Diversity and Mental Health Reform

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Welcome

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Diversity and Mental Health Reform

Presentation Objectives

- To provide overview of Canadian Mental Health Reform
- To describe integration of diversity in Canadian Mental Health Reform
- To compare integration of diversity in British Mental Health Reform
- To discuss next steps in Canada

Diversity and Mental Health Reform

Canadian Mental Health Reform

- Mental Health Commission created in 2007 in response to Senate Report “Out of the Shadows”
- Only G8 country without National Mental Health Strategy

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Mental Health Commission Of Canada

- Non-profit, at arm's length from all levels of government, funding from Health Canada.
- Five strategic initiatives:
  - Mental health strategy for Canada
  - Anti-stigma/discrimination initiative – *Opening Minds*
  - Knowledge exchange
  - Homeless research demonstration projects – *At Home/Chez Soi*
  - Partners for Mental Health
- MHCC as "catalyst" for mental health system transformation
  - Not involved in service delivery or monitoring

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Mental Health Strategy for Canada

- Phase 1: Development of framework for WHAT we are trying to achieve began in July 2008

- Successfully completed in November 2009 with the release of *Toward Recovery and Wellbeing*:
  - Provides an overarching framework for a mental health strategy
  - Sets the vision and goals for what a transformed mental health system should look like
  - Captures a broad consensus on the overall direction for change based on extensive consultations

- Phase 2: HOW to get from where we are now, to where we need to be è Strategic Directions

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Toward Recovery and Well-being

Vision:

*"**All** people in Canada have the opportunity to achieve the best possible mental health and well-being."*

"At the core we are all the same. There is no us and them."

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Toward Recovery & Well-being: Seven inter-related goals

1. People of all ages living with mental health problems and illnesses are actively engaged and supported in their journey of recovery and well-being. (RECOVERY)

2. Mental health is promoted, and mental health problems and illnesses are prevented wherever possible. (MHP/MIP)

3. The mental health system responds to the diverse needs of all people living in Canada. (DIVERSE NEEDS & STRENGTHS)

4. The role of families in promoting well-being and providing care is recognized and their needs are supported. (FAMILIES)

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Toward Recovery & Well-being: Seven inter-related goals

5. People have equitable and timely access to appropriate and effective programs, treatments, services and supports that are seamlessly integrated around their needs. (SERVICE SYSTEMS)

6. Actions are informed by the best evidence based on multiple sources of knowledge, outcomes are measured, and research is advanced. (RESEARCH/KNOWLEDGE)

7. People living with mental health problems and illnesses are fully included as valued members of society. (SOCIAL INCLUSION)

Toward Recovery & Well-being

Goal Three: Diverse Needs & Strengths

- The mental health system responds to the diverse needs of all people in Canada.
- In a transformed mental health system, policies, programs, treatments, services, and supports are **culturally safe** and **culturally competent**.
- The system responds to the diverse individual and group needs—as well as to the disparities—that can arise from First Nations, Inuit, or Métis identity; ethno-cultural background, experience of racism, and migration history; stage of life; language spoken; sex, gender, and sexual orientation; geographical location; different abilities; socio-economic status; and spiritual or religious beliefs.

Toward Recovery & Well-being

Dimensions of Diversity

- *First Nations, Inuit, or Métis identity*
- *ethno-cultural background, experience of racism, and migration history*
- *stage of life*
- *language spoken*
- *sex, gender, and sexual orientation*
- *geographical location*
- *different abilities*
- *socio-economic status*
- *spiritual or religious beliefs.*

Toward Recovery & Well-being: Goal 3

Key features

- Power imbalances
- Intersections of diversity
- Diverse strengths

Power Imbalances

"The **ability of service providers to reflect critically upon their own cultural values**, to recognize and respect the cultural values of those with whom they are working and to **take historical and political contexts and power imbalances into account** is fundamental to the development of a trusting partnership that will enhance health and social outcomes for people regardless of their background."

Intersections of diversity

"Although two individuals may share a common cultural heritage, they may also be very different in other ways (age, gender, sexual orientation, religious or spiritual beliefs). We are all multi-faceted individuals, and our individual identities are shaped by the **many intersecting dimensions of our lives**. Any given person can be expected to have special needs that arise from a variety of sources."

