

**Atlantic  
Summer  
Institute  
on Healthy  
and Safe  
Communities**



**l'Institut  
d'été sur les  
collectivités  
sûres et en  
santé au  
Canada atlantique**

# **Online Provincial Workshop Report**

## **Prince Edward Island**

### **July 6, 2022**

**Submitted to**

**ASI Knowledge Mobilization Project Steering Committee**

**By**

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**July 31, 2022**

**Edited February 2023**

*"This is an exciting time for us to look at infant, child and youth mental health through the lens of what our First Nations practiced tens of thousands of years in terms of the idea of being included and valued as a citizen from the beginning of life and right through to being an elder."...*

*"community is the answer and I am really looking forward to our time today where we can look at taking care of each other day to day and also looking upstream at where the investment can be made for our lifelong health and especially during the periods of the brain's development and when they occur in infancy and early childhood".*

*Jim Mustard, - Founder and Board Secretary, Raising The Villages Cooperative*

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## 1. Background Information

The Atlantic Summer Institute on Healthy and Safe Communities, Inc. (ASI) is a bilingual, not-for-profit organization established in 2003 with a mission to serve as a catalyst for social change, by increasing capacity for action on the social determinants of health and building on strengths in the Atlantic Canada region.

During 2020–2021, ASI developed a policy brief, in partnership with A Way Home Canada and a policy brief working group, to promote investment in **upstream** 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.

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*“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 potential.*

*Downstream interventions and strategies focus on providing equitable access to care and services to mitigate the negative impacts of disadvantage on health” (NCCDH 2014, 6).*

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The policy brief proposes transformative change, calling for action on four broad priorities: “whole-of-government approach”, “whole-of-society approach”, “whole-of-community approach” and a Sustainable and Integrated Funding Model <sup>1</sup>. These, if done in concert, can integrate efforts into a comprehensive approach that promotes and supports the mental health of children and youth, their families, and communities.

On March 9, 2022, ASI released the policy brief **Upstream Investment: Placing infant, child and youth mental health promotion at the forefront**. This policy brief draws on current evidence with the goals of influencing policy in Atlantic Canada to promote the mental health of children and youth, and highlighting and strengthening the great work that is already underway.

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<sup>1</sup> ASI’s policy brief can be accessed through the following links:

- Full policy brief: [www.asi-iea.ca/en/files/2022/03/ASI-Policy-Brief-2022-03-09.pdf](http://www.asi-iea.ca/en/files/2022/03/ASI-Policy-Brief-2022-03-09.pdf)
- Executive Summary: [www.asi-iea.ca/en/files/2022/03/Policy-Brief-ES-.pdf](http://www.asi-iea.ca/en/files/2022/03/Policy-Brief-ES-.pdf)
- Infographic: [www.asi-iea.ca/en/files/2022/03/ASI-2022-Infographic-03-07.pdf](http://www.asi-iea.ca/en/files/2022/03/ASI-2022-Infographic-03-07.pdf)

In March 2022, a project, entitled *Mobilizing Intersectoral Policy for Upstream Investment in Infant, Child and Youth Mental Health in Atlantic Canada*, was approved for funding by the Public Health Agency of Canada through the Intersectoral Action Fund (ISAF).

This project will further the efforts of the Public Health Agency of Canada (PHAC) to foster the effective intersectoral action for health equity and well-being that is crucial to addressing population health, particularly in the contemporary context of complex public-health challenges; and support action on the social determinants of health by building capacity in communities to advance intersectoral action.

Activities embedded in the one-year project include leadership by an intersectoral Steering Committee; partnership development and strengthening; communicating with elected officials, policy makers, and community leaders in provincial, federal and indigenous governing bodies; as well as mobilizing support of the media and the public. The anticipated outcome within the year is that we will see action on developing mental-health-in-all policies across Atlantic Canada, which in the longer term will result in the improved mental health of infants, children and youth, and will impact the health of the population.

The **goal** of the project is to enhance capacity through knowledge mobilization for 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.

The objectives of the project are:

1. To provide leadership and accountability to knowledge mobilization of the ASI Policy Brief on upstream investment in policies that promote infant, child and youth mental health.
2. To establish relationships and deepen partnerships with organizations representing diverse cultures, languages and sectors in our mutual commitment to advocating for and demonstrating policies that promote infant, child and youth mental health in Atlantic Canada
3. To action a knowledge mobilization plan that will promote an intersectoral movement from awareness to action in advancing recommendations outlined in the ASI Policy Brief.
4. To effectively measure and assess progress in achieving objectives of the project, evaluate the impact of knowledge mobilization in achieving the goal, capture knowledge, and disseminate.

The project elected to use a participatory action research (PAR) approach within a realist framework to support continued work on implementing the policy brief and deepening partnerships in Atlantic Canada. Specifically, it is anticipated that generating knowledge that will inform future work in developing intersectoral policy in the following areas:

- Understanding where information/knowledge needs and gaps exist, segmented by specific target audiences (for knowledge translation or dissemination), and actors/agents of change (for knowledge mobilization).

- Understanding the differential impact of social determinants of mental health on vulnerable populations, i.e., Indigenous communities, LGBTQ+ community, people living in poverty, racialized groups, new immigrants.
- Knowledge of ways to combine indigenous ways of knowing with Western world views and approaches at relationship and governance levels
- Knowledge about successful, evidence-based models to support and promote mental health for infants, children and youth in above identified populations.
- Knowledge about policies that support mental health promotion for infants, children and youth, e.g., Health in All Policies.
- Links to pre-existing or emerging priorities of Atlantic provinces, current and emerging legislation, intersectoral policy frameworks and structures.
- Identification of potential allies in each province, across the Atlantic Region and across Canada that share a common agenda and are willing to support local and provincial efforts in the Atlantic Region.

## 2. Provincial Workshops – Description

To mobilize the implementation of the ASI Policy Brief in communities, deepen ASI partnerships, and generate knowledge that will inform future intersectoral policies, the Project Steering Committee initiated a series of online workshops in July 2022, one in each of the four Atlantic provinces.

In partnership with ASI, each of these workshops was hosted by provincial organizations representing a variety of sectors with a vested interest in mental health policy.

- United Way of PEI - Treena Smith, Director of Community Impact and 211 (July 6)
- New Brunswick Multicultural Council - Arianne Melara, Director of Programs and Policy Development (July 7)
- Raising The Villages Cooperative - Jim Mustard (NS), Founder and Board Secretary (July 8)
- Canadian Mental Health Association Newfoundland and Labrador Division (CMHA NL) - Kimberly Dawson, Chief Executive Officer (July 13)

An invitation list was created with input from all Steering Committee members, and invitations were sent by the host organizations (Appendix A - Letter of Invitation). In addition, to promote the workshops, a press release was sent to all major media in Atlantic Canada (Appendix B - Media Release), posts were made on social media (Facebook, Twitter, Linked In and Instagram) and email reminders were sent to those who registered. The response resulted in these workshops having intersectoral representation from across each province representative of non - profit organizations, Indigenous organizations, various sectors of government and academia.

