



Atlantic Summer
Institute on
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Canada atlantique

Setting the context for action on child and youth mental health:

Changing patterns of substance use among PEI youth (2008 – 2014)

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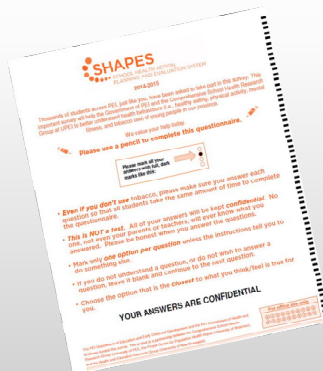


Presentation Outline

- Overview of SHAPES-PEI and CSTADS: research platforms that support local youth health action planning
- Local evidence highlighting the complexity of factors influencing youth mental health: indicators of mental fitness and substance use
- The path forward: schools, communities, and gov'ts moving evidence into action to create robust and holistic health policies and programs

Collecting the Evidence

- The School Health Action Planning and Evaluation System – Prince Edward Island (SHAPES-PEI)
- The Canadian Student Tobacco Alcohol and Drugs Survey (CSTADS)



What is SHAPES-PEI?

A provincial **youth health monitoring and surveillance system** comprised of a two year cycle of data collection and knowledge exchange.

Biennial Data Collection

Student Surveys (grades 5 - 12) focus on four main health behaviours: physical activity; healthy eating; tobacco/drug/alcohol use (CSTADS survey); mental fitness

Participation by school year:

2008-09; 2010-11; 2012-13; 2014-15 (85% of PEI schools; ~ 8, 500 students/cycle)

Knowledge Exchange/Research Dissemination

School Health Profiles for participating schools, school boards, and the province

Partner Engagement (presentations, meetings, etc.) that support participants/ NGOs/Gov't to interpret and incorporate data into their policy and program planning

PEI School Health Grant

What is Mental Fitness?

Describes one's emotional, social and psychological well-being

Mental Fitness is comprised of...