Diverse Strengths

"It will be important for a transformed mental health system to encourage a general approach that is based on a respect for, and interest in, the diversity of people's needs and that **builds on their existing strengths**."

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England

No Health Without Mental Health: A Cross-Government Mental Health Outcomes Strategy for People of All Ages (Feb 2011)

Social inequality of all kinds contributes to mental ill health, and, in turn, mental ill health can result in further inequality – for example worse outcomes in employment and housing for people with mental health problems. When mental health services don't work, they can fail black and minority ethnic communities, young people who don't have stable family backgrounds and many others. But when they work well, and work well with local public, private and voluntary and community sector agencies, they help people to overcome disadvantage and fulfill their true potential. That is why this mental health strategy is both a public mental health strategy and a strategy for social justice.

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England

The quality of mental health care has improved significantly in recent years. Much still needs to change, and the pace of that change has to be faster.

- *In recent years there has been considerable top-down direction, with more emphasis on structures and processes rather than on outcomes.*
- *Little has been done to promote mental health and wellbeing.*
- *Only recently has attention been paid to the importance of employment and housing in the recovery process.*
- *Progress has been uneven between different areas and across different conditions.*

Critically, not all groups have benefited equally from improvements – for example, many people from black and minority ethnic communities. Access to services is uneven and some people get no help at all. This contributes to health inequalities within and between groups with 'protected characteristics'.

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England

Protected Characteristics

- Age
- Race
- religion or belief
- Sex
- sexual orientation
- disability
- marital or civil partnership
- pregnancy or maternity
- gender reassignment status

England

No Health Without Mental Health 2011

3 main guiding principles

- Freedom – reaching our potential, personalisation and control
- Fairness – equality, justice and human rights
- Responsibility – everyone playing their part and valuing relationships

England

No Health Without Mental Health 2011

Government's commitment to promoting equality and reducing inequalities in mental health:

- Set out in Chapter 6: Improving Outcomes in Mental Health: Promoting Equality and Reducing Inequality
- embedded throughout the strategy
- will be underpinned by an action plan covering the analysis of the impact on equality to support implementation, delivery and monitoring

No Health Without Mental Health 2011

Promoting Mental Health Equality

- Inclusion and equitable treatment of protected groups
- Elimination of discrimination
- Advancement of equality of opportunity
- Fostering of good relations within communities

No Health Without Mental Health 2011

Reducing Mental Health Inequality

- Tackling inequalities that lead to poor mental health
- Tackling inequalities that result from poor mental health
- Tackling inequalities in service provision – in access, experience and outcomes

No Health Without Mental Health 2011

High-level Actions

Analysis of the Impact on Equality accompanies strategy

- Considers the evidence of the differential impact of protected characteristics and sets out an action plan to address these
- a *National Inclusion Health Board* is being established whose key role is to champion the needs of the most vulnerable. It will provide expertise to prioritise action to address health inequalities among the most disadvantaged

Welcome to the MMHRC | Multicultural Mental Health Resource Centre

http://www.mmhrc.ca/

Centre de ressources multiculturelles en santé mentale

Multicultural Mental Health Resource Centre

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Welcome to the MMHRC

This site provides resources to improve the delivery of mental health services to Canada's diverse population.

Please select the category which best suits your needs:

Please note that this site is currently in development and its contents are incomplete.

Français

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News & Announcements

- New Health Literacy Toolkit Available
- National Conference Series on Quality Health Care for Culturally Diverse Populations (October 18-21, 2010)
- The Sixth World Conference on the Promotion of Mental Health and Prevention of Mental and Behavioral Disorders (Nov 17-19, 2010)

more

What's New in the Literature

- Tobacco use and cardiovascular disease among American Indians: the strong heart study.
- Remission from substance dependence in U.S. Whites, African Americans, and Latinos.
- Community, family, and peer influences on alcohol, marijuana, and illicit drug use among a sample of Native American youth: an analysis of predictive factors.

more

[+] Feedback

Thank You

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