In consultation with the Project Steering Committee, ASI contracted Wendy Kraglund-Gauthier, a consultant from Antigonish, NS, as the lead facilitator to design and facilitate a consistent workshop process in each province (Appendix C - Workshop Agendas). She also trained local facilitators recruited

by the host organizations. Interpretation Services (English-French/French-English) were provided by JCB Interpretation Inc. of Dieppe, NB. Documents were translated from English to French by Bourret Translation Inc.

The workshops were designed to meet the following objectives:

1. Introduce ASI Policy Brief
2. Explore opportunities for provincial policy action and upstream work in communities
3. Learn about future activities
4. Promote ASI 2022 Policy Forum

In each workshop, the provincial host welcomed all participants, provided a land acknowledgement and commented on the value of the partnership with ASI and the project.

Malcolm Shookner, President of ASI, made a PowerPoint presentation on the ASI Policy Brief (Appendix D - ASI Policy Brief Slideshow) and invited questions from participants.

Local facilitators, who had previously been trained in using Google JamBoard, were provided with links and instructions (Appendix E - Facilitator Instructions) to lead discussions in virtual/online breakout rooms around the following questions:

- Who are the **Champions** of upstream investment in infant, child and youth mental health in your province?
- What **Upstream Policy Initiatives** are Currently Underway?
- What **Capacity** (resources, administrative structures and skills) **exists or is needed** to advance ASI Policy Brief?

Local facilitators shared the key discussion points from each breakout room with the large group, and Wendy Kraglund-Gauthier engaged all participants in a discussion of the following questions using the Zoom microphone, chat and JamBoard features:

- What are ways we can help you move your energy from coping with crises (downstream) to focusing upstream?
- What recommendations would you have for achieving our goal of upstream investment in mental health promotion?

*\*A summary of these discussions is provided below. Not including hosts and facilitators, a total of 27 people attended the PEI workshop. The list of participants is included in Appendix F.*

### 3. Provincial Workshop – Discussion Summary

#### A. Champions of Upstream Investment in Infant, Child and Youth Mental Health in Prince Edward Island

*As identified by participants in the PEI provincial workshop*

Sectors	Champions
Child and Youth Programs	<ul style="list-style-type: none"> <li>● 4-H</li> <li>● Boys and Girls Club</li> <li>● Girl Guides (Mighty Me/Gender Power badge work)</li> <li>● Junior Achievement</li> <li>● Kid Hub</li> <li>● Peers Alliance</li> <li>● Reach Foundation (Youth)</li> <li>● Summer camps</li> <li>● Wild Child Youth Camps</li> </ul>
Community Programming	<ul style="list-style-type: none"> <li>● Accessibility supports</li> <li>● Anderson House</li> <li>● Autism Society of PEI</li> <li>● Big Brothers Big Sisters</li> <li>● BIPOC USHR (Black, Indigenous, and People of Colour United for Strength, Home, Relationship)</li> <li>● Black Cultural Society</li> <li>● Bridge the Gap</li> <li>● Children’s Lawyer</li> <li>● Churches</li> <li>● Community gardens (Farm Centre)</li> <li>● Family Pride Program</li> <li>● Family Service PEI</li> <li>● Handle with Care program</li> <li>● Helping Tree (for navigation of resources)</li> <li>● Hope House Mother’s Home (supportive housing for moms and infants)</li> <li>● Immigrant Refugee Services Associations</li> <li>● Island Pregnancy Center</li> <li>● Mi’kmaq Family Resource Centre</li> <li>● Native Council of PEI</li> <li>● PEI Alliance for Mental Well-Being (Well-Being Grant Programs)</li> <li>● PEI Literacy Alliance (Creative Well-Being)</li> <li>● PEI United Way (211)</li> <li>● Stars for Life</li> <li>● Tremploy</li> </ul>

<p>Education</p>	<ul style="list-style-type: none"> <li>● Schools <ul style="list-style-type: none"> <li>○ Teachers</li> <li>○ Student Well-Being Teams</li> <li>○ Counselors</li> <li>○ Physical and Health Education Programs</li> <li>○ Intramural and Interscholastic Sports</li> </ul> </li> <li>● University/College <ul style="list-style-type: none"> <li>○ Student Affairs/Services at UPEI and Holland College</li> <li>○ Research Teams</li> </ul> </li> <li>● Atlantic Summer Institute (ASI)</li> </ul>
<p>Government</p>	<ul style="list-style-type: none"> <li>● Office of the Child and Youth Advocate</li> <li>● Child and Family Services</li> <li>● Department of Health and Wellness (Promotion Grants)</li> <li>● Official Opposition – Green Caucus</li> <li>● Patient Navigator</li> <li>● Community Navigators</li> <li>● Public Health</li> </ul>
<p>Sport and Recreation</p>	<ul style="list-style-type: none"> <li>● PEI Physical Education Association</li> <li>● PEI School Athletics Association</li> <li>● Recreation PEI (Go PEI Program)</li> <li>● Sport PEI - Amateur Sports</li> <li>● Strength Program</li> <li>● Wellness Together</li> </ul>

## B. Upstream Policy Initiatives Currently Underway – Prince Edward Island

*As identified by participants in the PEI provincial workshop*

<p><b>Current “Upstream” Policy Initiatives in PEI</b></p>
<ul style="list-style-type: none"> <li>● Agreement between BCS and BIPOC USHR to work together on mental health initiatives for racialized communities</li> <li>● Basic Guaranteed Income (provincial/federal) (not yet adopted; supported by motion and legislative committee recommendations)</li> <li>● Canada Food Guide</li> <li>● Child Care Subsidy</li> <li>● Community Outreach Centre</li> <li>● Climate Change Action Policy</li> <li>● Educational Programs in Schools</li> <li>● First 1000 Days</li> <li>● Gender Diversity Policy</li> <li>● Harm Reduction</li> <li>● Independent Child and Youth Advocate</li> </ul>



- Library Policy and Procedures
- Mental Health Promotion Division (using social media)
- Midwifery (policy in development, not yet launched)
- PEI Alliance Grant Recipient work (laying groundwork for policy development)
- Poverty Reduction Strategy
- Rural Youth Learning Opportunities
- School Food Policy
- Social Assistance Policy
- Social Emotional Learning (SEL) policy – Department of Education