AUTONOMY

You feel like you can make decisions about things that are important to you

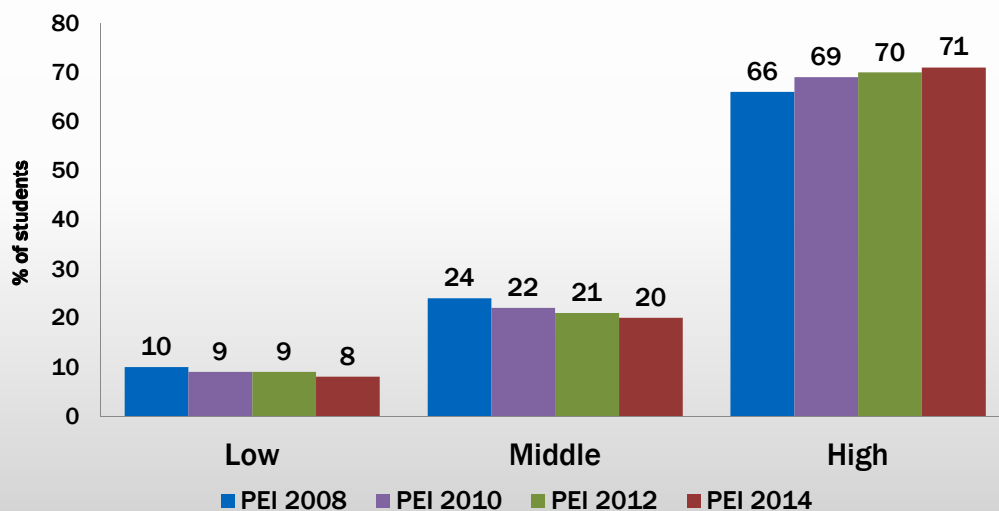
RELATEDNESS

You feel like you belong at school and are connected to people around you

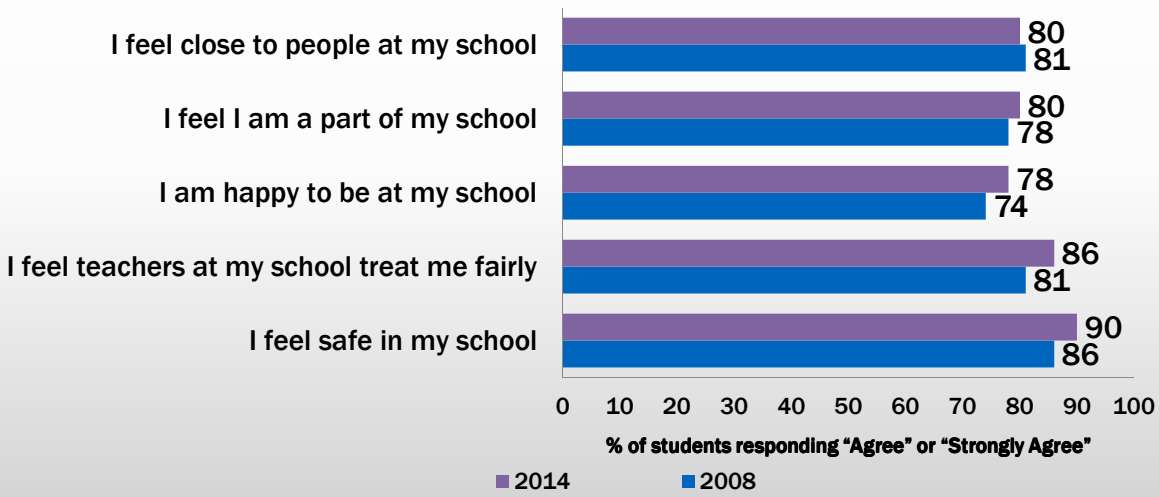
COMPETENCY

You feel like you have abilities and strengths to share with others

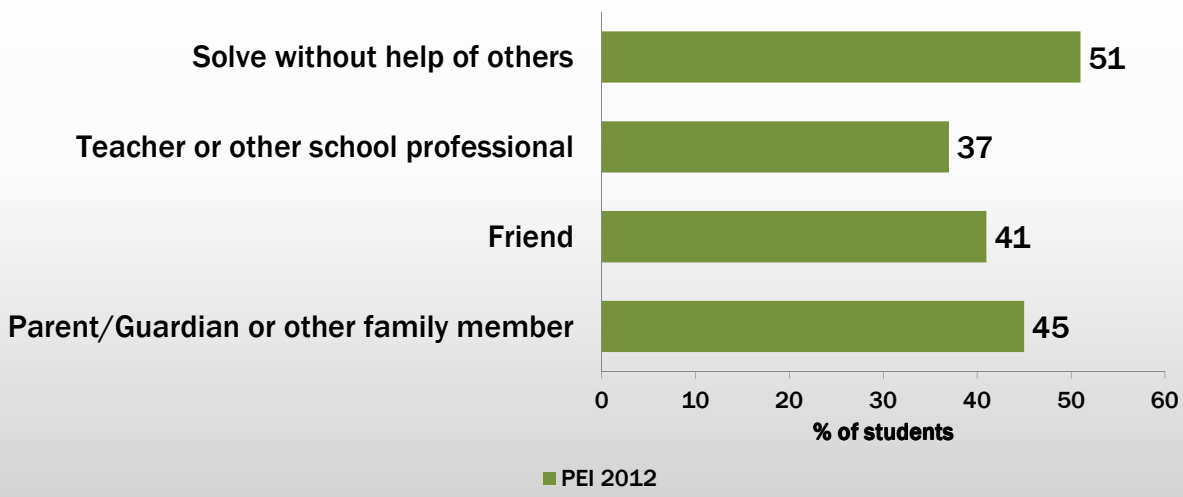
Mental Fitness levels (2008 - 2014)



