

ASI Community Workshop: Report

St. John's, Newfoundland & Labrador

February 24, 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 – St. John's, NL

“We need to be proactive vs reactive – why do we pour so much money into the reactive pot when we could redistribute and be more proactive?”
-quoted from participant

On February 24, 2023, several community organizations, in and around St. John's, the capital and largest city in Newfoundland and Labrador, came together with the goal to advocate for upstream community mental health and well-being. The city's location on the Avalon Peninsula's northeast coast makes it North America's most easterly city (excluding Greenland). The St. John's Metropolitan Area is Canada's 20th-largest metropolitan area and the second-largest Census Metropolitan Area (CMA) in Atlantic Canada, after Halifax.³

The workshop was organized in partnership with the Community Sector Council of Newfoundland & Labrador and their Go-Getters Program, a youth service initiative to increase community service, civic engagement, and advocacy in young adults. A list of participants is provided in Appendix A.

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 18 participants, 10 completed the survey. Four respondents (40%) had prior awareness of ASI's work. A wide range of ages were represented at the workshop, with 50% of respondents between the ages of 18-34:

18-24	20% (2/10)	55-64 years	10% (1/10)
25-34 years	30% (3/10)	65-74 years	10% (1/10)
35-44 years	10% (1/10)	75+ years	-
45-54 years	20% (2/10)		

³ https://en.wikipedia.org/wiki/Halifax,_Nova_Scotia

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:

Canadian	9/10	Black	1/10
LGBTQIA2S	2/10	White	5/10
African	1/10	Person with a disability	3/10

Additional demographics of workshop participants can be viewed in Appendix B, including a range of 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; media release in Appendix D. An agenda was circulated in advance. The agenda can be viewed in Appendix E.

A presentation on the policy brief, elaboration of upstream showing “[Introduction to Upstream](#)” a video produced by the Canadian Centre for Policy Alternatives were featured, and examples of innovation from Lac-Mégantic, Quebec, and Revelstoke, B.C. were provided⁴. In addition, upstream initiatives in St. John’s were showcased by community organizations: the Perinatal Alliance (Dr. Archana Prakash), Jacob Puddister Foundation (Kelsey Puddister), and the Splash Centre (Maggie Snow). 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 at the workshop can be found in Appendix G.

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>

Key Question

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

- A community that is safe, supportive, equitable with safe community spaces to meet
- Green spaces – in cities, in all communities and access to green spaces; stigma eliminated
- Competition reduced between services and organizers, and relationships built, and collaboration occurring
- Accessible and high-quality early learning and care based on community needs
- Better infrastructure for accessibility within cities, we need to be able to get to the community spaces
- Public transportation
- Food security – *“we’re able to sustain ourselves, we grow food, community gardens we’d be able to take control of that and have more control over our own health”*

Participant Comments

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

“We need to create relationships almost more than connections – more likely to continue any sort of relationship.”

“Everyone is doing this off the side of our desks – we need an organizer.”

“Are initiatives upstream if they aren’t safe for 2SLGBTQIA+ and BIPOC/Racialized people?”

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 networking and sharing amongst all community members and organizations
3. Importance of leadership and funding reallocation

“Collaborative work gets easier over time; it’s building a relationship – trust takes time.”

Common Barriers

1. 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

Commitments to Action

Participants would like to expand on the partnership with ASI; and promote the youth leadership program to the GoGetters

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.

“There can’t just be lip service, there needs to be a plan, the will and policies that allow conversations between organizations – sometimes our systems don’t allow for collaboration. Need to build collaboration capacity. Collaboration is not just conversation – there has to be a structure.”

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 would like to extend thanks to all workshop participants for their contributions to the upstream discussion: Lindsey Hynes and Kellee Strang and the Go Getters of the Community Sector Council of Newfoundland and Labrador (CSC) for hosting the workshop; Colin Corcoran, CEO, CSC for his welcoming remarks; Dr. Archana Prakash, Perinatal Mental Health Alliance of Newfoundland and Labrador (PMHANL); Kelsey Puddister, Jacob Puddister Foundation; and Maggie Snow, SPLASH for showcasing their upstream initiatives. A special thanks to Cathy Newhook of the Harris Centre for facilitation of the workshop, and to her team Mandy Rowsell and Stephanie LeGresley for bringing, National Collaborating Centre Knowledge Translation Specialist, Mandy Walker into the room via Zoom so she could capture the essence of the workshop.

