

INTERNATIONAL AFFAIRS & BEST PRACTICE GUIDELINES CENTRE

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Engaging Inter-Sectoral Partnerships in Youth Mental Health

CHNC Presentation

RNAO Registered Nurses' Association of Ontario
Speaking out for health. Speaking out for nursing.

NETWORK OF CHAMPIONS

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Presenters

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Learning Objectives

By the end of the presentation, you will:

1. Highlight strengths and challenges of inter sectoral collaboration (i.e. public health, social services, education and youth) to support youth mental health
2. Articulate the role of the Public Health Nurse in youth mental health promotion
3. Discuss how comprehensive school health framework lays the foundation to support youth mental health promotion
4. Explore effective youth engagement principles and strategies in mental health promotion and stigma reduction

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RNAO is the professional association of Registered Nurses in Ontario, Canada

Professional association of Registered Nurses in Ontario, Canada

The strong, credible voice leading the nursing profession to influence and promote healthy public policy, and clinical excellence

The Best Practice Guidelines is a signature program of RNAO

RNAO Registered Nurses' Association of Ontario
L'Association des infirmières et infirmiers autorisés de l'Ontario

Speaking out for nursing. Speaking out for health.

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RNAO Mental Health & Addictions Initiative

To increase capacity amongst nurses and other health care professionals to **implement and sustain** evidence-based mental health and addiction best practices in all settings and advocate for organizational, policy and system changes.

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RNAO MENTAL HEALTH & ADDICTIONS INITIATIVE

GOAL
To enhance evidence-based care and services related to mental health and addictions across all settings

OBJECTIVE
To increase capacity among nurses and other health-care professionals to implement and sustain evidence-based mental health and addictions best practices in all settings and advocate for organizational, policy and systems change

KNOWLEDGE GENERATION
Best Practice Guidelines for BPGs Development

KNOWLEDGE UTILIZATION
Support & Systems Level Change

ATTITUDINAL & PRACTICE CHANGE
Build Capacity

ACTIVITIES
E-Learning
Webinars
Institutes
Speakers' Bureau
Education Resource Champions
Online toolkit

KNOWLEDGE SKILLS UPTAKE

EMPOWERED CAPACITY & OUTCOMES
Facilitate Uptake of BPGs

EVALUATION
Implement and sustain use of BPGs, monitor and evaluate program decision making

Partnerships & Supporting Stakeholders

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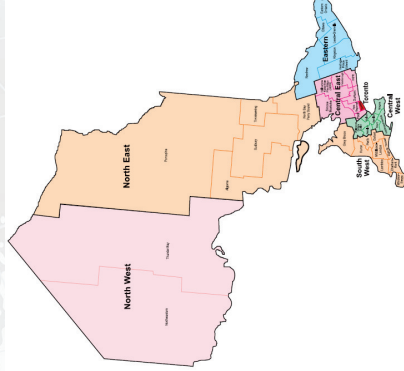
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Youth Mental Health & Addictions Champion Project: Program Goals

- The Youth Mental Health and Addictions Project aims to improve the health & well-being of children and youth through a focus on: mental health promotion, acceptance of mental illness, reduction of related stigma and substance misuse prevention
- By preparing youth peer leaders in champion roles, knowledge & awareness of mental health and substance misuse issues will be enhanced and the resiliency of children/youth will be improved through capacity building and youth engagement

Partners

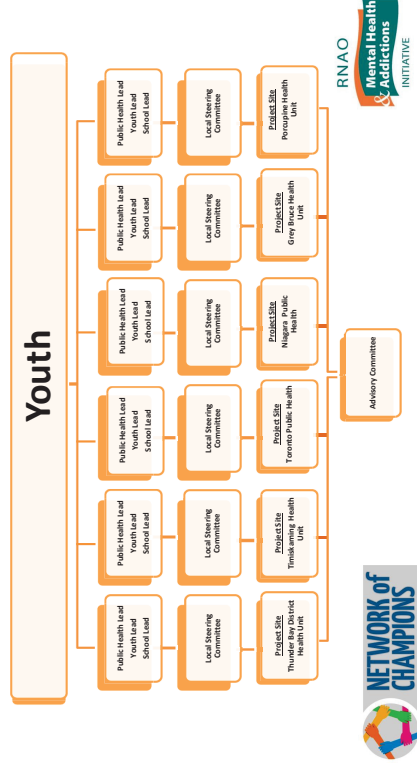
North West	Thunder Bay District Health Unit Lakehead District School Board Thunder Bay Catholic District School Board St. Joseph's Oratory District School Board
North East	Timiskaming Health Unit District School Board of Ontario North East Provincetown Health Unit Northwestern Catholic District School Board
Toronto	Toronto Public Health Board Toronto Catholic District School Board
Central West	Niagara Public Health District School Board of Niagara Niagara Catholic District School Board
South West -	Grey Bruce Health Unit Bluewater District School Board Bruce Grey Catholic District School Board
Education	School Mental Health Assist
Community	Centre for Excellence for Child and Youth Mental Health mindjourimid
Youth	Dare to Dream - Youth Coordinator Ottawa Public Health - Youth Facilitator



Project Objectives:

