

Mental Health Promotion: working at the organizational level and beyond....

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**Ontario
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Clearinghouse**

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What is the Ontario Prevention Clearinghouse (OPC)?

- One of the oldest health promotion organizations in Canada with 22 years of experience
- A provincial organization with links to national programs
- It provides the following services to health and social support intermediaries
 - consultations,
 - education and learning events,
 - networking, supports and referrals,
 - resources and information





English

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[Rejouer]

Quoi de neuf?

Évaluation de la promotion de la santé et liste de vérification - Il s'agit d'une liste de vérification qui peut être adaptée et utilisée pour répertorier le contenu et la nature d'une ressource en ce qui a trait à la promotion de la santé.

Agir en amont ensemble : Célébration du 20^e anniversaire de la Charte d'Ottawa pour la promotion de la santé et du Centre ontarien d'information en prévention - article publié dans la revue RHP&EO

Quand la santé mentale ne va pas, rien ne va!
Deuxième partie - la promotion de la santé mentale... tout le monde en bénéficie
Cet article a été rédigé par l'affilié Promotion de la santé du Réseau canadien de la santé.

La vie avec un nouveau bébé est la campagne provinciale de sensibilisation sur les troubles post-partum

Ressources en vedette

Promotion e-santé

► COIP aujourd'hui (Bilingue)

06/11/2007

[Draft Public Health Standards document available](#)

Here are the draft Ontario Public Health Standards (PDF, 65pp). When approved, they will be published as the Guidelines for the provision of Mandatory Health Programs and Services.

RSS

► Bulletins électroniques et serveurs de listes



► Sites Internet des projets



The image depicts an iceberg floating in a dark blue ocean under a light blue sky. The tip of the iceberg, which is above the water line, is labeled 'Health'. The much larger part of the iceberg is submerged below the water line and is filled with various labels representing determinants of health. At the bottom of the iceberg, the word 'ASSUMPTIONS' is written in large white letters. On the left side, 'VALUES' is written in large white letters, and on the right side, 'BELIEFS' is written in large white letters. The submerged part of the iceberg is divided into several sections, each with a label: 'Health Services' is at the top of the submerged part, just below the water line. Below it, 'Income and Social Status' is on the left, 'Education' is on the right, and 'Employment and Working Conditions' is on the left. In the middle, 'Social Support Networks' is labeled. On the right, 'Physical Environments' is labeled. Below that, 'Biology and Genetic Endowment' is on the left, 'Social Environments' is in the middle, and 'Healthy Child Development' is on the right. At the bottom of the submerged part, 'Culture' is on the left, 'Personal Health Practices and Coping Skills' is in the middle, and 'Gender' is on the right.

Health

Health Services

Income and
Social Status

Education

Employment
and Working
Conditions

Social
Support
Networks

Physical
Environments

Biology and
Genetic
Endowment

Social
Environments

Healthy Child
Development

VALUES

Culture

Personal
Health
Practices and
Coping Skills

Gender

BELIEFS

ASSUMPTIONS

OPC and Mental Health Promotion

- Formed an interdisciplinary and cross-team committee
- Discussed how OPC could deliberately include in mental health promotion in its work
- Linked mental health promotion to OPC's strategic commitment to the broader determinants of health and inclusion



OPC Action

- Hired a consultant who conducted key informant interviews about their work in mental health promotion
- Conducted an extensive literature review of mental health promotion and its links to the broader determinants of health and inclusion



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Defining “Mental Health”

- Mental health is:
 - More than a lack of mental illness
 - About individual capacity and resilience
 - Fundamental to health of individuals and society
 - About a sense of control
 - Multi-faceted



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So What is Mental Health Promotion?

- Various definitions used in literature and in practice
- Mental health promotion is a component of health promotion. It shares all the key elements of health promotion, with the added emphasis on mental health outcomes and strategies aimed at people with mental illness.



Opportunities Identified

- Mental health promotion is gaining recognition and legitimacy both nationally and internationally
- Timing is right to influence policy
- Organizations are forming or are ready to form partnerships to support mental health promotion
- Organizations can draw on the wisdom of communities in identifying effective interventions



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Barriers Identified

- There is a lack of funding to support mental health promotion strategies
- The concepts are fuzzy creating a need to develop clear concepts and frameworks
- Organizations are working in isolation, creating a disconnect between policy, data and practice
- Many existing resources are not found to be helpful by those working in the field of mental health promotion



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Findings from the Literature Reviews

- The links between the broader determinants of health and inclusion were not readily apparent in most cases
- What practitioners considered mental health promotion was often more implicit and accidental than explicit and deliberate



Effective Mental Health Promotion Action Frameworks

- Need to identify population groups, actions and settings
- Should consider the following
 - Risk and protective factors
 - The determinants of health
 - The development of inter-sectoral linkages



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Recommendations for OPC or any Health Promotion Organization

- Start with OPC itself by developing a mentally healthy work-place, as well as clear objectives to apply to OPC's work. Include mental health promotion in existing OPC resources
- Take a leadership role by cultivating a more deliberate role in mental health promotion work
- Develop strategic partnerships with like-minded, committed provincial organization to become involved in advocacy or educational opportunities



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Continued.....

- Develop resource materials
 - To support consultations with organizations to promote mental health promotion work
 - To use the existing work around inclusion and apply it to mental health promotion
 - To evaluate mental health promotion work
 - To increase the understanding and applicability of mental health promotion



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Continued ...

- Need to:
 - Establish clearer concepts
 - Explicitly link mental health promotion to the broader determinants of health
 - Distinguish mental health promotion from service delivery
 - Be deliberate and explicit in identifying mental health promotion activities
 - Mobilize organizations in support of a stronger commitment to mental health promotion



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General Guidelines ...

for determining if a practice is consistent with mental health promotion

- Does it fit any of the mental health promotion frameworks in the literature?
- Are populations, settings, mediating factors, and one (or more) of the five Ottawa Charter action areas defined?
- Are there identified mental health outcomes?
- Is it building on capacities and assets of population served?
- Does it promote participation of the population served in defining the problem, determining the strategy, and implementing and evaluating the activities?
- Are intersectoral partnerships involved?
- Does it strengthen protective factors and/or minimize risk factors, and/or act on determinants of health?



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NO HEALTH WITHOUT MENTAL HEALTH PART 2—MENTAL HEALTH PROMOTION BENEFITS US ALL



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Related reading

- [CMHA Mental Health promotion tool kit](#)
- [Mental health is our collective wealth: a discussion paper](#)
- [Health promotion programs on mental illness/illness and addiction issues in ethno-racial/cultural communities: a literature review](#)
- [Suicide prevention and mental health promotion in First Nation and Inuit communities](#)

This is the second in a two-part series on [Mental Health Promotion](#), an umbrella term for strategies and activities aimed at having a positive effect on mental health. In [Part One](#), we explored the importance of mental health promotion for people with mental illness. [Part Two](#) shows how promoting mental health is good for all of us.



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