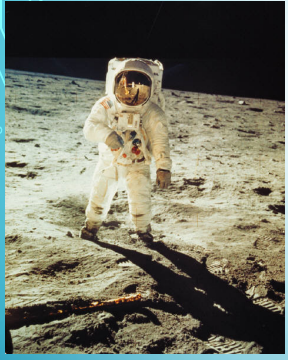


ATLANTIC SUMMER INSTITUTE 2017 CHILD AND YOUTH MENTAL HEALTH



Dr David Jones, MD, MHSc, LLD^(hc)



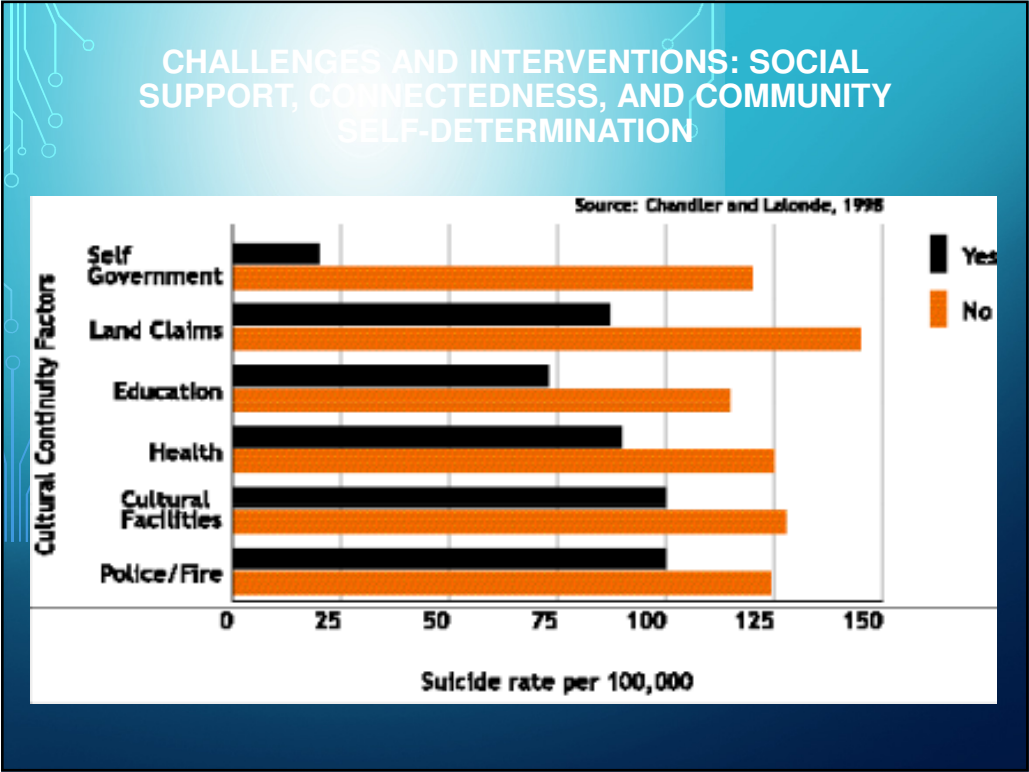
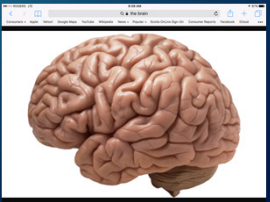
I have Gone to
Find Myself.