**C. Capacity (resources, administrative structures and skills) that exists or is needed to advance ASI Policy Brief – Prince Edward Island**

In response to the question: *“What Capacity (resources, administrative structures and skills) exists or is needed to advance ASI Policy Brief?”*, the main themes identified from the discussions are:

- Enhanced education, programs and training
- Greater communication, collaboration and coordination
- Long-term funding and support

*As identified by participants in the PEI provincial workshop*

**Capacity that EXISTS**

- Homelessness / housing "coordinated access" group
- Partnership with schools and working with child and family services, supporting the youth, victims of family violence
- PEI Alliance for Mental Well-Being "Focusing Action from Positive Change" grant program
- System/plan for addressing social media and bullying (cyber bullying)

**Capacity NEEDED**

- Access to quality training for staff in youth development, and youth camps/programs
- Agencies sharing information and being more collaborative
- Annual/regular summit/conference as key – bringing all the stakeholders together to see what is current and to connect
- Backbone support for organizations to coordinate on collective impact, evaluation, and measures on key indicators
- Someone inside government, at the table, with decision-making power, who uses the lens of upstream health policy development
- Collaboration between organizations to brainstorm ideas and create strategies
- Community consultation process prior to deciding and executing policy work
- Continuity, succession planning
- "Coordinated access" group for mental health (similar to the existing one for homelessness/housing)
- Coordinated strategy or policy across all departments for specific age groups
- Evaluation and/or collective impact training

- Hearing the voices of different marginalized and racialized groups
- Hearing the voices of students and youth
- Increased public awareness of ASI and continuing the conversation about mental well-being and mental health
- Long-term core funding for mental health promotion
- Mediated supports needed for families involved with Child and Family Services
- Mental Health Provincial Effort
- More preventative work with youth so they develop positive health habits, understand healthy relationships
- Multi-year operational funding for nonprofits
- Programs:
  - Arts and crafts, sports, activities, group trips for children, including relationship building through organizations like Boys and Girls Clubs
- Research cycle collecting data and providing analysis back to communities, to help set priorities
- Training for parents on addressing mental health issues
- Trauma training and addressing of traumatic incidents
- Utilizing funding for youth programs that support mental health directly or indirectly

#### **D. Strategies to move your energy from a focus on crisis to upstream - Prince Edward Island**

Given how difficult it is to move investments and personal energy upstream, the group was asked *“What are ways we can help you move your energy from coping with crises to focusing upstream?”* The groups acknowledged that moving upstream is more difficult post-COVID, as many people are exhausted. However, there were several areas of action suggested, which fit three key themes:

- Personal/Community/Workplace Actions
- Systemic Changes
- Funding Realignment

#### **Moving Focus/Energy Upstream**

*As identified by participants in the PEI provincial workshop*

#### **What are ways we can help you move your energy from coping with crisis to focusing upstream?**

##### **Personal/Community/Workplace Action**

- Building core life skills – resilience from the start – educating parents and educators
- Child care organizations need the support and skills to meet mental health needs
- Create/use common upstream language
- Collaboration – a collective of community organizations coming together to make policy recommendations – it seems like only a few organizations do
- Forum for community organizations to share needs/gaps they see community members facing – help to validate the need and advocate together
- Have conversations with people who focus on coping skills - form collaborations also support upstream next to coping skills

- Help decolonize government and the general public – include indigenous peoples/communities, raise awareness of impacts of colonization, the harms of exclusion
- Help people see how they play a role, no matter what they do or what industry they are in
- Immigration advocacy for newcomers/immigrants/international students
- Increase mental health literacy training (in schools and in workplace)
- Organizations are exhausted - how to free up personal energy
- Raising awareness on platforms youth and children are on (social media)
- Reduce sources of toxic stress
- Step away from the crisis and look around - who is there to do what? Designated person, manage crisis, you go out and see what others are doing
- Strengthen positive relationships
- Support the most marginalized
- Too into the work intensity - need to step back and reflect on it
- Trauma-informed lens approaches - Free trauma-informed training for parents and child care workers
- Understand that some Indigenous people live off-reserve or do not have official 'status' (because of Indian Act and other colonial "distinctions-based" views)

#### **System Change**

- Designating resources or jobs and responsibility in an organization to focus upstream
- Develop keystone indicators for children 6 years old by agreeing on a common understanding of the problem and where we want to get regarding health, literacy
- Having health care/mental health care providers being trained with an anti-oppression lens so they don't cause crises when they ignore the role of oppressions in mental health. Setting personal boundaries
- Make high quality, thorough mental health care accessible to all
- Representation in agencies, levels of government
- Sharing in plain language where we are at in PEI on key indicators for mental health well-being for child, youth, families, seniors, regarding the social determinants of health

#### **Funding Allotment**

- Advocating for increased wages for community organizations so we don't lose people who can't afford to work in the sector – it's not volunteer or charity work
- Funding support for low-income families in accessing basic needs (food, shelter, child care accessibility, etc.)
- Secure funding, multi-year operational funding, sufficient funding for programming and projects
- Significant increases to financial wellbeing for Islanders on Social Assistance/Disability - no progress can be made without living wages and living assistance

## **4. Recommendations**

The large group was posed the question: *"What recommendations would you have for achieving our goal of upstream investment in mental health promotion?"* Discussions in each workshop resulted in recommendations specific to the provincial context; the results from the PEI Workshop are below. They are listed under each of the four main priorities of the ASI Policy Brief:

- Whole-of-Government
- Whole -of-Society
- Whole -of-Community

- Stable and Integrated Funding Model

*As identified by participants in the PEI provincial workshop*

Priorities	Recommendations
“Whole-of-government”	<ul style="list-style-type: none"> <li>• Have experts at the table</li> <li>• Have governments bring in the experts from the non-profit fields</li> <li>• Have someone at the table who is inside government with policies BEFORE they are getting launched</li> <li>• Peel the layers off government and decision-making</li> </ul>
“Whole-of-society”	<ul style="list-style-type: none"> <li>• Acknowledge the cyclical nature of policy making and service delivery</li> <li>• Create the desire to work upstream – beyond downstream ‘bandages’</li> <li>• Form connections between practice and theory to develop innovations and projects for upstream promotion</li> <li>• Identify best practices – what success looks like – and the markers along the way that demonstrate progress</li> <li>• Integrate an upstream mental health focus into UPEI/Holland College program curriculum (thus training our future workforce to appreciate/implement upstream approaches)</li> <li>• Understand what an upstream approach really is, and what it means to re-orient thinking</li> </ul>
“Whole-of-community”	<ul style="list-style-type: none"> <li>• Recognize how various aspects of people’s lives are integrated and impact mental health: housing, justice, immigration, education, climate, etc.</li> </ul>
Sustainable and Integrated Funding Model	<ul style="list-style-type: none"> <li>• Apply to PEI Alliance for Mental Wellbeing’s grant programs</li> <li>• Ensure grants are being given to high impact, upstream programs</li> <li>• Secure funding - multi-year operational funding, sufficient funding for programming and projects</li> <li>• Utilize federal mental health grant funding</li> </ul>

While the recommendations outlined above are at a provincial level, there was such consistency in the themes among provinces that all contribute to overall recommendations for Atlantic Canada. The regional recommendations are outlined in the Atlantic report which summarizes the four provincial workshop reports.