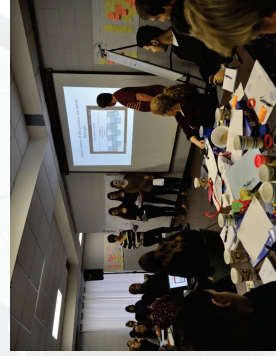
1. Enable a cohort of Youth Mental Health and Addiction Champions to use creative peer to peer strategies to reduce the stigma of mental health and promote greater acceptance of mental illness as a part of the health and illness continuum
2. Raise awareness among Youth Mental Health and Addiction Champions related to strategies to prevent substance use and misuse
3. Provide Youth Mental Health and Addiction Champions with strategies to assist peers with substance abuse prevention
4. Provide Youth Mental Health and Addiction Champions with strategies to assist peers to begin to address substance abuse issues through raising awareness of available information and resources/services

YMHAC Project Structure



How did the YMHAC Project Effectively Engage Youth: Provincially

- Members of the Provincial Advisory Committee
- Co-created "Network of Champions" name, logo and design and resources
- "Reach Out" Interactive tool/game
- Co-facilitated training of Youth Leads at Provincial Training



Training



Developing a Logo in Partnership with Youth



NETWORK OF CHAMPIONS



How did the YMHAC Project Effectively Engage Youth: Locally

- Members of local YMHAC Steering Committees
- Co-chaired the YMHAC planning meetings at their schools
- Co-facilitated training of Youth Champion Workshops
- Youth led mental health promotion initiatives

Interactive Tool: Network of Champions

- www.mindyourmind.ca/partners/rnao



- "Chill Rooms"
- Puppy Rooms
- "Worry-Free Wednesday's"
- Tree of Life
- Health Symposium
- "Caught You Caring"
- Pink Shirt Day
- Guest Speakers
- Yoga
- School Wide Mental Health Week
- Wall Mural

Caught You Caring Voucher

Student Name: _____

This student was caught caring when they...



Public Health and Mental Health Promotion: Making Progress

- Public health departments are required to respond to community health needs, including mental health
- Challenges and opportunities to address mental health exists due to Ontario Public Health Standards

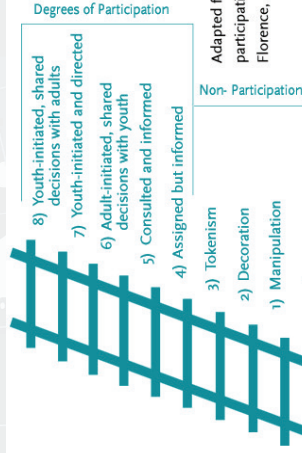


Comprehensive School Health and Mental Health Promotion

- Model and planning tool used to create positive learning environments that promotes student well-being
- Framework to coordinate targeted health promotion initiative in schools setting



What is Youth Engagement?



Adapted from: Hart, R. (1992). Children's participation from tokenism to citizenship. Florence, Italy: UNICEF Innocenti Research Centre.

YMHAC Inter-sectoral Collaborations

Who: Public Health, Mental Health ASSIST Leads, School Boards, Community Partners, Youth, Parents

Lessons Learnt:

1. Learning needs to occur in a collaborative space
2. Conflict is a good thing
3. Need for similar languages across sectors
4. Respecting Diversity within each community (i.e. trends within community, school boards, mandates/policies that guide practice)

“We are making a difference in people's lives. I was struggling with having people to talk to when I was young [and was diagnosed with a mental illness]. Now we are there for them.” - Youth Lead

“The people on our committee shifted their understanding away from mental illness toward promotion. At first it was the mental illness framework that was driving the thinking. It's been nice to see that shift in understanding – from illness to promotion and health.” – Public Health Lead

“One of the greatest impacts so far is certainly our partnerships with our mental health leads and our school boards. We had a bit of a relationship before, but this project provided a platform to catapult that relationship.” – Public Health Lead

PHN Role in Youth Mental Health Promotion



YMHAC Project Successes

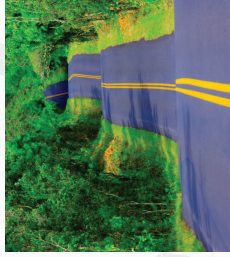
- Increase in inter-sectoral partnership between health, education and community as a direct result of YMHAC
- Shifts in attitudes from mental illness focus to mental health promotion
- Youth have been provided with tools to address issues including mental health and illness, stigma, substance use
- Integration of Champion initiatives into school programming
- Active use of Youth Engagement/Peer Led Models
- Supporting and Expanding Role of PHNs in Mental Health Promotion
- Plans among the partners to integrate such a program into existing structures for long term sustainability

YMHAC Project Challenges

- Lack of long-term dedicated resources both provincially and locally
- Lack of standards for mental health promotion work at the health unit level
- Evolving knowledge of best practices in youth mental health promotion

Future of YMHAC

- Expansion of sites to 6 more PHU and 12 more District School Boards across Ontario
- Work with current 6 PHU as mentors to new sites
- Continue to support Provincial Advisory and Local steering committees
- Continue to work with Provincial partners to develop resources to support YMHAC, youth engagement, youth mental health and substance use work
- Develop a process to support youth in implementation of youth based initiatives in local communities



Questions

