

Population Mental Health Promotion

What is it? What can it become?

Natacha Joubert, PhD



University of Ottawa
Institute of Mental
Health Research

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WORLD MAP



WORLD MAP

~crafted by hand~

Country Names and Outlines Under Pieces

Map by I Diga



University of Ottawa
Institute of Mental
Health Research

MENU

- A quick look at mental health issues affecting populations around the world
- A new paradigm and vision of 'population mental health'
- What is Population Mental Health Promotion (PMHP)?

MENU

- PMHP practices and community projects
- PMHP indicators and surveys
- PMHP research and evaluation
- PMHP policy and strategy
- PMHP education and training

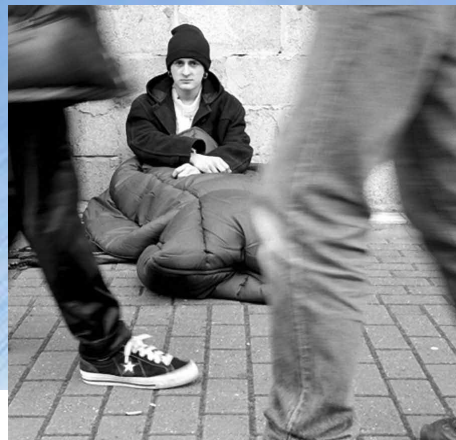
A WORLDWIDE CONCERN

There is a lot of stress and distress in the world.



A WORLDWIDE CONCERN

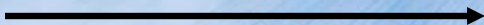
Most mental health problems result from unstable and inequitable civil, political, economic, social, cultural and environmental life conditions that create insecurity, powerlessness, fear and despair.



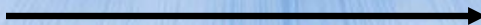
STRESS/ DISTRESS AND MENTAL HEALTH PROBLEMS

Political and economical
instability
Social inequity
Interracial and religious
conflicts
War and terrorism
Massive urbanization
Poverty
Environmental destruction

Difficult life conditions

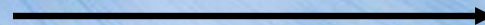


Stress/ Distress



Anxiety
Drug abuse
Depression
Violence
Suicide
Others

Mental health problems



A WORLDWIDE CONCERN

The major contributing factor to human distress and related mental health problems is **fear** and its multiple forms:

racism

sexism

SEPARATION

cultural oppression
marginalization

social exclusion

intolerance

pathologization

stigmatization, etc.

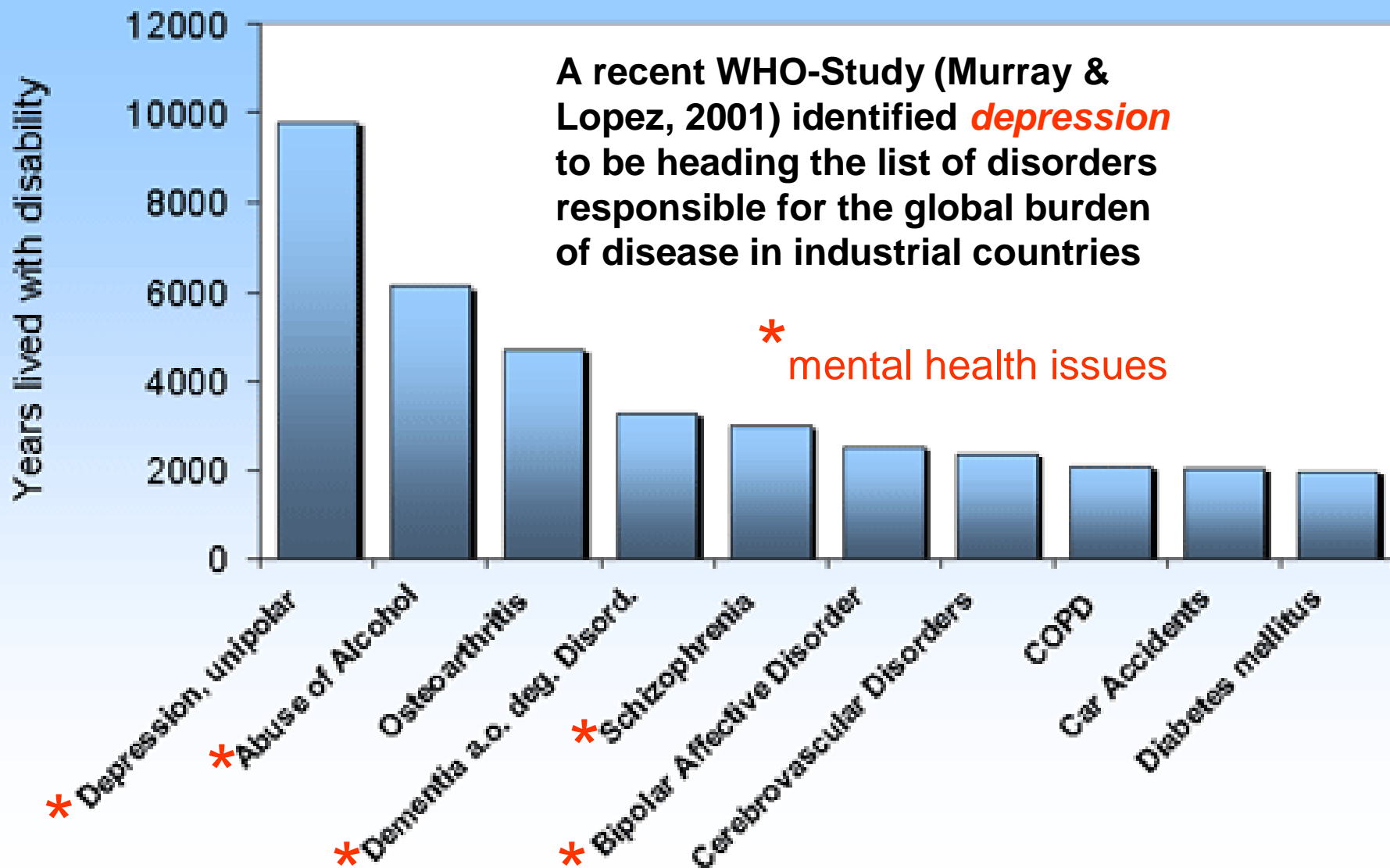
A WORLDWIDE CONCERN

WHO estimates that hundreds of millions of people worldwide are affected by mental health problems.

A WORLDWIDE CONCERN

Data from 2002 showed that 154 million of people globally suffer from depression.

Depression is the major disease burden in industrialized countries (2001)



A WORLDWIDE CONCERN

Current epidemiological data suggest a worldwide prevalence of child and adolescent mental health problems of approximately 20%.

A WORLDWIDE CONCERN

More than 90 million adults and children suffer from an alcohol or drug-use problem.

A WORLDWIDE CONCERN

Violence is among the leading causes of death worldwide for people aged 15-44 years.

A WORLDWIDE CONCERN

Nearly one million people commit
suicide every year.

