



## ASI Community Workshop: Report

### Port Hawkesbury, Nova Scotia

December 5, 2022

Raising healthy children is the responsibility of all Canadians. Supporting and promoting infant, child and youth mental health is central to enabling them to become lifelong, positive contributors to their communities and society. Strengthening policies and programs that support positive mental health for children and youth is vital to creating a sustainable and inclusive Atlantic Canada.

#### **Atlantic Summer Institute on Healthy and Safe Communities (ASI)**

[The Atlantic Summer Institute on Healthy and Safe Communities](#) (ASI) is a bilingual, not-for-profit organization established in 2003 with a mission to serve as a catalyst for social change, ultimately resulting in more inclusive and equitable Atlantic Canadian communities. Since 2014, ASI's area of priority has been upstream promotion of child and youth mental health.

During 2020–2021, ASI developed a [policy brief](#),<sup>1</sup> in partnership with A Way Home Canada and a working group representative of several regional and national organizations, to promote investment in [upstream](#)<sup>2</sup> policies and supportive actions for child and youth mental health. This work is based on the belief that with collective action, we can shift the ways in which community and government drive policy and fund innovation.

ASI proposes transformative change by calling for action in four broad priority areas to support the mental health of children and youth, their families, and communities. These areas are:

- A “whole of government approach” by implementing a *Mental Health in All Policies Framework*
- A “whole of community approach” through *Investment in Community Action*
- A “whole of society approach” through development of a *Multi-Stakeholder Platform* with representatives from diverse communities, Indigenous organizations, academia, governments, and the private sector
- A *Sustainable and Integrated Funding Model* that supports these comprehensive approaches to invest in and maximize social capital in our communities

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<sup>1</sup> ASI Policy Brief (2022). *Upstream Investment: Placing infant, child and youth mental health at the forefront*. <https://asi-ica.ca/en/asi-policy-brief/>

<sup>2</sup> Upstream Definition: “Upstream interventions and strategies focus on improving fundamental social and economic structures in order to decrease barriers and improve supports that allow people to achieve their full health potential.” National Collaborating Centre for Determinants of Health. (2014). *Let's Talk: Moving upstream*. Antigonish, NS: National Collaborating Centre for Determinants of Health, St. Francis Xavier University.



## **Background**

In February 2022, ASI received funding from the Public Health Agency of Canada's Intersectoral Action Fund for a one-year project ***Mobilizing Intersectoral Policy for Upstream Investment in Infant, Child and Youth Mental Health in Atlantic Canada*** to advance upstream investment in policies that promote equity and mental health amongst infants, children and youth in Atlantic Canada and beyond. The aim was to enhance capacity through knowledge mobilization for intersectoral action amongst governments, private sector and civil society. During the winter of 2022-2023, ASI partnered with local organizations representing a range of communities and regions, i.e., urban, rural, francophone, First Nations and Labrador in Atlantic Canada to host a community workshop.

## **Community Workshop – Port Hawkesbury, NS**

*“The magic of the day was found through the connections and stories people who gathered shared. It has been a while since many of us have been with such a diverse group of people and it affirmed for me that no matter what the issue or opportunity is, gathering as a community, is the only true way forward.”*

-Jim Mustard, *Raising the Villages*, Founder and Board Secretary

On December 5, 2022, the first community workshop in this project was in partnership with Raising the Villages at the Port Hawkesbury Civic Centre, Cape Breton, Nova Scotia. Port Hawkesbury is a municipality in southern [Cape Breton Island](#), Nova Scotia, Canada. English is now the primary language, including a locally distinctive [Cape Breton accent](#), while Mi'kmaq, Scottish Gaelic and Acadian French are still spoken in some communities.<sup>3</sup>

The goal of the workshop was to develop a case and foster advocacy for a sustainable funding model for long-term investment in upstream community mental health and well-being. The workshop was well-attended by 60 people representing different sectors and regions across Cape Breton and beyond. As it was representative of so many communities, this workshop was considered a Regional Fall Workshop, implying that there would be more gatherings in the future. A list of participants is provided in Appendix A.

Although the participants represented Mi'kmaq, Acadian and communities of Scottish settlement, there is no record of this or other demographic data in the list. As this was the first of five community workshops, it proved to be a pilot and the next workshops benefitted from lessons learned by collecting demographic information and adjusting the agenda.

## **Workshop Process**

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<sup>3</sup> [https://en.wikipedia.org/wiki/Cape\\_Breton\\_Island](https://en.wikipedia.org/wiki/Cape_Breton_Island)



The workshop was guided by the following objectives:

- create an open and brave space for people to connect, share, and learn;
- showcase current local upstream initiatives and their impacts;
- identify contextual and policy obstacles and opportunities;
- explore models that will create health equity upstream, while addressing the determinants of health, i.e., hubs that foster awareness, community connections and access to services and programs;
- discuss how a broader collaborative network can support what's working already, what needs to be organized to positively impact on infant, child, and youth mental health; and
- identify the elements required from government funding to sustain models of upstream work.

The workshop was promoted through the media, social media and personal invitation. The invitation is provided in Appendix B; the media release in Appendix C. An agenda was circulated in advance. The agenda can be viewed in Appendix D

Rosie Sylliboy, [Mawita'mk Society](#) Executive Director, from We'koqma'q First Nation opened with a storytelling session in honour of her mother Elder Ma'git Poulette around the Mi'kmaq traditions of inclusion/belonging/health and wellbeing from our infants to our elders.

*“Stories give us faith that we are the right people to make the change.”*

Her story set the tone for the workshop and the discussions that followed. When participants were asked what they hoped to gain by attending, a shared response was that they wanted to create strong communities which supported people from all cultures.

A presentation on the policy brief and the concept of upstream was provided by Malcolm Shookner, ASI President. Presentations showcasing upstream initiatives in Cape Breton were made by:

- Margaret McKinnon and Bethany Theuerkauf from *St FX University* representing [Flourish at X](#), which is ‘taking a holistic approach to campus mental health and well-being’.
- Amy Fraser MacKinnon, Deidre Fraser, and Darcy Kimmitt from [Bay St Lawrence Community Centre \(BSLCC\)](#), the first organization to join *Raising the Villages'* Welcoming Community Spaces/Hubs Pilot Project. *BSLCC* is ‘serving the community of Bay St Lawrence and surrounding areas with services for all ages’.
- Mildred Lynn McDonald and Bill Murphy from the community of Judique (awarded the *Lieutenant Governor's Community Spirit Award* in 2022), who shared the [Judique Spirit Tartan Story](#).

