

# UPDATE FROM IIMHL AND IIDL

**Welcome to this semi-monthly edition of 28 February 2022**

The International Initiative for Mental Health Leadership (IIMHL) and the International Initiative for Disability Leadership (IIDL) organise systems for leaders to share innovations, network and problem solve across countries and agencies.

Thanks for subscribing to our Update, we hope you find it informative and helpful. You may have noticed that our branding looks a little different? We have recently refreshed our logos and our websites. We may look a little different, but we are still the same organization.

**In this Issue:**

**REGISTRATION IS NOW OPEN!!  
Check out the excellent virtual matches!**

**IIMHL/IIDL Leadership Exchange 2022**



**IIMHL and IIDL  
Leadership Exchange**

*Valuing Inclusion, Resilience and Growth.*  
*Kaingākautia te whakawhāiti tāngata, te ngākau  
manawaroa, te puāwaitanga o te tāngata.*

Registration  
is  
**LIVE!**

**October 2022**

 IIMHL  IIMHL  IIDL

We are pleased to announce the details of the 2022 Leadership Exchange:

**Virtual Matches:** Between October 3 - 20, 2022

- One or more online sessions per Match topic (each session will run for 90-120 minutes)
- Match hosts and co-hosts will co-design these with visitors, including an online session in March 2022

## **Regional Hubs:** October 26 and 27, 2022

- In person meetings in three regions:
  - Australasia/Pacific Islands Lead Hub – Christchurch, New Zealand
  - North America Hub – Washington, DC
  - European Hub – TBD
- Leaders are invited to travel only to the Regional Hub that corresponds to the country in which they reside.

## **Virtual Viewing of Hubs:** On Demand starting October 26-27, 2022

To register:

IIMHL: <https://www.iimhl.com/2022-leadership-exchange>

IIDL: <https://www.iimhl.com/2022-leadership-exchange-iidl>

- **IIMHL Feature Article – USA**
  - **Preparing for the Next Pandemic to Protect Public Mental Health: What Have We Learned from COVID-19?**
- **Other IIMHL Articles of Interest – Canada**
  - **Structural Stigma**
  - **Access to Many Services**
  - **Youth Mental Health: Students: how to take care of your mental health**
- **IIDL Feature Article – USA**
  - **NCI Family Surveys COVID-19 Supplement National Report Special Edition**

## **IIMHL Feature Article – USA**

### **Preparing for the Next Pandemic to Protect Public Mental Health: What Have We Learned from COVID-19?**

Psychiatric Clinics of North America, 2022

It provides a robust review of the literature on issues such as the pandemic's public mental health impacts, important aspects of risk and protective factors, and approaches to interventions that protect mental health and sustain operations. Key points include: Public mental health practices and principles are critical in response to COVID-19 as well as in other pandemics and disasters.

Distress reactions and health risk behaviors are early and common responses to COVID-19 in addition to psychiatric disorders.

Risk and protective factors related to adverse psychological and behavioral health effects result from pre-event factors, aspects of impact, and recovery variables.

Early interventions use an evidence-based framework to enhance well-being, reduce distress, and mitigate disorders.

Adapting interventions from high-risk occupations provides a rapid and tailored response to enhance organizational sustainment.

<https://www.sciencedirect.com/science/article/pii/S0193953X21000903?dgcid=author>

## Other IIMHL Articles of Interest – Canada

### **Structural Stigma**

Mental Health Commission of Canada, 2021

Structural stigma is especially damaging and dangerous for persons with lived and living experience of mental health problems and illnesses and/or substance use. While it often occurs unknowingly (through implicit cognitive biases), it expresses the inequities embedded in the fabric of our social institutions, organizations, and our shared ways of thinking and acting.

In health care, structural stigma occurs when laws, policies, and practices result in the unfair treatment of people with lived and experience. Such unfairness leads to inequitable access and a lower quality of care for these individuals, whether their concerns relate to physical health, mental health, and/or substance use. Many resources are on this webpage.

<https://mentalhealthcommission.ca/structural-stigma/>

### **Access to Many Services**

Mental Health Commission of Canada, 2021

People in Canada who live with a mental health problem or illness should be able to expect timely access to high-quality services — on par with those available for physical illness — no matter where or when they need them. High-quality mental health services are:

- stigma free
- recovery oriented
- evidence informed
- culturally safe and linguistically appropriate
- equitable and inclusive.

<https://mentalhealthcommission.ca/what-we-do/access/>

### **Youth Mental Health: Students: how to take care of your mental health**

School Mental Health Ontario, 2022

How to take care of your mental health during COVID-19 and the return to school.

We recognize that this is a difficult situation and that students have many questions related to COVID-19, the impact for themselves, for schools and their friends. We also recognize that information changes frequently. What we know for sure is that you don't need to go through this alone, our relationships are important, we are in this together.

<https://smho-smsso.ca/covid-19/students/>

## IIDL Feature Article – USA

### **NCI Family Surveys COVID-19 Supplement National Report Special Edition**

National Core Indicators® Intellectual and Developmental Disabilities (NCI®-IDD)  
2021

To solicit specific information regarding the impact of the pandemic, the COVID supplement was divided into four domains: Changes to Services; Technology; Support; and Household Health and Safety.

The data reported below provide a snapshot of the challenges that confronted and continue to confront families with a family member with IDD during the pandemic. They reflect the disruptions that families faced, the diminution of supports many of them experienced, the difficulties in adapting to new technology, and the threats that some families faced to their well-being due to the loss of jobs, income and the prospect of food insecurity.

[https://www.nationalcoreindicators.org/upload/core-indicators/Family\\_Survey\\_COVID\\_Supplement\\_Report\\_Final\\_508\\_1.pdf](https://www.nationalcoreindicators.org/upload/core-indicators/Family_Survey_COVID_Supplement_Report_Final_508_1.pdf)

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**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 these links:

For IIMHL:

<https://www.iimhl.com/iimhl-join>

For IIDL:

<https://www.iimhl.com/iidl-join>

***IIMHL and IIDL Briefings contain information, reports and articles that may be of interest to leaders and organisations. The information, articles and reports represent the views and opinions of the organisation referenced, not necessarily those of IIMHL and IIDL.***