## **5. Conclusion**

An online evaluation conducted by Nishka Smith Consulting following the workshops reported that not including the hosts and facilitators, a total of 100 people attended the workshops - 27 attended the PEI workshop, 33 the NB workshop, 17 the NS workshop and 23 the NFLD workshop. A total of 31 participants completed the survey - 8 from PEI, 4 from NS, 13 from NB, and 6 from NFLD. Of the respondents, 68% (21/31) of respondents represented either the provincial government (35% - 11/31) or a community organization (32% - 10/31), with half (51% - 16/31) working in the field of health, and feedback was generally positive about the potential of the workshops in moving a policy agenda forward.

A full evaluation report is included in the full Atlantic report of the four provincial workshops.

## **6. Appendices**

Appendix A - Letter of Invitation to ASI Online Provincial Workshop

Appendix B - Press Release

Appendix C - Meeting Agenda

Appendix D - Policy Brief Slideshow

Appendix E - Facilitator Instructions

Appendix F - Participant List (Name and Organization)

**Appendix A - Letter of Invitation to ASI Online Provincial Workshop**

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## Letter of Invitation to ASI Online Provincial Workshops

Greetings:

In partnership the Atlantic Summer Institute on Healthy and Safe Communities, Inc. (ASI), the United Way of PEI would like to invite you to participate in an online workshop to be held on July 6 from 9-11:00 on Zoom.

ASI has recently released a policy brief advocating for “upstream” investment in mental health promotion entitled ***Upstream Investment: Placing infant, child and youth mental health promotion at the forefront***. ASI is now reaching out to people such as you across the Atlantic Region who have an interest in promoting infant, child and youth mental health. **Now is the time to build capacity and collaboratively address our Regional issues!**

Accordingly, we want to invite you in an **online process** that will introduce you to the policy brief and engage your participation in a facilitated discussion in which you can identify provincial champions and provincial upstream policies and programs that begin in the early years to promote mental health. We will also explore ways in which we can collaborate across sectors, disciplines, and cultures in PEI. Ultimately your input will be used to inform the Atlantic Council of Premiers and other Atlantic policy makers for upstream investment in mental health promotion.

There is no fee to register. Registration for each consultation is limited to 50 people, first come first served. If you are not able to attend, please encourage someone else from your organization to attend. Please register as soon as possible:

- **Prince Edward Island** - <https://www.eventbrite.ca/e/369648126497>

ASI's policy brief can be accessed through the following links:

- Infographic (two pages): [www.asi-iea.ca/en/files/2022/03/ASI-2022-Infographic-03-07.pdf](http://www.asi-iea.ca/en/files/2022/03/ASI-2022-Infographic-03-07.pdf)
- Full policy brief: [www.asi-iea.ca/en/files/2022/03/ASI-Policy-Brief-2022-03-09.pdf](http://www.asi-iea.ca/en/files/2022/03/ASI-Policy-Brief-2022-03-09.pdf)
- Executive Summary: [www.asi-iea.ca/en/files/2022/03/Policy-Brief-ES-.pdf](http://www.asi-iea.ca/en/files/2022/03/Policy-Brief-ES-.pdf)

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.

**Think Positive – Think Summer!!**

It is still two months away, but we want to confirm that plans are indeed unfolding as expected for ASI 2022!

ASI 2022 is an Atlantic Policy Forum on infant, child and youth mental health promotion, with the theme ***Together Again – Regenerating the power of connection!*** Held in Charlottetown, PEI from **August 22-24, 2022**.

It will be a hybrid event providing the option for joining virtually, and will engage policy influencers in Atlantic Canada, i.e., politicians, public servants, academics, youth and community. Together we will come together to learn about the evidence on upstream factors that influence mental health, and acquire skills to influence, develop and implement upstream policy.

Early Bird Registration is open until June 30 at [www.asi-iea.ca](http://www.asi-iea.ca)

We encourage you to watch your email for the ASI newsletter and Facebook page for further updates.

Sincerely,

United Way of PEI

and

The ASI Board of Directors



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## Lettre d'invitation pour participer aux ateliers provinciaux en ligne de l'IEA

Bonjour à toutes et à tous :

En partenariat avec l'Institut d'été sur les collectivités sûres et en santé au Canada atlantique (IEA), United Way PEI aimerait vous inviter à participer à un atelier en ligne qui aura lieu le 6 juillet 2022, de 9 à 11 h, sur Zoom.

L'IEA a récemment publié un mémoire préconisant un investissement « en amont » dans la promotion de la santé mentale, intitulé ***Upstream Investment: Placing infant, child and youth mental health promotion at the forefront*** (l'investissement en amont : accorder une place de premier plan à la promotion de la santé mentale des nourrissons, des enfants et des jeunes). L'IEA est maintenant à la recherche de personnes comme vous dans la région de l'Atlantique qui souhaitent promouvoir la santé mentale des nourrissons, des enfants et des jeunes. Le moment est **venu de renforcer les capacités et de travailler ensemble aux problèmes de notre région!**

Par conséquent, nous souhaitons vous inviter à prendre part à un ***processus en ligne***. Dans le cadre de ce dernier, vous prendrez connaissance du mémoire et du document d'orientation et vous participerez à une discussion animée au cours de laquelle vous pourrez reconnaître les champions provinciaux ainsi que les politiques et programmes provinciaux en amont qui commencent dès la petite enfance à promouvoir la santé mentale. Nous explorerons également les possibilités de collaboration entre les secteurs, les disciplines et les cultures à l'Île-du-Prince-Édouard. Les commentaires recueillis seront communiqués au Conseil des premiers ministres de l'Atlantique et à d'autres décideurs de l'Atlantique en vue d'un investissement en amont dans la promotion de la santé mentale.