*“Currency is not money – its relationships that go back 5 generations”*

These presentations provided examples of upstream work currently happening and served as a catalyst for increased understanding of the concept of upstream. Jim Mustard presented on



'models of promising practice for community hubs'. Examples of innovation from Lac-Mégantic, Quebec and a presentation on work in Revelstoke, B.C. were also shared<sup>4</sup>. Together, these presentations guided networking and conversation amongst the workshop participants, both in small and large groups. The promising practice resource from Quebec that was shared as a handout at the workshop can be found in Appendix F.

## Key Question

The final discussion question, “*What would your community look like with ongoing upstream investment?*” identified many attributes:

- Emotional, spiritual, physical, and mental aspects are all connected. Every type of voice is in the room (kid’s voices, 2SLGBTQIA+, BIPOC, etc.) – and if all voices aren’t in the room, why not? And how can we help them, and their voices, be in the room?
- Strong emphasis on inclusiveness, relationships, culture, history and belongingness
- Rural community members and family members are linked and able to act as groups
- Programs would meet people where they’re at
- Government grants would focus on operational costs and be multi-year instead of focusing on capital and single-year
- Better service connections from our communities by connecting with others in the room
- Strong advocacy and action around basic, dignified income and food security
- That rural communities are recognized as an equal component of initiatives – can’t just be focused on cities.

## Participant Comments

These comments were from several participants and addressed pressing concerns of the various groups represented in the community.

*“We don’t need good policy that’s already structured, we can structure our own to our own communities”*

*“Communities have a hub – there’s a community space everywhere (a hall); need operational funding for how to keep the lights on in the current buildings, instead of capital funding for new buildings.”*

*“It’s not just if services are available, it’s how can we make those services more available?”*

*“Every member of the family and community is equal.”*

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<sup>4</sup> The impact of community hubs in Revelstoke, BC was provided by Jim Mustard in a recorded presentation: <https://us06web.zoom.us/rec/share/adrwup1HqMwhIWwN0bmVj1gQFCwM0EaalazaTw5tNUJMJom1p0Cc3gd446F-UDJX.wHMb23yHfRjXXBYv>



## Workshop Analysis

*“Evidence is clear – people want to gather and ASI support was helpful.”*

### Common Themes

1. Importance of age appropriate, welcoming, and inclusive community led activities

### Common Barriers

1. Connectedness
  - a) Lack of access to support/resources: not culturally specific, no transportation, no technology, COVID restrictions
  - b) Sharing/Communication/Isolation
  - c) No continuity

### Commitments to Action

*“Share today with other communities – an idea that can grow”*

- All agreed that they would like to strengthen the relationship with ASI and promote youth attendance in the Youth Leadership Program.
- Raising the Villages will continue supporting ASI's work to create a case and advocacy for a sustainable funding model for long term investment in upstream community mental health and well-being.
- Raising the Villages will be reaching out to more communities to learn about what initiatives are working and where there might be an interest or capacity, to develop an integrated hub pilot.
- Raising the Villages now looks forward to working with our community partners in We'koqma'q to hold a follow-up workshop.
- The Board of Raising the Villages will seek political and funding support to pilot community hubs

*“Who is not in the room? Municipalities! Perhaps we can replicate the workshop with the Nova Scotia Association of Municipalities.”*

### Considerations Going Forward

Transformative change will require leaders (including provincial, federal, municipal, community and Indigenous leaders) to undertake fundamental changes in the way we build public policy.

### Evaluation

Participants were invited to share their experience at the workshop by completing an online exit [survey](#). A full evaluation report all community workshops is available as a separate document.



## **Acknowledgements**

The Atlantic Summer Institute on Healthy and Safe Communities and National Collaborating Centre for Determinants of Health would like to extend thanks to all workshop participants for their contributions to the upstream discussion with a special thank you to: Jim Mustard, Amanda Knight and Raising the Villages for facilitating and hosting the workshop; Rosie Sylliboy for opening the day; Margaret McKinnon and Bethany Theuerkauf; Amy Fraser MacKinnon, Deidre Fraser, and Darcy Kimmitt; and Mildred Lynn McDonald and Bill Murphy for showcasing their projects. Thank you also to Knowledge Translation Specialist Mandy Walker for capturing the essence of the discussion, and Patsy Beattie-Huggan for coordination.

### **Organizing partner: Raising the Villages**

[Raising the Villages](#) started in January 2017 to address childhood poverty rates and represents communities across western Cape Breton. In 2016 childhood poverty had reached 26% across Cape Breton, and in Inverness County 32% of children entering school were assessed as vulnerable through the Early Development Instrument (EDI). Through *Raising the Villages*, we aim to positively affect outcomes in health and well-being for our youngest citizens and the seven generations to come and contribute to population health through active participation in regional coalitions and networks.

### **Funding Acknowledgement**

Funding for these workshops was provided through the Public Health Agency of Canada's Intersectoral Action Fund as part of a one-year project (2022-2023) to advance upstream investment in policies that promote equity and mental health amongst infants, children and youth in Atlantic Canada and beyond, enhancing capacity through knowledge mobilization for intersectoral action amongst governments, private sector and civil society.



## Appendix A

### Participant List

<b>ASI Community Workshop - Port Hawkesbury, NS - December 5, 2022</b>					
	<b>First Name</b>	<b>Last Name</b>			
1	Barton	Cutten	33	Dorothy	Barnard
2	Deidre	Fraser	34	Bethany	Theuerkauf
3	Michele	Mac Phee	35	Sharla	Mombourquette-Sampson
4	William	Fitzgerald	36	Breanna	MacNeil
5	Darcy	Kimmitt	37	Shannon	Mury
6	Celeste	Gotell	38	Cindy	O'Neill
7	William	Fitzgerald	39	Amber	Bernard
8	Laura	Chapman	40	Karlana	Johnson
9	Judy	King	41	Rhonda	Wiswell
10	Andrea	Donovan	42	Louise	Egan
11	Suzi	Alward	43	sarah	macdonald
12	Danielle	Martell	44	Arlene	USHER
13	Mildred Lynn	McDonald	45	Rosie	Sylliboy
14	Kristel	Fleuren-Hunte	46	Marie	Sylliboy
15	Amy	MacKinnon	47	Sharon	Rudderham
16	Dana	Pettipas	48	April	MacDonald
17	Olivia	Melnick	49	Jasmine	Lowry
18	Brandie	Pottie	50	Paula	Simpson-frost
19	Sheri	Taylor	51	Janette	Boudrot
20	Jim	Mustard	52	Dorothy	Bennett
21	Nancy	Salmon	53	Paul	Strome
22	Ashley	MacDonald	54	Samantha	Radford
23	Annette	Kehoe	55	Lisa	Berthier
24	Dianne	Oickle	56	Bill	Murphy
25	Richard	Isnor	57	Margie	McKinnon
26	Carolyn	Webber			
27	Aron	Ashton			
28	Hilda	Googoo	<b>ASI Representatives</b>		
29	Tracy	Googoo	58	Patsy	Beattie-Huggan
30	Michelle	Deveau	59	Mandy	Walker
31	Louise	Migneault	60	Malcolm	Shookner
32	Katie	Aubrecht			





