

ASI Community Workshop: Report

Saint John, New Brunswick

March 20, 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](#),¹ in partnership with A Way Home Canada and a policy brief working group, to promote investment in [upstream](#)² 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

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

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

Background

In February 2022, ASI received funding from the Public Health Agency of Canada's Intersectoral Action Fund for a one-year project 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 – Saint John, NB

“We’re all here because we know the issues. I want to learn what to do.”

– quoted from participant

On March 20, 2023, several community organizations in New Brunswick came together in Saint John with the goal of learning more about upstream initiatives, and how to advocate for community mental health and well-being. Saint John is a seaport city located on the Bay of Fundy in the province of New Brunswick, Canada. It is Canada's oldest incorporated city, established by royal charter on May 18, 1785, during the reign of George III. It is currently the second-largest city in the province, with a population of 69,895. Historically, as one of Canada's main ports, Saint John has been a centre for immigration from all over the world. 87.2% of residents speak English as a mother tongue.³

The workshop was held at ConnexionWorks, and organized in partnership with the Saint John Human Development Council and UNB's Integrated Health Initiative. Workshop planning was managed by Duke Creative Collective of Saint John. 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 15 participants, 12 completed the survey. The sectors they represented varied from health, to social policy, economic development, to education. Four respondents (33%) had prior awareness of ASI's work. A wide range of ages were represented at the workshop. Of note, 50% of respondents were between the ages of 25-44:

18-24 years	8% (1/12)	55-64 years	6% (1/12)
25-34 years	17% (2/12)	65-74 years	17% (2/12)
45-54 years	50% (6/12)		

³ https://en.wikipedia.org/wiki/Saint_John,_New_Brunswick

Limited diversity was evident. 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	10/12	Latinx	1/12
LGBTQIA2S	2/12	White	5/12
Asian	1/12	American	1/12

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, learn about other agencies that are focused on youth support, explore opportunities for collaborating with like-minded organizations, learn, network, connect with others to learn how to solve some of these big problems.

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 were given by the following community organizations: [The Child and Youth Program Coordinator at Capital Region Mental Health & Addictions Association in Fredericton](#) and [Union of Youth and Newcomers](#). These presentations also 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 shared⁴. 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:

- Community/family educational hub: “*...places for people to gather – to be support and to be supported*”
- Openness and transparency with other organizations: “*...trust, not competition, with other organizations*”
- ‘Health in All Policies’ is implemented
- Making time to network, collaborate and create a shared vision

Participant Comments

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

“We need to break down the silos by someone doing a social community map/ecological map - then we can look at where and who all the agencies are.”

“We need family-based programs, not just about the kids but include the whole family”

“Returning wealth to Saint John and increasing education levels is critical”

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

⁴ 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>

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: there is competition between services due to lack of funding

Commitments to Action

1. A commitment to stay connected with relationships made today
2. Work to create open and transparent relationships with other organizations to establish trust, not competition
3. Break down the silos by creating a social/ecological community map to see who and where all the agencies are

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.

“People want to work together to make a change, so help us to be able to work together”

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: Randy Hatfield, Angelique Simpson for their facilitation and hosting of the workshop; Vanessa Burley, Duke Creative Collective for attending to logistics; and to Anita Newling and Omar Morad 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 partners: Human Development Council and UNB Integrated Health Initiative

[The Human Development Council](#) is a non-profit organization in Saint John, New Brunswick Canada with a mission to identify and address social issues in Greater Saint John through research, information, coordination and networking.

[The Integrated Health Initiative](#) is [UNB's Strategic Vision](#) in action, serving the public good and tackling society's grand challenges. Through this ambitious initiative, UNB is striving to become the place to which other jurisdictions turn when confronted with seemingly insurmountable health care challenges and social issues.

Event Management

[Duke Creative Collective](#) is an independent creative consultancy and marketing agency in Saint John, New Brunswick.

