

Intersectoral action on mental health and substance use

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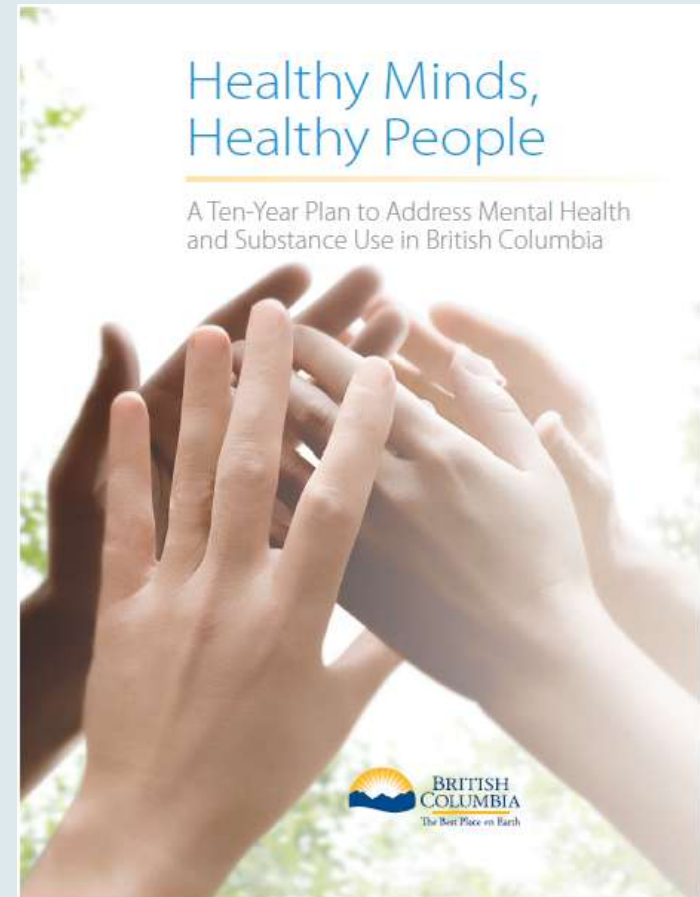
*HEALTH IN ALL POLICIES
Taking Intersectoral Action for Equitable & Sustainable Health
Public Health Association of BC
Burnaby, November 4th - 5th, 2013*



Multi-sector, cross-government plan

Overall goals:

- Improve mental health and wellbeing of the population
- Improve the quality and accessibility of services for people with mental health and substance use problems.
- Reduce the economic cost to the public and private sectors resulting from mental health and substance use issues.



Previous Focus:



- The most severely mentally ill
- Beds and direct mental health services
- No prevention focus, no emphasis on sustainability
- Child & Youth Plan was not included
- Did not include services for those with substance abuse problems

What We Learned:

- ✓ Health promotion builds strengths, capacity and resilience
- ✓ Prevention can reduce mental illness and substance use problems
- ✓ Early intervention can reduce and delay symptoms
- ✓ Appropriate treatment can lead to recovery
- ✓ Reinvestment in what works will ensure sustainability

Healthy Minds, Healthy People

Prenatal

Action across the lifespan

Seniors

Prevention



Investing in programs proven to prevent mental health and/or substance use issues.

Community



Collaborating with communities, nonprofits, local governments, researchers, businesses, and other parts of government

Treatment



Ensuring treatment is effective and accessible to all British Columbians

Upstream Focus

Outlines 33 health promotion, illness prevention & harm reduction actions

- Interventions include legislation, regulation, policy and service delivery
- Life course approach
- Key settings: **home, school, workplace & community**



HOME

SCHOOL

WORKPLACE

COMMUNITY

BC Healthy Connections Project

HMHP action: launch nurse-led in-home individual parent training program....

- Offered to low-income, young, pregnant women, first time mothers
- Aims to improve health, social and economic outcomes for both mother and child
- BC scientific evaluation under way; maternal and child mental health an evaluation focus



Naloxone Take-home

HMHP action: Expand reach and range of harm reduction services...