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## **Appendix B**

### **Invitation**





Save the date! Dec, 5th 2022

*Raising the Villages* invites you to a workshop to explore how together, we can improve and celebrate our mental health and well-being.

Dear Patsy,

Save the date! *Raising the Villages*, in partnership with the *Atlantic Summer Institute on Healthy and Safe Communities (ASI)*, will be hosting a Regional Fall Workshop around infant, child, youth, and community mental health on **Monday, December, 5th 2022 between 9:30am and 3pm** in the Bear Room at the Civic Centre in Port Hawkesbury. Tickets are free and lunch is included.

<p><b>RAISING THE VILLAGES' REGIONAL FALL WORKSHOP IN PARTNERSHIP WITH THE ATLANTIC SUMMER INSTITUTE (ASI)</b></p>	 <p>Atlantic Summer Institute on Healthy and Safe Communities</p> <p>l'Institut d'été sur les collectivités sûres et en santé au Canada atlantique</p> <p>Questions? Please contact <a href="mailto:raisingthevillages@gmail.com">raisingthevillages@gmail.com</a>. Thank you. Merci. Wela'liek. Tapadh leibh.</p>
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Workshop objectives:

1. Create a safe welcoming space for people to connect and share.
2. Showcase current upstream initiatives and their impact.
3. Identify contextual and policy obstacles and opportunities.
4. Explore models that will create health equity upstream, addressing the determinants of health, e.g., hubs that foster awareness, community connections and access to services and programs.
5. Discuss how a broader collaborative network can support what's working already; and what needs to be organized to positively impact on infant, child, and youth mental health.
6. Identify the elements required from government funding to sustain models of upstream work.

Please note: **Spaces for the workshop are limited.** To reserve your spot for the workshop, please follow this link to our event page on Eventbrite: <https://www.eventbrite.ca/e/raising-the-villages-fall-workshop-in-partnership-with-asi-tickets-417127267887>.

**Raising the Villages** contributed to the *ASI Policy Brief*, 'UPSTREAM INVESTMENT: Placing infant, child and youth mental health at the forefront' which is being circulated across Atlantic Canada and will be presented to the Council of Atlantic Premiers. It has the power to create transformative change.

Questions? Please contact [raisingthevillages@gmail.com](mailto:raisingthevillages@gmail.com). Thank you. Wela'liek. Merci. Tapadh leibh.

**Raising the Villages** would like to take this opportunity to acknowledge and thank our funders for their great support this year, that has contributed to our work leading into holding this Fall Workshop in partnership with *ASI*; they are: *The Mental Health Foundation of Nova Scotia, The Town of Port Hawkesbury, The Municipality of the County of Richmond, United Way Cape Breton, and NSLC* through their *Regional Giving Program*. Thank you. Merci. Wela'liek. Tapadh leibh.

Thank you for your time in reading our 'save the date' email. We look forward to seeing you there!

Yours Sincerely,  
Amanda Knight  
Communications and Network Development Coordinator  
**Raising the Villages Cooperative Ltd**



## **Appendix C**

### **Media Release**

**English**

**&**

**French**



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**FOR IMMEDIATE RELEASE: Wednesday February 22, 2023**



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## ASI COMMUNITY AND REGIONAL WORKSHOPS THROUGHOUT ATLANTIC CANADA

*The Atlantic Summer Institute on Healthy and Safe Communities (ASI) is inviting you to take part in their mission, to promote mental health and well-being for all – beginning with a focus on our infants, children and youth.*

Are you interested in advocating for a sustainable funding model for long-term investment in community mental health and well-being? If so, join us for our upcoming Community Workshop Series in February and March throughout Atlantic Canada put on by ASI to network and learn about the importance of mental health promotion.

Building on the success of our first community workshop held December 5, 2022 in Port Hawkesbury, Cape Breton, NS in partnership with Raising the Villages, the **four upcoming community workshops** will introduce you to the [ASI policy brief: “Upstream Investment – Placing child and youth mental health promotion at the forefront”](#) and give you the opportunity to explore initiatives happening in your community and innovative models from other regions. You will connect in-person and share experiences; identify barriers and opportunities for investing upstream; and identify next steps in promoting community resilience and mental health of infants, children and youth through upstream action.

The **two regional online workshops** will be a more condensed program where participants will also be introduced to ASI Policy Brief, explore promotion of infant, child and youth mental health in their communities, and recommend next steps in implementing “upstream” policies.

### Register for the ASI Regional Online Workshops:

- [February 22<sup>nd</sup> – 10:00-12:00pm](#), on Zoom, hosted by Atlantic Policy Congress of First Nations Chiefs Secretariat
- [March 7<sup>th</sup> – 9:00-11:30am](#), on Zoom, hosted by Labrador Friendship Centre

### Register for the ASI Community In-Person Workshops:

- [February 24<sup>th</sup>, 2023 – St. Johns, NL: https://NLCommunityWorkshop.eventbrite.ca](#)





- March 2<sup>nd</sup>, 2023 – Petit Rocher, NB: French: <https://AtelierCommunautaireNB.eventbrite.ca>  
English:  
<https://NorthernNBCommunityWorkshop.eventbrite.ca>
- March 14<sup>th</sup>, 2023 – Charlottetown, PEI: <https://PEICommunityWorkshop.eventbrite.ca>
- March 20<sup>th</sup>, 2023 – Saint John, NB: <https://SaintJohnNBCommunityWorkshop.eventbrite.ca>

**Background:** In March 2022, ASI launched the policy “*Investing Upstream: Placing infant, child and youth mental health at the forefront*”. The brief proposes a transformative change in policy development and outlines four priorities: Mental Health in All Policies, Multisectoral Platform, Community Investment, and Sustainable Funding Model. Click on the following hyperlinks to access the [full policy brief](#), [infographic](#), and its [executive summary](#).