A WORLDWIDE CONCERN

Millions of people worldwide, take antidepressants, despite their limited effectiveness and high costs... and the number is growing.



STRESS AND PHYSICAL ILLNESSES

Stress



Heart disease

Obesity

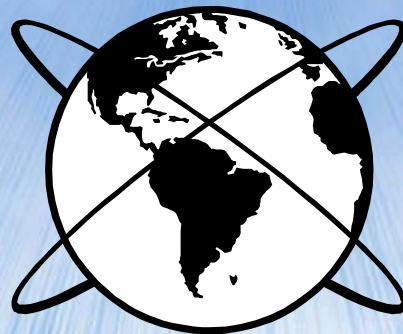
Diabetes

Cancer

Others...

A WORLDWIDE CONCERN

Today, stress, distress, and related mental health problems represent one of the largest burdens on individuals, families, communities and societies worldwide.



A WORLDWIDE CONCERN

On average, the cost of mental health related problems is estimated to be 4% of GNP.

A WORLDWIDE CONCERN

A new population-based measure of the economic burden of mental illness in Canada

Authors: K-L Lim, PhD; P Jacobs, PhD; A Ohinmaa, PhD; D Schopflocher, PhD; CS Dewa, PhD

Abstract: This paper presents a comprehensive measure of the incremental economic burden of mental illness in Canada which incorporates the use of medical resources and productivity losses due to long-term and short-term disability, as well as reductions in health-related quality of life (HRQOL), for the diagnosed and undiagnosed population with mental illness. The analysis was based on the population-based Canadian Community Health Survey Cycle 2.1 (2003). For all persons, we measured all health services utilization, longterm and short-term work loss, and health-related quality of life and their dollar valuations, with the economic burden being the difference in dollar measures between the populations with and without mental health problems. In total, the economic burden was **\$51 billion in 2003**. Over one-half was due to reductions in HRQOL. The current accepted practice in economic assessments is to include changes in medical resource use, work loss, and reductions in HRQOL.

A WORLDWIDE CONCERN

Solving all these problems one by one is a very complex and never-ending task.

ANOTHER WAY

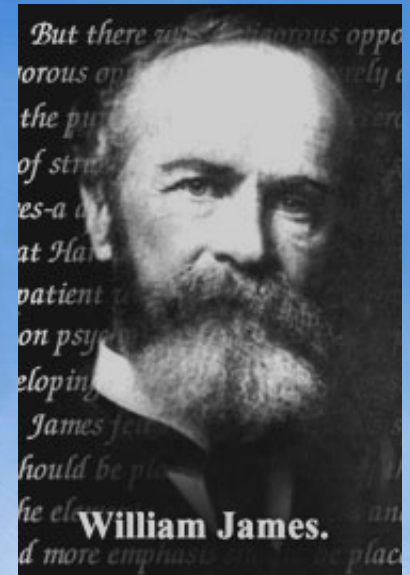
But there is another way...

ANOTHER WAY

As William James said so eloquently...

“The world we see that seems so insane is the result of a belief system that is not working.

To perceive the world differently, we must be willing to change our belief system, let the past slip away, expand our sense of now, and dissolve the fear in our minds.”



1842-1910

ANOTHER WAY

In other words...

we can change the world by changing our beliefs about ourselves and the world.

ANOTHER WAY

Our reality or life experience is not just something that is happening or done to us. It is something we create, individually and collectively.

ANOTHER WAY

Our reality or life experience is made of thoughts and beliefs we project into the world. It is made of what we think or believe about us and the world.

ANOTHER WAY

What we believe
becomes
our experience.

ANOTHER WAY

If it's impossible not to believe what we see, it is equally impossible to see what we do not believe.

Believing is seeing

ANOTHER WAY

Over the last millennia, **fear** has dominated our beliefs about “who we are” and conditioned our ways of being and relating to the world.

ANOTHER WAY

Fear creates...

separation

insecurity

depression

judgment

conflict

misery

despair...among other things!

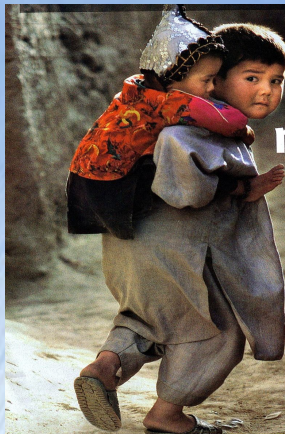
HERE'S THE DEAL

Instead of seeing ourselves
mainly as defective and
alienated people and
victims...



HERE'S THE DEAL

...we could see ourselves as primarily resourceful, insightful and responsible individuals.



HERE'S THE DEAL

Instead of being obsessed with our limitations, weaknesses, deficiencies, problems, diseases and lack of control...

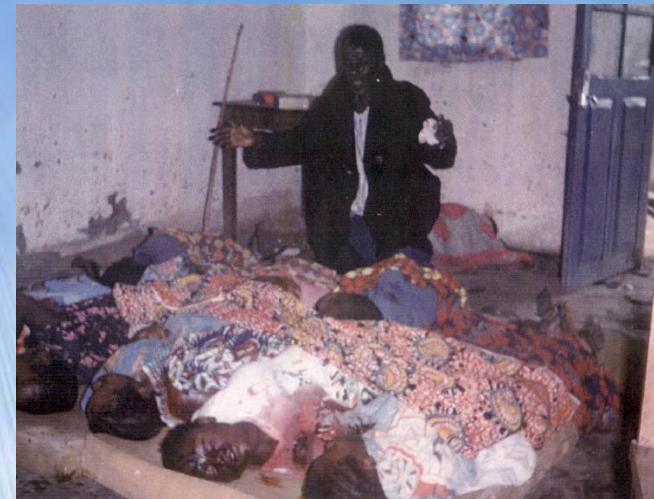
HERE'S THE DEAL

...we could focus more on our healthiness, resourcefulness, strengths, assets, resilience, wisdom, creativity, courage, generosity and determination.

HERE'S THE DEAL



Instead of seeing the world mainly as an unpredictable and dangerous place that divides us...



HERE'S THE DEAL



...we could see it more as a source of infinite possibilities to express and experience our resourcefulness and sameness.



HERE'S THE DEAL

By doing so, we would make a
world of difference!

A NEW PARADIGM

By doing so, we would create a “paradigm shift” – from fear and incompleteness to trust and resourcefulness - that can change or transform our reality at an individual and societal level, and both locally and globally.

A NEW PARADIGM

Thoughts/
Beliefs

FEAR

Judgment →

Separation

Incompleteness

Problems

TRUST

Openness

Connectedness

Resourcefulness

Opportunities

Actions

Control

Cause-EFFECT

Short-term

Support

CAUSE-effect

Continuity

A NEW PARADIGM

Imagine the world...

if decisions and actions in all sectors of human life were based on trust and meant to support individuals, communities and populations' resourcefulness.

