dhingra, & Simoes, 2010) and for suicide in post secondary students (Keyes, Eisenberg, Perry et al., 2012). Lessened probability of all cause mortality (Keyes & Simoes, 2012)

Mental disorder

Poor mental health "Languishing"

(Keyes, 2007)

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Determinants of mental health
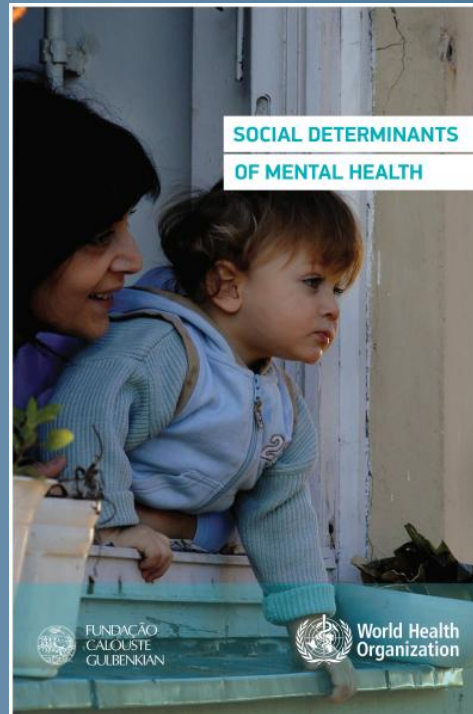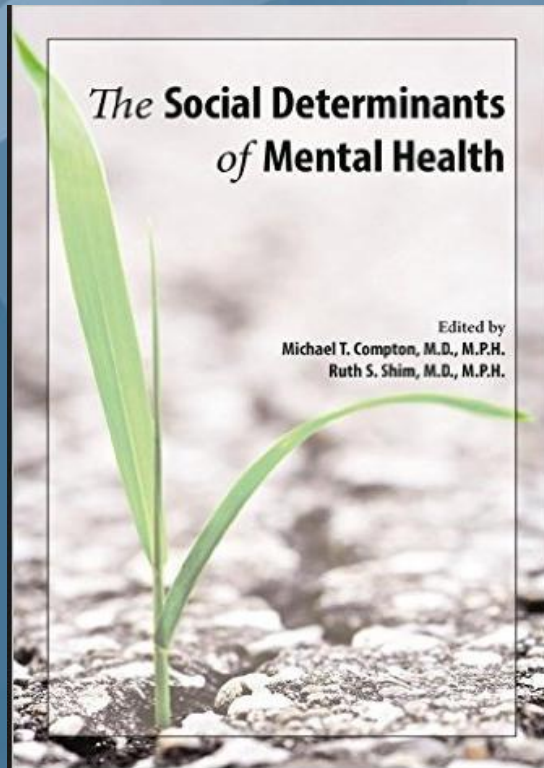
