

# ASI Community Workshop: Report

## Charlottetown, Prince Edward Island

### March 14, 2023

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 policy brief working group, 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

### **Background**

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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-ia.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.

In February 2022, ASI received funding from the Public Health Agency of Canada’s Intersectoral Action Fund for 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. The aim was to enhance capacity through knowledge mobilization for intersectoral action amongst governments, private sector and civil society. During the winter of 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 – Charlottetown, PEI**

*“There are some roles that will always be downstream; so, it’s encouraging to hear that hopefully there will be less and less people downstream, because we’re pretty overwhelmed (working downstream) right now.”*

– participant quote

On March 14, 2023, several community organizations in Prince Edward Island (PEI) came together in Charlottetown with the goal of learning more about upstream initiatives, and how to advocate for community mental health and well-being. PEI is located in Mi’kmaq and is the smallest Canadian province in terms of land area and population (176,113 in 2023), but the most densely populated. Charlottetown is the capital city, with a population of approximately 40,500. The population of PEI has grown over the past few years due to relocation from other parts of Canada and international immigration. As PEI is one of Canada's older settlements, its population still reflects some of the earliest settlers, with Acadian, Scottish, Irish, and English surnames being dominant.<sup>3</sup>

The workshop was held in a heritage property in Charlottetown and organized in partnership with the Community Sector Network of Prince Edward Island. A list of participants is provided in Appendix A. Note that all attendees requested material in English.

To gain a perspective on the demographics of participants, an invitation was extended to participants to complete a short survey on their arrival at the workshop. Of the 20 participants, 16 completed the survey. The sectors they represented varied from health, to social policy to education. Twelve respondents (75%) had prior awareness of ASI’s work. A wide range of ages were represented at the workshop. Of note, 63% of respondents were between the ages of 25-44:

25-34 years	25% (4/16)	55-64 years	6% (1/16)
35-44 years	38% (6/16)	65-74 years	6% (1/16)
45-54 years	25% (4/16)	75+ years	-

<sup>3</sup> [https://en.wikipedia.org/wiki/Prince\\_Edward\\_Island](https://en.wikipedia.org/wiki/Prince_Edward_Island)

Diversity was evident as well. Respondents had the opportunity to self-identify in various categories or write-in their own. Many participants chose more than one identifier, with one person indicating that they “preferred not to say”:

Canadian	9/16	Multiracial	1/16
LGBTQIA2S	4/16	White	14/16
Asian	1/16	Acadian	1/16

Additional demographics of workshop participants can be viewed in Appendix B, including a range of the sectors represented.

## Workshop Process

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 C; the media release in Appendix D. An agenda was circulated in advance. The agenda can be viewed in Appendix E

At the beginning of the workshop, participants were asked what they hoped to gain by attending. A shared response was that they wanted to understand what upstream means.

With objective of achieving this, presentations on the policy brief and the concept of upstream were provided and “[Introduction to Upstream](#)” a video produced by the Canadian Centre for Policy Alternatives was shown. Presentations on upstream programs in the Charlottetown area were given by the following community organizations: Habitat for Humanity PEI (Pamela Schurman Montgomery), L’nuey (Julie Pellissier-Lush), BGC Charlottetown and Montague (Ted Lockie). These presentations confirmed that upstream work is going on in communities now and served as a catalyst for increased understanding of the concept of upstream. Examples of



innovation from Lac-Mégantic, Quebec and 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. Presentation slides can be viewed in Appendix F. The promising practice resource from Quebec that was shared as a handout at the workshop can be found in Appendix G.

## Key Question

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

- More caring society “*taking the I out and the WE back in*”
- Public and government educated on the importance of early child brain development and the importance of investing in this
- More investment in women in decision making roles
- Policies present to guide in collective data sharing
- Sustainable funding at the community level

## Participant Comments

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

*“...people are working in silos and we never know what anyone else is doing upstream initiatives have continued dedication and focus to improve and evolve.”*

*“We are swimming in societies that keep policies and systems in place.”*

*“We not only fight the community to be invited to the same meeting, but also that our voice is heard in the same way – we also fight against ourselves [status vs non; reserve vs non].”*

*“Upstream is alive and well; we might not have used the word upstream – but that’s what we’re doing.”*

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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

### Common Themes

1. Importance of having an accessible and supportive space where intergenerational and intercultural community members and organizations can come together
2. Importance of having an organized, facilitated event where intergenerational and intercultural community members and organizations can come together
3. Importance of networking and sharing amongst all community members and organizations

