

# **Welcome!**

## **Niagara-wide Forum**

### **to build a**

# **Mental Health & Addictions Charter for Niagara**

**May 15, 2013**

**Welland Community Wellness Complex**

# Partners

- Healthy Living Niagara Mental Health Working Group
- Canadian Mental Health Association Niagara Branch
- Niagara Region Public Health
- St. Catharines & District United Way
- Niagara Suicide Prevention Coalition
- Niagara Connects

# *Healthy Living Niagara*

*Partnership of community groups working together so people in Niagara can lead safe, healthy, active lives and youth in Niagara can flourish*

- **2010** - identified local priorities re: healthy eating, physical activity, mental health, substance & alcohol misuse, injury prevention, tobacco use:
  - Over 2000 surveys from residents & community groups
  - 22 interviews with local leaders
  - Focus groups with 171 people across Niagara
  - Scan of existing research, community group recommendations
- **Mental health** emerged as one of the top priorities
- **2011** – began exploring mental health & addictions charter

# Mental Health & Addictions Landscape in Niagara

## *Environmental Scan*

- **Research led by Niagara Connects**
- **Online survey of 109 Niagara-based organizations working in areas of**
  - **mental wellness promotion**
  - **mental illness prevention**
  - **mental health services**
- **62 responses (57% response rate)**

# Describing Mental Health

**68% of respondents agree with Public Health Agency of Canada statement:**

*“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.”*

# ***Populations who receive Mental Health Services***

**84% of agencies work w/ diversity of population groups**

**16% work w/ a specific population group, such as:**

- Aboriginals
- Women
- Youth
- Seniors
- Adults
- Students
- Women & their Children Who Are Victims of Domestic Violence
- Low-income people
- Needy families
- Adult Family Members
- Young pregnant Women & Babies
- People with Developmental Challenges

# A wide range of service measurements

21 different measures cited, eg.:

- hourly sessions
- number of individuals served
- frequency of contact with clients, face-to-face contact with clients
- number of families served
- numbers around intake/referral/redirects

Many respondents: *“reporting depends on funder formulas/what’s prescribed by government & varies by program”*

# *Niagara's Mental Health & Addictions Assets*

**Dedicated staff and volunteers working in areas of:**

## ■ **Mental Wellness Promotion**

- Focus on collaborative approaches
- Support access to appropriate care
- Establish guidelines for Common Mental Health Programs
- Educate about suicide prevention
- Use of integrated recovery
- Use of technology

## ■ **Mental Illness Prevention**

- Public policy support/advocacy
- Public understanding of how to improve mental health
- Fight Stigma
- Early identification
- Training Front-line Service Providers

## ■ **Treatment/intervention of Diagnosed Mental Illness**

- Acute in-facility treatments
- Crisis intervention
- Individual Treatment
- Work with other agencies to minimize barriers for patients
- Have supports for families
- Outreach services
- Provide support for other agencies
- Group Treatments



# Ideas for Strengthening the Mental Health Continuum in Niagara

37 responses; > 70 ideas along 4 themes:

- **Planning** (for services matched to community needs, incl. Stable Housing) – 27 ideas
- **Integrated System**
- **Person-Centered Best Practices**
- **Education** (awareness, advocacy, Knowledge Exchange)

# Many solid frameworks exist to inform our work

- **International charters, 1986 to 2012**
- **Toward Recovery & Well-being – a Framework for a Mental Health Strategy for Canada, 2009, MHCC**
- **National Standard on Psychological Health & Safety in the Workplace, 2012, Excellence Canada**
- **Bill C-300, An Act Respecting a Federal Framework for Suicide Prevention, June 2012**
- **Open Minds, Healthy Minds – Ontario’s Comprehensive Mental Health & Addictions Strategy, 2011**
- **Moving on Mental Health: A system that makes sense for children & youth, 2012, ON Ministry of Children & Youth Services**
- **HNHB LHIN Mental Health & Addictions 10-yr Strategic Plan, 2012**
- **Niagara Suicide Prevention Strategy, 2006**
- **Niagara Region Public Health Strategic Plan, 2013**

# *Keynote Address*

**Dr. Edgardo Perez**

Regional Chief

Mental Health and Addictions

Niagara Health System

# ***Importance of Health Charters***

**Value of working together to build a charter**

- **Ottawa Charter for Health Promotion, World Health Organization (WHO), 1986**
- **Melbourne Charter for Promoting Mental Health & Preventing Mental & Behavioural Disorders (2008)**
- **Perth Charter for Promotion of Mental Health & Wellbeing (2012)**

# *Creating an Integrated System*

- We can lead the Niagara-wide community in understanding ‘we are all in this together’
- All citizens live on a continuum of mental health wellness – each of us moves across continuum at different points in our lives
- Recognizing this reinforces the call to create an integrated mental health and addictions system accessible/beneficial to all of Niagara’s citizens

# ***A Mental Health & Addictions Charter for Niagara: Core Elements***

- **Person-centered care**
- **Access to evidence and best practice supports for staff who provide services**
- **Stronger emphasis placed on inter-disciplinary collaboration**
- **Shared measurement systems – to be effective:**
  - ✓ **describe our goals in common language**
  - ✓ **report what we've achieved together, over time**

*Why a Charter?  
Collective Impact  
&  
Mapping Our Connectivity*

**Catherine Mindorff-Facca  
Niagara Connects**

# ***Why a Charter?***

**Broad statement - focused summary of major issues; describes best practice; incorporates values; provides Call to Action.**