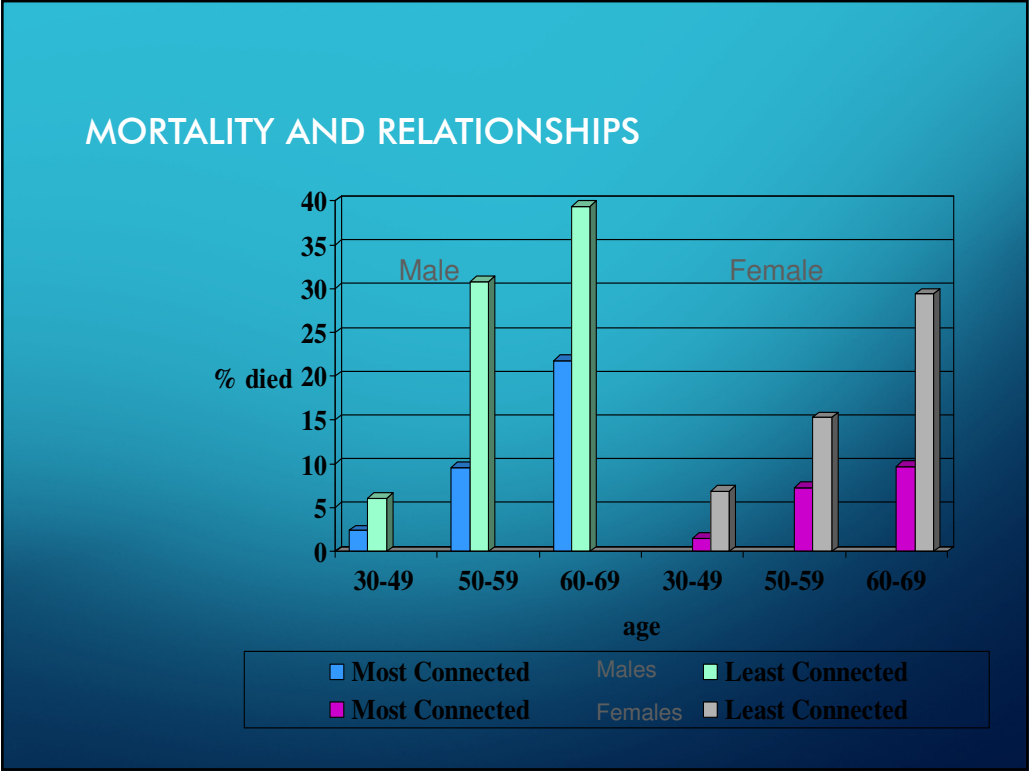
IF I GET BACK, BEFORE I RETURN.
PLEASE KEEP ME HERE.

To the extent we understand
Infinity...

The Brain is Infinitely
Complex

Mental Health and Well-Being
is a Continuum





THE SPECTRUM

Promotion-Prevention-Treatment-
Care

“To Prevent Disease, to Relieve Suffering
and to Heal the Sick, This is Our Work”

Sir William Osler

AVOIDING DISEASE OR PURSUING HEALTH

- Building Community
- Arts and Music
- Active Lifestyle
- Volunteerism
- Friends and Family
- Spirituality and Faith

HEALTH WELL-BEING AND SOCIAL CONDITIONS A CHALLENGE AND OPPORTUNITY SAMPLER

- Parenting
- Housing
- Community Supports
- Nutrition
- Self Esteem
- Leisure Activities
- Education and After School Programs



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PERSPECTIVE

The Legacy of Canada's Residential Schools

Odds of dying for children in Indian residential schools:	Odds of dying for Canadians serving in WWII:
1 in 25	1 in 26

 Image courtesy: Library and Archives Canada

The complex block features a dark background with a black and white photograph of children in a classroom. A nun is visible in the background. The text is overlaid on the image. The "1 in 25" and "1 in 26" are prominently displayed in large white font with a blue circle around the "in". The CBCnews logo is in the bottom left, and the image courtesy text is in the bottom right.