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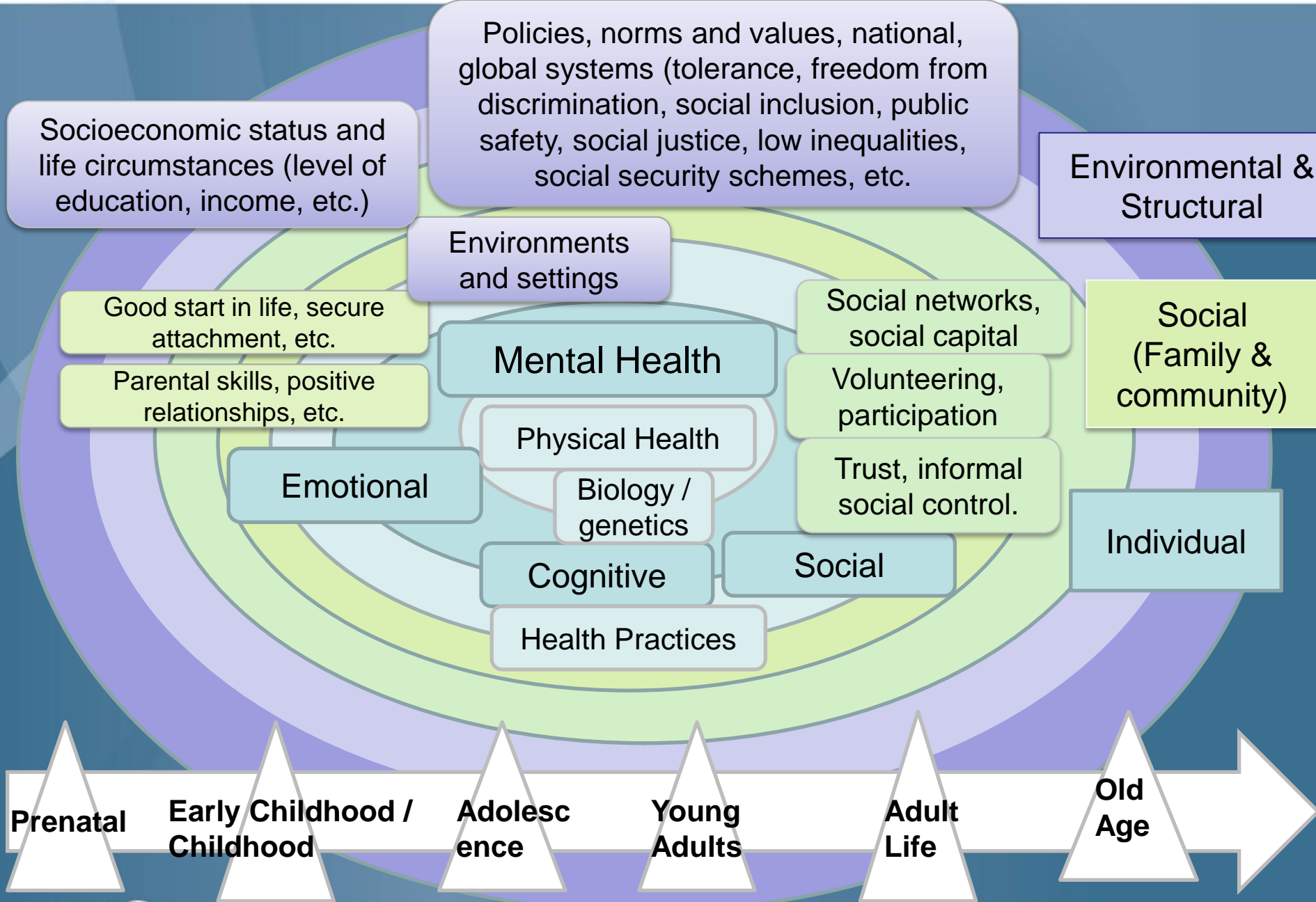
Intervention and public policies to promote population mental health
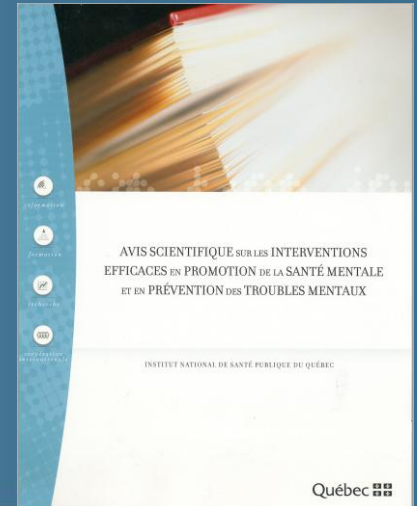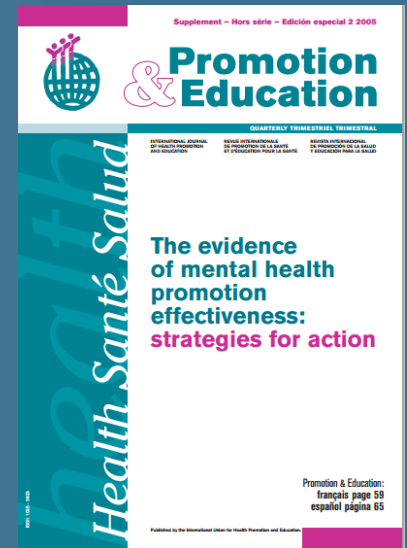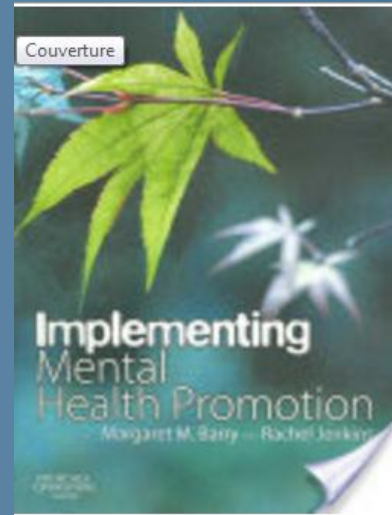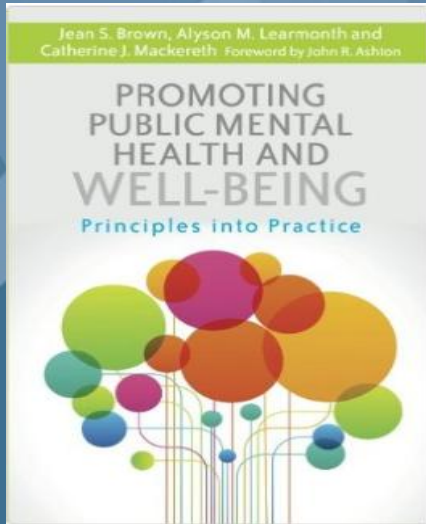
Improve the population's mental health: reconciling two logics

