

Concurrent Sessions – August 22

Exploring the Evidence - Presentations and Conversation

Five concurrent workshops will be offered in thematic areas to engage discussion on the growing body of evidence about the importance of promoting mental health for children and youth. Each session will feature three presenters, who will present their findings and implications for policy and/or practice. The presentations will be followed by general discussion on the question: *What are the implications for “upstream” policies and programs?*

Responses to the discussion questions will be submitted to the Writing Room and contribute to the Call to Action that will conclude the program of ASI 2017.

Session 1: Evidence Based Resources

a. ***Measuring Positive Mental Health in Canada for Youth (12-17 yrs) – the Positive Mental Health Surveillance Indicator Framework***

Presenter: Andrea Simpson

The Public Health Agency of Canada (PHAC) defines positive mental health as a state of well-being that allows people to feel, think and act in ways that enhance the ability to enjoy life and deal with challenges. In 2012, the Mental Health Commission of Canada (MHCC) released “Changing directions, Changing lives” Canada’s first mental health strategy. The strategy recommended strengthening data and research to develop a better understanding of the mental health needs of Canadians. In response to this data gap, PHAC developed a Positive Mental Health Surveillance Indicator Framework (PMHSIF) beginning with adults (18 years of age and older), released in 2016. In April 2017 the youth (12-17) PMHSIF framework was released, and there are plans to develop a third framework for children (0-11 years) in future. The indicators and outcomes included in the framework are the same for each age group; however the measures change according to the life course, and provide comprehensive, high quality information on positive mental health outcomes and associated risk and protective factors across the individual, family, community and society level. This presentation will focus specifically on the youth PMHSIF.

How does your project make a connection with the theme Promoting Child and Youth Mental Health: Moving Evidence to Action?

EVIDENCE: While surveillance systems on mental illness have been established, there was no surveillance system to monitor the positive mental health of Canadians. The goal of the PMHSIF project was to gather the evidence and generate a clear picture of the state of positive mental health among Canadian youth, along with associated determinants. Information products developed from this framework include a series of infographics, research papers, and interactive data tables to enable researchers and academics to continue work in this area.

ACTION: The youth PMHSIF is a socioecological model, representing the multiple levels (individual, family, community, and society), in which risk and protective factors can influence positive mental health. Each domain influences the positive mental health of the population, and as such can be a potential entry point for interventions that can promote mental health.

What will others learn from your project?

The audience will learn about the process involved in developing the PMHSIF, including a description of the literature review process, environmental scan, consultation phase, indicator groups, measures and data sources. The audience will leave with a better understanding of positive mental outcomes and risk and protective factors for youth. With time permitting, the presentation could provide a demonstration of the corresponding online data tool, which is housed on the Agency's Public Health Infobase. The Infobase allows users to navigate through each indicator and see the breakdown by age, sex, province/territory, immigrant status, urban rural residence, etc.

How does your project demonstrate evidence of promising collaborative practices, policies, research?

The PMHSIF has the potential to inform policies and programs in mental health promotion and mental illness prevention at multiple levels. It provides the foundation from which future research will report on when monitoring positive mental health in Canada. The framework can be used to monitor differences in positive mental health outcomes, as well as patterns in risk and protective factors, which may help identify population groups that could benefit from interventions.

Presenter

Andrea Simpson

Analyst, Health Promotion and Chronic Disease Prevention Branch, Public Health Agency of Canada

Andrea Simpson is a knowledge development and exchange analyst with the Public Health Agency of Canada. Her areas of expertise include health equity, gender-based analysis, improving data use in population health, public policy evaluation and planning. She has led several sessions on gender and diversity analysis to advance health equity objectives within the Agency. Ms. Simpson was previously employed with Status of Women Canada, a federal agency, and the Institute on Governance, a public policy think tank. She holds a Master of Science from the University of Guelph and a Bachelor of Arts in Political Science from Concordia University.

b. Promoting Healthy Relationships in the School Setting: The newly-revised JCSH Positive Mental Health Toolkit

Presenters: Katherine Eberl Kelly, Susan Hornby

The Pan-Canadian Joint Consortium for School Health (JCSH) seeks to present a workshop on its Positive Mental Health (PMH) Toolkit, newly revised in 2016-2017. JCSH has once again worked with Drs. Bill Morrison and Patricia Peterson of WMA Wellness to complete this toolkit, using a Comprehensive School Health approach to help enable and improve healthy relationship development in all students as well as positive mental health in school staff. The toolkit has been developed with the assistance of a JCSH Advisory Committee together with feedback from users throughout the country, including conference presentations in 2016-2017. The format has been changed from a single e-book to five modules with actionable messages and practical approaches to assist administrators, educators, students, and the school community in promoting PMH. The new PMH Toolkit continues the earlier version's full alignment with the four components of the Comprehensive School Health Framework: Teaching and Learning, Social and Physical Environment, Partnerships and Services, and Policy. The

CSH Framework and the Positive Mental Health Toolkit are both championed by the JCSH, a partnership of the Ministries of Education and the Ministries of Health in provinces and territories working to improve health and educational outcomes across Canada.

