

Ontario Centre of Excellence
for Child and Youth
Mental Health
Centre d'excellence de l'Ontario
en santé mentale des
enfants et des adolescents
Recherche et savoirs réunis pour améliorer les soins
Research and knowledge together to strengthen care
Recherches et savoirs réunis pour améliorer les soins


Learning/Apprentissage Collaboration Leadership

MENTAL HEALTH LITERACY

Presented by:
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Overview


- A bit about mental health literacy
- Literacy and Working Together for Kids Mental Health
- Deeper literacy needs (module development)
- Mental health literacy and School Mental Health ASSIST
- Literacy at the Centre and beyond



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Who is mental health literacy for?


- MH service providers
- Youth justice
- Child welfare
- Education (teachers and staff)
- Addictions
- Developmental services
- Health (all personnel)
- Public Health
- Recreation (coaches)
- Law enforcement
- Faith and spiritual providers
- Judges, lawyers
- Dentists
- Colleges and universities
- Parents
- Young people
- Childcare and ECE
- Employers and workplaces
- Media
- Philanthropic sector
- Unions
- Politicians (local, regional, provincial, national)
- Bureaucrats (local, regional, provincial, national)
- Public transit workers
- Populations at large



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Mental Health Literacy – What Do You Need To Know?

- Link with general health and wellbeing
- Service delivery model
- Alignment with other initiatives (locally, provincially)
- Roles (their own versus others)
- Awareness of the mental health continuum (especially promotion)
- Stigma reduction
- Creating environments that promote positive mental health
- Signs and symptoms
- Talking to children/youth and parents about mental health
- Relevant legislation
- Pathways to community support




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Stigma

63% of youth indicated that embarrassment, fear, peer pressure, and/or stigma are the major barriers to young people seeking help for mental health problems.


Others would not recognize if they had a problem (19%) or would not know where to get help (12%).

Davidson & Manion, 1996



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People don't know what they don't know!



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Levels of Literacy

Mental Health Awareness	Mental Health Literacy	Mental Health Expertise
Strategies for providing basic mental health information, tailored for different audiences	Strategies for ensuring deeper working knowledge for those who have a role in supporting child and youth mental health	Strategies for ensuring that MH professionals possess the skills and knowledge to effectively provide evidence-based MH promotion, prevention, and intervention

The right information, to the right people, in the right way, at the right time

A taste of awareness

Why Child and Youth Mental Health?

- It's very common (13-25%)
- Not everyone gets help (only 1 in 6 access services)
- 70% of adults with a mental illness indicate that it started before they were 18 (50% before 14)
- **Suicide is the 2nd leading cause of death in ages 16-24 (Statistics Canada, 2002)**
- If one mental health disorder is present, more than likely there will be other problems present (45% have more than 1)

Determinants Of Mental Health

- Individual factors
 - Temperament, genetics, learning ability, social skills
- Family factors
 - Attachment, parenting style, communication, parental and sibling relations, family structure and circumstances
- Environmental factors
 - Social conditions, school, community, sense of belonging

Mental Health Is A Continuum

Mental health	Mental health problem	Mental illness / disorder
<ul style="list-style-type: none"> • Strengths • Resiliency • Attachment 	<ul style="list-style-type: none"> • Stresses at school, home and/or work 	<ul style="list-style-type: none"> • Internalizing (mood/anxiety disorders) • Externalizing • Psychoses • Substance use

The Stress Curve

Ear Ache	Psych Ache
• Pain (inside)	✓
• Dizzy	✓
• Hard to concentrate	✓
• Irritable	✓
• Can't sleep	✓
• No appetite	✓
• Stay home	✓
• Less social	✓
• Physical symptoms	✓
• Go for help right away	?