A NEW PARADIGM



<http://www.globalethics.org/>
<http://www.globalspirit.org/>
<http://www.kosmosjournal.org/>

A NEW PARADIGM

This is the “vision” behind
**POPULATION MENTAL HEALTH PROMOTION
(PMHP)**

WHAT IS PMHP?

Within that vision...

POPULATION MENTAL HEALTH is seen as a **collective wisdom and resource** that is common to all nations and which contains people ways of **being** and **doing** that are conducive to mental health and well-being.

WHAT IS PMHP?

Within that vision...

PROMOTING THE MENTAL HEALTH OF POPULATIONS is **recognizing** and **supporting** individual and collective resourcefulness and capacity for mental health and well-being.

WHAT IS PMHP?

PMHP is a vision as well as a set of values/principles and actions – local, national and/or global - that focus on:

- fostering people's mental health development, resourcefulness and well-being; and
- creating supportive and resourcing environments.

WHAT IS PMHP?

The PMHP vision and approach can be schematized as follow:

PMHP = R+R

Individual Resourcefulness + Resourcing environments
(Joubert & Raeburn, 1998)

WHAT IS PMHP?

The strength and efficiency of PMHP come from its emphasis on the best in every individual and community, even the most vulnerable, and its focus on their resources and ability to generate and enjoy mental health and well-being.

WHAT IS PMHP?

Wherever they are in the world, people are much more open and responsive to approaches that recognize and increase their healthiness and resourcefulness than to ones that victimize and reduce them to their deficiencies and disabilities.

WHAT IS PMHP?

Results of the Health Realization Project in the Modello and Homestead Gardens Housing Projects, USA, 1997

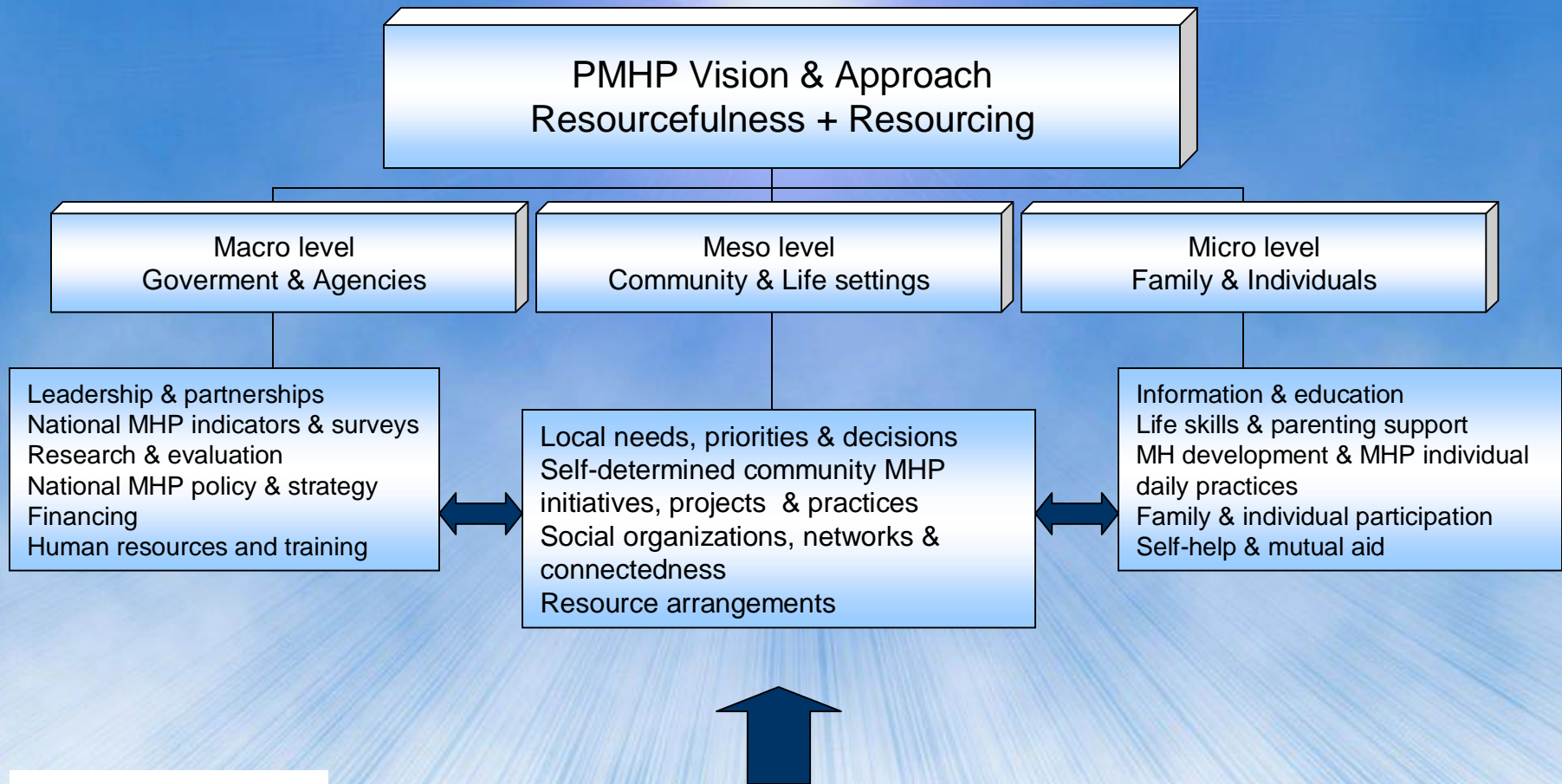
Risk Factors	Before	After
Households selling or using drugs	65%	20%
Overall crime rate	Endemic	70-80% decrease
Teen pregnancy	50+%	10%
School dropout rates	60%	10%
Child abuse and neglect	Endemic	70%+ decrease
Households on public assistance	85%	35%
School absenteeism/truancy	65%	Negligible
Parent unemployment rate	85%	35%

WHAT IS PMHP?

The PMHP's vision and principles (R + R) can be applied at the three levels of decisions and actions:

- macro or governments
- meso or community
- micro or individual & family

What is PMHP?



What is PMHP?

- Communities are the pivot between governments and agencies on one side, as well as families and individuals on the other side.
- Public policies get their 'raison d'être' from representing and voicing communities' concerns and realities.
- Communities are in the best position to reach out and support individuals and families in their day-to-day lives.

WHAT IS PMHP?

Communities are the place where...

- everybody lives
- people learn to relate to one another
- social organizations are created
- social transformations happen

WHAT IS PMHP?

