

Finding a Shared Language: Addressing Mental Health and Mental Illness in Health Promotion and Public Health Settings

Webinar Links and Resources

Provincial Documents – Context

Open Minds, Healthy Minds: Ontario's Comprehensive Mental Health and Addiction Strategy (June 2011)

http://www.health.gov.on.ca/en/common/ministry/publications/reports/mental_health2011/mentalhealth_rep2011.pdf

No Time to Wait: The Healthy Kids Strategy (February 2013)

http://www.health.gov.on.ca/en/common/ministry/publications/reports/healthy_kids/healthy_kids.pdf

Make No Little Plans: Ontario's Public Health Sector Strategic Plan (April 2013)

http://www.health.gov.on.ca/en/common/ministry/publications/reports/make_no_little_plans/docs/make_no_little_plans.pdf

Moving on Mental Health (MCYS) (2010):

<http://www.children.gov.on.ca/htdocs/English/topics/specialneeds/mentalhealth/momh.aspx>

Others relevant documents:

Ontario Public Health Standards (2008)

http://www.health.gov.on.ca/en/pro/programs/publichealth/oph_standards/docs/ophs_2008.pdf

Maintaining Gains, Moving the Yardstick: Ontario Health Status Report (2011)

http://www.health.gov.on.ca/en/common/ministry/publications/reports/cmoh_13/cmoh_13.pdf

Changing directions, changing lives: The mental health strategy for Canada (2012)

<http://strategy.mentalhealthcommission.ca/pdf/strategy-images-en.pdf>

Opening Eyes, Opening Minds: The Ontario Burden of Mental Illness and Addictions Report (2012)

<http://www.publichealthontario.ca/en/BrowseByTopic/ChronicDiseasesAndInjuries/Pages/Opening-Eyes-Opening-Minds.aspx#.UpNluNLkuSo>

Connecting the Dots Report

Connecting the Dots: How Ontario Public Health Units are Addressing Child and Youth Mental Health (July 2013)

Full report:

http://www.camh.ca/en/hospital/about_camh/provincial_systems_support_program/Documents/Connecting%20the%20Dots%20FINAL.pdf

English summary:

http://www.camh.ca/en/hospital/about_camh/provincial_systems_support_program/Documents/Connecting%20the%20Dots%20How%20Ontario%20Public%20Health%20Units%20are%20Addressing%20Child%20and%20Youth%20Mental%20Health%20Summary.pdf

French summary:

http://reseaucs.ca/images/Uploaded_files/2013/Ressources/Sommaire_Etablir_les_Liens.pdf

Stigma

Stigma: Understanding the impact of prejudice and discrimination on people with mental health and substance use problems (CAMH, 2007)

http://knowledgex.camh.net/amhspecialists/resources_families/Documents/stigma_brochure.pdf

Dual Continua Model

Corey Keyes: The Mental Health Continuum: From Languishing to Flourishing in Life (June 2002)

<http://education.ucsb.edu/janeconoley/ed197/documents/Keyesmentalhealthcontinuum.pdf>

Corey Keyes: Mental Health in the CDS Youth: Is America's Youth Flourishing? (2005)

<http://psidonline.isr.umich.edu/Publications/Workshops/CDS2ER/Papers/Keyes.pdf>

Keyes, C.L.M. (2013). *Mental Well-being: International Contributions to the Study of Positive Mental Health*. Dordrecht: Springer Science + Business Media.

Population Health Approach

British Columbia, Healthy minds, Healthy people: a 10-Year Plan to Address Mental Health and Substance Use in British Columbia (November 2010)

http://www.health.gov.bc.ca/library/publications/year/2010/healthy_minds_healthy_people.pdf

Reclaiming Health: Promoting Health in Populations with Mental Illness

Miles, J. et al. (2010). A Public Health Approach to Children's Mental Health: A Conceptual Framework Centre for Child and Human Development at Georgetown University.

<http://gucchdtcenter.georgetown.edu/publications/PublicHealthApproach.pdf>

Examples: Promote Mental Health

CAMH's Understanding Campaign

<http://www.camhunderstanding.ca/>

Triple P Positive Parenting Program

<http://www.tripleontario.ca/en/home.aspx>

Quebec's \$7/Day Daycare

http://www.gouv.qc.ca/portail/quebec/international/general/quebec/mode_de_vie/gardereries/?lang=en

Examples: Prevent Mental Illness

School Mental Health ASSIST

<http://smh-assist.ca/>

Healthy Babies Healthy Children

<http://www.children.gov.on.ca/htdocs/English/topics/earlychildhood/health/index.aspx>

Strengthening Families

http://knowledgex.camh.net/policy_health/mhpromotion/mhp_childyouth/Pages/strengthening_families_future.aspx

Examples: Treat Mental Illness and Reclaim Health

Minding Our Bodies

<http://www.mindingourbodies.ca/>

Rise Asset Development

<http://www.riseassetdevelopment.com/>

Sunshine Garden

<http://www.foodshare.net/sunshine-garden-and-market>

Additional resources:

CAMH's Best Practice Guidelines for Mental Health Promotion Programs: Older Adults 55+

https://knowledgex.camh.net/policy_health/mhpromotion/mhp_older_adults/Pages/default.aspx

CSA's Psychological Health and Safety in the Workplace: Prevention, Promotion and Guidance to Staged Implementation (2013)

<http://shop.csa.ca/en/canada/occupational-health-and-safety-management/canca-z1003-13bnq-9700-8032013/inv/z10032013>

Workplace Strategies for Mental Health

<http://www.workplacestrategiesformentalhealth.com/index.asp>