Optimal mental health "Flourishing"

No mental disorder

Prevent and treat mental disorder

Mental disorder

Produce mental health

Poor mental health "Languishing"

(Keyes, 2007)

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What evidence to support the promotion of mental health?

No mental disorder

Mental disorder

Most mental health promotion interventions produce the double effect of reducing risks for mental health problems and increasing mental health and its protecting factors (Hosman & Jané-Llopis, 1999; Barry, 2007; IUHPE, 2005, Herrman & Jané-Llopis, 2012; Keyes, Dhingra, & Simoes, 2010; Keyes. Eisenberg, Perry *et al., 2012*).

Potential to improve social, health and economic functioning during the entire life trajectory (Herrman, Saxena, & Moodie, 2005; IUHPE, 2005; Herrman & Jané-Llopis, 2012; Friedli, 2009).

Poor mental health "Languishing"

(Keyes, 2007)

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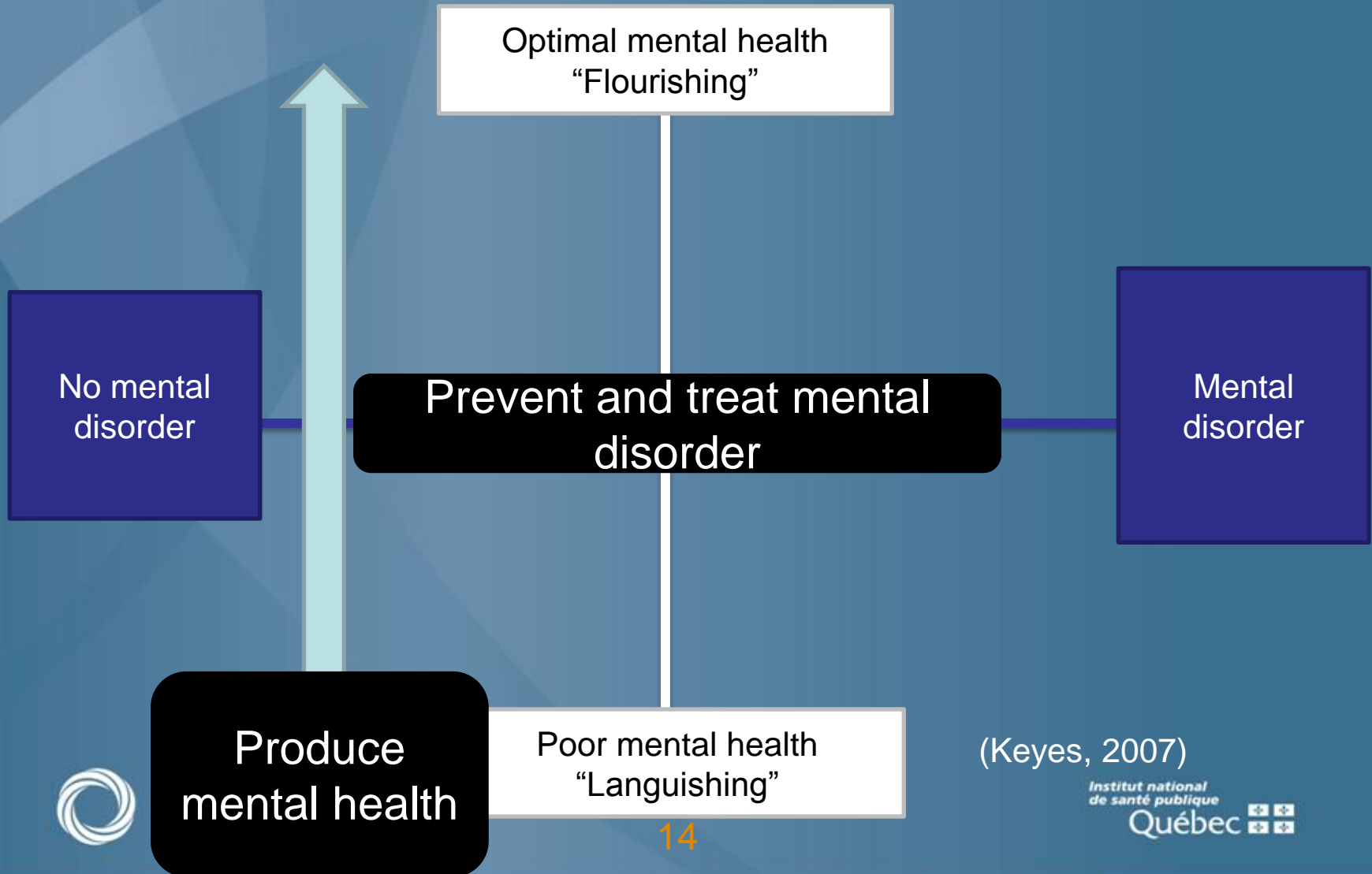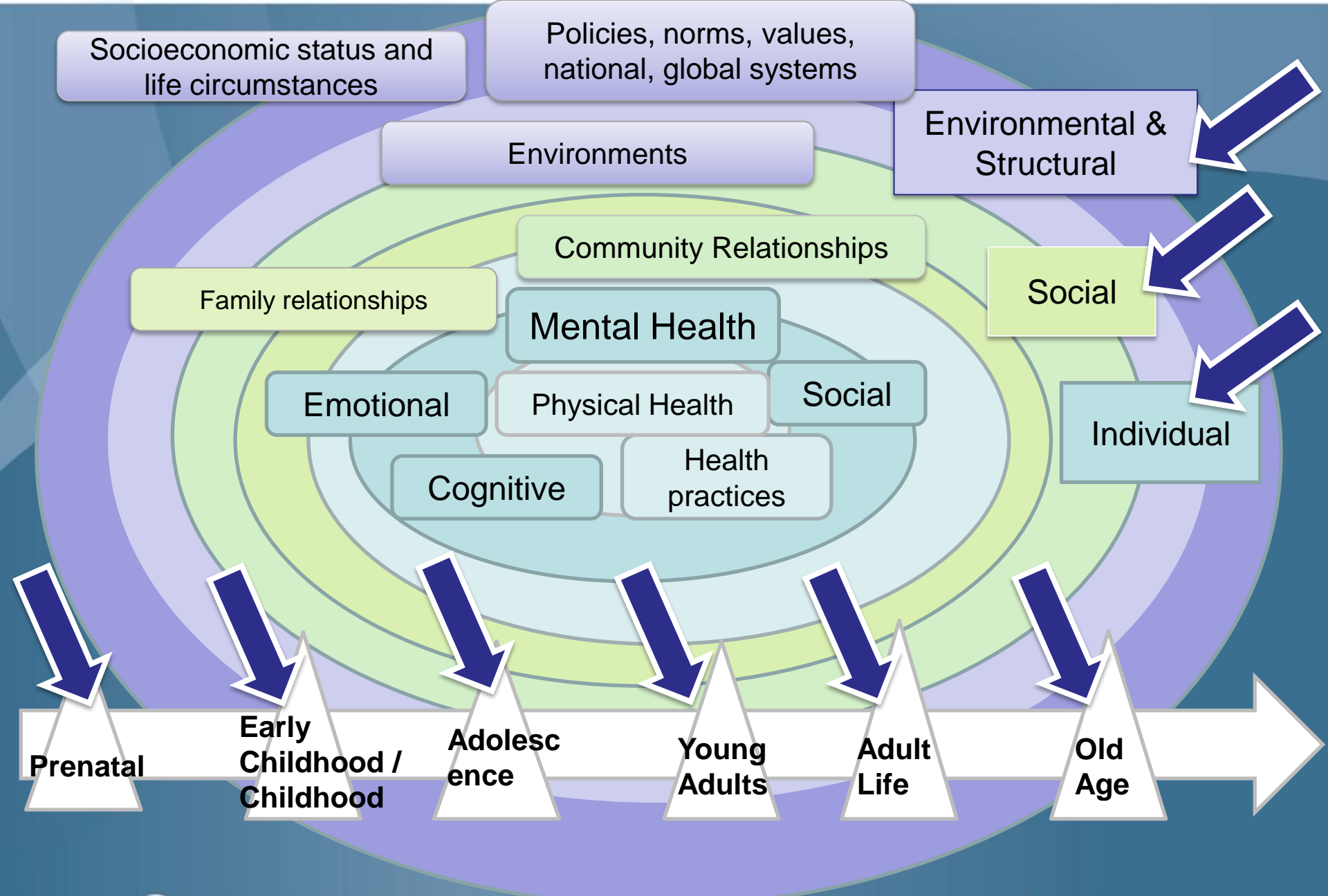National Collaborating Centre for Healthy Public Policy

