

Promoting Positive Mental Health for Immigrants and Refugees

February 15th, 2012
2:00pm to 4:00pm

Webinar Facilitators:
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Webinar orientation

- Adobe connect features
- Getting help during the presentation
 - Heather McLaughlin, CAMH
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Welcome & Introductions

- Introductions
- Poll: What do you do everyday at work to promote your own health and well-being
- Is there something else? Please type your response in the chat box

Session Objectives

- Review key concepts related to mental health promotion
- Outline mental health promotion best practices related to immigrants and refugees
- Describe mental health promotion in action through exemplary programs
- Apply mental health promotion principles into practice using tools from:
 - *Best Practice Guidelines for Mental Health Promotion Programs for Refugees*
 - *Best Practice Guidelines for Mental Health Promotion Programs for Immigrants*

Mental Health Promotion Key Concepts

What is mental health?

- Type your responses into the chat box.

What is mental health?

"... is the capacity of each and all of us to feel, think, and act in ways that enhance our ability to enjoy life and deal with the challenges we face. It is a positive sense of emotional and spiritual well-being that respects the importance of culture, equity, social justice, interconnections and personal dignity."

Health Canada, 1997

What is mental illness?

- Characterized by changes in thinking, mood and behaviour that cause significant distress & impaired functioning (Health Canada, 2002)
- Mental disorders take many forms, including:
 - Mood disorders
 - Anxiety disorders
 - Psychotic disorders
 - Personality disorders
 - Eating disorders
 - Concurrent Disorders

Positive Mental Health

A state of **'flourishing'** (optimal mental health) (Corey Keyes, 2007)

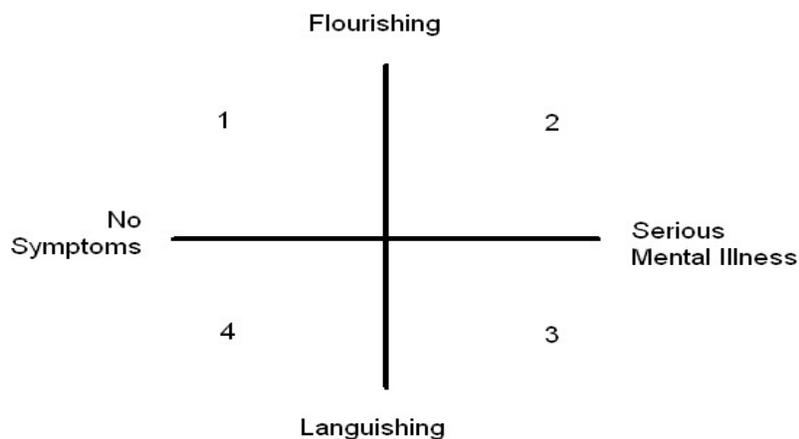
1. emotional well-being
2. psychological well-being
3. social well-being



- Positive mental health is more than the absence of mental illness
- You can experience poor mental health despite not having a mental illness

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Two Continuum Model of Mental Health



Adapted: Mental Health for Canadians: Striking a Balance. Health and Welfare Canada, 1988.

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Poll

- Where do the majority of your clients 'fit' on the 2 continuum model?

What is health promotion?

"...a process of enabling people to increase control over, and to improve, their health" (WHO, 1986)

The *Ottawa Charter for Health Promotion* defines five key health promotion strategies:

- ✓ Build healthy public policy
- ✓ Create supportive environments
- ✓ Strengthen community action
- ✓ Develop personal skills
- ✓ Reorient services toward promotion, prevention & early intervention

What is mental health promotion?

"...the process of enhancing the capacity of individuals and communities to take control over their lives and improve their mental health. Mental health promotion uses strategies that foster supportive environments and individual resilience, while showing respect for culture, equity, social justice, interconnections and personal dignity."

Health Canada, 1997

Risk & Protective Factors

Risk factors

- Variables or characteristics associated with an individual that will make it more likely that he or she will develop a problem

Protective factors

- Variables or characteristics associated with an individual that will act as a buffer in the face of adversity, reducing the likelihood that a problem will develop

Mental Health Promotion with Immigrants and Refugees

What factors influence the mental health of immigrants and refugees?

- What are your ideas? Share your thoughts in the chat box.

What factors influence the mental health of immigrants and refugees?