- Naloxone can reverse an opioid overdose and prevent death
- BCCDC , in partnership with RHAs, is piloting an initiative for people who use opioids to be prescribed and learn how to administer naloxone in emergencies



Managed Alcohol within Housing Programs



Harm reduction - discrete population living with:

- severe, chronic alcohol dependence
- homelessness, multiple unsuccessful attempts at treatment

Initial VCH pilot involved baseline, 3-month and 6-month assessments of physical health, mental health, patterns of alcohol use and use of services

9 month evaluation results available soon

CIHR funding (\$233k for 3 years)
supporting a more comprehensive evaluation of five programs in several provinces

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Nature Kindergarten

HMHP action: Promote mental health in schools...

- Pilot program in SD62 that offers kindergarten-aged children the chance to spend ½ of their school day learning in nature
- Evaluating children's self-regulation, attention skills, self-esteem, well-being, environmental knowledge & attitudes, academic skills, activity levels and motor skills



Tools of the Mind

- Builds strong foundations for school success by promoting intentional and self-regulated learning in preschool- and kindergarten-aged children
- Teachers currently receiving training, practicing and building skills in the classroom
- RCT to start in 24 classrooms in Sept 2014
- MoH investment being used for teacher training, materials and program coaches



School Connectedness Capacity Building Project

- When students feel more connected to their school, they are more likely to experience positive mental health and wellbeing, to engage in healthy behaviours and succeed academically
- MoH is working in partnership with the Ministry of Education, DASH BC and the BC School-Centered Mental Health Coalition to support school communities to use proven practices to enhance school connectedness for all students



“Helping Schools” resources

CARBC’s “Helping Schools” resources are being used in districts across the province, and follows national Joint Consortium for School Health substance use toolkit themes:

- Classroom education
- School policy
- School-family-community partnerships
- Vulnerable youth



Healthy Minds, Healthy Campuses

HMHP action: Promote mental health on post-secondary campuses...

- Province-wide community of practice involving:
 - student service staff
 - students
 - faculty
 - administrators
 - community organizations
 - government partners
- Creates opportunities to generate and exchange knowledge specific to enhancing practice and uptake of comprehensive approaches to campus health



Healthy Minds, Healthy Campuses: Changing the Culture of Substance Use

- **6** campuses engaged so far, including **52** stakeholder groups, with a projected reach of **120,000** students.
 - Workshops and hands-on consultation for participating campuses.
- Campuses working on:
- ✓ residence-focused alcohol strategy
 - ✓ environmental scan
 - ✓ improvements to campus physical space
 - ✓ development of a student-led social event hub
 - ✓ other evidence-informed alcohol policies



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2012 Amendments to the Worker's Compensation Act

Issue	Previous Provision	Amended Provision
<p>Compensation for Mental Disorders</p>	<p>A worker may be entitled to compensation only if the mental stress is an acute reaction to a sudden and unexpected traumatic event arising out of and in the course of employment.</p>	<p>A worker may be entitled to compensation only if the mental disorder:</p> <ul style="list-style-type: none"> ▪ is a reaction to one or more traumatic events arising out of and in the course of the worker's employment; or ▪ is predominantly caused by a significant work-related stressor, or a cumulative series of significant work-related stressors, arising out of and in the course of the worker's employment.

Psychological Health and Safety in the Workplace

HMHP action: Build healthier workplaces through mental health promotion....

- In 2012 Minister of Labour convened round table on mental health promotion in the workplace
- WorkSafe BC, Ministry of Jobs, Tourism and Skills Training and Responsible for Labour, NGOs, research partners and MoH working to implement Provincial Action Plan
- Using ‘collective impact’ approach (tx to Manitoba!)



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Drinking and driving

HMHP action: Implement a modified approach to impaired driving....



- New administrative penalties
- Immediate Roadside Prohibition – 3, 7, 30 & 90 Days
- Introduced by BC Attorney-General late 2010
- Evaluation through 2013 (UVic & UBC) found 40% reduction in fatalities from alcohol-related crashes, significant declines for injuries (23%) and for property damage (19.5%).

Opioid Substitution Treatment

HMHP action: Modernize and improve B.C.'s methadone maintenance treatment system...