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"Mental Health: the superglue of public health" Kwame McKenzie (2014)

Image Pascale Mantoura CCNPPS/NCCHPP

Translation: Letters from the words with a letter cut out are used to make up the word "santé publique" or public health.

Words with a letter cut out are highlighted in the translations that follow: Obesity, suicide, nutrition, inclusion, urban infrastructure, **quality of care**, housing, **inequalities**, **work**, scholastic maturity, **cardiovascular diseases**, **life settings**, **poverty, cigarette**, use of care, **participation**, transportation, alcohol, **diabetes**, substance abuse, reproductive health, infectious diseases, **physical exercise**, **homelessness**.

A Population Mental Health Framework for Public Health

Social Determinants of Health

Determinants of mental health

Structural & Environmental

Social (Family & community)

Individual

Health Outcomes

Mental health outcomes

Mean	Disparity
Various mental disorders indicators	SES Gender Age Ethnicity Geography Etc.
Various Mental Health Indicators	

Population mental health policies and interventions

Structural & Environmental

Social

Individual

Inspired by Kindig & Stoddart, 2003 and David Kindig's blog
http://www.improvingpopulationhealth.org/blog/about-this-blog.html

Prenatal

Early Childhood / Childhood

Adolescence

Young Adults

Adult Life

Old Age

Challenges for public health

- Integrate mental health promotion into already existing programs.
- Develop interventions dedicated to promoting mental health
  - Throughout the life course
  - On multiple factors
  - Using numerous strategies
  - With the community's participation.
- Collaborate with and support other sectors (HPP-FMH / MHIA – healthy public policies favouring mental health, mental health impact assessment).
- Support the public health workforce (competencies, resources, institutional and political support).