<ul style="list-style-type: none">•healthy immigrant effect•worldviews of health & illness•influence of social environment•social & family changes•stigma•resettlement stress•issues with acculturation	<ul style="list-style-type: none">•change in socio-economic status•isolation & absence of social support•barriers to accessing mental health services•health care coverage•traumatic life experiences•depression•post traumatic stress disorder
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Social Determinants of Health

- Socio-economic conditions that impact physical & mental health
 - Conditions in which people are born, grow, live, work & age
 - Shaped by distribution of money, power & resources
- These circumstances are shaped by economics, social policies & politics

Health Disparities

- Lack of equitable access to SDOH is associated with inequalities in health status, including poor mental health
- Big disparities in SDOH among a population increase the magnitude of poor health
- Reciprocal association: poor mental health is associated with low levels of education, unemployment, low income, adverse life events, and poor physical health

Principles for Mental Health Promotion

- ✓ Positive conceptualization of mental health
- ✓ Emphasis on meaningful engagement & empowerment-oriented approaches
- ✓ Builds on existing strengths, assets & capacity
- ✓ Collaborative action on DOH, health inequities
- ✓ Multiple interventions across a wide range of sectors, policies, programs, settings
- ✓ Actions informed by evidence & practice
- ✓ Approaches tailored & culturally appropriate

(Toward Flourishing for All, 2009)

Mental health promotion best practice guidelines

Project background

- Purpose: guidelines define best practices for MHP initiatives
- Based on critical analysis of literature reviews
- Segmented populations of interest by life stage and context
 - 1st guide addresses MHP for children & youth
 - 2nd guide addresses MHP for older people 55+
 - 3rd & 4th guides address MHP for refugees and immigrants

Mental health promotion best practice guidelines

E-guides include:

- Best practice **guidelines** with supporting **theory**
- A **worksheet** to help plan and implement mental health promotion initiatives (including a sample worksheet*)
- **Exemplary programs** that have demonstrated the application of best practice guidelines for specified population
- Relevant **websites**, a **glossary** of words commonly used in mental health promotion and **references**

Mental health promotion best practice guidelines: Refugees

Guideline #1: Identify the status & experiences of members of the *refugee* population

- legal status; stage of claimant process if applicable
- exposure to traumatic events
- physical health & mental health needs
- support networks
- how, when & where to reach

Mental health promotion best practice guidelines: Immigrants

Guideline #1: Identify and address the *immigrant* population, their level of acculturation and their cultural affiliations

- level of acculturation:
 - integration
 - assimilation
 - separation
 - marginalization
- physical health & mental health needs
- how, when & where to reach

Mental health promotion best practice guidelines: Immigrants & Refugees

Guideline #2: Continually involve individuals from the refugee / immigrant population through meaningful community involvement

Guideline #3: Address & modify protective factors (including DOH) that can protect against mental health concerns for immigrants & refugees

Guideline #4: Address & modify risk factors (including DOH) that could lead to mental health concerns for immigrants & refugees

Mental health promotion best practice guidelines: Immigrants & Refugees

Guideline #5: Reduce negative attitudes about mental illness within the community

Guideline #6: Intervene in multiple setting using culturally appropriate approaches

Guideline #7: Support both professionals & non-professionals in establishing respectful, caring and trusting relationships with immigrants & refugees

Mental health promotion best practice guidelines: Immigrants & Refugees

Guideline #8: Focus on individual resilience, skill-building, self-efficacy and community capacity building

Guideline #9: Provide comprehensive support systems that are easily accessible & culturally competent

Guideline #10: Ensure that information & services provided are culturally appropriate, holistic and accessible

Mental health promotion best practice guidelines: Immigrants & Refugees

Guideline #11: Involve multiple stakeholders

Guideline #12: Address opportunities for structural and organizational change, policy development and advocacy

Guideline #13: Demonstrate a long-term commitment to the development & evaluation of culturally-relevant programs

Outcome & Process Indicators

Outcome indicators: measure how well your initiative is accomplishing the intended results

Process indicators: measure how well you are running your activities

Outcome Indicators

Initiative type	Possible outcome indicator
Changing a risk factor	% of refugees / immigrants reporting experiences of discrimination
Changing a DOH	% of services available to immigrants / refugees that are culturally relevant
Building skills	% of immigrants / refugees who report being able to read, write & speak English better since their arrival
Policy change	List of policies introduced at the community level that reduce unemployment inequities for refugees / immigrants

Process Indicators

Process indicators track how much you are doing & how well people like it.

Examples:

- Number of people who attended training sessions
- Number of times your organization offered diversity & equity training to staff/volunteers
- Number/variety of people from the refugee / immigrant community who have collaborated with your organization to improve their own or others' mental health
- Participants' satisfaction rating of your training session(s) (CAMH, 2011)

Worksheet

- The appendix of each of the guides contains a worksheet that can be used to identify which guidelines could be implemented within new or existing initiatives
- Let's review the worksheet together

Your turn...

Tell us about an initiative that promotes positive mental health amongst immigrants & refugees



CAMH Resources

www.camh.net



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