L'inscription est gratuite et la participation à chaque consultation est limitée à 50 personnes selon le principe premier arrivé, premier servi. Si vous ne pouvez pas participer aux ateliers, veuillez encourager une autre personne de votre organisation à y assister. Veuillez vous inscrire dès que possible :

- **l'Île-du-Prince-Édouard** - <https://www.eventbrite.ca/e/369648126497>

Il est possible d'avoir accès au mémoire par l'entremise des liens suivants :

- Infographie (deux pages) : <http://www.asi-iea.ca/fr/files/2022/06/asi-memoire-infographie.pdf>
- Dossier complet : <http://www.asi-iea.ca/fr/files/2022/06/Edited-ASI-Policy-Brief-2022-03-08-FRENCH-1.pdf>
- Résumé : <http://www.asi-iea.ca/fr/files/2022/06/Résumé.pdf>

Le financement de ces ateliers est rendu possible grâce au Fonds d'action intersectorielle de l'Agence de la santé publique du Canada dans le cadre d'un projet d'un an visant à faire progresser l'investissement en amont dans les politiques qui favorisent l'équité et la santé mentale chez les nourrissons, les enfants et les jeunes du Canada atlantique et d'ailleurs. Le Fonds permet d'améliorer la capacité par la mobilisation des connaissances pour une action intersectorielle entre les gouvernements, le secteur privé et la société civile.

## Soyez positifs... c'est l'été!

Nous sommes encore à deux mois de l'événement, mais nous voulons confirmer que les plans se déroulent comme prévu pour l'IÉA 2022!

L'IÉA 2022 est un forum politique de l'Atlantique sur la promotion de la santé mentale des nourrissons, des enfants et des adolescents qui a pour thème ***Se retrouver : régénérer le pouvoir de l'interaction!*** L'Institut se tiendra à Charlottetown, à l'Île-du-Prince-Édouard, du **22 au 24 août 2022**. Il s'agira d'un événement hybride offrant la possibilité de se joindre de façon virtuelle et regroupant les personnes influentes en matière de politiques au Canada atlantique, c'est-à-dire les politiciennes, les politiciens, les fonctionnaires, les universitaires, les jeunes et les membres de la collectivité. Ensemble, nous nous réunirons pour en apprendre davantage sur les données probantes relatives aux facteurs en amont qui influencent la santé mentale, et pour acquérir les compétences nécessaires afin d'influencer, d'élaborer et de mettre en œuvre des politiques en amont.

Les inscriptions hâtives sont ouvertes jusqu'au 30 juin 2022 à [www.asi-iea.ca](http://www.asi-iea.ca).

Nous vous encourageons à vérifier vos courriels, car nous vous enverrons le bulletin d'information de l'IÉA, ainsi que la page Facebook pour obtenir d'autres mises à jour.

United Way PEI et

le conseil d'administration de l'IÉA

## **Appendix B - Press Release**

FOR IMMEDIATE RELEASE: July 4, 2022



Atlantic Summer  
Institute on  
Healthy and Safe  
Communities

l'Institut d'été  
sur les collectivités  
sûres et en santé au  
Canada atlantique

www.asi-iea.ca

902-894-3399

info@asi-iea.ca

## ONLINE PROVINCIAL WORKSHOP SERIES: BUILDING CAPACITY FOR “UPSTREAM” INVESTMENT IN YOUTH MENTAL HEALTH PROMOTION

*This month, the Atlantic Summer Institute on Healthy and Safe Communities will offer a series of online workshops, in partnership with four provincial NGO hosts*

ASI has recently released a policy brief advocating for “upstream” investment in mental health promotion entitled *Upstream Investment: Placing infant, child and youth mental health promotion at the forefront*. ASI is now reaching out to people across the Atlantic Region who have an interest in promoting infant, child and youth mental health.

Accordingly, this online process that will introduce to the policy brief and engage participation in a facilitated discussion in which registrants can identify provincial champions and provincial upstream policies and programs that begin in the early years to promote mental health. These workshops will also explore ways in which we can collaborate across sectors, disciplines, and cultures in the Atlantic region. Ultimately these discussions will be used to inform the Atlantic Council of Premiers and other Atlantic policy makers for upstream investment in mental health promotion. There is no fee to register. Registration for each consultation is limited to 50 people, first come first served.

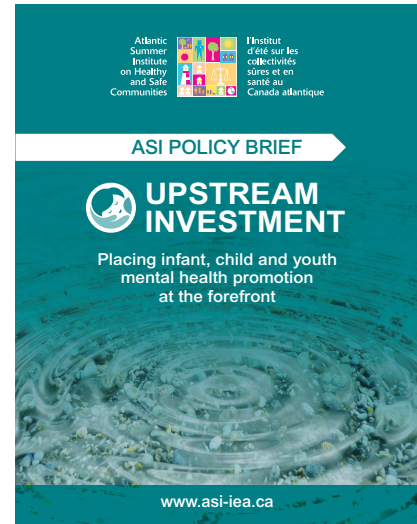
Links to register:

[Prince Edward Island - July 6th 9-11am, hosted by United Way of PEI](#)

[New Brunswick - July 7th 9-11am ADT, hosted by New Brunswick Multicultural Council](#)

[Nova Scotia - July 8th 9-11am ADT, hosted by Raising the Villages](#)

[Newfoundland & Labrador - July 13th 1-3pm NDT, hosted by Canadian Mental Health Association, Newfoundland & Labrador Division](#)



NEW BRUNSWICK  
MULTICULTURAL  
COUNCIL



CONSEIL  
MULTICULTUREL DU  
NOUVEAU-BRUNSWICK



Canadian Mental  
Health Association  
Newfoundland & Labrador  
*Mental health for all*

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. ASI’s policy brief can be accessed in the following forms: [Infographic \(two pages\)](#), [Full Policy Brief](#), and the [Executive Summary](#).

Looking Ahead: ASI 2022 is an Atlantic Policy Forum on infant, child and youth mental health promotion, with the theme *Together Again – Regenerating the power of connection!* Held in Charlottetown, PEI from August 22-24, 2022. It will be a hybrid event providing the option for joining virtually, and will engage policy influencers in Atlantic Canada, i.e., politicians, public servants, academics, youth and community.

