

Building Mentally Healthy Communities

“Mental Health Promotion: The Foundation of Suicide Prevention”

While positive mental health is a goal that many of us share, we often forget to acknowledge Mental Health Promotion as a means to reaching and maintaining that goal. We all need Mental Health Promotion, and by identifying and activating the personal and social strengths that support positive mental health, people can work together to develop healthier communities.

As the requirement and need for Mental Health Promotion is fast becoming a feature of government policy, we will continue to see ongoing growth, development and implementation of guiding principles and related action across our country. We have come to understand that Mental Health Promotion requires dedication and hard work, upstream and in the community, for true success.

This one-day pre-conference event will strive to solidify the meaning of Mental Health Promotion, as well as its importance across the lifespan, for individuals, families, groups and communities, in all areas of health, and in conjunction with suicide prevention. The day will showcase the strides that Canadians have made in making Mental Health Promotion a key strategy across the country.

Keynote speakers, a showcase of Mental Health Promotion initiatives with Panel Presenters and related discussion, dialogue sessions with the experts, along with the opportunity to hear the latest about the progress being made towards developing a comprehensive mental health strategy for Canada, will give all who attend the opportunity to assist in driving the agenda forward!

Pre-Conference Day Goals:

- To solidify the meaning of Mental Health Promotion
- To identify the link between Mental Health Promotion and Suicide Prevention
- To address the need to mainstream Mental Health Promotion across all areas of life and care.
- To showcase successful Mental Health Promotion initiatives and strategies that have impacted Canadians to date, focusing on Children and the Workplace.
- To provide an opportunity and forum for exploration, collaboration, discussion and debate with respect to Mental Health Promotion in Canada.
- To profile and build on the strides of the Mental Health Commission in developing a National Mental Health Strategy.

Distinguished Guest Speakers:

Opening Presentation – Dr. David Butler-Jones

Dr. David Butler-Jones is Canada's first and current Chief Public Health Officer. A medical doctor, David Butler-Jones has worked throughout Canada and consulted internationally in public health and clinical medicine. He is a professor in the Faculty of Medicine at the University of Manitoba and a clinical professor with the Department of Community Health and Epidemiology at the University of Saskatchewan. He is also a former Chief Medical Health Officer for Saskatchewan, and has served in a number of public health organizations, including as President of the Canadian Public Health Association and Vice President of the American Public Health Association. In 2007, in recognition of his years of service in public health, Dr. Butler-Jones received an honorary Doctor of Laws degree from York University's Faculty of Health.



Towards a Mental Health Strategy - Mr. Howard Chodos, PH.D.

Howard Chodos, PhD, is the Director of the Mental Health Strategy initiative for the Mental Health Commission of Canada. Under his leadership, the Commission is currently completing the first phase of development of a mental health strategy for Canada - the finalization of a series of broad goals for a transformed mental health system. Prior to joining the Commission, Howard was a senior analyst with the research service of the Library of Parliament in Ottawa. In that capacity, he acted as research director and lead author of the final report on Mental Health, Mental Illness and Addictions by the Senate Social Affairs Committee - Out of the Shadows at Last - and also helped to research and write several influential reports by the Senate Social Affairs Committee on the health care system in Canada. In recognition of his contributions to the development of mental health policy in Canada, he was appointed Adjunct Professor by the Faculty of Health Sciences at Simon Fraser University.



Mental Health Promotion Pre-Conference Day Agenda:

Tuesday, October 20th, 2009

Understanding Mental Health Promotion

Dr. David Butler-Jones, Chief Public Health Officer, Public Health Agency of Canada
- *What is Mental Health Promotion?*

Building Mentally Healthy Communities: Starting With Children

Evidence & Action Panel I

Liane Comeau, Ph.D.

Scientific Advisor, Institut national de santé publique du Québec
- *Mental Health Promotion in Early Childhood: A Critical Review*

Several measures (e.g. programs and policies) are used to promote the mental health of children aged 0 to 5 and of their parents. Our review examines the effectiveness of seven of these measures in relation to various indicators of mental health, while taking into account the quality of the evidence. We conclude that the research supports the use of several measures. Recommendations for implementation are put forward.

Catherine Tsagarakis, Ph.D., C. Psych. & Jill Brown, BSW, RSW
Child & Adolescent Treatment Centre, Brandon, MB
- *Positive Parenting Program – “Triple P”*

Research shows that quality of parenting has a major impact on children's development. Factors, such as harsh, lax or inconsistent discipline, insecure attachment, family conflict, and lack of a positive relationship with parents are known to increase the risk of children developing mental health problems. The Positive Parenting Program is a multi-level and prevention-oriented parenting program that has an extensive evidence base. Learn how this program empowers and encourages parents, ultimately leading to an increase in children's well-being and mental health.

Dialogue Session I

An organized small group discussion period to allow individuals the opportunity to reflect on the information shared on both Mental Health Promotion and Building Mentally Healthy Communities: Starting with Children.

Building Mentally Healthy Communities: In The Workplace

Evidence & Action Panel II

Dr. Mervyn Gilbert, R Psych, Gilbert Acton Ltd.
& The Consortium for Organizational Mental Health Care
- *Guarding Minds @ Work*

Guarding Minds @ Work (GM@W) is a new, uniquely Canadian resource developed to help employers understand, assess and address workplace factors that affect mental health. GM@W is a freely available, web-based resource that provides practical, user-friendly tools and processes to help assess an organization's mental health and recommend action steps for improving psychosocial safety and health in the workplace.

Val Johnston

- *The Great-West Life Assurance Company*

The Great West Life Assurance Company has recently trialed Guarding Minds @ Work (GM@W) within their organization. A representative will discuss their participation and experience with the resource. GM@W was initiated by the Great-West Life Centre for Mental Health in the Workplace and funded through The Great-West Life Assurance Company's national corporate citizenship program.

Dialogue Session II

An organized small group discussion period to again allow participants the opportunity to reflect on the information shared on Building Mentally Healthy Communities: In the Workplace.

Towards a Mental Health Strategy

Mr. Howard Chodos, Director, National Strategy, Mental Health Commission of Canada

- *What Are Canada's Goals for Mental Health?*
- *Feedback Session with the Mental Health Commission of Canada*

****Pre-Conference Day will be in English only**