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

Saint John, NB Community Workshop, March 20, 2023						
No.	First Name	Last Name	Are you fully bilingual (English and French)?	Language for Printed Material:	Job Title	Company
Attendees						
1	Sandy	Maxwell	No	English	Chief Governance Officer	Compassionate Grief Centre of Southern New Brunswi
2	Kelly	Goodick	No	English		
3	Brenda	MacCallum	No	English		
4	Angela	O'Quinn	No	English	General Manager of Child Care and After Scho	YMCA of Greater Saint John
5	Pam	Pastirik	No	English	President NB COPEs	NB COPEs LTD
6	Jennifer	Baldassarro	No	English		
7	Kim Chi	Nguyen	No	English	Student Success Coach	NBCC
8	Barry	Ogden	No	English	Councilor	City of Saint John
9	Misty	McLaughlin	No	English		
10	Alejandra	Villanueva	No	English		Youth in Transition
11	Caitlin	Drost	No	English	Youth Connector	Youth in Transition
12	Emily	Joynt	No	English	Family and Natural Support Worker	Youth In Transition
13	Omar	Morad	No	English	President	Union of Youth Newcomers
14	Anita	Newling	No	English	Child & Youth Program Manager	Capital Region Mental Health & Addictions Associatio
15	Andrea	Garner	No	English		
Staff-Hosts						
16	Vanessa	Burley	No	English	Account Director	Duke Creative Collective
17	Angelique	Simpson	Yes	English	Director, Integrated Health Initiative	UNB
18	Randy	Hatfield	No	English	Excecutive Director	Saint John Human Development Council
19	Patsy	Beattie-Huggan	No	English	ASI Coordinator	



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
Saint John	55-64 years old	Canadian	Yes		Health
Fredericton	25-34 years old	Canadian, White	Not sure		Other
Fredericton, New Brunswick	18-24 years old	Latinx, LGBTQIA2S	No		Other
Oromocto New Brunswick	25-34 years old	Canadian, LGBTQIA2S, White	No		Other
Saint John , New Brunswick	65-74 years old	Canadian, White, Other	No	American	Health
Fredericton	45-54 years old	Canadian	Yes		Education
Hampton	45-54 years old	Canadian	Not sure		Education
Fredericton, nb	45-54 years old	White, Canadian	Yes		Other
Saint John	65-74 years old	Canadian	No		Economic Development
Saint John, NB	45-54 years old	Asian	Yes		Education
Saint John NB	45-54 years old	Canadian, White	No		Education
Quispamsis NB	45-54 years old	Canadian	No		Social Policy



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 Saint John, NB Community Workshop

Greetings:

You have been identified as an important influencer in your community, and we would like to learn from your insight, input and advice on what upstream efforts are required, or are already happening, to promote infant, child and youth mental health in the region.

The Atlantic Summer Institute on Healthy and Safe Communities, Inc. (ASI), In partnership with the Saint John Human Development Council and UNB's Integrated Health Initiative would like to invite you to participate in a workshop to be held on **March 20** from **9:30-3:00** at ConnexionWorks, 1 Germain St., Suite 300, Saint John, NB. The workshop planning is managed by Duke Creative Collective of Saint John. The workshop will serve as both a networking and learning opportunity!

At the workshop, you'll learn more about 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 policy makers 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 25 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:

"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).

Registration – <https://SaintJohnNBCommunityWorkshop.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

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
- Full policy brief: 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

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



www.asi-iea.ca

902-
894-3399

info@asi-iea.ca

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

Register for the ASI Community In-Person Workshops:

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





- March 2nd, 2023 – Petit Rocher, NB: French: <https://AtelierCommunautaireNB.eventbrite.ca>
English:
<https://NorthernNBCommunityWorkshop.eventbrite.ca>
- March 14th, 2023 – Charlottetown, PEI: <https://PEICommunityWorkshop.eventbrite.ca>
- March 20th, 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 / 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 ou 902-894-3399



Appendix E

Agenda



Community Workshop Objectives and Agenda

Monday, March 20, 2023

Saint John, NB

9:30 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.

AGENDA

9:30	Registration and coffee	11:30	Discussion – Small groups re upstream success indicators
10:00	Welcome and Land Acknowledgement – Angelique Simpson, Emcee	12:00	Lunch - Networking
10:05	Review of objectives, agenda, logistics – Randy Hatfield, Facilitator	12:45	Models of Promising Practice – Revelstoke, Quebec
10:15	Introductions & Icebreaker	1:15	Extending Capacity – World Café
10:30	Role of ASI and the ASI Policy Brief Q&A - Patsy Beattie-Huggan, ASI Coordinator	2:15	Speed Networking – Introduce yourself to a new connection
11:00	Break	2:25	Group reflection circle
11:15	Showcase - Upstream Initiatives	2:55	Closing– Angelique Simpson