*“In the end, we have to sit down and talk – getting together and communication is really important.”*

### Common Barriers

1. Too focused on downstream initiatives and a lack of understanding of what upstream initiatives are
2. Ability to connect
  - a) Lack of access to support and resources: identified space, culturally specific, transportation, technology, COVID restrictions
  - b) Lack of sharing and communication
  - c) Lack of continuity and/or motivation: still in COVID crisis mode
  - d) Lack of effective leadership within the community
3. Organizations are consumed with busy work; they end up working in silos and are unable to know what similar organizations are doing
4. Lack of funding and long-term sustainable funding

*“ We are not good at stating the return on investment for this (upstream) investment – really need to tell this story and make a case for this to be invested in.”*

*“...definition of community – there’s an unwillingness to invest in people that we don’t see as our people – racism is a barrier.”*

### Commitments to Action

1. A commitment to stay connected and build relationships with people they had not met until today
2. Commitment to being part of the conversation, *“working in our business, not on our business.”*
3. Look at who’s missing in the room today, then work to have all voices heard

*“...work on intentionally creating more meetings/opportunities [like this] where we can talk about this.”*

*“In a community – no one should be left behind.”*

In addition to emerging intentionality in having communities work together to promote mental health amongst infants, children and youth, there was also reflection about shifting personal attitudes:

*“I developed an understanding that I have a lot to learn and grow; being more intentional in sharing and communicating within our organization and with others outside our organization.”*

### Considerations Going Forward

Transformative change will require leaders (including community and Indigenous leaders, provincial, federal, and municipal leaders) to undertake fundamental changes in the way we connect, share, do work together, and care for one another.

Sustaining upstream work will require policy change at the federal and provincial level that will extend beyond the timeframe of investment for:

- a) short-term projects, and
- b) the elected official's term in government.

### 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: Alexia Riche and the Community Sector Network of PEI for facilitating and hosting the workshop; Julie Pellissier-Lush for opening the day; Pamela Schurman Montgomery, Ted Lockie and Julie 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: Community Sector Network of PEI**

The Community Sector Network of PEI (CSNPEI) <https://csnpei.com/> was formed in 2018 following decades of advocacy and collaboration amongst several individuals and non-profit organizations to develop an empowered community sector using its collective voice for change.

## **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

PEI Community Workshop, March 14, 2023						
No.	First Name	Last Name	Are you fully bilingual (English and	Language for Printed Material:	Job Title	Company
1	Charity	Sheehan	No	English	Executive Director	Special Olympics PEI
2	Matthew	McNally	No	English	Program Director	Special Olympics PEI
3	Ted	Lockie	No	English	Executive Director	BGC Charlottetown and Montague
4	Jane	Affleck	No	English	Policy Analyst	Native Council of PEI
5	Julie	Smith	No	English	Executive Director	PEI ASSOCIATION FOR COMMUNITY LIVING
6	Nancymarie	Arsenault	No	English	Executive Director	Hospice Palliative Care Association of PEI
7	Dean	Constable	No	English	Executive Director	Reach Foundation
8	Tammy	MacKinnon	No	English	Executive Director	Island Pregnancy Centre
9	Darlene	Scott	No	English	Volunteer	Elizabeth Fry Society Cape Breton
10	Ambre	Myers	No	English	Reaching Home Coordinator	The John Howard Society of PEI
11	Connolly	Aziz	No	English		Alliance for mental wellbeing
12	Sara	MacDougall	No	English	Handle with Care Coordinator	ECDA
13	Kit	Wong-Southey	No	English	Policy Coordinator	Government of PEI, Department of Land and Agriculture
14	Joseph	Dery	No	English	Mental Well-being Coordinator	Connection 2 Employment
15	Megan	Burnside	Yes	English		
16	Adina	Nault	Yes	English	Early Childhood Educator	
17	Julie	Pellissier-Lush			Knowledge Keeper	L'nuey
28	Kari	Kruse			Communications	PEI Coalition for Women in Government
19	Pam	Schurman Montgomery			CEO	Habitat PEI
20	Alexia	Riche			Executive Director	Community Sector Network of PEI
<b>Staff</b>						
5	Patsy	Beattie-Huggan	No	English		ASI
9	Mandy	Walker	No	English		ASI



## Appendix B

### ASI Demographic Poll

ASI Demographic Poll (ENG)-Grid view (1)