Public Health workforce needs (NCCHPP survey, 2015)

Mantoura, 2015.
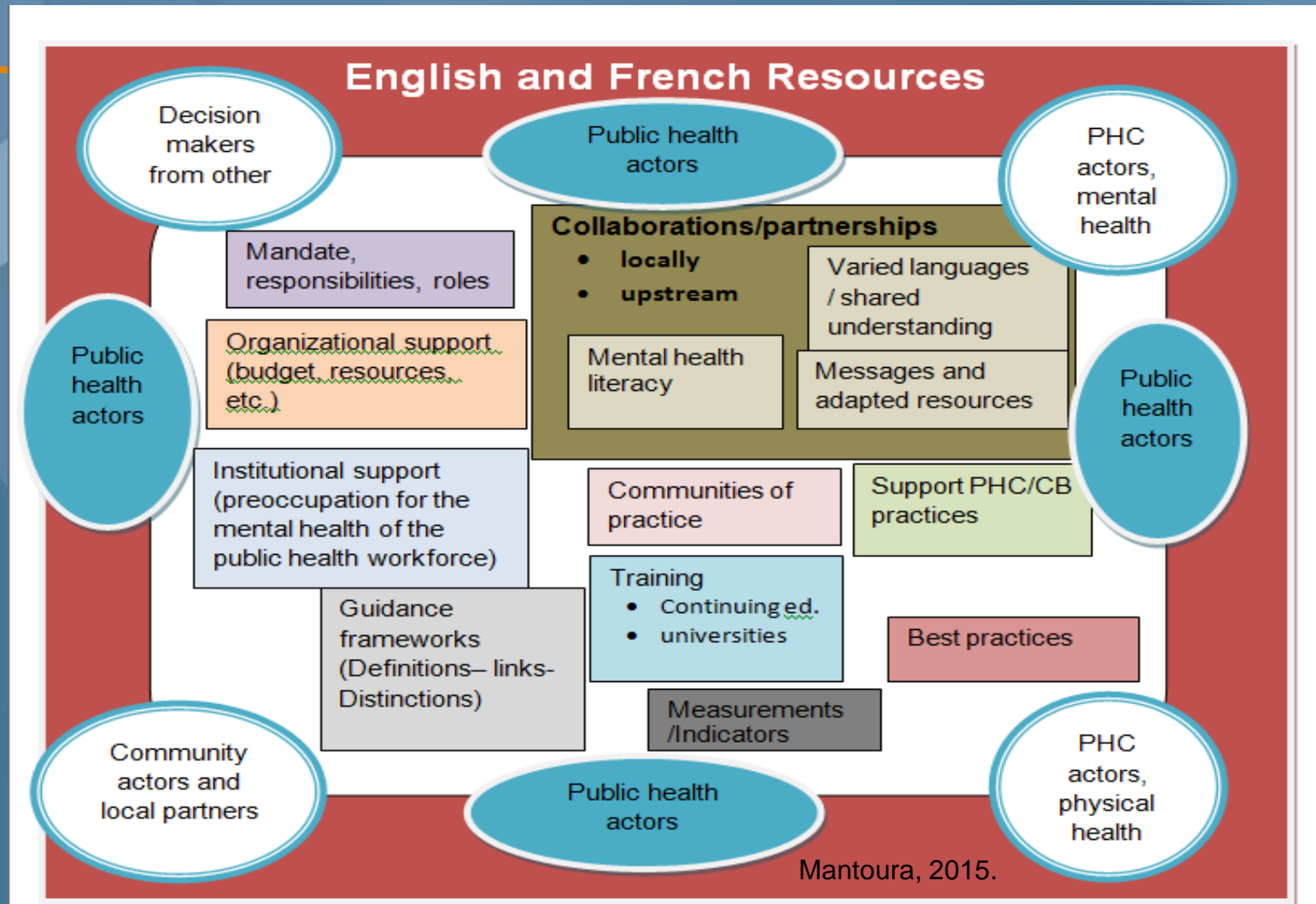
Thank you!

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

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