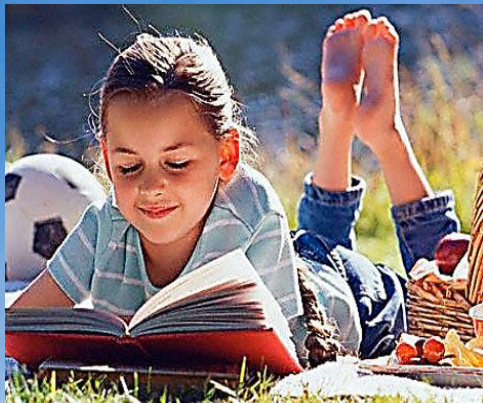
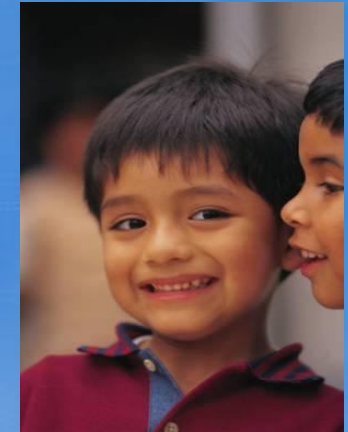
An important part of the knowledge and practices that we greatly need worldwide to promote the mental health of populations are to be found in communities and life settings.

PMHP PRACTICES

PMHP practices are the ways of **being** and **doing** in day-to-day life that are contributing to our individual and collective mental health and well-being.

PMHP PRACTICES

The ways of being and doing in day-to-day life that are contributing to our individual and collective mental health and well-being...



PMHP PRACTICES

PMHP practices come from the best and immutable part of ourselves that not even the greatest fear and tragedies have ever been able to wear away completely.

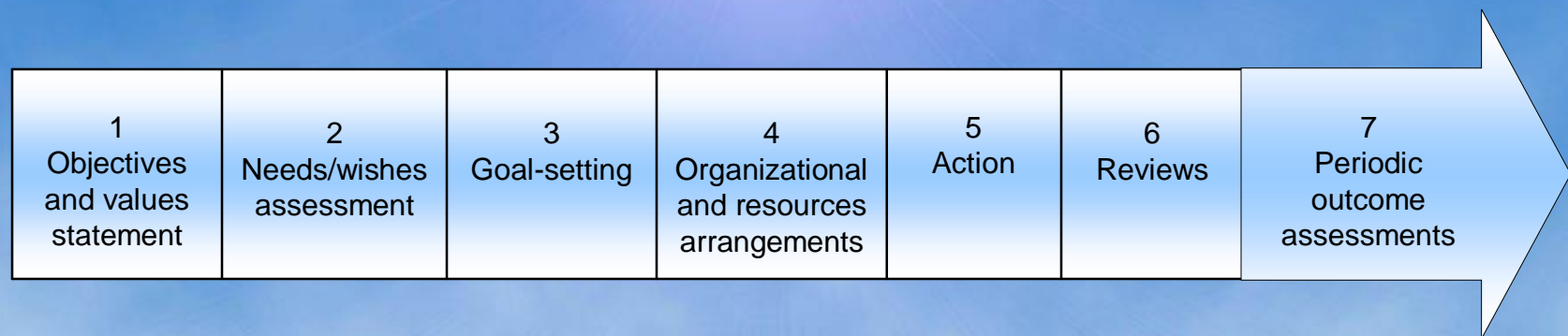
PMHP PRACTICES

PMHP practices are numerous, take various forms, and exist everywhere in the world.



PMHP PRACTICES/PROJECTS

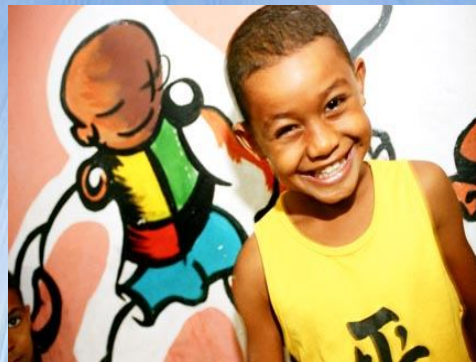
The PEOPLE-System for PMHP community project



R + R in action!

PMHP PRACTICES/PROJECTS

In Salvador de Bahia (Brazil), the *Axe Project* helps street kids by strengthening and fostering their desire for a better life and their capacity to be authors of their own evolution and transformation.



PMHP PRACTICES/PROJECTS



In São Carlos, a slum of Rio de Janeiro (Brazil), young people are recruited and trained to become community health workers, as well as mentors and tutors for other young people and the community as a whole.

PMHP PRACTICES/PROJECTS

In Teresina (Piauí, Brazil), a project called *Girassol* helps sexually abused children recover their strengths and discover their inner resources in dance workshops and performances directed by professional dancers and choreographers.



PMHP PRACTICES/PROJECTS



Marie Hull-Brown, Project Manager for Older People, Mental Health Foundation of New Zealand

In New Zealand, the *Meeting of the Minds* program provide older people with opportunities and activities to “stretch their minds” and enrich their social lives. The activities include the creation of Book Clubs and Senionet Groups (computer use classes for older people, delivered by older people).

PMHP PRACTICES/PROJECTS

In North Shore, New Zealand, the *Raeburn House* is a leader in mental health promotion and community development.

Vision - Enhanced well-being, health and self determination for people in a changing environment.

Mission - Innovators for healthy communities promoting mental well-being and making a positive difference.



John Raeburn

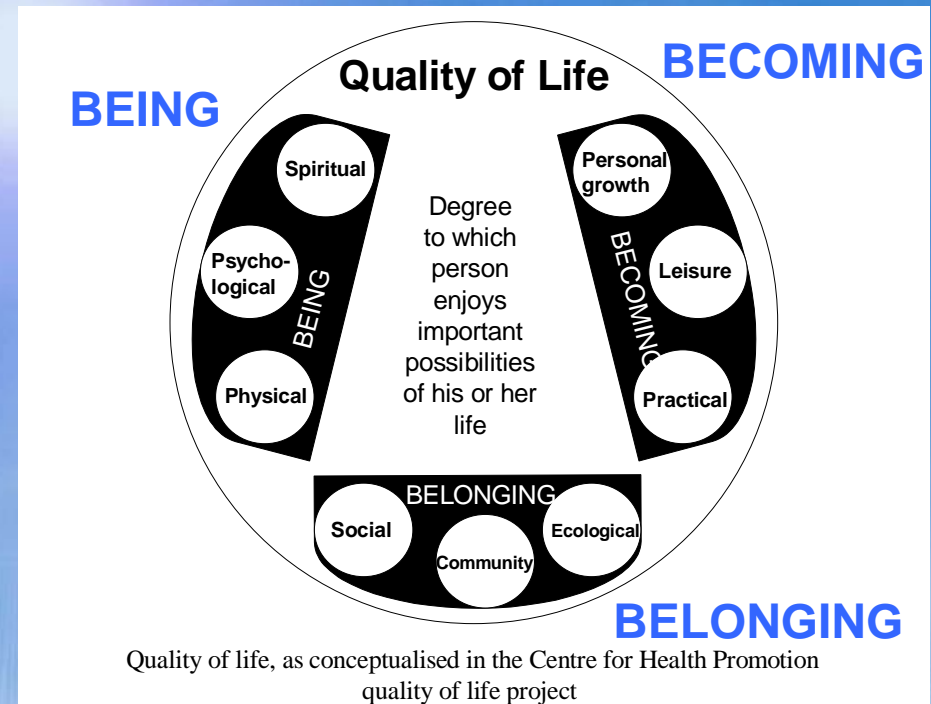


PMHP PRACTICES/PROJECTS

Life is Do-able program was created by the Mental Health Foundation and the University of Auckland, New Zealand, as an attempt to take a positive approach to preventing youth suicide.