FOR MORE INFORMATION, PHOTOS & INTERVIEWS, CONTACT:

Patsy Beattie-Huggan, ASI Coordinator: [info@asi-iea.ca](mailto:info@asi-iea.ca) / 902-894-3399

Funded by the Government of Canada  
Financé par le gouvernement du Canada

Canada

**POUR PUBLICATION IMMÉDIATE : 4 juillet 2022**



www.asi-iea.ca

902-894-3399

info@asi-iea.ca

## **SÉRIE D'ATELIERS PROVINCIAUX EN LIGNE : RENFORCER LA CAPACITÉ D'INVESTISSEMENT « EN AMONT » DANS LA PROMOTION DE LA SANTÉ MENTALE DES JEUNES**

*Ce mois-ci, l'Institut d'été sur les collectivités sûres et en santé au Canada atlantique propose une série d'ateliers en ligne, en partenariat avec quatre ONG provinciales hôtes*

L'IEA a récemment publié un mémoire préconisant l'investissement « en amont » dans la promotion de la santé mentale intitulé *Investissement en amont : La promotion de la santé mentale des nourrissons, des enfants et des jeunes au premier plan*. L'IEA sollicite maintenant des parties prenantes de la région de l'Atlantique qui s'intéressent à la promotion de la santé mentale des nourrissons, des enfants et des jeunes.

En conséquence, le procédé en ligne présentera le mémoire et facilitera la participation à une discussion animée au cours de laquelle les personnes inscrites pourront déterminer les champions provinciaux ainsi que les politiques et programmes provinciaux en amont qui font la promotion de la santé mentale dès la jeune enfance. Ces ateliers permettront de plus d'examiner différentes façons de collaborer entre secteurs, disciplines et cultures dans la région de l'Atlantique. Au final, ces discussions éclaireront le Conseil des premiers ministres de l'Atlantique et les autres décideurs de la région en ce qui a trait à l'investissement en amont dans la promotion de la santé mentale. L'inscription est gratuite, mais elle est limitée à 50 personnes pour chaque séance, selon le principe du premier arrivé, premier servi.

Liens pour l'inscription :

[Île-du-Prince-Édouard : 6 juillet de 9 h à 11 h, séance organisée par United Way of PEI](#)

[Nouveau-Brunswick : 7 juillet, de 9 h à 11 h \(HAA\), séance organisée par le Conseil multiculturel du Nouveau-Brunswick](#)

[Nouvelle-Écosse : 8 juillet, de 9 h à 11 h \(HAA\), séance organisée par Raising the Villages](#)

[Terre-Neuve-et-Labrador : 13 juillet, de 13 h à 15 h \(HAT\), séance organisée par l'Association canadienne pour la santé mentale, Division de Terre-Neuve-et-Labrador](#)



NEW BRUNSWICK  
MULTICULTURAL  
COUNCIL



CONSEIL  
MULTICULTUREL DU  
NOUVEAU-BRUNSWICK



Canadian Mental  
Health Association  
Newfoundland & Labrador  
*Mental health for all*

Ces ateliers sont financés à même le Fonds d'action intersectoriel de l'Agence de la santé publique du Canada dans le cadre d'un projet d'une année visant à accroître l'investissement en amont dans les politiques de promotion de l'équité et de la santé mentale des nourrissons, des enfants et des jeunes du Canada atlantique et d'ailleurs, rehaussant du coup la capacité par la mobilisation des connaissances pour l'action intersectorielle dans les gouvernements, le secteur privé et la société civile. Le mémoire de l'IEA est accessible dans les formats suivants : [infographie \(deux pages\)](#), [mémoire intégral](#) et [résumé](#).

Ce qui s'annonce : IÉA 2022 est un Forum sur les politiques pour la promotion de la santé mentale des nourrissons, des enfants et des jeunes dans la région atlantique qui a pour thème *Se retrouver : régénérer le pouvoir de l'interaction!* et qui aura lieu à Charlottetown (Î.-P.-É.) du 22 au 24 août 2022. Il s'agira d'une activité hybride offrant une option de participation en mode virtuel qui mobilisera les acteurs politiques du Canada atlantique (politiciens, fonctionnaires, universitaires, jeunes et membres du public). Nous nous réunirons pour nous renseigner sur les données probantes au sujet des facteurs en amont qui influent sur la santé mentale de même que pour acquérir des aptitudes pour influencer, élaborer et mettre en œuvre les politiques en amont.

POUR D'AUTRES RENSEIGNEMENTS, DES PHOTOS ET DES ENTREVUES :

Patsy Beattie-Huggan, coordonnatrice de l'IEA : [info@asi-iea.ca](mailto:info@asi-iea.ca) / 902-894-3399

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Financé par le gouvernement du Canada

Canada

## **Appendix C - Meeting Agenda**



## Mobilizing Intersectoral Policy for Upstream Investment in Infant, Child and Youth Mental Health in Atlantic Canada

### Workshop Agenda

July 6, 9:00-11:00 am ADT

Zoom Link: <https://us02web.zoom.us/j/81632012415?pwd=MWVxb2JTRUpvU3Voc3dSOEZpa2ZzQT09>

### Objectives

1. Introduce ASI Policy Brief
2. Explore opportunities for provincial policy action and upstream work in communities
3. Learn about future activities
4. Promote ASI 2022 Policy Forum

### Agenda

9:00	Welcome – Treena Smith, Director of Community Impact & 211, United Way of PEI Introduction of facilitator, Wendy Kraglund Gauthier
9:10	Review objectives, logistics, introduce Malcolm Shookner, ASI President NOTE: We are recording; ask people to introduce themselves in the chat
9:15	Opening Remarks – ASI Policy Brief Presentation
9:40	Breakout rooms will be set up with a Jam Board to explore the questions: <ol style="list-style-type: none"> <li>a. Who are the champions in your province of upstream investment in infant, child and youth mental health?</li> <li>b. What upstream policy initiatives are currently underway in your province?</li> <li>c. What capacity (resources, administrative structures, and skills) exists or could be needed in your province to advance the ASI Policy Brief?</li> </ol>
10:10 - 10:35	Large Group Debrief – Local Facilitators <ul style="list-style-type: none"> <li>• Highlight each Jam Board – one response to each question per group</li> </ul> Discussion – Wendy (Chat, mic, Jam Board options) <ul style="list-style-type: none"> <li>• What are ways we can help you move your energy from coping with crises to focusing upstream?</li> <li>• What recommendations would you have for achieving our goal of upstream investment in mental health promotion?</li> </ul>
10:35- 10:45	Future Activities - Malcolm <ol style="list-style-type: none"> <li>a. ASI 2022 - Summer policy forum</li> <li>b. Regional Indigenous Workshops</li> <li>c. Workshops in local communities in the fall</li> </ol>
10:45- 10:55	Next Steps - Patsy <ol style="list-style-type: none"> <li>a. Find opportunities for ASI, partners to present the ASI Policy Brief</li> </ol>

