



### From the IIMHL and IIDL Update List

**Welcome to this bi-monthly edition of Update 30 November 2018**

IIMHL and IIDL organise systems for leaders to share innovations, network and problem solve across countries and agencies. The overall aim is to promote mental health and well-being for everyone. This includes developing leaders who can create the best possible conditions for mental health and well-being in all sectors across the life-span. Equally, it includes developing leaders who can deliver the best possible outcomes for people who use mental health, addiction and disability support services and their families.

**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 and we would be delighted if you would join us on Facebook.**



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## **IIMHL Feature - Canada**

### **Status of Mental Health in Ottawa**

Ottawa Public Health. 2018

With the important focus on mental health in our community, this 120-page report is timely and relevant as it highlights the factors that promote and protect mental health, and those that contribute to poor mental health. This information builds on the current work to promote mental health by community partners, service delivery agencies, and OPH. The findings from this report will also help to inform future discussions on mental health promotion, and will support policy makers, community partners, and our own endeavours to promote positive mental health.

Ottawa Public Health acknowledges the Public Health Agency of Canada for the use of their Positive Mental Health Surveillance Conceptual Framework, on which this report was based.

[http://www.ottawapublichealth.ca/en/reports-research-and-statistics/resources/Documents/mental\\_health\\_report\\_2018\\_en.pdf](http://www.ottawapublichealth.ca/en/reports-research-and-statistics/resources/Documents/mental_health_report_2018_en.pdf)

## **Other IIMHL Articles of Interest - Canada**

### **Promoting Mental Health in Ottawa**

Ottawa Public Health. 2018

This 20-page summary report reviews key local data from the Status of Mental Health in Ottawa Report 2018, highlighting four evidence-informed factors that have a significant impact on Ottawa residents' mental health, including:

- Resilience
- Family Relationships
- Social Connectedness
- Health Equity and Stigma

[http://www.ottawapublichealth.ca/en/reports-research-and-statistics/resources/Documents/mental\\_health\\_summary\\_report\\_2018\\_en.pdf](http://www.ottawapublichealth.ca/en/reports-research-and-statistics/resources/Documents/mental_health_summary_report_2018_en.pdf)

### **Recovery-Oriented Mental Health and Addiction Care in the Patient's Medical Home** MHCC & College of Family Physicians of Canada, 2018

Family physicians in a Patient's Medical Home (PMH) model provide quality primary mental health care over a patient's lifespan, as a part of their continued commitment to patient-

centred, comprehensive, and coordinated care. Making practices truly welcoming and equitable to people with MH&A issues takes the combined effort of the whole team, not just family physicians themselves. All team members have important roles to play. This guide summarizes how family physicians and their teams can work together to improve the quality of care provided to patients with MH&A issues. It covers how to:

- Understand the background of recovery-oriented practice in Canada
- Use strengths-based language when communicating with patients
- Facilitate patient choice and shared decision making in your practice
- Enhance your clinic's operations with practical changes including signage and processes
- Connect patients with community resources
- Address co-occurring MH&A issues and physical health problems by integrating screening, treatments, and supports

Readers of this guide will have a greater appreciation of how mental health manifests in family practice. By applying some of the suggestions in the areas of focus, they will be better able to care for people with MH&A issues

[https://patientsmedicalhome.ca/files/uploads/BAG\\_Mental\\_Health\\_ENG\\_web.pdf](https://patientsmedicalhome.ca/files/uploads/BAG_Mental_Health_ENG_web.pdf)

### **Toolkit for e-Mental Health Implementation**

MHCC, August 2018

The MHCC has launched the 114-page Toolkit for e-Mental Health Implementation, a joint effort of the Centre for Research in Family Health, IWK Health Centre and the MHCC, in consultation with stakeholders. It is a resource for mental health professionals to implement e-mental health innovations, such as telehealth, mental health apps, messaging-based services, and any internet-based mental health technology in clinical practice. e-mental health services are an effective option to provide rapid access to mental health information and care.