The objective of the program is to help individuals achieve a positive feeling of well-being and empowerment.

The “Life is Do-able” program is derived from the Quality of Life model which includes goal-setting behaviour.



Life is Do-able

PMHP PRACTICES/PROJECTS

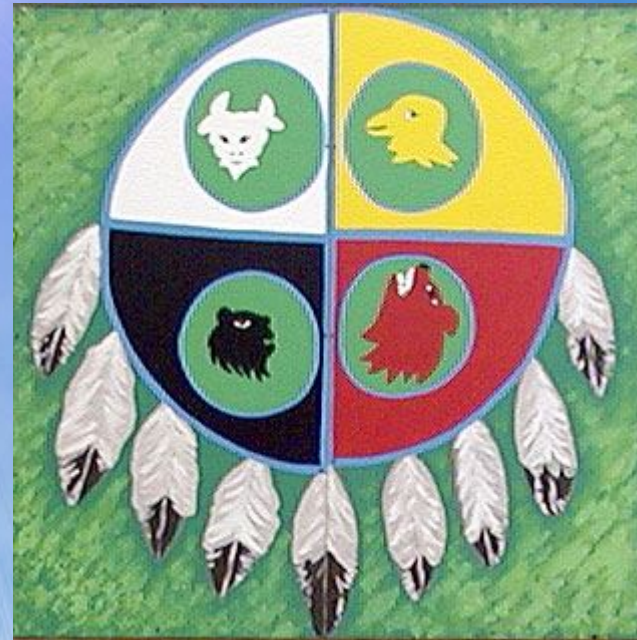
Glen Innes Ka Mau Te Wero Project - Using PMHP as the conceptual frame, and the PEOPLE System as an organizational guide, the project is about enhancing the wellbeing and quality of life of everyone in the community. Actions are self-determined and taken by the people themselves on their own priorities, needs and issues in a positive, strength-building approach, and under their own control and governance.



Tess Liew, Project Coordinator, and colleagues

PMHP PRACTICES/PROJECTS

In Manitoba, Canada, the *Seniors' Medicine Wheel* has allowed Aboriginal elders and children to come together and become mental health promotion agents for one another through a cycle of spiritual growth and emotional healing.



PMHP PRACTICES/PROJECTS



Reaching In, Reaching Out – This program, developed in Ontario, Canada, introduced developmentally adapted activities to enhance resiliency skills among children in child-care centres. It helps children learn to **Reach IN** to think more flexibly and accurately, and to **Reach OUT** to others and opportunities.

PMHP PRACTICES/PROJECTS

The Peaceful Project (Québec, Canada) is a school-based program developed in collaboration with schools, parents and the community who have decided to train and empower students as peacemakers instead of implementing traditional top-down violence prevention programs.



PMHP PRACTICES/PROJECTS



In Newfoundland (Canada), a project called *Helping Skills* established support and mutual help networks in parallel with existing health services and capitalized on local strengths and community solidarity to promote mental health and prevent distress following loss of jobs caused by the moratorium on cod fishing.

PMHP PRACTICES/PROJECTS



Resiliency Canada – Based in Calgary, Alberta, this independent and nonprofit organization strives to advance the well-being of children, youth and their families by generating knowledge about and the ability to assess the resiliency factors and developmental strengths that are essential to the well-being of individuals and the communities they live in.

PMHP PRACTICES/PROJECTS

Home-Start International - A home visiting program for families with children under five years of age that promotes the mental health of parents and their children.

“Parents supporting other parents: it's a simple idea that really works.”



PMHP PRACTICES/PROJECTS



JOB Program participants

JOB Program (USA) – This program consists of job search training plus social support for recently unemployed adults. It builds job search skills and increases confidence, both in terms of self-esteem and self-efficacy in job seeking.

PMHP PRACTICES/PROJECTS

In spite of their variety, PMHP practices/projects share a common humanity.

PMHP PRACTICES/PROJECTS

PMHP practices are based on a fundamental trust in people and community's desire and capacity to transform their lives.

PMHP PRACTICES/PROJECTS

PMHP practices are activities or initiatives implemented by people for people in the community or different life settings.