Location	Age	Identity	ASI knowledge	If "Other", please comment	What sector do you represent
Charlottetown, PE	35-44 years old	White	No		Other
Charlottetown	55-64 years old	Canadian,LGBTQIA2S,Acadian,White	Yes		Health
Charlottetown PEI	35-44 years old	Canadian	No		Health
Charlottetown	25-34 years old	Asian,Multi-racial,White,LGBTQIA2S	No		Social Policy
Victoria west	45-54 years old	Canadian,White	Yes		Social Policy
Montague PE	65-74 years old	Canadian	Yes		Not applicable
Bedeque, PE	45-54 years old	Canadian,LGBTQIA2S,White	Yes		Social Policy
Kensington, PE	45-54 years old	White,Canadian	Yes		Other
Charlottetown PE	25-34 years old	White	Yes		Other
Charlottetown	35-44 years old	White	Yes		Health
York, PEI	35-44 years old	White,I prefer not to share	Yes		Social Policy
Charlottetown Pei	35-44 years old	Canadian,White	Yes		Other,Education
Charlottetown, PEI	25-34 years old	White,LGBTQIA2S,Canadian	Yes		Social Policy
Pisquid East, PE	25-34 years old	White	Yes		Other
Charlottetown, PE	35-44 years old	White	No		Other
cornwall, PEI	45-54 years old	Canadian,White	Yes		Health



National Collaborating Centre  
for Determinants of Health  
Centre de collaboration nationale  
des déterminants de la santé



Atlantic  
Summer  
Institute  
on Healthy  
and Safe  
Communities



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

## Appendix C

### Invitation



## Letter of Invitation to PEI Community Workshop

Greetings:

The Atlantic Summer Institute on Healthy and Safe Communities, Inc. (ASI), In partnership with the Community Sector Network of PEI would like to invite you to participate in a workshop to be held on **March 14, 2023** from **9:30-3:00** at Beaconsfield Carriage House - 2 Kent St, Charlottetown, PE C1A 1M6. Host for the workshop is Alexia Riche, Executive Director, Community Sector Network of PEI. The workshop will serve as both a networking and learning opportunity!

The ASI Community Workshop will introduce you to the ASI policy brief (see background information below); explore **upstream** initiatives happening in local communities and innovative models in other regions; and engage your participation in recommending upstream investments in your communities. Ultimately your input will be used to inform the Council of Atlantic Premiers and other Atlantic policymakers of the urgency for upstream investment in mental health promotion.

**This is an opportunity to network, learn and have your voice heard!**

There is no fee to register. Registration is limited to 40 people, first come first served. If you are not able to attend, please encourage someone else from your organization to register. Please register as soon as possible:

**Registration** – <https://PEICommunityWorkshop.eventbrite.ca>

**Background:** In March 2022, ASI 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***. The policy brief proposes transformative change in policy development outlining four priorities:

1. Mental Health in All Policies
2. Multisectoral Platform
3. Community Investment
4. Sustainable Funding Model

“**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.  
“**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).

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!! Save the date!!**

It is still 7 months away, but we want to confirm that plans are indeed underway! ASI 2023 is an Atlantic Policy Forum on infant, child and youth mental health promotion, with the theme *Inspiring Hope through Community Action*. To be held in Charlottetown, PEI **August 21-23, 2023**.



## **Appendix D**

### **Media Release**

**English**

**&**

**French**

**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-ica.ca](mailto:info@asi-ica.ca) / 902-894-3399

## POUR PUBLICATION IMMÉDIATE : mercredi 22 février 2023



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### 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'en 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



## Appendix E

### Agenda



## Community Workshop Objectives and Agenda

March 14, 2023

Beaconsfield Carriage House - 2 Kent St, Charlottetown

9:00 am - 3:00 pm

**BACKGROUND:** Supporting and promoting infant, child and youth mental health is central to creating prosperous, healthy, and strong communities. Strengthening policies and programs that support positive mental health for children and youth is vital to creating a sustainable and inclusive Atlantic Canada. The Atlantic Summer Institute on Healthy and Safe Communities is hosting a community workshop to open spaces for dialogue and learning about infant, child, youth and community mental health.

**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. Open a brave space for people to connect, share, and learn.
2. Showcase current local 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.