Funding for these workshops is provided through the Public Health Agency of Canada’s Intersectoral Action Fund as part of a one-year project to advance upstream investment in policies that promote equity and mental health amongst infants, children and youth in Atlantic Canada and beyond, enhancing capacity through knowledge mobilization for intersectoral action amongst governments, private sector and civil society.

FOR MORE INFORMATION, PHOTOS & INTERVIEWS, CONTACT:  
Patsy Beattie-Huggan, ASI Coordinator: [info@asi-iea.ca](mailto:info@asi-iea.ca) / 902-894-3399





## POUR PUBLICATION IMMÉDIATE : mercredi 22 février 2023



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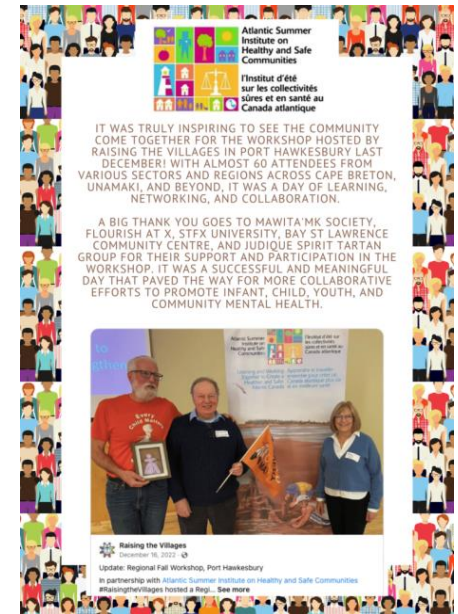
[info@asi-ica.ca](mailto:info@asi-ica.ca)

### ATELIERS COMMUNAUTAIRES ET RÉGIONAUX DE L'IEA AU CANADA ATLANTIQUE

*L'Institut d'été sur les collectivités sûres et en santé au Canada atlantique (IEA) vous invite à participer à sa mission, soit de promouvoir la santé mentale et le mieux-être de tous, en commençant par les nourrissons, les enfants et les jeunes.*

Le mouvement visant un modèle de financement durable pour un investissement à long terme dans la santé mentale et le mieux-être des collectivités vous intéresse? Si oui, joignez-vous à notre prochaine série d'ateliers communautaires animés par l'IEA dans tout le Canada atlantique en février et en mars. C'est l'occasion de faire du réseautage et d'apprendre davantage sur l'importance de la promotion de la santé mentale.

Continuant dans l'élan d'un premier atelier communautaire très réussi le 5 décembre 2022 à Port Hawkesbury, au Cap-Breton (Nouvelle-Écosse), en partenariat avec Raising the Villages, les **quatre prochains ateliers communautaires** sont une introduction au [mémoire de l'IEA, Investissement en amont : la promotion de la santé mentale des nourrissons, des enfants et des jeunes au premier plan](#). Ils vous donneront aussi l'occasion d'explorer les initiatives actuelles dans votre collectivité ainsi que des modèles novateurs dans d'autres régions. Vous aurez par ailleurs la chance de faire des rencontres en personne et d'échanger vos expériences; de cerner les obstacles et les possibilités d'investissement en amont; et de déterminer les prochaines étapes pour la promotion de la résilience communautaire et de la santé mentale des nourrissons, des enfants et des jeunes grâce aux initiatives en amont.



Le programme des **deux ateliers régionaux en ligne** est plus condensé. Les participantes et les participants exploreront le mémoire de l'IEA ainsi que la promotion de la santé mentale des nourrissons, des enfants et des jeunes dans leur collectivité. Enfin, ils pourront recommander des étapes à suivre pour la mise en œuvre de politiques « en amont ».

#### Inscrivez-vous aux ateliers régionaux en ligne de l'IEA :

- [le 22 février de 10 h à 12 h](#) sur Zoom, organisé par l'Atlantic Policy Congress of First Nations Chiefs Secretariat
- [le 7 mars de 9 h à 11 h 30](#) sur Zoom, organisé par le Labrador Friendship Centre

#### Inscrivez-vous aux ateliers communautaires de l'IEA en personne :



- le 24 février 2023 à St. John's (Terre-Neuve-et-Labrador) :  
<https://NLCommunityWorkshop.eventbrite.ca>
- le 2 mars 2023 à Petit Rocher (Nouveau-Brunswick) :
  - en français : <https://AtelierCommunautaireNB.eventbrite.ca>
  - en anglais : <https://NorthernNBCommunityWorkshop.eventbrite.ca>
- le 14 mars 2023 à Charlottetown (Île-du-Prince-Édouard) :  
<https://PEICommunityWorkshop.eventbrite.ca>
- le 20 mars 2023 à Saint John (Nouveau-Brunswick) :  
<https://SaintJohnNBCommunityWorkshop.eventbrite.ca>

**Contexte :** En mars 2022, l'ASI a publié un mémoire intitulé *Investissement en amont : la promotion de la santé mentale des nourrissons, des enfants et des jeunes au premier plan*. Le mémoire avance l'idée d'un grand virage dans l'élaboration des politiques et s'appuie sur quatre grandes priorités : un cadre de travail pour la santé mentale dans toutes les politiques, une plateforme pour les groupes à intérêts multiples, l'investissement dans l'action communautaire et un modèle de financement viable. En cliquant sur les liens suivants, vous pouvez consulter [le mémoire en entier](#), [le document infographique](#) et le [résumé](#).

Ces ateliers sont financés par le Fonds d'action intersectorielle de l'Agence de la santé publique du Canada dans le cadre d'un projet d'un an visant à promouvoir l'investissement en amont dans des politiques qui favorisent l'équité et la santé mentale chez les nourrissons, les enfants et les jeunes dans la région de l'Atlantique et ailleurs au pays en renforçant les capacités par la mobilisation des connaissances pour une action intersectorielle au sein des gouvernements, du secteur privé et de la société civile.