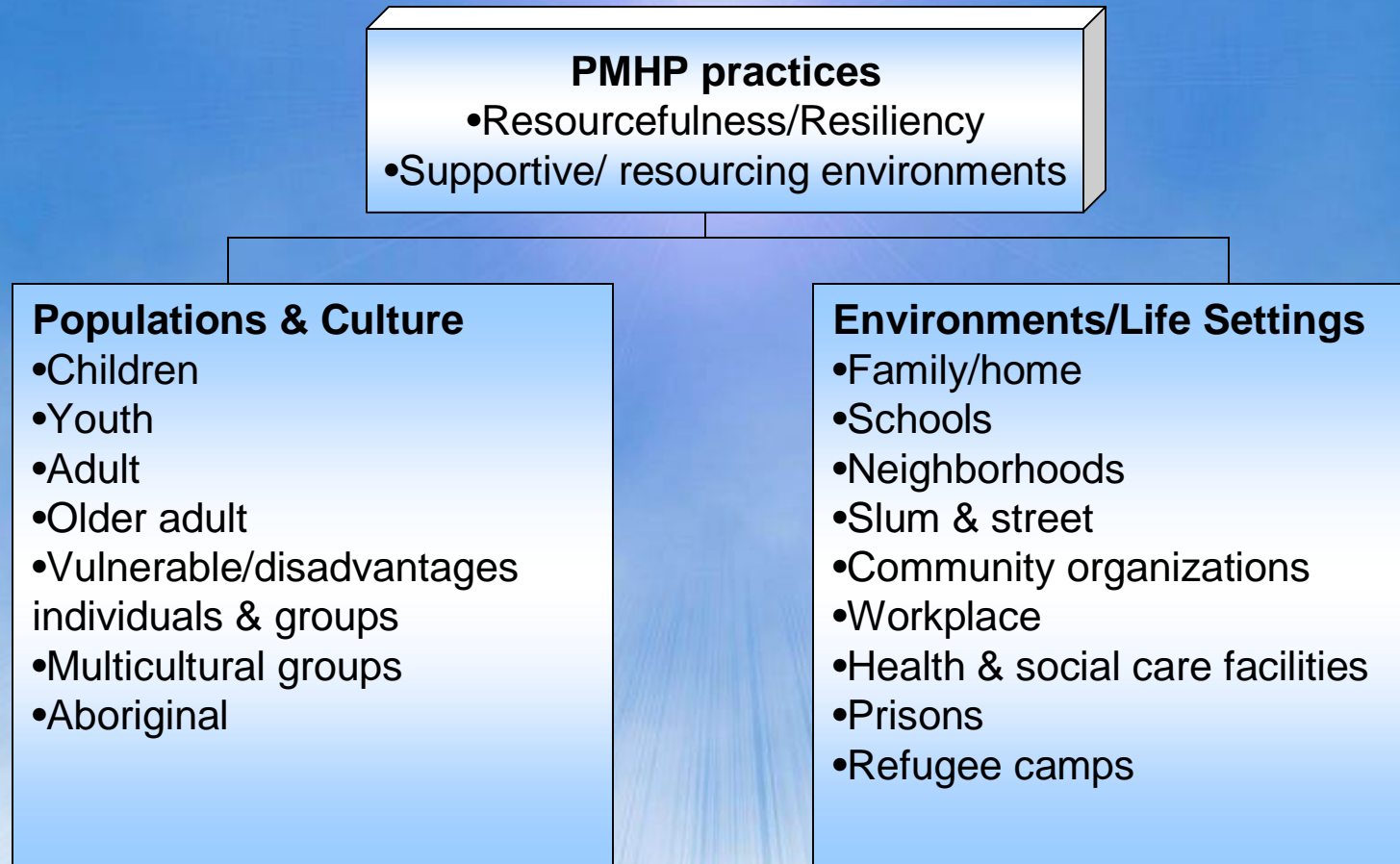
PMHP PRACTICES/PROJECTS

Even when these initiatives take place in vulnerable/deprived communities, individuals are not seen as victims but as full participants in a society that they must build for themselves.

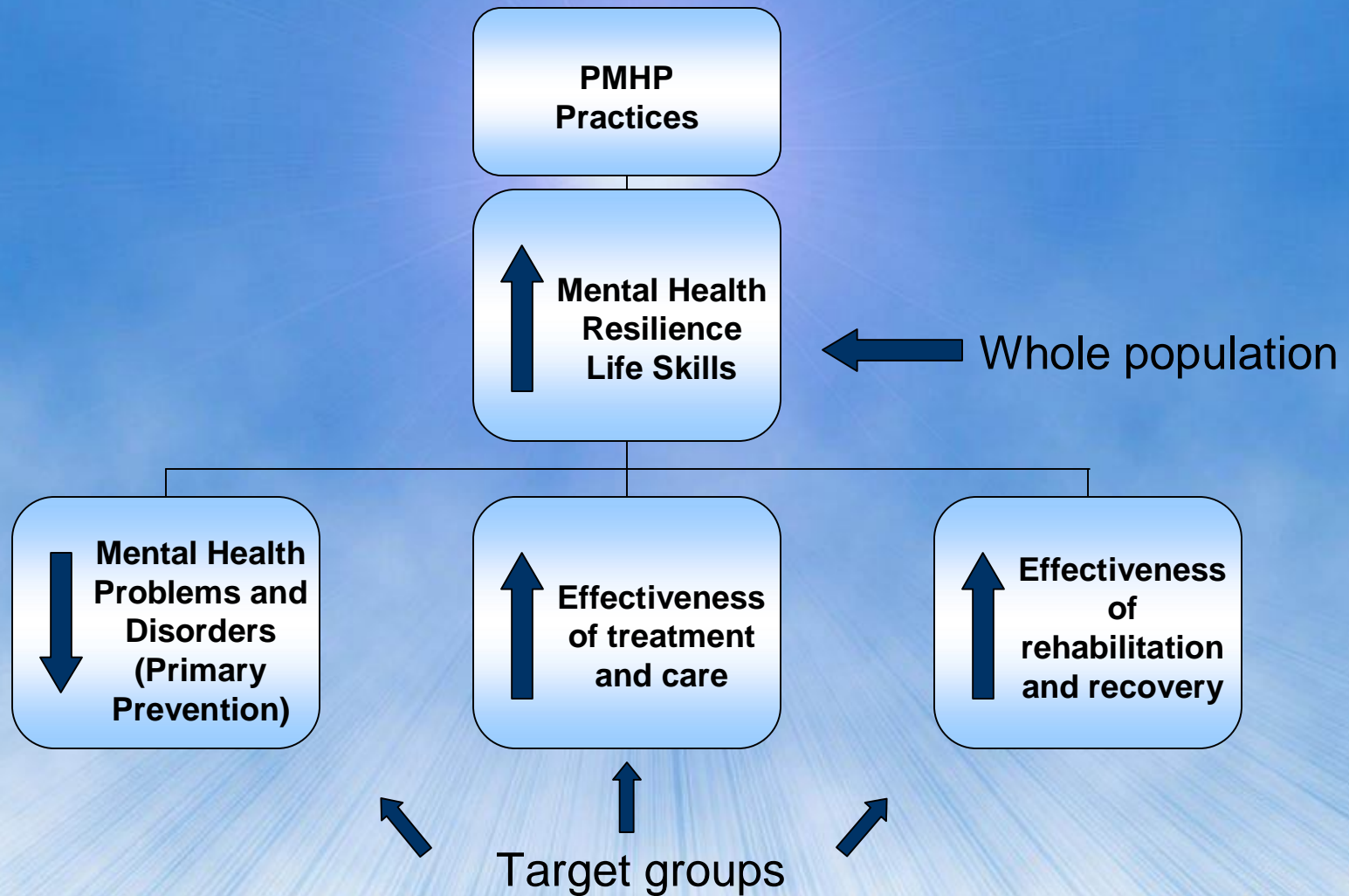
PMHP PRACTICES/PROJECTS

The main objective of these activities and initiatives is to support and reinforce individuals resourcefulness, mental health and life skills.

PMHP EFFECTIVENESS



PMHP EFFECTIVENESS



Cost-effective interventions exist to promote mental health, even in poor populations (WHO, 2009)

Low cost, high impact evidence-based interventions to promote mental health include:

- Early childhood interventions (e.g. home visiting for pregnant women, pre-school psycho-social interventions, combined nutritional and psycho-social interventions in disadvantaged populations);
- Support to children (e.g. skills building programmes, child and youth development programmes);
- Socio-economic empowerment of women (e.g. improving access to education, microcredit schemes);
- Social support to old age populations (e.g. befriending initiatives, community and day centres for the aged);

- Programmes targeted at vulnerable groups, including minorities, indigenous people, migrants and people affected by conflicts and disasters (e.g. psycho-social interventions after disasters);
- Mental health promotion activities in schools (e.g. programmes supporting ecological changes in schools, child-friendly schools);
- Mental health interventions at work (e.g. stress prevention programmes);
- Housing policies (e.g. housing improvement)
- Violence prevention programmes (e.g. community policing initiatives); and
- Community development programmes (e.g. 'Communities That Care' initiatives, integrated rural development).

