THE MISSING PIECE
The contribution of Mental Health Promotion to weaving the system together

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THE MISSING PIECE

Menu:

• Why is the MH system not performing up to our expectations?
• The MH system is missing an important piece: health itself
• What is Mental Health Promotion (MHP)?
• MHP contribution to weaving the system together
• Conclusion
The MH system is made of the thoughts, beliefs and values we had in mind when we created it.
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MENTAL HEALTH SYSTEM

A simplified representation of reality!
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DOMINANT PARADIGM
System of thought, beliefs and values most standard and widely held in our society

REALITY
We see ourselves as separate from others and the world.
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The strongest and lasting belief in the history of human kind

The sin of Adam and Eve
The separation from God
The Fall of Man
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Racism
Sexism
Oppression
Marginalization
Discrimination
Social exclusion
Intolerance
Segregation
Pathologization
Victimization
Stigmatization, etc.

SEPARATION DEFICIENCY
The beliefs in our separated and deficient nature are causing a lot of crisis and distress in the world.

- Violence
- Political instability
- War
- Social exclusion
- Abuse
- Exploitation
Individually and collectively, we keep feeding the beliefs in separation and deficiency.

- Environmental deterioration
- Hunger
- Poverty
- Racial and religious conflicts
- Corruption

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Our vision and understanding of mental health tend to separate people with mental illness from others and the world...even from themselves.
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- Schizophrenia
- Mood disorders
- Anxiety disorders
- Depression
- Obsessive-compulsive disorder
- Posttraumatic stress disorder
- Eating disorders
- Personality disorders
- Conduct disorders
- Sexual disorders, etc.

Separate services
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DOMINANT PARADIGM

separation  judgment
fear       deficiency
powerlessness  victimization

MH System
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HEALTH

MENTAL HEALTH
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We want mental HEALTH for all.
(desire/expectation/heart)

Why isn't this working?
negative results)

We focus mainly on people's deficiencies and illnesses.
thoughts/ beliefs and actions)

N. Joubert, 2009
We want mental HEALTH for all.  
(desire/expectation/heart)

We focus on everybody's capacity to be mentally healthy.  
(thoughts/beliefs and actions)

We achieve mental HEALTH for all.  
(positive results)

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Mental HEALTH

Resourcefulness

Connectedness

ROMHC
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- Community belonging
- Completeness
- Social support
- Self-efficacy
- Talent
- Life skills
- Courage
- Life enjoyment
- Quality of life
- Generosity
- Spiritual wellbeing
- Creativity
- Life satisfaction
- Authenticity
- Emotional wellbeing
- Pride
- Competence
- Openness
- Assertiveness
- Respect
- Inspiration
- Optimism
- Happiness
- Connectedness
- Equity
- Resourcefulness

- Self-help
- Empowerment
- Strength
- Positivity
- Self-esteem
- Cohesion
- Love
- Transformation
- Emotional wellbeing
- Respect
- Self-efficacy
- Self-mastery
- Flexibility
- Trust
- Participation
- Laughter
- Resilience
- Development
- Humanity
- Laughter
- Gratefulness
- Optimism
- Happiness
- Connectedness
- Equity
- Resourcefulness
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Worldwide, we experience our interconnectedness on a day-to-day basis now.

Destruction of the Amazon rain forest

World economic crisis

Palestinian - Israeli conflict
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NEW PARADIGM

- openness
- resourcefulness
- trust
- positivity
- empowerment
- connectedness

MH System
Within the new paradigm...

PROMOTING MENTAL HEALTH is recognizing and supporting individual and collective resourcefulness and capacity for mental HEALTH and well-being.
MHP is a vision as well as a set of values, principles and actions - local, national and global - that focus on:

- fostering the development of individual and community mental health, resourcefulness and capacity for well-being; and
- creating supportive and resourcing environments.
The MHP vision and approach can be schematized as follow:

\[ \text{MHP} = \text{R+R} \]

Individual Resourcefulness + Resourcing environments

(Joubert & Raeburn, 1998)
MHP Vision & Approach
Resourcefulness + Resourcing

Macro level
Government & Nat'l NGOs
Leadership & partnerships
National MHP indicators & surveys
Research & evaluation
National MHP policy & strategy
Financing
Human resources and training

Meso level
Community & Life settings
Local needs, priorities & decisions
Self-determined community MHP initiatives, projects & practices
Social organizations, networks & connectedness
Resource arrangements

Micro level
Family & Individuals
Information & education
Life skills & parenting support
MH development & MHP individual daily practices
Family & individual participation
Self-help & mutual aid