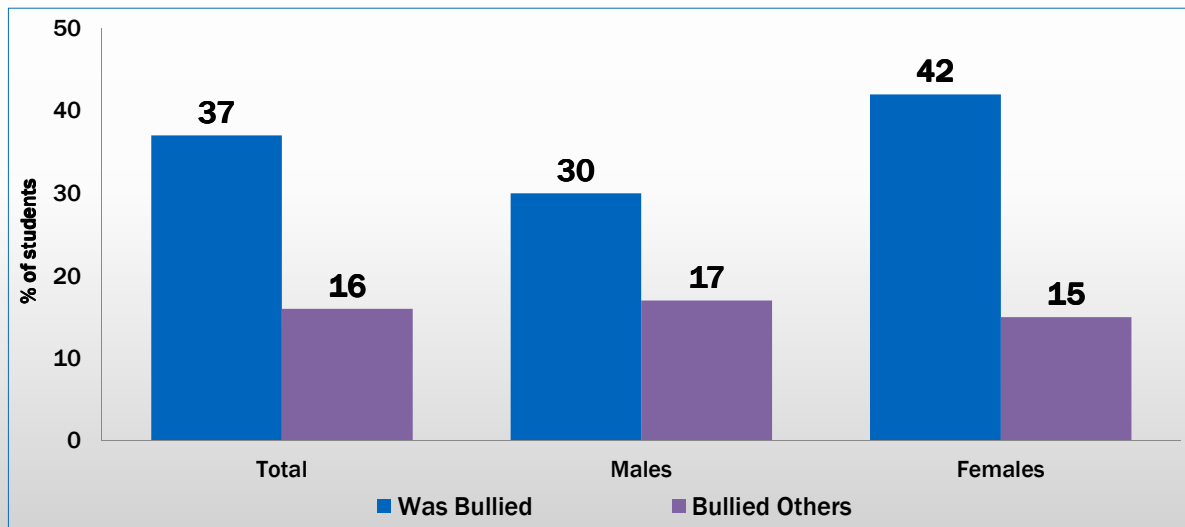
School Connectedness (2008 and 2014)



Who students seek assistance from for school-related problems (2014)



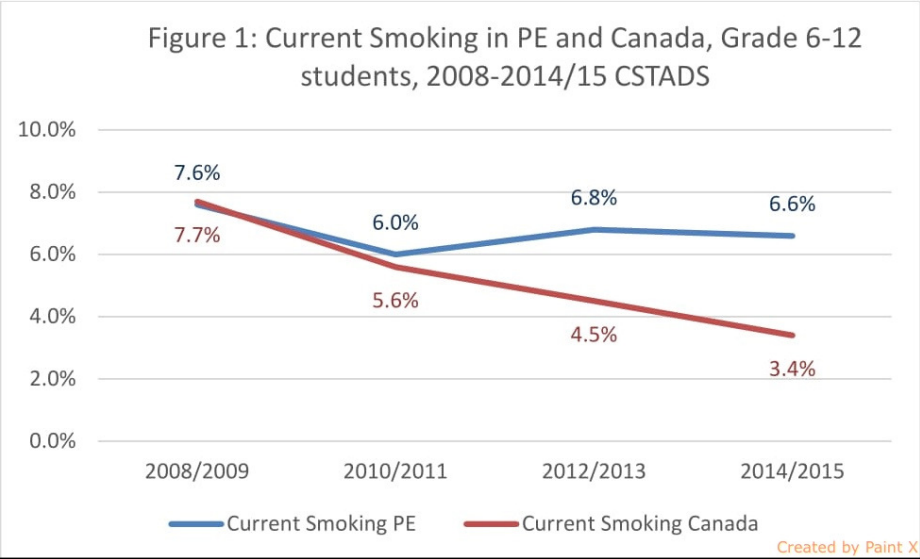
PEI students who reported being bullied, or bullying others, past 30 days (2014)



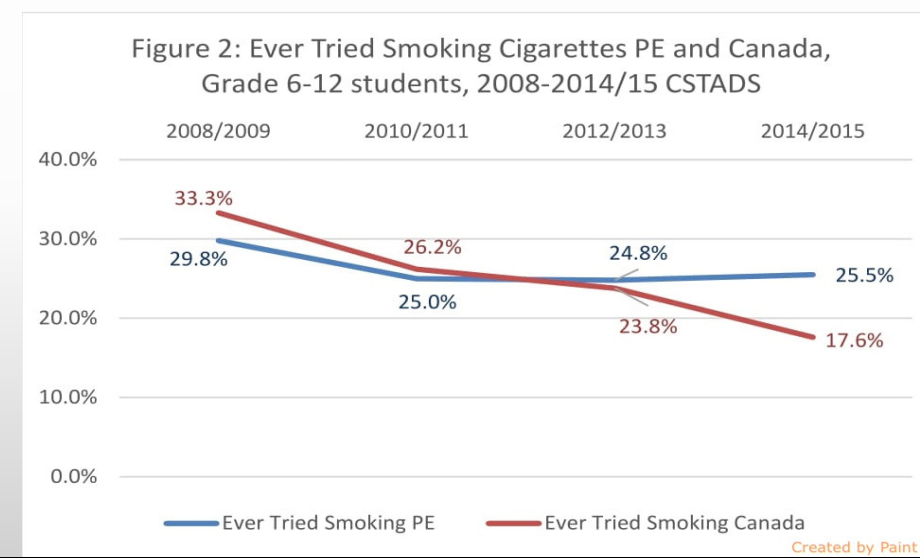
SHAPES-PEI has revealed that...