PMHP EFFECTIVENESS

Resilience/life skills ↑
Mental well-being ↑
Quality of life ↑
Community empowerment ↑
Employment/ productivity ↑
Social capital ↑

(Jané-Llopis, Barry, Hosman & Pael, 2005)

PMHP EFFECTIVENESS

Child Abuse ↓

School absenteeism ↓

Crime ↓

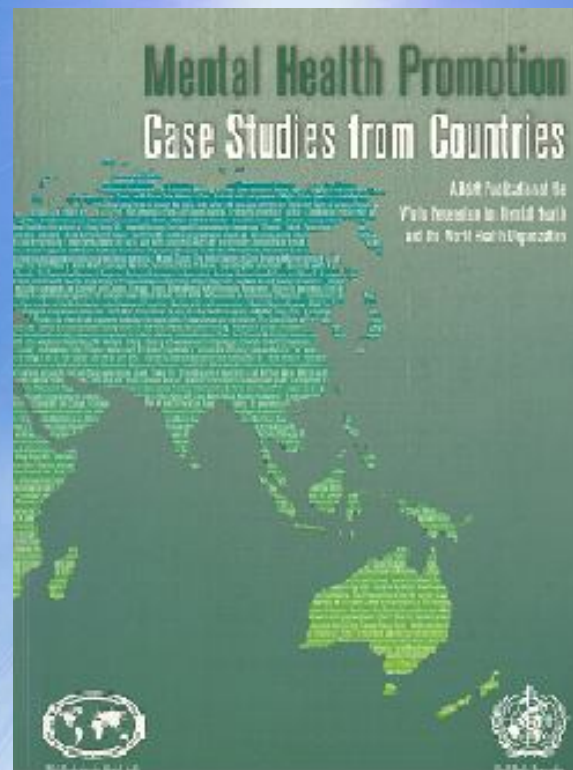
Violence and aggression ↓

Depression ↓

Substance abuse ↓

(Jané-Llopis, Barry, Hosman & Pael, 2005)

PMHP EFFECTIVENESS



PMHP EFFECTIVENESS

To succeed in promoting mental health, it is imperative that any action or strategy be based on a paradigm and vision of trust in people resourcefulness and capacity for mental health and well-being.

PMHP EFFECTIVENESS

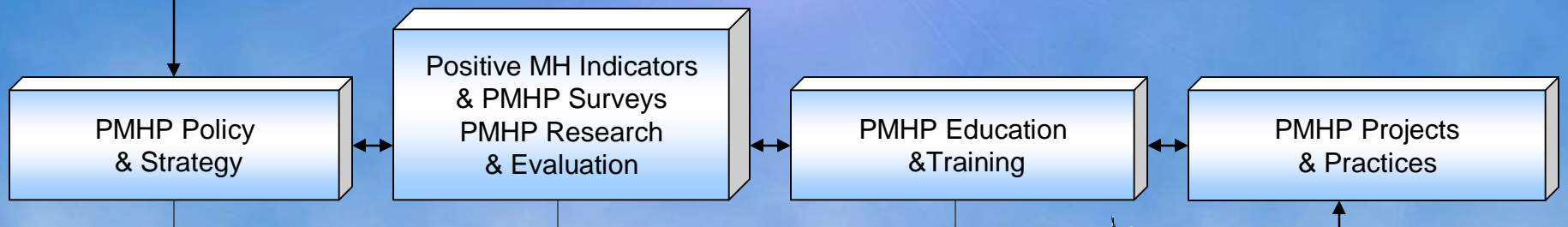
To succeed in promoting mental health, it is imperative to **recognize** people and communities/life settings as essential resources and providers for mental health/wellbeing as well as partners in PMHP – not only as recipients of services and policies.

PMHP EFFECTIVENESS

Government & Agencies



PARTNERSHIP FOR PMHP (R+R in action!)



Experts/Facilitators



Community participation



Community

PMHP INDICATORS & SURVEYS

PMHP indicators describe what nurtures individuals, communities and populations resourcefulness and keeps them mentally healthy.

PMHP INDICATORS & SURVEYS

- **Indicators of mental HEALTH/ individual resourcefulness**
 - Emotional well-being
 - Enjoyment of life
 - Coping strategies
 - Resilience
 - Spiritual well-being
 - Social well-being/connection to others
 - Cultural well-being
- **Indicators of supportive/resourcing environments**
 - Community empowerment
 - Sense of community
 - Social support/networks
 - Social inclusion
 - Multiculturalism
 - Equity, social justice
- **Index of people and community sameness or commonality**
 - Love, trust, gentleness, joy, generosity, patience, faithfulness, open-mindedness
 - Being, Belonging, Becoming
 - Inter-dependence

PMHP INDICATORS & SURVEYS

The VIA Classification of Character Strengths

- **Wisdom and Knowledge** – cognitive **strengths** that entail the acquisition and use of knowledge
- **Courage** – emotional **strengths** that involve the exercise of will to accomplish goals in the face of opposition, external or internal
- **Humanity** - interpersonal **strengths** that involve tending and befriending others
- **Justice** - civic **strengths** that underlie healthy community life
- **Temperance** – **strengths** that protect against excess
- **Transcendence** - **strengths** that forge connections to the larger universe and provide meaning

PMHP INDICATORS & SURVEYS

PMHP surveys...

- Provide accurate information on people and community mental HEALTH, **resourcefulness** and quality of life, and the various determinants of mental health/well-being (i.e. social, cultural, economic, environmental).
- Facilitate knowledge/information translation into tangible policy and action plan to ensure the proper **resourcing** and support of people and community mental health and well-being.

R + R in action!