**“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.

**“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).

### AGENDA

9:00 Registration – Coffee & Networking

9:30 Welcome and Land Acknowledgement, Housekeeping – Alexia Riche

9:45 Opening – Julie Pellisier- Lush



**9:50 Icebreaker** *“What do you hope to receive from this workshop, and what could you contribute?”*

**10:15 Role of ASI and the ASI Policy Brief Q&A** – Patsy Beattie-Huggan

**10:45** Upstream Initiatives at Habitat for Humanity PEI

**10:55 Break & Networking**

**11:10** Upstream initiatives happening at L’nuéy

**11:25** Upstream Initiatives at BGC Charlottetown and Montague

**11:35 Discussion** – Small groups to discuss *“What did you learn from the showcases? What are some memorable and positive stories of upstream initiatives in your community?”* (20 minutes)  
– Flipchart and report back one highlight (10 minutes)

**12:05 Lunch – Networking**

**12:50 Models of Promising Practice for Community Hubs** – Presentation on examples based on research

**1:20 Extending community and organizational capacity - *What do we need to do this work?***

World Café activity to explore the current state and the ideal state of upstream investment in the community (Table 1: What would your community look like with ongoing upstream investment? Table 2: What is preventing our community from investing upstream? Table 3: What is needed for organizations to collaborate effectively?)

**2:30 Speed dating** - takeaways

**2:45 Closing** - Group reflection circle - what would we like to see after today?

**3:00 Informal Networking**



## **Appendix F**

### **Presentation Slides**

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




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

**Investing Upstream: Placing infants, children and youth mental health promotion at the forefront**

Patsy Beattie-Huggan, ASI Project Coordinator  
March 14, 2023


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




## 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
- Annually host a policy forum in August on PEI



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




## Background: ASI Policy 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
- National Collaborating Centre for Healthy Public Policy
- 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
- PEI Department of Health and Wellness
- Independent Researchers and Consultants
- INSPQ, Quebec

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



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



## 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 community wellbeing and promote positive mental health for children and youth is **vital to creating an inclusive and equitable Atlantic Canada.**

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



## 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 reduce the likelihood of mental deterioration throughout the life course.

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






- Upstream - Canadian Centre for Policy Alternatives (1:22 Minutes)  
<https://www.youtube.com/watch?v=qarOxqk0mLg>

Upstream Investment: PE Community Workshop - March 14, 2023

When we think of mental health, we often think of emotional difficulties and mental health problems and how we can resolve a crisis once it has occurred. This thinking demands an investment after the fact or "downstream." Thinking "upstream" means that we view mental health as a resource for all that requires a whole-of-government and a whole-of-society approach.

ASI 2017 Keynote Speaker, Professor Margaret Barry, WHO Collaborating Centre for Health Promotion Research, National University of Ireland, Galway

Upstream Investment: PE Community Workshop - March 14, 2023




## ASI Policy Brief Intention

### A Call for Transformative Change

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

Upstream Investment: PE Community Workshop - March 14, 2023



## 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.


Upstream Investment: PE Community Workshop - March 14, 2023



## 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

Upstream Investment: PE Community Workshop - March 14, 2023




## 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

Funded by the Government of Canada / financé par le gouvernement du Canada | 

## Knowledge Mobilization Activities – Atlantic Provinces 2022-2023

- Policy Brief Launch – March 2022
- Live stream announcement of PHAC ISAF funding – May 2022
- Presentation – International Union of Health Education and Promotion – May 2022
- Intersectoral Interprovincial/National Steering Committee – June 2022
- Indigenous Working Group – First Nations, Inuit - Initiated June 2022
- Online Atlantic Provincial Workshops with provincial partners/hosts – July 2022
- Presentations as requested - ongoing
- ASI 2022 Policy Forum – August
- Partnership – Knowledge Mobilization NCCDH – October 2023
- Communication with Council of Atlantic Premiers
- Webinar with NCCHPP – February 2023

Upstream Investment NCCPPH Website - February 21, 2023

13



## PEI Project: 2022-2025

1. To **implement Mental Health in All Policies** in Prince Edward Island, establishing an interconnected network of mental health supports that in turn will establish responsive relationships situated within healthy communities for all residents of PEI.
2. To provide training and capacity building to realize and sustain implementation of a whole of society, whole of community approach to mental health promotion for children and youth to achieve lifelong mental well-being for current and future generations.