POUR AVOIR DES RENSEIGNEMENTS, PHOTOS ET ENTREVUES :  
Patsy Beattie-Huggan, coordinatrice de l'IEA  
[info@asi-iea.ca](mailto:info@asi-iea.ca) ou 902-894-3399





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Atlantic  
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Communities



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santé au  
Canada atlantique

## **Appendix D**

### **Agenda**



## Regional Fall Workshop Objectives and Agenda

Monday, December, 5th

9:30am-3pm

**BACKGROUND:** Raising the Villages is hosting a Regional Fall Workshop around infant, child, youth, and community mental health in partnership with the Atlantic Summer Institute on Healthy and Safe Communities (ASI).

**GOAL:** To create a case and advocacy for a sustainable funding model for long term investment in upstream community mental health and well being.

### OBJECTIVES:

1. Create a safe welcoming space for people to connect and share
2. Showcase current upstream initiatives and their impact.
3. Identify contextual and policy obstacles and opportunities
4. Explore models that will create health equity upstream, addressing the determinants of health, e.g., hubs that foster awareness, community connections and access to services and programs.
5. Discuss how a broader collaborative network can support what's working already; and what needs to be organized to positively impact on infant, child, and youth mental health
6. Identify the elements required from government funding to sustain models of upstream work.

### AGENDA:

**9:30am** Registration and coffee

**10am** Welcome and a review of objectives and logistics with co-hosts and Raising the Villages' board members, Secretary Jim Mustard and Dr. Jasmine Waslowski

**10:15am** Introductions via round tables – What were your challenges coming to the workshop today? What are your hopes?

**10:30am Opening Session** - Rosie Sylliboy, Mawita'mk Society Executive Director, from We'koqma'q First Nation will be opening with a storytelling session in honour of her mother Elder Ma'git Poulette around the Mi'kmaq traditions of inclusion/belonging/health and wellbeing from our infants to our elders.

**10:45am Role of ASI and the ASI Policy Brief Q&A** with Malcolm Shookner, ASI President

**11am Break**

**11:15am Showcase Upstream Initiatives** – Three groups will be presenting on key initiatives and they are: The Bloomfield Hub at StFX University, Bay St Lawrence Community Centre, and members of the community of Judique.

**11:35am Discussion – Introduce the stream of life on the wall:** small groups discuss strengths and positive programs, services, and social connections in their own communities and write these on big sticky notes to place on the 'stream of life' wall chart where they fit, ie. infancy, child, youth, young families, middle age, and elders. Another point to consider: What are the barriers to well-being in your community? Please feel free to add any barriers if applicable.

**12 noon Lunch – Set up flip chart for people to add key words, illustrations** – What would your community look like with ongoing upstream investment? What would you hope would be different?

**12:45pm - Models of Promising Practice for Community Hubs** – What do they look like? Why not now? What is the risk? Models to explore – 20 years of reduced Early Development Instrument (EDI) numbers in Revelstoke, British Columbia and an initiative of Canada's Premiers in Quebec (related podcast was shared in advance of the workshop).

**1:30pm - Extending community and organizational capacity - *What do we need to do this work?*** e.g., shared vision, collective commitment, sustainable funding, evaluation.

**2:30pm - Creating a network to support this work** – Now is the time: are we ready? ASI and Raising the Villages are interested to hear of opportunities and how we strengthen our collaborative learning and efforts.

**2:45pm - Next steps...**



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## **Appendix E**

### **Presentation Slides**



**Atlantic Summer Institute on Healthy and Safe Communities**  
**l'Institut d'été sur les collectivités sûres et en santé au Canada atlantique**

**Upstream Investment - Placing infant, child and youth mental health promotion at the forefront**


**Malcolm Shookner, President, ASI Board of Directors**  
*Raising the Villages Fall Workshop, Port Hawkesbury, NS, December 5, 2022*



**Introduction to ASI**

**The Atlantic Summer Institute on Healthy and Safe Communities, Inc. (ASI)**

- Non profit organization established in 2003, based in PEI
- Catalyst for social change in Atlantic Canada focusing on the determinants of health
- Managed by a regional board of directors
- Host an annual summer learning event




**Background to the Brief**

Since **2015**, we have focused on child and youth mental health promotion:

- Whole of government – intersectoral action
- Whole of society – multi-stakeholder forum
- Whole of community – supporting community resilience


**2017-18** Call for Action on policies, programs, resources and funding

**2020-21** Policy Brief - Upstream Investment in Child and Youth Mental Health



> A Way Home Canada  
 > National Collaborating Centre for Determinants of Health  
 > Atlantic Policy Congress, First Nations Chiefs Secretariat  
 > Mental Health Commission of Canada  
 > Canadian Families and Correction Network  
 > Raising the Villages, Nova Scotia  
 > IWK Children's Hospital  
 > Nova Scotia Health  
 > Health PEI  
 > Independent Researchers and Consultants  
 > INSPQ, Quebec

**Policy Contributors and Advisors**  
 A total of more than 35 people




**Policy Brief – Introduction**

**Raising healthy children is the responsibility of all Canadians.**

Supporting and promoting infant, child, and youth mental health is central to enabling them to become life-long, positive contributors to their communities and society.

Strengthening policies and programs that support positive mental health for children and youth is vital to creating an inclusive and equitable Atlantic Canada.



**Policy Brief – Investing Upstream**

The focus of the ASI Policy Brief is upstream, on mental health promotion, which aims to enable people and communities to optimize their well-being by influencing multiple determinants of health.

An **upstream** focus works to equitably improve the mental health of the entire population and to reduce the likelihood of mental deterioration throughout the life course.

Source: *Mental Health is more than you can imagine!* ASI 2017



## ASI Policy Brief Overview

**Policy Brief Goal**

- To enhance intersectoral action amongst governments, private sector and civil society to advance upstream investment in policies that promote equity and mental health amongst infants, children and youth in Atlantic Canada and beyond.

**Anticipated Outcomes**

- Wider engagement of the public and leaders in **support** of upstream investment and **resource allocation** for mental health promotion.
- Increased **collaboration** between stakeholders in infant, child and youth mental health from various sectors and communities.
- New policies** throughout communities and governments
- A **sustainable funding** model for upstream policies.



## Priority Areas


- A “whole-of-government approach” by implementing a **Mental Health in All Policies Framework**
- A “whole-of-society approach” through development of a **Multistakeholder Platform**
- A “whole-of-community approach” through **Investment in Community Action**
- A **Sustainable and Integrated Funding Model** that supports these comprehensive approaches to invest in and maximize social capital in our communities



## Policy Brief Action Area #1 Whole of Government

**Mental Health in All Policies (Policy Framework)**

- Building on the well-established **Health in All Policies** framework
- All sectors and government departments are responsible for building policy to **foster wellbeing** and **mental health equity**.