PMHP RESEARCH & EVALUATION

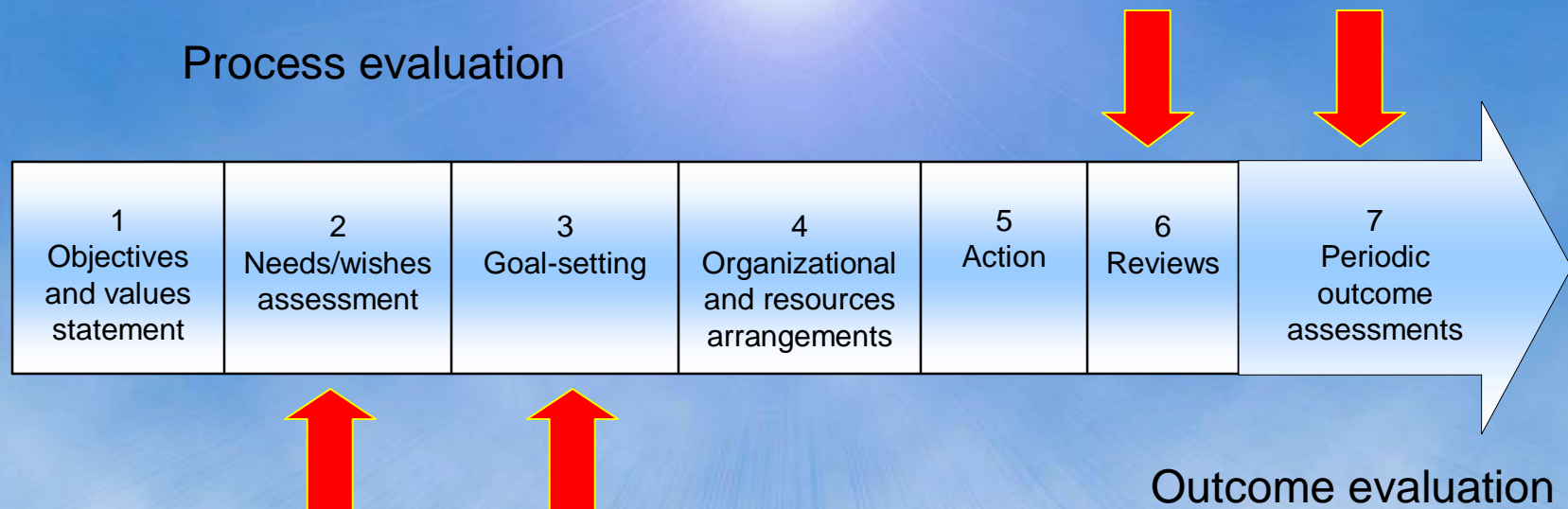
PMHP research, either quantitative (e.g. survey research) or qualitative (e.g. community action research), is conducted by PMHP professionals in partnership with people in their various life settings.



R + R in action!

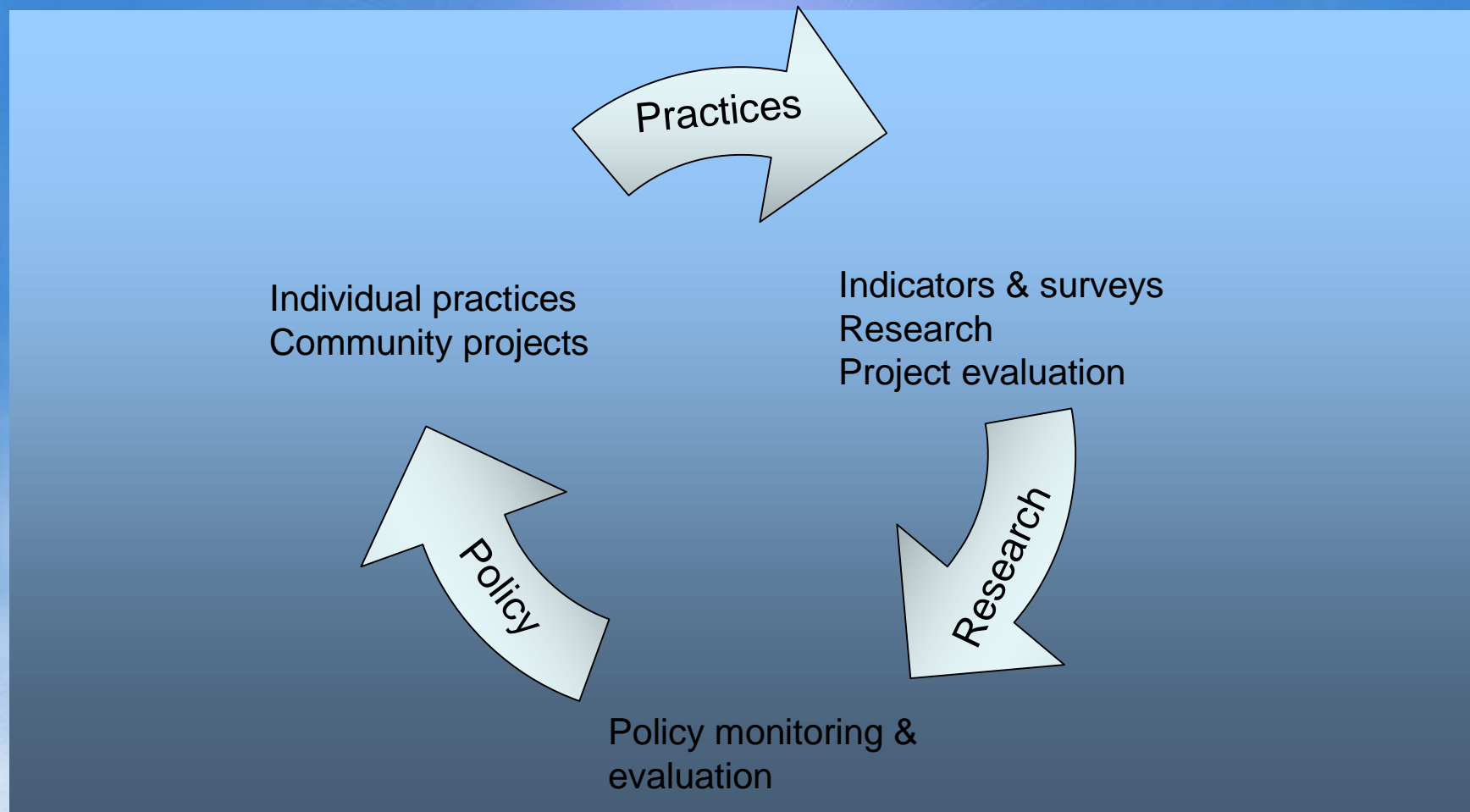
PMHP RESEARCH & EVALUATION

The PEOPLE-System for PMHP community project



R + R in action!

PMHP RESEARCH & EVALUATION



PMHP participatory and complementary processes

PMHP POLICY & STRATEGY

PMHP policy is a plan of action or strategy to guide decisions and achieve tangible and positive population mental health outcomes (i.e. individual **R**esourcefulness + **R**esourcing environments).

R + R in action!

PMHP POLICY & STRATEGY

- PMHP policies are meant to reinforce and support positive outcomes – not to avoid some negative effects.
- PMHP policies are people centered and involve community participation.
- PMHP policies can be monitored and evaluated by outcomes of PMHP surveys and effectiveness of PMHP community projects and practices.

PMHP EDUCATION AND TRAINING

PMHPROMOTERS INVADE
THE WORLD!



CONCLUSION

The first step toward PMHP requires a shift in paradigm and a new vision of mental health beyond mental illness.

CONCLUSION

The second step toward PMHP is the recognition and support of individuals, communities and entire populations resourcefulness and capacity to transform difficult life conditions into opportunities.

CONCLUSION

We know how resourceful we can be individually and collectively. In so many ways, our day to day lives are a “tribute” to our resourcefulness.



CONCLUSION

The third step toward PMHP is the development of a new partnership between community and professionals as well as new tools and processes to translate the PMHP vision into reality.

CONCLUSION

*Everything we need to change the world is
to be found in the greatness of who we
really are, beyond fear.*

THANK YOU!

njoubert@uottawa.ca
www.cihi.ca

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