- Provide a philosophical framework
- Establish a vision
- Create awareness & inform
- Guide action & give direction
- Provide underpinnings for development of policy
- Unite organizations & individuals
- Provide expression of a commitment



# *Collective Impact*

- \* The commitment of a group of **important actors** from **different sectors** to a **common agenda** for solving a specific social problem
  - e.g. - Niagara-wide collaboration to build a Mental Health & Addictions Charter for the benefit of all Niagara citizens

(\*J. Kania & M. Kramer, *Stanford Social Innovation Review*, Winter 2011)

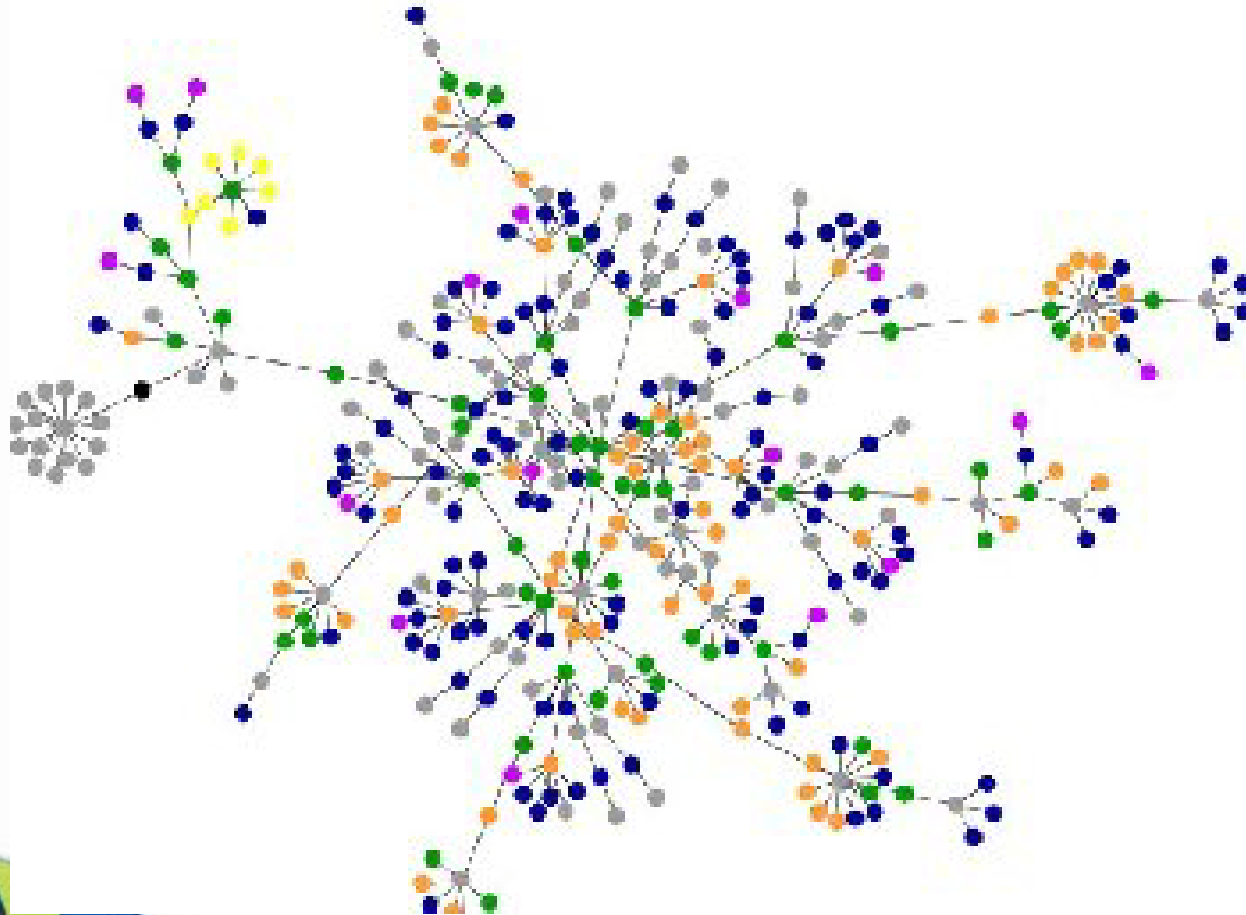
# **Our Work Together = Collective Impact**

## **Successful Collective Impact initiatives Share 5 Conditions:**

- Common Agenda
- Mutually Reinforcing Activities
- Continuous Communication
- Shared Measurement System
- Backbone Support Organization

# *Network Mapping & Analysis*

*Visualizing the power of connectedness*



Toward a Mental Health Charter for Niagara

# Picture at a point in time of relationships in a certain community

Describes statistically:

- **Connectivity** - if dense, means the network is strong
- Participation, **collaboration**, engaging in network activities
- Environment of **trust** and **reciprocity** – easy to mobilize
- Who are **leaders**, and their capacity
- What **relationships** would benefit from strengthening
- Loose connections on the outside bring in new and **innovative thinking**

# **Collaborative Work & Call to Action**

Toward a Mental Health Charter for Niagara

# Summary Remarks

**Dr. Edgardo Perez**

Regional Chief

Mental Health & Addictions

Niagara Health System

# Thank you for attending!

**Background documents available:**

Niagara Connects website

**[www.niagaracommunity.ca](http://www.niagaracommunity.ca)**