(Peggy Austen, 2005)

Signs and Symptoms

- **Look for changes (behaviours, appearance, mood)**
 - School performance, (concentration, motivation)
 - Interactions with friends and family
 - Extreme mood swings and/or emotional outbursts of anger and rage
 - Eating and sleeping
 - Dealing with authority
 - Risk taking behaviour
 - not doing the things he or she used to enjoy
 - damaging other people's property
 - worrying constantly
 - obsessed with his or her weight
 - lacking energy or motivation
 - Aggression to others or self

When To Be Concerned?

- **May be signs of an underlying mental health disorder if they are:**
 - intense;
 - persist over long periods of time;
 - inappropriate for the child's age; and
 - interfere with the child's life.

Protective Factors

- Problem solving, life & communication skills
- Sociability
- A sense of belonging (school, community)
- Secure attachment to positive parent/family
- Resilient Personality
- Access to other caring & supportive adults
- Pro-social peers
- Appropriate discipline, limit setting & structure
- Opportunities to develop self-esteem
- A healthy lifestyle

What is the Centre?

Bringing people and knowledge together to promote the best mental health and well-being for every child and youth

Learning Collaboration Leadership

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Full continuum of effective and accessible mental health services for children and youth

The Centre of Excellence and Working Together for Kids Mental Health

Focus on Awareness

Background

- **Working Together for Kids' Mental Health**
 - joint initiative of MCYS, EDU, and MOHLTC.
 - Student Support Leadership Initiative (SSLI)
- decision-making processes and tools that support professionals across sectors to effectively identify and appropriately respond to mental health needs of children and youth.
- **MH Literacy Workshop** (Developed by the Centre)
 - One of the key activities under this initiative
 - 4 pilot communities (Belleville, Niagara, Haliburton, Sudbury)



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MH Literacy Workshop Objectives

- To develop a common understanding and language of mental health across sectors
- To improve the capacity of professionals across sectors to identify and respond early to indicators of mental health needs in children and youth
- To provide opportunities to share information and enhance working relationships across sectors



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Process

- Established Workshop Working Groups (WWG's) in all 4 communities
- Conducted a needs assessment in 4 communities
 - to identify mental health needs and invite community input
 - provide feedback into the development and delivery of the workshop
- Developed workshop content to include topics, format, case studies/role plays to address issues identified in the needs assessment



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Process

- Target population:
 - frontline workers/supervisors across sectors
- Facilitators: Consultant and Psychiatrist
- Pilot workshops delivered between February 25th & March 10th
- Based on feedback and evaluation, workshop revised and has helped to inform next steps
- Available, in French and English, throughout Ontario (on website)



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Findings

- Overall workshop feedback very positive
 - many participants reported they would be able to apply learning from the workshop in their work and share information with co-workers



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Findings

- Composition of workshop participants varied across 4 communities.
 - The workshop content was seen as relevant and useful in those workshops where there was a majority of educators and front-line service providers
- Overwhelmingly, participants found the opportunity to meet with professionals from other sectors and discuss common issues and services very useful



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Next Steps

- Workshop provides a foundation in mental health literacy as part of ongoing learning experience
- A modular approach: develop core modules, which can be updated and adapted to specific target groups, specific sectors, and specific levels of the organization
- Each module would include current evidence-based information, sample case studies/role plays, related local and provincial resources, a selected bibliography and an evaluation component



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Moving from Awareness to Literacy and Expertise

What modules would you prioritize?



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Next steps

- Discussions around developing core modules
- Discussions around developing plan for Phase 2
- Working alongside Ministries to align strategies and work



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“School systems are not responsible for meeting every need of their students. But when the need directly affects learning, the school must meet the challenge.”

Carnegie Council Task Force on Education of Young Adolescents, 1989



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Mental Health in Schools

- Mental health literacy and stigma reduction
 - universality, accessibility, acceptability
- Promoting mental health (from safe schools to pro-social learning)
- Identification of mental health problems
- Mental health care delivery (onsite/facilitated)
- Schools can be a hard place to work so we need to support the mental health of teachers too!



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Open Minds, Health Minds

Ontario's Comprehensive Mental Health & Addictions

FOCUS ON SUPPORTING STUDENT MENTAL HEALTH AND WELL-BEING



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What is the Ontario Mental Health & Addictions Strategy?