## What is Health in All Policies?

**Health in All Policies (HiAP):**

- An approach that **systematically** considers the health and social implications of policies contemplated **by all sectors of government**
- A **critical policy lever**, as **many of the drivers for health outcomes are beyond the reach of the health sector** — and initiatives that increase health and health equity often result in better productivity and higher tax revenues

Within a HiAP approach, distinguish between “health and mental health being embedded in all policies” and the recognition that “**all policies can have an effect on health**” (WHO 2014)



## Benefits and Challenge

<p>▣ <b>HiAP Approach</b></p> <ul style="list-style-type: none"> <li>Seeks synergies</li> <li>Improves accountability</li> <li>Assists decision-makers from all sectors</li> <li>Supports the non-health sectors</li> <li>Promotes shared responsibility</li> <li>Improves evidence-informed policy making</li> </ul>	<p>▣ <b>Challenges</b></p> <ul style="list-style-type: none"> <li>Political support</li> <li>Understanding of holistic health</li> <li>Managing conflict</li> <li>Siloed government sectors</li> <li>Sustainability</li> </ul>
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Diallo, T. (2019) Canada: National Collaborating Centre on Healthy Public Policy



## Policy Brief Action Area #2 Whole of Society

**Multistakeholder Platform**

Engaging governments, the public and private sectors, civil society and communities that can accelerate upstream investment and focus priorities.

**Example - ASI is well-positioned and experienced.**



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## Policy Brief Action Area #3 Whole of Community

### Investment in Community Action

Community groups and organizations are already doing the work to create supportive environments for their children and youth. Ensuring **communities are valued as partners with government** and have the support necessary to do this work is vital.

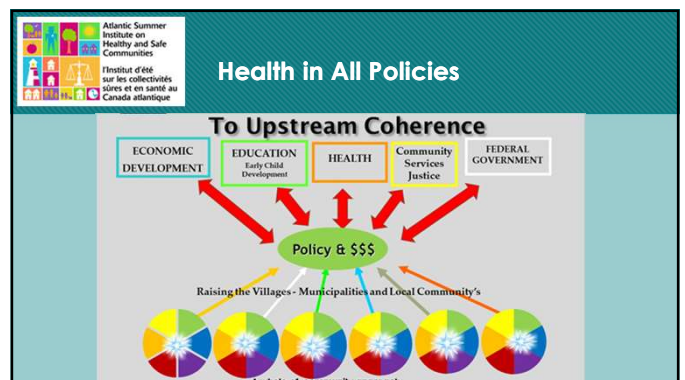
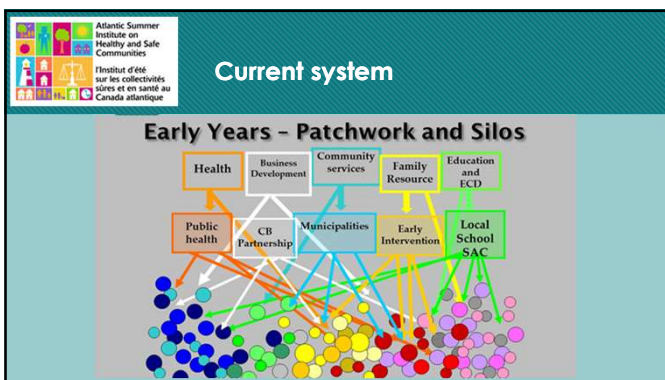
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## Policy Brief Action Area #4 Long term funding commitment

### Sustained and Integrated Funding Model

that supports these comprehensive approaches to invest in and **maximize social capital in our communities**

- A cross-sector child and youth mental health fund
- Core/multi-year foundational funding
- A rigorous approach to innovation and evaluation
- Outcome-based



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## Recommendations and Outcomes

#### RECOMMENDATIONS

Transformative change will require leaders (including provincial, federal, municipal, community and indigenous leaders) to undertake fundamental changes in the way we build public policy.

1. Atlantic provincial governments build on existing Atlantic linkages and structures, such as the Council of Atlantic Premiers to set an Atlantic Regional direction for Mental Health in All Policies.
2. Governments work to develop relationships and strengthen collaboration with Indigenous peoples in all settings, supporting Indigenous-led initiatives.
3. Governments support a regional Multistakeholder Platform.
4. Governments recognize and support the role of community-based organizations as a focal point for upstream investment in child and youth mental health.
5. Governments review investments and funding frameworks and align more closely with the proposed Sustainable and Integrated Funding model.
6. Governments work to build capacity for child and youth mental health promotion, working collaboratively across sectors.
7. Governments work with diverse groups and communities to ensure equitable investment in child and youth mental health promotion.
8. All stakeholders in Atlantic Canada apply a Mental Health in All Policies lens in development and implementation for organizational and municipal policies.

#### OUTCOMES

Short-term outcomes of following these recommendations would include:

- Wider engagement of the public and leaders in support of upstream investment and resource allocation.
- Increased collaboration among interested parties in child and youth mental health from various sectors and communities.
- New policies progressing throughout communities and governments in Atlantic Canada.
- Initiating the development of a sustainable funding model.

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## Policy Brief - Released March 9, 2022


Full policy brief: [www.asi-ia.ca/en/files/2022/03/ASI-Policy-Brief-2022-03-09.pdf](http://www.asi-ia.ca/en/files/2022/03/ASI-Policy-Brief-2022-03-09.pdf)

Executive Summary: [www.asi-ia.ca/en/files/2022/03/Policy-Brief-ES-.pdf](http://www.asi-ia.ca/en/files/2022/03/Policy-Brief-ES-.pdf)

Newsletter/Infographic (2 pages): [www.asi-ia.ca/en/files/2022/03/ASI-2022-Infographic-03-07.pdf](http://www.asi-ia.ca/en/files/2022/03/ASI-2022-Infographic-03-07.pdf)

Knowledge Mobilization - Supported by a one-year grant from the Public Health Agency of Canada Intersectoral Action Fund - Awarded March 2022





## ASI Policy Brief Intention

### A Call for Transformative Change


This policy brief makes the case for a **commitment** to transformative change, **challenging leaders** (including provincial, federal, municipal and indigenous leaders) to undertake **fundamental change** in the way we **build healthy public policy**.