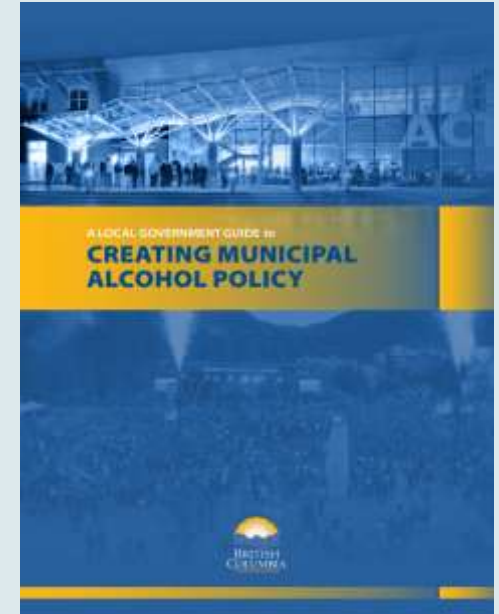
- OST (e.g., methadone) is both a treatment for opioid dependence and a harm reduction tool for preventing blood-borne pathogens
- Following a 2010 CARBC independent review, BC is strengthening its OST system



Municipal Alcohol Policy

HMHP action: Partner with local governments to reduce hazardous drinking...

- A Municipal Alcohol Policy (MAP) is a protocol supported by a municipal by-law which follows provincial or territorial liquor license regulations to manage the sale and service of alcohol at events in designated municipally owned settings.
- Helps support healthy communities by providing clear guidelines for alcohol use in municipal settings, and contributing to a culture of moderation



Municipal Alcohol Policy – 18 Communities Underway September 2013

- Town of Comox
- City of Courtenay
- Comox Valley
Regional District
- Village of
Cumberland
- Village of Telkwa
- City of Kitimat
- City of Prince George
- District of Fort St
James
- District of West
Kelowna
- City of Prince
Rupert
- Yuułuᑭitᑭath First
Nation
- Village of
Pemberton
- Mount Currie
Indian Band
- Boston Bar First
Nation
- City of Campbell
River
- District of
MacKenzie
- Seabird Island
Indian Band
- Area C Squamish
Lillooet Regional
District
- *Terrace and Penticton
starting shortly*

Community Action Initiative as an “essential complement to B.C.’s 10-year plan”

The provincial government has supported the Community Action Initiative with grants totalling \$25 million

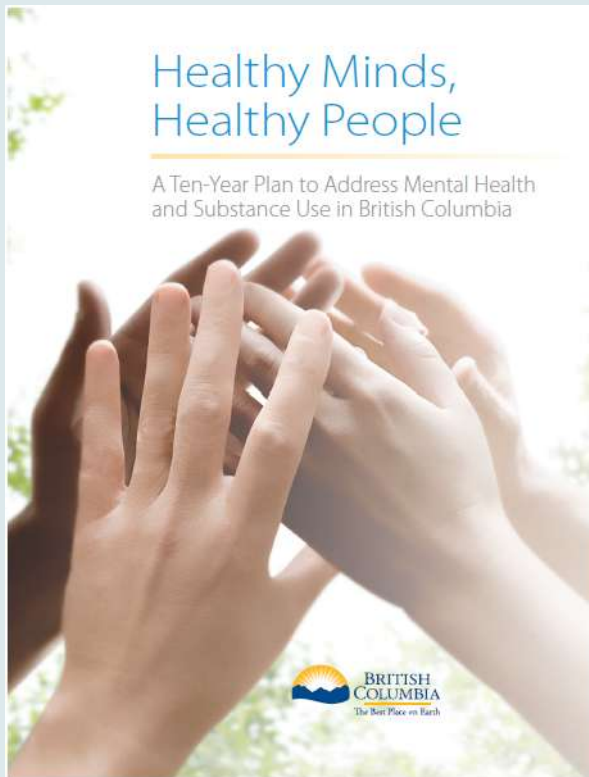
Purpose: maximize collaborative action and build synergies across sectors and cultures that address substance use and improve the mental health of British Columbians



Some lessons learned....

1. Be prepared when window for collaboration opens
2. Establish and emphasize the *multiple* positive outcomes that can accrue from intersectoral collaboration -- it isn't all about just health!
3. Develop or choose a structure to guide collaboration – i.e. “Collective Impact”
4. Ensure good public profile for ‘non-health’ partners

<http://www.health.gov.bc.ca/healthy-minds/>



Thanks!