	<ul style="list-style-type: none"><li>b. Suggest a local community partner to host a workshop in the fall to:<ul style="list-style-type: none"><li>• Showcase current upstream work</li><li>• Identify policy and funding barriers</li></ul></li><li>c. Send communications to <a href="mailto:info@asi-iea.ca">info@asi-iea.ca</a></li></ul>
10:55-11:00	<p>Thank you and Going Forward – Treena Smith, Director of Community Impact &amp; 211, United Way of PEI</p> <ul style="list-style-type: none"><li>a. Ongoing Communications with ASI and Partners</li><li>b. Evaluation – Online evaluation to follow</li></ul>



## **Appendix D - Policy Brief Slideshow**



Atlantic Summer Institute on Healthy and Safe Communities



l'Institut d'été sur les collectivités sûres et en santé au Canada atlantique

in partnership with



United Way Prince Edward Island

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


Malcolm Shookner, ASI President  
 ASI Board Members from PEI - Susan Hartley, Adina Nault, Patsy Beattie-Huggan  
 PEI Provincial Workshop - July 6, 2022

## Welcome & Land Acknowledgement


- I would like to begin by acknowledging that we are gathered on the ancestral and unceded territory of the Mi'kmaq peoples. We acknowledge them as the past, present and future caretakers of this land. We will work with them to take care of their land as well.
- This territory is covered by the "Treaties of Peace and Friendship" which the Mi'kmaq first signed with the British Crown in 1725. The treaties did not deal with the surrender of this lands and resources; however in fact recognized the Mi'kmaq the title and established the rules for what was to be an ongoing relationship between the nations. We are all Treaty people.
- Some of us descend from people who arrived here by choice, others were pushed here seeking security from oppression and war, and some were forced here through slavery and indentured labour. While we acknowledge our relationship to this land, it is important to remember how we came here and the historical and continuing impacts on ourselves and the injustice and harm experienced by Indigenous people who were here before us.
- Considering the different paths that we and our ancestors took to call this land our home, it is our responsibility to connect the dots between the current state and our collective histories for the purpose of naming truth, enabling reconciliation, and resolving inequity.
- Treena Smith, United Way PEI

Upstream Investment PEI Provincial Workshop - July 6, 2022

## Introductions




Atlantic Summer Institute on Healthy and Safe Communities



l'Institut d'été sur les collectivités sûres et en santé au Canada atlantique

in partnership with



United Way Prince Edward Island

- **Host** – Treena Smith, United Way PEI
- **Local Facilitators**
  - Shannon Noonan, Karen Morse, Cindy Wood, Lee Gallant
- **Lead Facilitator** – Wendy Kraglund-Gauthier
- **Please introduce yourselves in the chat**

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## Objectives



Atlantic Summer Institute on Healthy and Safe Communities



l'Institut d'été sur les collectivités sûres et en santé au Canada atlantique

in partnership with




United Way Prince Edward Island


1. Introduce ASI Policy Brief
2. Explore opportunities for provincial policy action and upstream work in communities
3. Learn about future activities
4. Promote ASI 2022 Policy Forum

Upstream Investment PEI Provincial Workshop - July 6, 2022

## Agenda




Atlantic Summer Institute on Healthy and Safe Communities



l'Institut d'été sur les collectivités sûres et en santé au Canada atlantique

in partnership with




United Way Prince Edward Island


- Welcome
- Introductions
- Presentation – Policy Brief
- Key questions – Small groups
- Highlights and summary questions – Large group
- Next steps
- Closing

Upstream Investment PEI Provincial Workshop - July 6, 2022

## Introduction to ASI Policy Brief Malcolm Shookner



Atlantic Summer Institute on Healthy and Safe Communities




l'Institut d'été sur les collectivités sûres et en santé au Canada atlantique

**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
- Since 2015, ASI has been focused on upstream investment in mental health promotion for children and youth

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## 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

Upstream Investment PEI Provincial Workshop - July 6, 2022

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- **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

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## 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.

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## 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

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## 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.

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## Priority Areas

1. A “whole-of-government approach” by implementing a **Mental Health in All Policies Framework**
2. A “whole-of-society approach” through development of a **Multistakeholder Platform**
3. A “whole-of-community approach” through **Investment in Community Action**
4. 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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## 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*.

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## 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)

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## Benefits and Challenge

<ul style="list-style-type: none"> <li>○ <b>HiAP Approach</b> <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> </li> </ul>	<ul style="list-style-type: none"> <li>○ <b>Challenges</b> <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> </li> </ul>
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Diallo, T. (2019) Canada: National Collaborating Centre on Healthy Public Policy

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## 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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## Current system

### Early Years - Patchwork and Silos

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## Health in All Policies

### To Upstream Coherence

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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-iea.ca/en/files/2022/03/ASI-Policy-Brief-2022-03-09.pdf](http://www.asi-iea.ca/en/files/2022/03/ASI-Policy-Brief-2022-03-09.pdf)

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

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

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## 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**.

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## 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, and private sector and engage in discussion of **how to embrace the brief**
- Inform the public to **seek their support**
- Work collaboratively to **take action**

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# Q&A

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## Discussion: Breakout Rooms – 30 minutes

- A. Who are the champions in your province of upstream investment in infant, child and youth mental health?
- B. What upstream policy initiatives are currently underway in your province?
- C. What capacity (resources, administrative structures, and skills) exists or could be needed in your province to advance the ASI Policy Brief?

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## Breakout Rooms and Jamboard

- We will use breakout rooms and Jamboard to facilitate discussions on the three questions
- You will be assigned to a Zoom breakout room with a facilitator
- There is a link in the Zoom chat for the Jamboard. You will be able to add your ideas with the Jamboard "sticky notes".
- Your facilitator will share their Zoom screen for folks not able to add their own stickies

- Breakout Room facilitators:
  - **Cindy** (start with Question A and use the pink stickies)
  - **Karen** (start with Question B and use the blue stickie)
  - **Lee** (start with Question C and use the green stickies)
  - **Shannon** (start with Question A and use the orange stickies)

**After 10 minutes, you will be prompted to move to the next question. Continue to use the same sticky colour.**

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## Large Group

**Debrief – Local Facilitators**

- Highlight each Jam Board – one response to each question per group

**Discussion –**

- What are ways we can help you move your energy from coping with crises to focusing upstream?
- What recommendations would you have for achieving our goal of upstream investment in mental health promotion?

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## Future Activities - ASI

ASI 2022 Policy Forum



Together Again

Regenerating the Power of Connection

AUGUST 22 - 24, 2022

Charlottetown, P.E.I.

ASI 2022 - hybrid event, with options for engagement both online and in person.

www.asi-ia.ca

Forum de l'IEA 2022



Se retrouver

Régénérer le pouvoir de l'interaction


22 au 24 août 2022

Charlottetown (I.-P.-É.)