## Next Steps

### Mobilizing Action for Policy Change

- Meet with Premiers and provincial politicians; Council of Atlantic Premiers, public service to **explore fit with provincial policy direction**
- Inform leaders in communities, municipalities, private sector and engage in discussion of **how to embrace the brief**
- Inform the public to **seek their support**
- Work collaboratively to **take action**



## NS Provincial Workshop July 2022 Recommendations

**"Whole-of-Government"** - Minister responsible for Mental Health to chair a ministerial table on Mental Health in All Policies. The Office of Mental Health and Addictions lead a table of deputy ministers in implementing Mental Health in All Policies.

**"Whole-of-Society"** - Change narrative to focus on well-being so it can be embraced by all. Need to invest in early childhood or pay for a lifetime.



## NS Provincial Workshop July 2022 Recommendations

**"Whole-of-Community"** - Bottom-up grass roots informing policy; reflective of local geographies / communities. Demonstration places illustrating inclusive, gathering spaces with coordinated services.

**Sustainable and Integrated Funding Model** – Sustained, multi-year financial investments.




## Community and Workshops Indigenous

### Fall 2022-Winter 2023

**Community Workshops:** One in each Atlantic Province

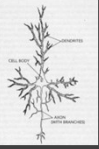
**Indigenous Workshops:** First Nations and Inuit Communities




## Q&A

## WHY the Early Years?

The early years starts early ! Before pre-primary and before childcare, setting life course trajectories for our health (physical/mental), learning and behaviour

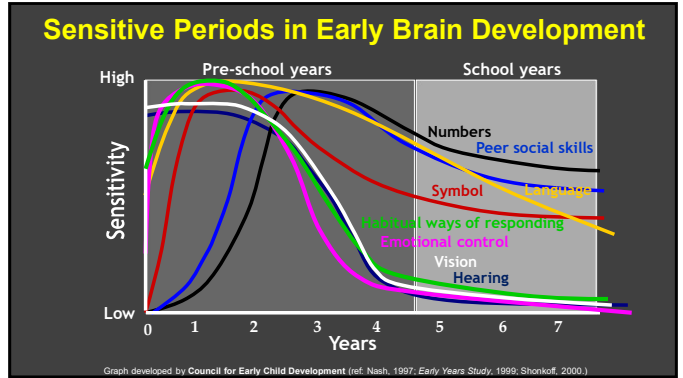


Born with 100 Billion Neurons



*Human connections shape the neural connections from which the mind emerges*  
- Dan Siegel

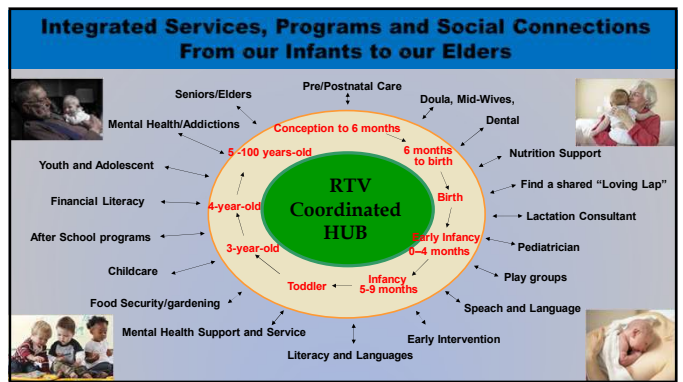
Form 1 Trillion Connections by 3 yrs



## The Health Imperative

### Life Course Problems Related to Early Life

1st Decade	2nd Decade	3rd/4th Decade	5th/6th Decade
• ADHD	• Obesity	• Elevated Blood Pressure	• Coronary heart Disease
• Asthma	• Teen pregnancy	• Addictions	• Premature Aging
• Allergies	• School Failure	• Diabetes	• Memory Loss
• Mental Health	• Depression		
• Violence			



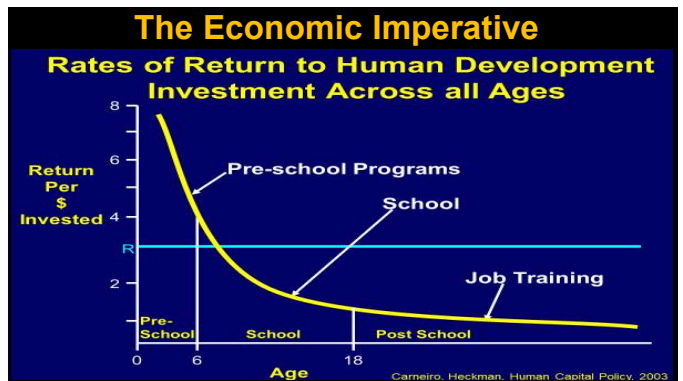
## The UPSTREAM Imperative





"We need to be reminded that our children are gifts from the Creator and that they are here to be our teachers. We need to provide space for them to teach us."


Adelle Arcand, Alexander 1<sup>st</sup> Nation



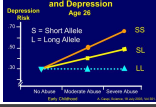
## Cost of Not Investing Upstream In Universal ECD

(Centre for Addiction and Mental Health – CAMH)

- Reported that Mental health costs **Canada \$51 B a year** in health care costs, lost productivity and reductions in health-related quality of life.
- Translates in NS to **1.4 Billion \$ a year** spent in treatment for substance use, healthcare and lost productivity.
- Translates to **\$18 M a year in Inverness County**
- A universally accessible ( everyone gets in!!) centre co-located in each community 7 sites x \$150,000 = **\$1M a year**
- For the whole Province with 300 Elementary Schools defining universal access geographically - the **INVESTMENT** would be **\$45 - 60M**.



### Serotonin Gene, Experience, and Depression



### Swedish Longitudinal Study – ECD and Adult Health

Adult Health	Odds - Ratios
Genetic Physical	1.19 1.56 2.20 2.66
Cognitive	1.16 1.93 2.91 7.76
Mental	1.178 2.05 3.76 10.27

### Substance Abuse and Childhood Abuse

Exposure to Child Abuse	Odds Ratio for Drug Use	Odds Ratio for Alcohol Use
0	1.0	1.0
1	2.7	2.0
2	2.9	4.0
3	3.6	4.9
4+	4.7	7.4

### Early Brain Development and Criminal Behaviour

Significant correlation with regional criminality (strongly) appeared for language development at 18 and 24 months.