How does your project make a connection with the theme Promoting Child and Youth Mental Health: Moving Evidence to Action?

The Positive Mental Health Toolkit builds on the extensive research completed by Drs. Morrison and Peterson to present resources, supports, and connections with other work in child and youth mental health in this highly usable online support. Features include:

- Promoting School Connectedness
- Competencies in Social-Emotional Learning programs
- Addressing key psychological needs of competency, relatedness, and autonomy
- Pathways to resiliency assets in school environments
- Module on school team relationships as essential to student wellness

What will others learn from your project?

By the end of the session, participants will be able discuss positive mental health and take away a number of practical tips and applications that contribute to improved health and wellness in schools and school communities. They will also gain an understanding of the vast commitment to this project to diversity and inclusion throughout all the modules, such that the toolkit will resonate with student experiences, cultures and traditions, and where they live in Canada.

How does your project demonstrate evidence of promising collaborative practices, policies, research?

JCSH has long had a commitment to being a bridge of research, policy, and practice leading to improved children and youth health, well-being, and learning. This toolkit exemplifies that collaboration in action as the researchers worked extensively with policy leaders on the Research Advisory Committee who, in turn, shared the drafts with practitioner colleagues throughout the country for review and feedback. The toolkit is the work of all who contributed over more than a year.

Main Presenter

Katherine Eberl Kelly

Executive Director, Pan-Canadian Joint Consortium for School Health

Katherine Kelly was appointed Executive Director of the Pan-Canadian Joint Consortium for School Health (JCSH) in 2010. Katherine holds an M. ED in Leadership and Learning from the UPEI, as well as a B.Ed from the University of Regina and a B.A. from the University of Saskatchewan. She has held variety of senior level positions in the health and education systems including Director of Federal/Provincial/Territorial Relations, Chief Executive Officer of a regional health authority, and Director of Child and Family, Mental Health and Addictions. She has also been a lecturer in the UPEI Faculty of Education and a classroom teacher.

Co-Presenter

Susan Hornby

c. PiT Count Toolkit - Youth Leadership

Presenters: Jane Henderson, Colton Purchase

The YLC is comprised of a group of young leaders affiliated with Choices for Youth. Members of the YLC bring a range of experiences, knowledge and skills to the council. With their combined expertise, the YLC informs policy, practice and service design at Choices for Youth, while simultaneously seeking opportunities in St. John's and communities across the country to influence how organizations and institutions, such as hospitals and schools, deliver services and supports to youth.

How does your project make a connection with the theme Promoting Child and Youth Mental Health: Moving Evidence to Action?

The YLC's motto is "Youth Breaking down Barriers to Youth." This comes with the recognition that people with lived experience are their own experts and need play a crucial role in the creating and delivering of services.

What will others learn from your project?

Anecdotally speaking, as a society we seem to recognize that people with lived experience need a voice in issues that involve them. Efforts appear to be made in seeing this to fruition, including ensuring space is available for people with lived experience on advisory boards, care groups and even with government. However, there is little information on the how to form lived experience youth groups, potential challenges, and best practices.

How does your project demonstrate evidence of promising collaborative practices, policies, research?

Since the YLC started as a grassroots program 6 years ago, the organization has learned and evolved substantially. The past fall we were recognized by the Canadian Observatory (COH) as a valuable lived experience group, and have since partnered with them and created 3 tool kits, one of which was how to replicate an YLC type of group. This kit was developed through collaboration between the YLC and the COH. The kit includes details on how the YLC was developed, the current leadership type, and best practices. This toolkit is now published on the Canadian Observatory Website as a resource to other organizations looking to create their own lived experience groups.

Co- Presenters

Jane Henderson

Senior Management Team/YLC, Choices for Youth

Jane Henderson is a Native of St. John's, NL. She holds a B.A, B.Ed, a Masters in Counseling, and has recently completed all coursework towards a PhD at MUN Faculty of Medicine, Division of Community Health and Humanities. For the past four years she has sat on the senior management table at Choices for Youth. Choices for Youth is a youth serving organization that works with over a thousand young people a year and supports them in key life areas including housing, education, employment and health. Under this role, she has been primary staff contact and support for Choices for Youth's Youth Leadership Council. Jane has particular interest in researching and advocating for vulnerable young people.

Colton Purchase

Senior Management Team/YLC, Choices for Youth

Colton is originally from a small town in central Newfoundland and has been instrumental in the development of the tool kit. He moved to St. John's in 2013 as a homeless teen and connected with

some services in the city like Stella Burry and Choices for Youth. He has been a member of the YLC, a grass roots council of lived experience youth parented by Choices for Youth, for the past few years.

“I bring forth my lived experience as a previously homeless queer teen as well as personal views and experiences about various youth related issues such as LGBTQ2S inclusiveness, gender inclusiveness, homelessness and addiction issues just to name a few. My journey as a member of this council has been an ongoing learning experience and continues to show me new perspectives and ideas that we can implement here in St. Johns and potentially all across the island.”