



From the IIMHL and IIDL Update List

IIMHL AND IIDL UPDATE

Welcome to this bi-monthly edition of Update for 30 May 2016.

IIMHL and IIDL aim to improve client outcomes through leadership development in the mental health, addiction and disability sectors.

Update allows the rapid transfer of new knowledge through sharing information about upcoming Leadership Exchanges, as well as key national documents, training and webinars.

Please feel free to share this e-bulletin with others.

IIMHL / IIDL Leadership Exchange 2017

Theme: Contributing Lives, Thriving Communities

27th February to 3rd March 2017

The next Leadership Exchange takes place across Australia and New Zealand, with the Combined Meeting being hosted in the beautiful city of Sydney, Australia.

The matches are being finalised, and both matches and the registration process will be on the IIMHL and IIDL website in late June.

We urge members to book accommodation for this event as a matter of priority using the link below. Sydney is hosting many international events at this time (e.g. Mardi Gras) and accommodation will be at a premium. All Hilton rooms are King rooms or twin share (two single beds) for the excellent price of A\$329.00, given the high cost of hotel rooms in Sydney.

http://www.hilton.com/en/hi/groups/personalized/S/SYDHITW-GIIMH-20170226/index.jhtml?WT.mc_id=POG

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IIMHL Feature - Canada

Successful Application of a Canadian Mental Health Curriculum Resource by Usual Classroom Teachers in Significantly and Sustainably Improving Student Mental Health Literacy

Stan Kutcher et al, CanJPsychiatry 2015;60(12):580–586

This publication is on School Mental Health Literacy on research completed in the Toronto District School Board. The authors examined the impact of a curriculum resource, the Mental Health and High School Curriculum Guide (The Guide), taught by usual classroom teachers on students' knowledge and attitudes related to mental health and mental illness in Canadian secondary schools.

The Guide is a web-based MHL curriculum resource, developed by mental health and education experts, designed for use in junior high and secondary schools, certified by Curriculum Services Canada, a pan-Canadian curriculum standards and evaluation agency, and endorsed by the Canadian Association for School Health. It was developed in recognition of the increasing awareness of the importance of health literacy as a necessary foundation for improving health, extrapolated into the area of youth mental health.

Data were collected before, immediately after, and two months after implementation of The Guide by teachers in usual classroom teaching. Results suggest a simple but effective approach to improving MHL in young people by embedding a classroom resource, delivered by usual classroom teachers in usual school settings.

<http://www.iimhl.com/files/docs/20160530a.pdf>

Other IIMHL Articles of Interest - Canada

Workplace Mental Health in Canada, 2016
Mental Health Commission of Canada

Lundbeck Canada, Canadian Mental Health Association – B.C. Division (CMHA BC) and the Workforce Mental Health Collaborative teamed up to take the “pulse” of workplace mental health in Canada. The goal of this project was to better understand where employers are in their organization’s journey and what supports could assist them in efforts to promote workplace mental health. With current understanding of the Canadian workplace culture around mental health, CMHA will be in a better position to strategically design ways to support employers.

http://www.bottomlineconference.ca/wp-content/uploads/2016/02/Workplace-Mental-Health-in-Canada_CMHA_Feb2016.pdf

HEADSTRONG 2014-2015 evaluation report

Mental Health Commission of Canada

[MHCC HEADSTRONG](#), a stigma reduction program aimed at changing the attitudes and behaviours of youth around mental health problems and illnesses, is a success. A final evaluation report indicates a marked reduction of stigmatizing beliefs.

<http://www.mentalhealthcommission.ca/English/catalyst-mar-2016-mhcc-headstrong-final-report>

Canadian Journal of Community Mental Health, 2016

Dr Steve Lurie

This is the special issue of the Canadian Journal of Community Mental Health which focuses on the National Mental Health Strategy for Canada which was developed by the Mental Health Commission of Canada in 2012. I hope you will find the articles thought provoking and stimulating.

<http://www.cjcmh.com/toc/cjcmh/34/4>

School Mental Health ASSIST

This agency believes that mental health is more than just the absence of illness. Well-being can be enhanced and nurtured through positive mental health promotion and prevention. Schools are excellent places to build the skills, attitudes, knowledge and habits that support mental well-being for ALL students. It has a range of activities and resources to assist this aim.

<http://smh-assist.ca/why-student-well-being/#title0>

The Chief Public Health Officer’s Report on the State of Public Health in Canada 2015: Alcohol Consumption in Canada

Public Health Agency of Canada, Ottawa

This report explores how consuming alcohol, a common mind-altering drug, is an important public health issue for Canadians. In 2013, an estimated 22 million Canadians, almost 80% of the population, reported that they drank alcohol in the previous year, a decrease from 2004.

<http://healthycanadians.gc.ca/publications/department-ministere/state-public-health-alcohol-2015-etat-sante-publique-alcool/alt/state-phac-alcohol-2015-etat-asp-alcool-eng.pdf>

IIDL Feature - Canada

The Vulnerable Persons Standard

Centre for Inclusion and Citizenship
University of British Columbia, 2016

These are a series of evidence-based safeguards intended to protect the lives of Canadians. Such safeguards will help to ensure that Canadians requesting assistance from physicians to end their life can do so without jeopardizing the lives of vulnerable persons who may be subject to coercion and abuse. We are calling on all members of Parliament to ensure that federal legislation regulating physician-assisted death incorporate these safeguards.

1. Equal Protection for Vulnerable Persons
2. End-of-life Condition
3. Voluntary and Capable Consent
4. Assessment of Suffering and Vulnerability
5. Arms-Length Authorization

<http://www.vps-npv.ca/>

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General enquiries about this Update or for other IIMHL information please contact Erin Geaney at erin@iimhl.com.

Join IIMHL / IIDL

Any leader in mental health, addiction and disability services can join IIMHL or IIDL free by using this link: <http://www1.iimhl.com/Join.asp>

Please note: We try to find articles, new policies, research that has been released or opinion pieces we think are interesting to reflect on. Sometimes those who receive these may feel is not accurate either for its use of data or not aligned with their views. IIMHL does not endorse any article it sends out as we try to rapidly share information.