Watts, R. et al. *Journal of Interpersonal Psychology* 30: 166

### Touch and the Limbic HPA Pathway

Touch in the Early Period is Critical

- Rats – Mothers licking pups
- Monkeys – Peer vs mother rearing
- Humans – Attachment

### 20 year old Evidence of need For Upstream Investment



## WHAT DO WE KNOW ABOUT HOW OUR CHILDREN ARE DOING?

In Western Cape Breton @ 30% of children vulnerable when they enter school EDI



Child Poverty Rates

- CB Island - 26%
- Membertou - 48%
- We'koma'q - 44%
- Wagmatcook - 40%
- Eskasoni - 72%



**EDI**

An example of the whole Village helping to Raise our Children


SCHOOL DISTRICT 19 ■ REVELSTOKE

## What Does the EDI Measure?

Provides a macro picture of the brains development at school entry, used across Canada and points upstream

Social Competence

Physical Health & Well-Being



Emotional Maturity

Language & Cognitive

Communication Skills

SELECT SCALE VULNERABLE ON ONE OR MORE SCALES

PERCENT VULNERABLE

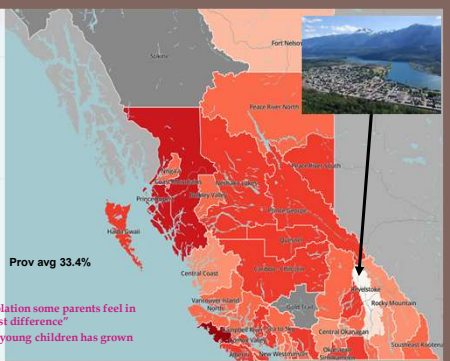
0% 15 20 25 30 35 40 45 100%

SELECT BOUNDARY TYPE SCHOOL DISTRICTS LOCAL HEALTH AREAS NEIGHBOURHOODS

REVELSTOKE SCHOOL DISTRICT 19

WAVE 2	WAVE 3	WAVE 4	WAVE 5	WAVE 6	WAVE 7
2004-07	2008-09	2010-11	2012-13	2014-16	2017-18
TOTAL NUMBER OF CHILDREN					
153	154	139	165	207	253
PERCENT OF CHILDREN VULNERABLE					
12%	7%	10%	11%	9%	13%

REVELSTOKE WAVE 7 COMMUNITY PROFILE

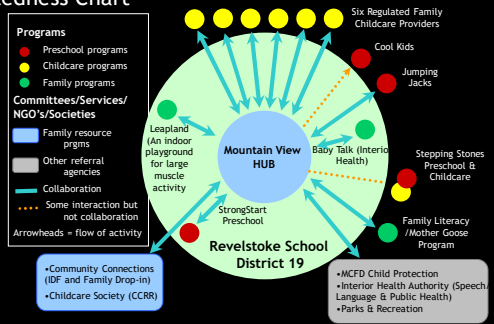


Prov avg 33.4%

– “The ability to break down the isolation some parents feel in our community has made the biggest difference”

– “Participation of all families with young children has grown to 95%”

BCSTA Project: SD19 Revelstoke Intersectoral Connectedness Chart



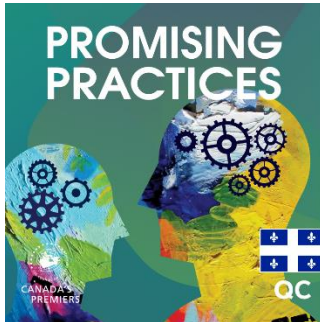


## Appendix F

### Handout



## A Podcast about Mental Health and Addictions: an initiative of Canada's Premiers.



Episode 6: Network of Psychological Health Scouts (QC)  
April 28, 2021 – Québec is implementing a **network of psychological health scouts throughout the province**. Their team of 150 social and community workers will reach out to all of Québec, including the **most vulnerable people in society to increase the resilience and adaptability of individuals and the community**. Research by Dr. Mélissa Généreux.  
[www.canadapremiers.ca](http://www.canadapremiers.ca)

### Highlights

The goal of the podcast series is to **share the promising practices that are underway in each province and territory**. The Premiers' goal with this podcast is to reduce the stigma associated with mental illness and addiction issues and to foster a more focused and collaborative approach among provinces and territories. This Podcast is about the network of psychological health scouts developed in Quebec during the pandemic. The concept is based on the salutogenic approach and lessons learned from the 2013 Lac- Mégantic train derailment. Funding has been extended for 5 more years.

### Background and Rationale

When the town of Lac-Mégantic had experienced a huge train tragedy the system responded in the same way as it did with the pandemic - we put out the fires, and dealt with the emergency. But for months, in Lac-Mégantic, there were many symptoms of post-traumatic stress, indications of depressive symptoms, of anxiety. We were interested in knowing was the morale of the population really lower than it was before the tragedy? In medical training, we have been *driven* to deal with illness – psychological health or psychological health disorders – in a clinical way.

**But people were seeking consultations less and less often.** And when asked, “Is it because there are not enough services available? Do you need us to add more psychologists, psychiatrists, or more GPs?” They said no, no, no....we feel normal, the situation we were exposed to was abnormal. We listened to the local people who asked us to develop an approach to mental health that was more in touch with the people of the community, a much less clinic-centred approach and more of a community approach.

Why not **try to reinvigorate the community and thus offer people opportunities to get involved as citizens, to mobilize, to reconnect with each other, to give some meaning back to their lives.** I think this was right, because of very interesting results in Lac-Mégantic these last few years.





*“By breaking the solitude, by offering people the chance to get socially involved in different activities, whether it be art, culture, sports, social facilitation of any kind, we really managed to save lives.”*

Quebec’s strategy, was to apply what Dr. Généreux observed in Lac Mégantic, to the pandemic.

### **System Response – establishing a network of mental health scouts**

Salutogenesis is the opposite of pathogenesis and is at the heart of this approach to create outreach teams/scouts. The objective was to see how we can **create more well-being, more psychological health and even physical health at the community level**. And for that, it forces us not only to look at the risk factors and the problems, but also to see where the **strengths are in our community**, where our **assets** are, our **resources**, and how we can make the most of them.

To reach vulnerable people, the focus must be on continuity and proximity. **Outreach services need to be accessible and local community organizations must be included in the continuum of mental health care and services** and must be offered in the language of those who want to receive these services.

The Quebec response was to create **network of mental health scouts**, similar to **outreach teams** that work within the Health and Social Services network, but whose **entire practice is done in the community** and not in a clinical setting. For example, there could be social workers, social work technicians, yet it’s a bit like street work. There are also community organizers, who are there to set up or encourage the setting up of **community mobilization projects**.