The toolkit is an important document to help overcome noted barriers in implementing successful e-health programs for mental health professionals and allied health workers.

[https://www.mentalhealthcommission.ca/sites/default/files/2018-09/E\\_Mental\\_Health\\_Implementation\\_Toolkit\\_2018\\_eng.pdf](https://www.mentalhealthcommission.ca/sites/default/files/2018-09/E_Mental_Health_Implementation_Toolkit_2018_eng.pdf)

### **Toolkit for People who have been Impacted by a Suicide Attempt**

Mental Health Commission of Canada

This toolkit is not designed to be an exhaustive list of the very wide variety of resources available across Canada for support. This toolkit is a summary of the tools that have resonated most with the hundreds of people who completed our online survey and resources from a literature review completed by the Centre for Suicide Prevention

[https://www.mentalhealthcommission.ca/sites/default/files/2018-05/suicide\\_attempt\\_toolkit\\_eng.pdf](https://www.mentalhealthcommission.ca/sites/default/files/2018-05/suicide_attempt_toolkit_eng.pdf)

### **Toolkit for People who have been Impacted by a Suicide Loss**

Mental Health Commission of Canada

As above this Toolkit was made up from practical suggestions to the survey of 2017.

[https://www.mentalhealthcommission.ca/sites/default/files/2018-05/suicide\\_loss\\_toolkit\\_eng.pdf](https://www.mentalhealthcommission.ca/sites/default/files/2018-05/suicide_loss_toolkit_eng.pdf)

### **VIDEO**

### **SCIENCE4YOUTH: Meaningful Youth Engagement**

Frayme

2018

Scientific Director, Ian Manion was invited to deliver a keynote on meaningful youth engagement at the [SCIENCE4YOUTH](#) kick-off in Vienna, Austria.

Ian was not able to attend in person, but instead recorded a presentation via video. <https://www.youtube.com/watch?v=nK2XxlKuXCo&feature=youtu.be>

## **IIDL Feature - England**

### **Getting Things Changed**

Bristol University. 2018

'Getting Things Changed' was a large multi-centre programme of UK based research in Disability Studies, funded by the Economic and Social Research Council between 2015-2018. It was led by a team at the University of Bristol, with Disability Rights UK, the National Development Team for Inclusion and partners in three other universities.

The research was fuelled by concerns that policy and law do not always translate into practice. Some findings:

- Despite verbal adherence to the 'social model of disability' many institutions still saw a disabled person as a 'problem' to be solved.
- This study found that 'co-production' could become meaningless rhetoric, a box-ticking exercise in local authorities or hospital care.
- Amongst our participants, very few were in paid employment. People with dementia for instance had lost their main source of income following diagnosis, and many participants were contending with increasing poverty.

[http://www.bristol.ac.uk/media-library/sites/sps/images/gettingthingschanged/Final%20GTC%20report\\_web.pdf](http://www.bristol.ac.uk/media-library/sites/sps/images/gettingthingschanged/Final%20GTC%20report_web.pdf)

## **Other IIDL Article of Interest - England**

### **A New Way Home: A personalised approach to leaving institutions**

Centre for Welfare Reform in association with Citizen Network  
Frances Brown and John Dalrymple, 2017

People with learning disabilities and challenging behaviour have continued to be placed in long-stay institutions, often a long way from home. This travel guide demonstrates tried and trusted methods for navigating the difficult road home.

<http://www.centreforwelfarereform.org/uploads/attachment/596/a-new-way-home.pdf>

### **Fran Silvestri**

President & CEO, IIMHL & IIDL

[fran@iimhl.com](mailto:fran@iimhl.com)

General enquiries about this Update or for other IIMHL information please contact Erin Geaney at [erin@iimhl.com](mailto:erin@iimhl.com).

## **Join IIMHL / IIDL**

Leaders in any sector that can affect the conditions for Mental Health and Addictions and leaders in 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.*