ATLANTIC INDIGENOUS POPULATION

First Nations:

- 34 Communities
- 23k+ on reserve
- 39k+ off reserve

Inuit:

- 5 Communities
- 5k+

Metis and Metis-Inuit

PRACTICAL THINGS

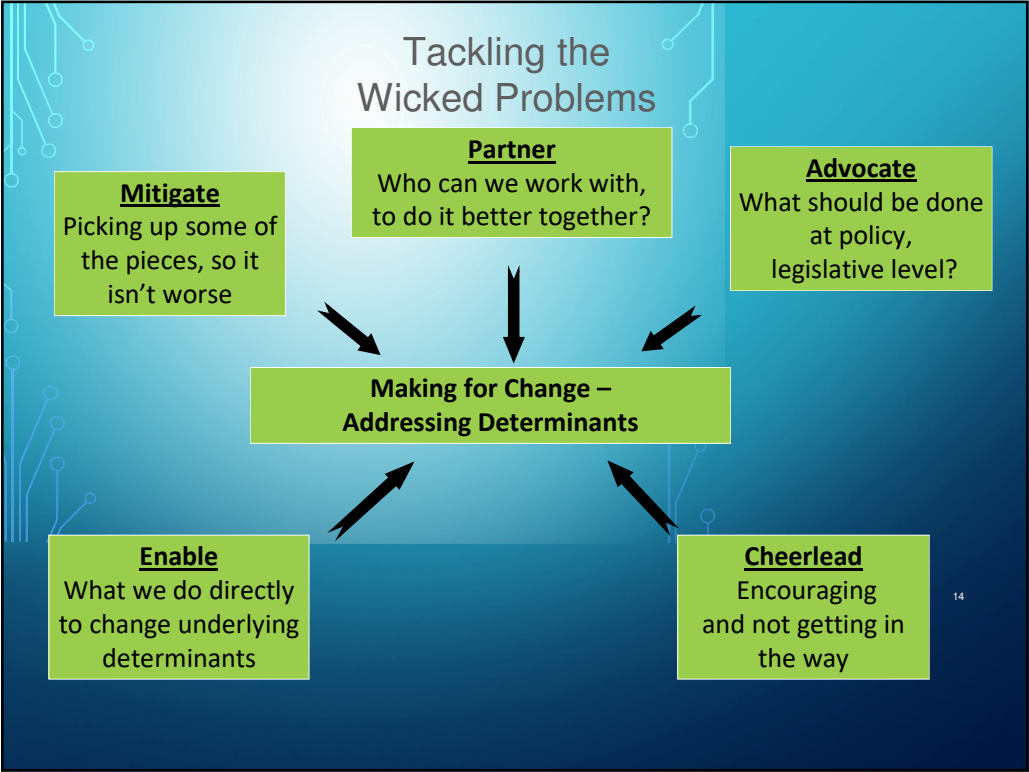
- Be there, get to know each other, formal and informal links as appropriate
- Involve communities in broader service planning
- Include those working in communities with relevant professional activities
- Work to Provide equitable services
- Challenge policies or activities that decrease equity
- Timely response to requests, questions or concerns
- Don't take it personally- unless you should because.... then...
- Assume you don't know- ask what would be helpful etc.
- Learn
- smile

"It's amazing how much can be accomplished if no one cares who gets the credit."



"If you always do what you've always done, you'll always get what you've always got."

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MAKING IT WORK

- Respect
 - Allow for Difference
 - Make it Practical
 - Rule of three
 - Have something to offer
- We needn't agree on everything to work on what we do.
- **What expertise do we not need?**

“SUCCESS IS THE ABILITY TO GO
FROM FAILURE TO FAILURE, AND
NOT LOSE YOUR ENTHUSIASM”

WINSTON CHURCHILL

- It's not so much about the Minister or Deputy
- An Elevator Speech is Different from a Briefing
- Even A Desire to Do Good is Constrained
- How Can We Help?
- Evidence is Necessary but not Sufficient
- Build Partnerships and Coalitions
- Public Awareness?
- Timing Matters

Even when we're on the
right track,
if we're not moving,
We'll get run over.

Mark Twain



**When one tugs at a single thing in
nature, one finds it attached to the
rest of the world.**

- John Muir