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MHP—Three Levels of Decision and Action
An important part of the knowledge and practices that we greatly need to promote the mental health of populations are to be found in communities/life settings.
MHP practices are the ways of being and doing in day-to-day life that contribute to our individual and collective mental health and well-being.
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Canadian MHP Practices and Projects

Family & School Together Canada
Friends for Life
Resiliency Canada
Senior Medicine Wheel
Reaching In
Reaching Out
Roots of Empathy
Projet Pacifique
Better Beginnings
Better futures
Resilience Research Project
Helping Skills
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Resiliency Canada - Based in Calgary, 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.
In Manitoba, 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.
Roots of Empathy is a program created in Ontario that fosters social and emotional competencies and early literacy skills and attitudes in children. In this experiential learning, the baby is the "Teacher" and a lever, which the instructor uses to help children identify and reflect on their own feelings and the feelings of others.
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Reaching In, Reaching Out -
This program, developed in Ontario 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.
The Peaceful Project (Gatineau, Quebec) 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.
In Newfoundland, 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.
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.
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, Radio Programs and Seniornet Groups (computer use classes for older people, delivered by older people).

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

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Modello, Inner City, Miami (USA) - The story of an entire community that succeeded in transforming intractable living conditions by primarily focusing on people resourcefulness and capacity for well-being, wisdom and common sense.
JOBS 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.

JOBS Program participants
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In England, the implementation of MHP practices in primary care, has resulted in greater mental well-being and numerous benefits for patients, general practitioners, nurses and other staff.
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MHP practices and projects share a common humanity:

They reflect the same trust in people’s and communities’ desire and capacity to transform their lives.

They often consist of self-determined initiatives and actions implemented by people for people.
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Even when they take place in deprived communities, individuals are not seen as victims but as full participants in a society that they must build for themselves.

Their main objective is to recognize and support individuals’ resourcefulness, mental health and life skills.
Complementary article to CIHI report: 
Exploring Positive Mental Health 
Population Mental Health Promotion (PMHP) 
What is it? What can it become? 

Natacha Joubert PhD 

Abstract 
This article is meant to complement and expand on the report, Improving the Health of Canadians: Exploring Positive Mental Health, produced by the Canadian Institute for Health Information (CIHI) in 2009. It proposes a new paradigm and vision of population mental health promotion (PMHP) to clarify what it really is and move forward beyond many of the current challenges. The article also examines PMHP practices, as well as community projects, research, policy and training programs that need further development for PMHP to be fully operational and successful. Overall, the intent is to reach out and support the action of individuals, communities and organizations that believe in our common resourcefulness and capacity to transform ourselves and the world.
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MHP Effectiveness

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

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

Child Abuse ↓
School absenteeism ↓
Crime ↓
Violence and aggression ↓
Depression ↓
Substance abuse ↓

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

Mental Health Resilience Life Skills

Mental Health Problems and Disorders (Primary Prevention)

Effectiveness of treatment and care

Effectiveness of rehabilitation and recovery

Whole population

Target groups
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Integration of MHP into the MH System

MHP Vision & Approach
Resourcefulness + Resourcing

Macro level
Government & MH Facilities
Vision, mission and values
Strategic planning & policy
Programs and services
Community partnerships
Training and education
Financial & human resources
Research

Meso level
Community & Life settings
Local needs, priorities & decisions
Self-determined community MHP initiatives, projects & practices
Social organizations, networks & connectedness
Resource arrangements

Micro level
Family & Individuals
Information & education
Life skills & resilience
MH development & MHP individual daily practices
Family & individual participation
Self-help & mutual aid

Local needs, priorities & decisions
Self-determined community MHP initiatives, projects & practices
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Information & education
Life skills & resilience
MH development & MHP individual daily practices
Family & individual participation
Self-help & mutual aid
THE MISSING PIECE

Every time we see beyond people’s fear and misery and reach out to their resourcefulness and trust their capacity to be healthy, we promote and support their mental health...and ours!

Every time we see beyond our fear and misery and reach out to our resourcefulness and trust our capacity to be healthy, we promote and support our mental health...and others!
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BE AWARE

DECIDE

BE CONSISTENT

STAY VIGILANT
CONCLUSION:

As much as we want an integrated MH system, our vision and organization of it is based on an understanding of mental illnesses and deficiencies that separate people.
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CONCLUSION:

To be more consistent with our desire to achieve mental health and well-being for all, we have to trust and focus more on people’s resourcefulness, connectedness and capacity to be mentally healthy.
CONCLUSION:

MHP vision, principles and practices can bring mental HEALTH back into the MH system and, by doing so, contribute to weaving the system together.
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The transformation of the world does not lie within the world but within the ones who are contemplating it.

The transformation of the MH system does not lie within the MH system but within the ones who are contemplating it.
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MERCI

THANK YOU

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