Appendix F

Presentation Slides



Please complete the following survey before we start

English



Francais




Welcome everyone!
Saint John Community Workshop

Alexia Riche
Executive Director
Community Sector Network
of PEI

Patsy Beattie-Huggan
Coordinator
Atlantic Summer Institute on
Healthy and Safe
Communities (ASI)

Agenda

- Registration - Coffee & Networking
- Welcome
- Ice-breaker
- ASI Policy Brief
- Break - Networking
- Showcase – Upstream Initiatives
- Group discussion
- Lunch - Networking
- Models of Promising Practice - Presentation on examples based on research
- Extending community and organizational capacity - World Café activity
- Speed Networking - Takeaways
- Reflective circle - Group reflection on next steps
- Closing
- Informal networking

Objectives for the day

- Open a brave space for people to connect, share, and learn.
- Showcase current local upstream initiatives and their impact.
- Identify contextual and policy obstacles and opportunities.
- 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.
- 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.
- Identify the elements required from government funding to sustain models of upstream work.

Ice-breaker : Yarn Activity

- Take 1 minute of silent reflection to write down what you want to get out of today's workshop
- Introduce yourself (Name, pronouns, etc)
- What do you hope to get from this workshop?
- Random facts about yourself

ASI Policy Brief

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 infant, child and youth mental health at the forefront


Patsy Beattie-Huggan, ASI Coordinator
March 20, 2023

Atlantic Summer Institute on Healthy and Safe Communities

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

Introduction to ASI

- The Atlantic Summer Institute on Healthy and Safe Communities, Inc. (ASI)
- Non-profit organization established in 2003, based in PEI; Incorporated in 2008.
- 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

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


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 of 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

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


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.**

12



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

13



- Upstream - Canadian Centre for Policy Alternatives (1:22 Minutes) <https://www.youtube.com/watch?v=qarQXq6bmlg>

Upstream Investment Labrador Drive Workshop - March 7, 2023

14

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 Labrador Drive Workshop - March 7, 2023

15




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**.

16



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.


17



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

18



Policy Brief - Released March 9, 2022


Full policy brief: 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

Newsletter/Infographic (2 pages): 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



19

Knowledge Mobilization Activities – Atlantic Provinces 2022-2023

- Policy Brief Launch – March 2022
- Live stream Ministerial 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
- 5 community and 2 regional workshops – Winter 2022-2023

20




Next Steps

Mobilizing Action for Policy Change


- Meet with Premiers and provincial politicians; Council of Atlantic Premiers, public service **to explore fit with provincial policy direction**
- Inform leaders in communities, municipalities, private sector and engage in discussion of **how to embrace the brief**
- Inform the public **to seek their support**
- Work collaboratively **to take action**
- **ASI 2023 Policy Forum**

21



Q&A

22



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:
patsy@thequaich.pe.ca

23



Find ASI On Social Media!



@ASHSC @asi-iea @ASI_HSC ASI ASI

24

Break

- Networking -

Showcase – Upstream

Showcase Presentation

Better Together – an intergenerational program for positive mental health



Anita Newling

Child and Youth Program
Coordinator
Capital Region Mental
Health & Addictions
Association

Showcase Presentation

Supporting Immigrant Youth in
Saint John, NB



Omar Morad

Founder
Union of Youth Newcomers

Discussion

- What did you learn from the Showcase?
- What other examples of upstream initiatives do you see in your community?
- What are the shared attributes or commonalities that you see as necessary for the success of these initiatives?

Lunch Break

Models of Promising Practice for Community Hubs

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 Génèreux.
www.canadaspremiers.ca

Q & A

Extending community and organizational capacity

- World Café activity -

What would your community look like with ongoing upstream investment?

What is preventing our community from investing upstream?

What is needed for organizations to collaborate effectively?

Speed Networking

- Takeaways -

Closing circle

Thanks everyone!



Atlantic Summer
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LET'S TALK

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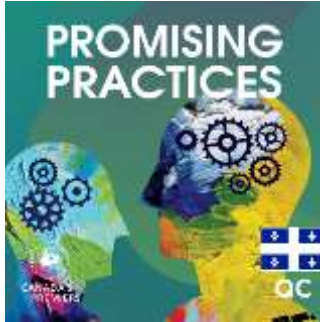


Appendix G

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.**

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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**.