Organizing partner: Community Sector Council of Newfoundland & Labrador

The Community Sector Council of Newfoundland and Labrador is an independent organization promoting social and economic well-being. Our goal is a prosperous and inclusive society that supports individuals, families and communities. The mission of CSC is to encourage citizen



engagement, to promote the integration of social and economic development and to provide leadership in shaping public policies. It is committed to strengthening and promoting the essential role that voluntary and nonprofit, community organizations play in building healthy and prosperous communities.

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

Newfoundland & Labrador Community Workshop, February 24							
Updated on Fe.22							
No.	First Name	Last Name	Email	Are you fully bilingual (English and French)?	Language for Printed Material:	Job Title	Company
1	Laurabel	Mba	lmba@cmhnl.ca	No	English	Communications, Marketing and Fund Development	CMHA-NL
2	Howie	Feltham	hfeltham@bgcstjohns.ca	No	English	Director of Resource Development	BGC St. John's (formerly the Boys and Girls Clubs of St. John's)
3	Kim	White	froudeavecc@gmail.com	No	English	Executive Director	Froude Avenue Community Centre
4	Karen	Clarke	karenelizabethclarke@gmail.com	No	English	ASI Board Member	Atlantic Summer Institute
5	Skye	Taylor	executivedirector@aecenl.ca	No	English	Executive Director	Association of Early Childhood Educators of NL
6	Maggie	Snow	splashcentre@live.ca	No	English	Executive Director	SPLASH Centre
7	Karen	Gray	KarenGray@ocya.nl.ca	No	English	Director of Advocacy and Investigations	Office of the Child and Youth Advocate
8	Gary	Summers	gary@garysummers.ca	No	English	Professional Speaker	Gary Summers Counselling
9	Brianna	Butt	briannabutt@cscnl.ca	No	English	Assistant Engagement Coordinator for Go Getters	Community Sector Council
10	Stephanie	Evans	stephanieevans17@live.com	No	English	Go Getter Alumni	Community Sector Council NL
11	Victoria	Pike	victoriapike1638000@gmail.com	Yes	English	Go Getter Participant	Community Sector Council NL
12	Allison	Seward	allisonseward1@gmail.com	No	English	VolunTeens Coordinator	The SPLASH Centre
13	Kelsey	Puddister	kelsey@jpmemorialfoundation.ca	No	English		Jacob Puddister Foundation
14	Laura	Bass	lbass@stjohns.ca	No	English	Healthy Programs and Inclusion	City of St. John's
15	Marie-Anne	Hudson	marieannehudson@gov.nl.ca	No	English	Program and Policy Development Specialist	Government of Newfoundland and Labrador (EDU)
16	Archana	Prakash	4aprakash@gmail.com				
17	Mandy	Rowsell	mandy.rowsell@mun.ca				Harris Centre, Memorial University
18	Stephanie	LeGresley	stephanie.legresley@mun.ca				Harris Centre, Memorial University+P4A1P1:P21P3:P2P1:P21
	Organizers						
19	Cathy	Newhook	cathyn@mun.ca	No	English	Manager, Public Policy and Communications	Harris Centre, Memorial University
20	Lindsey	Hynes	lindseyhynes@cscnl.ca	No	English	Program Manager	Go Getters NL
21	Kellee	Strang	kelleestrang1@hotmail.com	No	English	Go Getter Participant	Community Sector Council



Appendix B

ASI Demographic Poll

ASI Demographic Poll (ENG)-Grid view

Location	Age	Identity	ASI knowledge	If "Other", please comment	What sector do you represent?
Logy Bay, Newfoundland	25-34 years old	LGBTQIA2S,A person with a Disability,White	Yes		Health
Mount Pearl, NL	55-64 years old	Canadian	No		Other
St. John's	45-54 years old	Canadian,White	No		Education
St. JOHN'S	65-74 years old	Canadian	No		Health
St. John's	18-24 years old	Canadian,White,LGBTQIA2S	Yes		Other
St. John's	25-34 years old	Canadian,A person with a Disability	No		Education
St. John's	45-54 years old	Canadian,White,A person with a Disability	Yes		Social Policy
St. John's, NL	18-24 years old	Canadian,White	No		Not applicable
St. John's Newfoundland	35-44 years old	Canadian	Yes		Social Policy
St. John's	25-34 years old	African,Black,Canadian,LGBTQIA2S	No		Social Policy,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 Newfoundland & Labrador Community Workshop

Greetings:

The Atlantic Summer Institute on Healthy and Safe Communities, Inc. (ASI), In partnership with the Community Sector Council Newfoundland and Labrador would like to invite you to participate in a workshop to be held on **February 24, 2023** from **9:30-3:00** at the **St. John's Farmer's Market** 245 Freshwater Road St. John's, NL A1B 1B3. Host for the workshop will be the Community Sector Council Newfoundland and Labrador. 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 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:

Registration – <https://NLCommunityWorkshop.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
- 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-iea.ca / 902-894-3399

POUR PUBLICATION IMMÉDIATE : mercredi 22 février 2023



www.asi-ica.ca/fr

902-
894-3399

info@asi-ica.ca

ATELIERS COMMUNAUTAIRES ET RÉGIONAUX DE L'IEA AU CANADA ATLANTIQUE

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

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

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



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

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

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

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



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

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

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

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



Appendix E

Agenda



Newfoundland & Labrador Community Workshop

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

February 24, 2023

St. John's Farmers Market

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.

“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

9:30	Registration and coffee	12:25-	Lunch
9:45	Welcome	1:00	Models of Promising Practice for Community Hubs
	Overview & Introductions	1:25	Small Group Discussions: Extending community and organizational capacity
10:20	Role of ASI and the ASI Policy	2:30	Next Steps - Creating a network to support this work
10:45	Upstream Initiatives- NL Showcase	2:50	Closing & Thank You
11:25	Break		
11:35	Small Group Discussion: Attributes and local examples of upstream initiatives		



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 first

Patsy Beattie-Huggan, ASI Project Coordinator
Karen Clarke, ASI Board Member (NL)
February 24, 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.**

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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

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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 - Canadian Centre for Policy Alternatives (1:22 Minutes) <https://www.youtube.com/watch?v=garQxqk0mLg>

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ASI Policy Brief Intention

A Call for Transformative Change

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

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ASI Policy Brief Overview

Policy Brief Goal

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

Anticipated Outcomes

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

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Priority Areas

- 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

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Current system

Credit: Raising the Villages

Early Years - Patchwork and Silos


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Health in All Policies

Credit: Raising the Villages

To Upstream Coherence

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Policy Brief - Released March 9, 2022

Full policy brief: www.asi-iea.ca/en/files/2022/03/ASI-Policy-Brief-2022-03-09.pdf

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

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ASI Commitment

- ASI views resilience as more than “an individual’s capacity to sustain mental well-being during adversity or toxic stress” – it is also about “the capacity for renewal, re-organization and development” (Folke, 2006).
- COVID 19 awakened us that it is time for system renewal.
- A time to focus further **upstream** and **foster more resilient communities** that can promote mental health for all!

Equilibrium Inequality/ML Community Workshop - February 24, 2023

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Policy Brief Action Area #3 Whole of Community

Investment in Community Action


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



Policy Brief Action Area #4 Long term funding commitment

Sustained and Integrated Funding Model that supports these comprehensive approaches to invest in and **maximize social capital in our communities**


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



NL Provincial Workshop – July 2022 (partnered with CMHA-NL)

Partnering with organizations in each Atlantic province, ASI completed online workshops to mobilize information in the Policy Brief, deepen ASI partnerships, and generate knowledge to inform future policy.

Who are the champions of upstream investment in NL?
What upstream initiatives are currently underway?
What capacity exists or is needed to advance the Policy Brief?




NL Workshop – Capacity Needs

More collaborative working relationships – “so, so, much overlap”

Programs & Services - core life/parenting skills, translation services, Community Youth Networks, Child Care Services, and programming for all ages.

Sustainable multi-year funding
How can we change focus from coping with crises to upstream?



NL Workshop – moving from crises to upstream focus

Personal/Community/Workplace Action

- Step away from the crisis to see what's happening upstream, parent support, education and awareness, focus on all ages.

System Change

- Education for leaders on importance of upstream policy, long-term reduced demand on intervention services, better coordination.

Funding Realignment

- Invest in upstream initiatives, long-term cost saving ● Multi-year funding.




Community and Regional Workshops Fall 2022-Winter 2023

Community Workshops: One in each Atlantic Province

- I have a poster for social media I would like to use here.


Regional Online Workshops: First Nations and Labrador




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**



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:
patsy@thequaich.pe.ca

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Find ASI On Social Media!



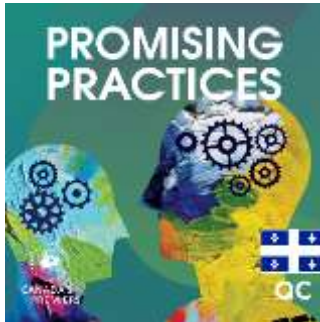
@ASIHSC @asi-ieca @ASI_HSC ASI ASI



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

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**.