IÉA - événement hybride avec des options de participation en ligne et en personne

www.asi-ia.ca/fr/

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## Future Activities - ASI

- Regional Indigenous Workshops
- Workshops in local communities
- PEI Pilot – 3 year funding from PEI Alliance for Mental Well-Being

Upstream Investment PEI Provincial Workshop - July 6, 2022 30



## Next Steps


- Find opportunities for ASI, partners to present the ASI Policy Brief
- Suggest a local community partner to host a fall workshop to:
  - Showcase current upstream work
  - Identify policy and funding barriers
- Send communications to [info@asi-iea.ca](mailto:info@asi-iea.ca)

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## Thank you and Going Forward

- Ongoing Communications with ASI and Partners
- Slide handout to be sent to registrants
- Evaluation – Online evaluation to follow



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## Find ASI On Social Media!









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## **Appendix E - Facilitator Instructions**



# Mobilizing Intersectoral Policy for Upstream Investment in Infant, Child and Youth Mental Health in Atlantic Canada

## *Provincial Workshop Facilitator Notes* *July 6 – PEI; July 7 – NB; July 8 – NS; July 13 –NL*

Instructions and recorded facilitator training session are below

### **Facilitator Instructions:**

As noted on the agenda, there will be a breakout room session of 30 minutes to explore three questions. **We will use Zoom and Jam Board for breakout rooms**

Breakout rooms will be set up with a Jam Board to explore the questions:


- a. Who are the champions in your province of upstream investment in infant, child and youth mental health?
- b. What upstream policy initiatives are currently underway in your province?
- c. What capacity (resources, administrative structures, and skills) exists or could be needed in your province to advance the ASI Policy Brief?


As group facilitator, you and your breakout room will be assigned a colour that corresponds to which question you will **start with** in your breakout room


**Pink:** Starts with Question A and uses the pink  sticky in JamBoard

**Blue:** Starts with Question B and uses the blue  sticky in JamBoard

**Green:** Starts with Question C and uses the green sticky  in JamBoard

**Orange:** with Question A and uses the orange  sticky in JamBoard

**Plan for French-speaking participants (no French facilitator):** French-speaking participants will be asked to remain in the main room where translation services are available and use the orange sticky  on the French Jamboard provided.

**Plan for French-speaking participants (with French facilitator):** French -speaking participants will be assigned a French Breakout Room and will use the orange sticky  on the French Jamboard provided.

### **Steps for a smooth session:**

1. Reboot your computer before the Zoom session.
2. Close any programs not needed (email, messaging, etc.)
3. **Cueing up Jamboard so it is ready:**
  - a. Open the Jamboard link provided
  - b. Exit full screen of your browser, so Jamboard is still visible on your desktop (not minimized).

- c. Navigate to the slide showing the question you have been assigned.
4. Join Zoom with the link provided.  
In Zoom, you can move back and forth between full screen and smaller screen (“exit full screen” see top right corner). You need to make sure Jamboard is still open on your desktop (i.e., do not minimize it)

**When in the breakout room** (*note there is no recording feature available in breakout rooms*):

1. When you get to your Breakout room, exit Zoom’s full screen
2. Share the Jamboard link in the chat with your room participants if they need it
3. In Zoom, Click Share screen (bottom green icon)
4. Select the Jamboard option (if Jamboard is not in the list, it is not open in the background)
5. Double-click the Jamboard to share (or single-click and select “share” at the bottom right of the screen.

Now everyone in the breakout room can see whatever Jamboard slide **you** are on.

- Remember to select your colour sticky and remind participants to also select the same colour.
- As you discuss the answers, you and participants can add the big ideas via the stickies.
- As the Jamboard fills, you can move stickies around (it may get messy!)
- Folks on mobile devices may choose to speak the ideas or add to the chat, so these ideas will need to be captured. **We will be collecting the chats from the main room and the breakout rooms.**

After 10 minutes, you will get a notification via zoom that it is time to start discussing the next question. Move to the next Jamboard slide, and **using the colour you were assigned**, continue to add to the discussion. After another 10 minutes, you will be asked to move to the next (final question) and respond using **your same colour assigned**.

When we return to the main room, we will do a large group debrief per question. The Jamboard will be shared to the whole group, and you will be asked to focus on ONE big idea generated by your group (colour): **one response to each question per group**.

### **Recorded Facilitator Training:**

**Topic:** ASI Provincial Workshop - Local Facilitator Training

**Start Time:** Jul 5, 2022 10:57 AM

### **Meeting Recording:**

[https://us02web.zoom.us/rec/share/koKkAO3mdIfNUoTD7fhRfzO0-aycimYXvmG\\_3CwBHXHRcD7eRmWeNPGnubWv5Z6Z.ylceAGU9IL0AANH](https://us02web.zoom.us/rec/share/koKkAO3mdIfNUoTD7fhRfzO0-aycimYXvmG_3CwBHXHRcD7eRmWeNPGnubWv5Z6Z.ylceAGU9IL0AANH)

**Appendix F - Participant List (name & organization)**

### Participant List – PEI Workshop

Hassaan	Abbasi	Community Innovator	United Way of PEI
Jane	Affleck	Policy Analyst	Native Council of Prince Edward Island
Sobia	Ali-Faisal		BIPOC USHR
Connolly	Aziz	Sr. Partnership Officer	PEI Alliance For Mental Well-Being
Michele	Beaton	MLA	Legislative Assembly of Prince Edward Island
Patsy	Beattie-Huggan	Coordinator	ASI
Keyshawn	Bonamy	Executive Director	Voluntary Resource Council
Caroline	Burton		BGC Charlottetown and Montague
Jayne	Crane	Handle with Care Coordinator	Early Childhood Development Association of PEI
Lee	Gallant	CEO, Operating Owner	IDEA Consulting
Susan	Hornby		Pan-Canadian Joint Consortium for School Health (JCSH)
Chris	Huggan	Report Writer	ASI
Helena	Jestaedt	International Intern ASI	ASI
Sharon	Jollimore		PEI Alliance for Mental Well-Being
Wendy	Kraglund-Gauthier		WKG Educational Consulting
Tammy	MacKinnon	Island Pregnancy Centre	
Heather	McIver		Department of Health and Wellness
Natasha	McKenna		Family Service PEI
Miz	Miller	Project Manager	The Quaich
Karen	Morse		UPEI
Melissa	Munro-Bernard	Health Promoter	PEI Department of Health and Wellness
Malcolm	Shookner		Atlantic Summer Institute
Treena	Smith		United Way PEI
Ellen	Theuerkauf	Communications and Events Coordinator	ASI
Tim	Veinotte	Outreach coordinator	Family Violence and Prevention Services
Cindy	Wood		Private Company