Source: Project Proposal – PEI Alliance for Mental Well-Being



Upstream Investment NCCPPH Website - February 21, 2023

14



## PEI Project – Atlantic Pilot: 2023-2025

*Investing Upstream: Placing infants, children and youth at the forefront of lifelong mental well-being – a shift in policy direction for Prince Edward Island*

1. **Year 1** – Facilitating the conversation – Knowledge Mobilization
  - **Dovetails** with the Atlantic Project funded by PHAC ISAF and adds value by assessing current policy direction, opportunities, champions, skills & capacity
2. **Year 2** – Training – developing training materials
  - working with HR department to build skills & relationships
3. **Year 3** – Implementation evaluation

Upstream Investment NCCPPH Website - February 21, 2023

15



## Activities to date on PEI

### Presentations:

- Policy Brief Launch; media coverage – March 9
- Green Party Caucus – March 15
- Liberal Party Caucus – March 24
- PEI Legislative Assembly – March 29
- Funding Announcement – PEI Alliance on Mental Well-Being – April 4
- Minister of Health & Wellness – April 13
- Standing Committee on Health & Wellness – May 23
- PHAC Funding Announcement – May 26
- Deputy Ministers of Social Policy – June 13
- PEI Alliance on Mental Well-Being Board and education sessions - May 28

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16



## Activities to date on PEI Cont'd

- **Provincial Workshop** – PEI July 6 in partnership with United Way PEI
- **ASI Policy Forum** – August 22-24 Holland College, Charlottetown
- **Advisory Committee** – October 5, November 2; December 12; January 4; February 1; Google folder, tracking sheets
- **Education Session** – December 12 (Connect and Learn)
- **Follow-up Consultations with Government Officials** – Ongoing
- **Partnerships - January 2023** – PEI Coalition for Women in Government; Community Sector Network
- **Capacity Building Research** - Training programs, tools, local resources

17



## Recommendations: PEI Provincial Workshop – July 2022 (partnered with United Way PEI)

### Whole of Government

- Have governments bring in the experts from the non-profit fields
- Have someone at the table who is inside government with policies BEFORE they are getting launched

### Whole of Society

- Integrate an upstream mental health focus into UPEI/Holland College program curriculum
- Understand what an upstream approach really is, and what it means to re-orient thinking

### Whole of Community

- Recognize how various aspects of people's lives are integrated and impact mental health: housing, justice, immigration, education, climate, etc.

### Sustainable Funding

- Ensure grants are being given to high impact, upstream programs
- Secure funding - multi-year operational funding, sufficient funding for programming and projects

Upstream Investment PEI Community Workshop - March 14, 2023

18




**Resolutions from Motion 83:**

WHEREAS during 2020-2021, the Atlantic Summer Institute on Healthy and Safe Communities (ASI) developed a policy brief that called for action on four priorities and associated recommendations;  
 AND WHEREAS the ASI policy brief calls for Government to implement mental health-in-all-policies;

- the Legislative Assembly urge Government to undertake fundamental change in the way it builds healthy public policy;
- the Legislative Assembly urge Government to implement the recommendations of the Atlantic Summer Institute on upstream investment as outlined in the ASI policy brief.


**Motion 83 - Calling on government to invest in upstream mental health initiatives - Unanimously approved March 24, 2022**



## Building Capacity for MHIAP – Synergy, Partnerships, Funding

- January 2023 - ASI invited to partner with PEI Coalition for Women in Government in project **Fostering Resilience in Women Municipal Leaders**
  - 4 events over the next year. Each event will be attended by 40 women in urban and rural municipalities who are newly elected or elected earlier in their careers.
  - Partnering with Federation of Municipalities
  - Funded by PEI Alliance for Mental Well-Being

Applied for SSHRC funding with researchers at St. Mary's University to create a case study for building capacity for HIAP that can serve as a foundation for broader implementation training.




## Key strategy – Building Collective Capacity for MHIAP & other recommendations of ASI Policy Brief

- Ongoing conversations with PEI Advisory Committee and Stakeholders
- Research to find case studies on MHIAP at provincial & municipal levels
- Build local case studies of municipal experience - document
- Community Workshop – Host: Community Sector Network of PEI - March 14, 2023
- Discussion with Intergovernmental Affairs – 4 Atlantic Provinces



## Q&A




## Thank you!

Working together we will achieve great things.

“Inspiring Hope through Community Action”  
 ASI Policy Forum – August 21-23, 2023

For more information please contact:  
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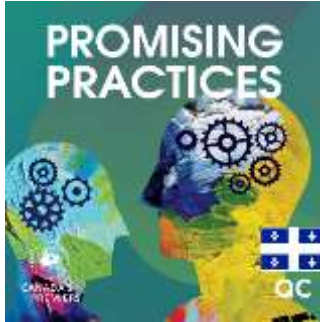


## Appendix G

### 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**.