- High mental fitness is associated with higher levels of **school connectedness, positive emotions, and pro-social behaviours**.
- Students with high mental fitness are more likely to be **active** and to participate in **school-organized physical activities** than students with low mental fitness.
- Lower mental fitness is associated with **'ever trying' smoking, negative emotions, and higher incidences of oppositional behaviours** (e.g, skipping classes, stealing, bullying).

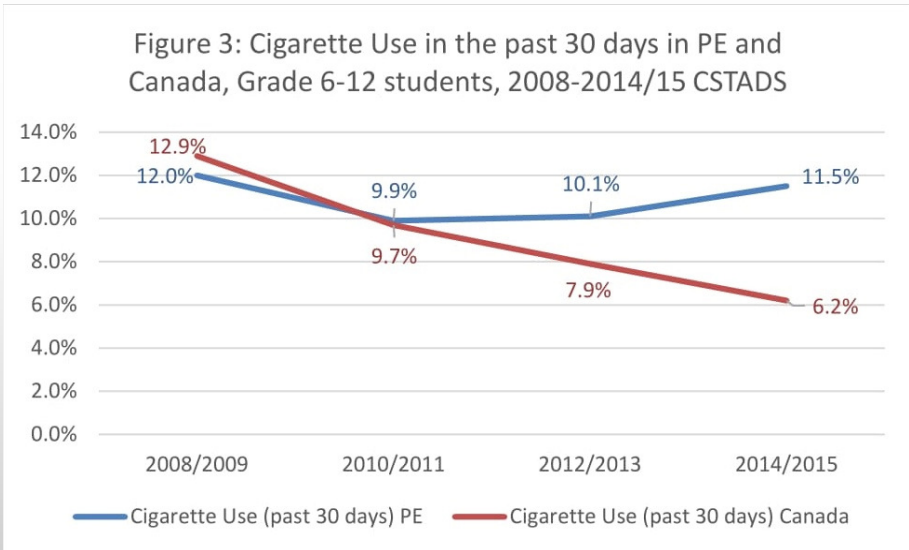
Tobacco Trends: Current Smoking



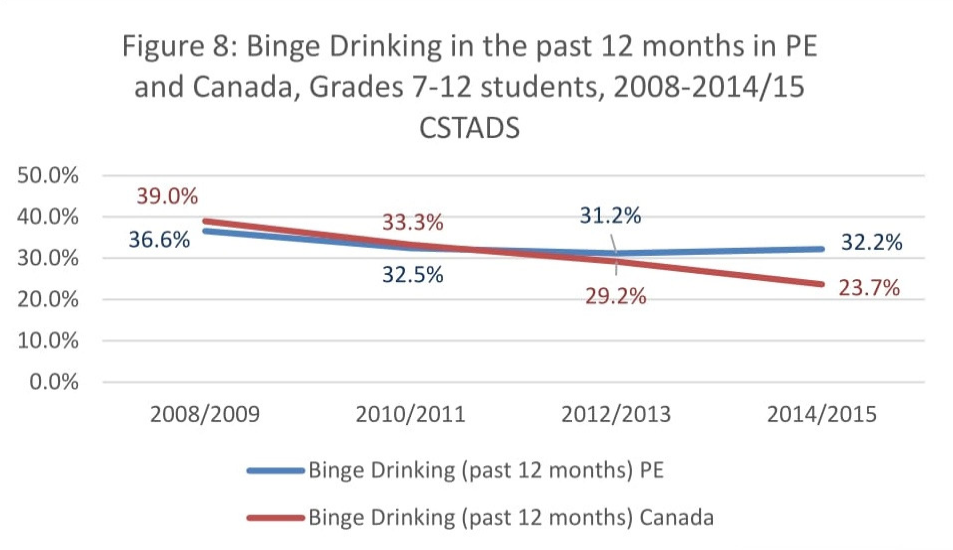
Tobacco Trends: 'Ever Tried' Smoking



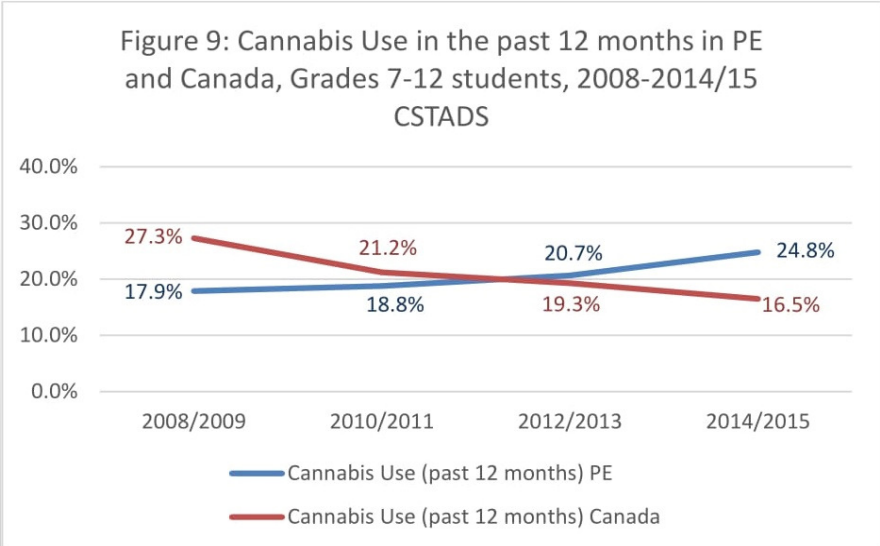
Tobacco Trends: Cigarette Use



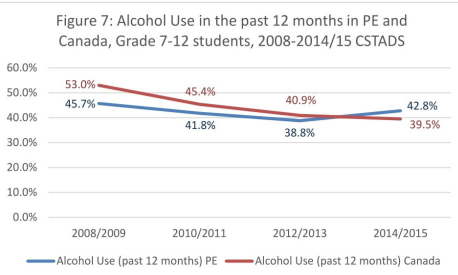
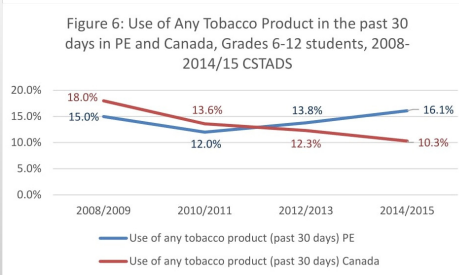
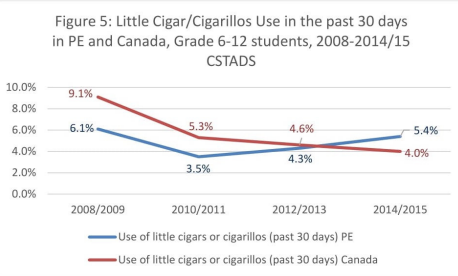
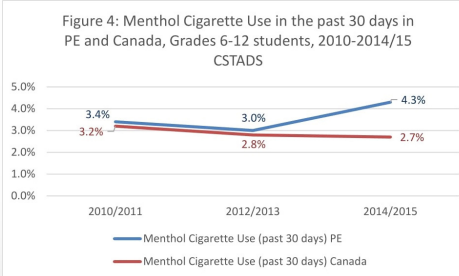
Other Substance Trends: Binge Drinking



Other Substance Trends: Cannabis Use



PEI: Divergent pattern of substance use



From 2012/13 to 2014/15, PEI students reported significant increases in their past 30 day use of:

- Menthol cigarettes
- Little cigar/cigarillos
- Any tobacco products

In addition, PEI students showed a significant increase in the reported rate of alcohol use in the past 12 months.

Discussion

Addressing PEI's changing trend in youth substance use, and its implications for the mental well-being of our youth, will require a multi-faceted approach:

- Take tobacco seriously again, capitalize on new research and emerging areas of concern (i.e., dual use, cannabis impacts, etc.)
- Examine practices that have been effective in other provinces
- Consider action that is comprehensive, sustained, and addresses the broader social determinants of health

Thank you!

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