Open Minds, Healthy Minds Ontario's Comprehensive Mental Health & Addictions Strategy

- **Designed to:**
 - Improve mental health and well-being for all Ontarians
 - Create health, resilient, inclusive communities
 - Identify mental health & addictions problems early, intervene
 - Provide timely, high-quality, integrated person-directed health and other human services
- **Focus on children and youth in the first 3 years**
- **Focus led by Ministry of Child & Youth Services**



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What is School Mental Health ASSIST?

- **Part of the Ministry of Education support to *Open Minds, Healthy Minds***
- **Contract with HWDSB to lead the initiative**
- **Designed to help school boards to support student mental health and well-being**
- **Through hands-on, audience-specific resources & practical implementation support**



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What does ASSIST do?

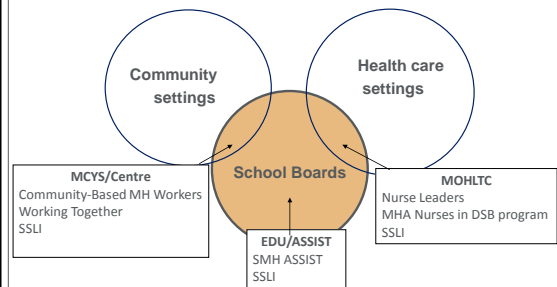
Provides support to school boards with respect to:

- Leadership
- Capacity-Building
- Implementation of Mental Health Promotion and Prevention Programming



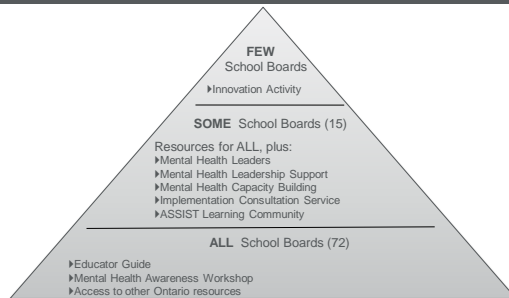
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How Does ASSIST Align?



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How will this look in 2011-2012?



Education | School Mental Health ASSIST

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Alignment with Working Together Communities

- ASSIST Boards that reside in communities that have Working Together supports and/or Service Collaboratives need to demonstrate particularly strong alignment across initiatives
- Working collaboratively to develop Community Mental Health Awareness Sessions



Education | School Mental Health ASSIST

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Why ASSIST, Why Now?

- **One in Five**
- **Link with student achievement**
- **School plays a critical role in child and youth mental health**
- **Taking Mental Health to School**
 - Model Coordination and Leadership
 - Enhance Mental Health Literacy
 - Increase Access to Evidence Based Practices
 - Provide Implementation Support



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Contact ASSIST

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Mental Health Literacy at the Centre

- Working together for Kids Mental Health
- Psychotropics
- eMentalhealth.ca
- Dare to Dream
- PACE training Modules
- Student Support Leadership Initiative
- Policy Ready Papers
- Art Mural Project
- Speak Up (stigma reduction curriculum)



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Mental Health Literacy in Ontario and Beyond

- SSLI
- Child and Youth Mental Health Information Network
- Iris the Dragon
- Kids Help Phone
- The Jack Project
- ABC's of Mental Health
- MyHealthMagazine.net
- The Offord Centre
- aboutkidshealth.ca
- The Kelty Mental Health Resource Centre
- Kidsmentalhealth.ca
- CAMH
- CMHS
- Public Health Agency of Canada
- Teenmentalhealth.org
- Mindyourmind.ca
- Public health
- Bell, RBC, etc.
- Individual agencies, boards, schools



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Many players, best of intentions, but a need for better alignment with better use of resources

e.g., the UBC Experience



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Working together, we will contribute to the creation of caring and supportive environments that maximize learning and well-being and strengthen young people, families, schools, and communities...



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Questions?



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