

THE MISSING PIECE

The contribution of Mental Health Promotion
to weaving the system together

Natacha Joubert PhD

October 5, 2009

THE MISSING PIECE

Menu:

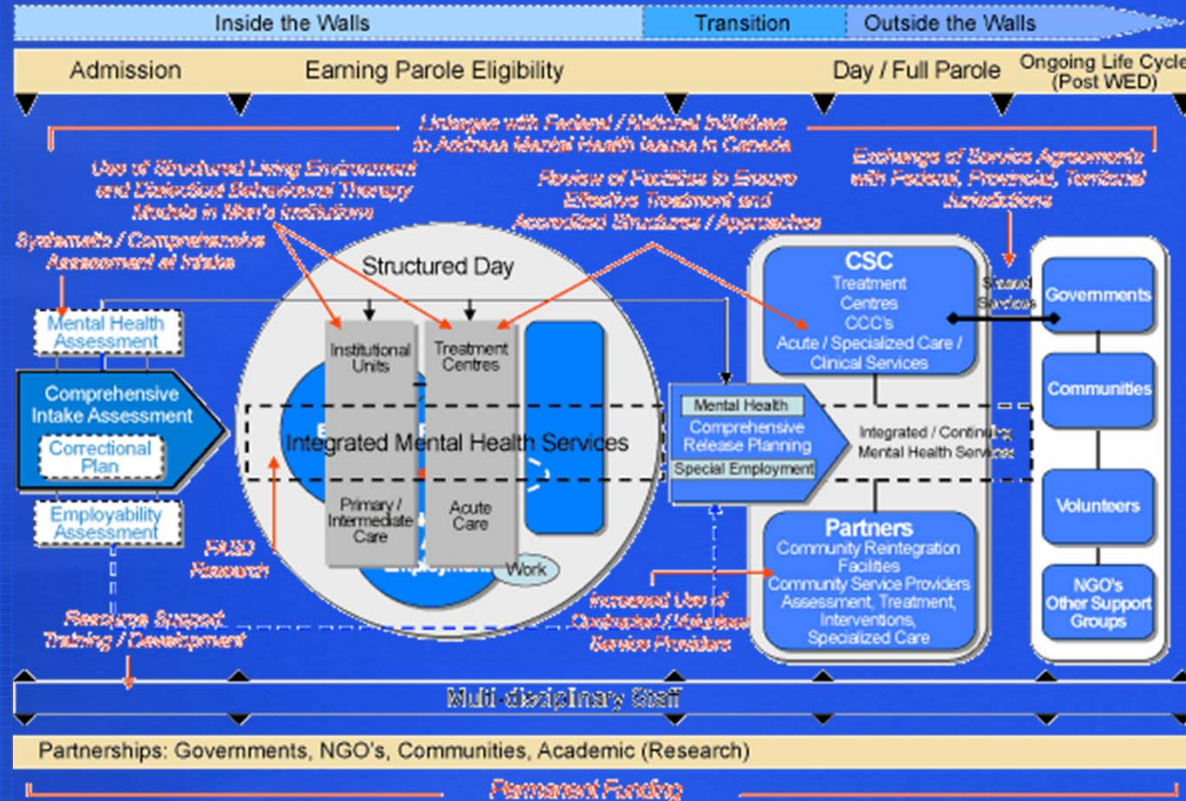
- Why is the MH system not performing up to our expectations?
- The MH system is missing an important piece: health itself
- What is Mental Health Promotion (MHP)?
- MHP contribution to weaving the system together
- Conclusion

THE MISSING PIECE

The MH system is made of the thoughts, beliefs and values we had in mind when we created it.

THE MISSING PIECE

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

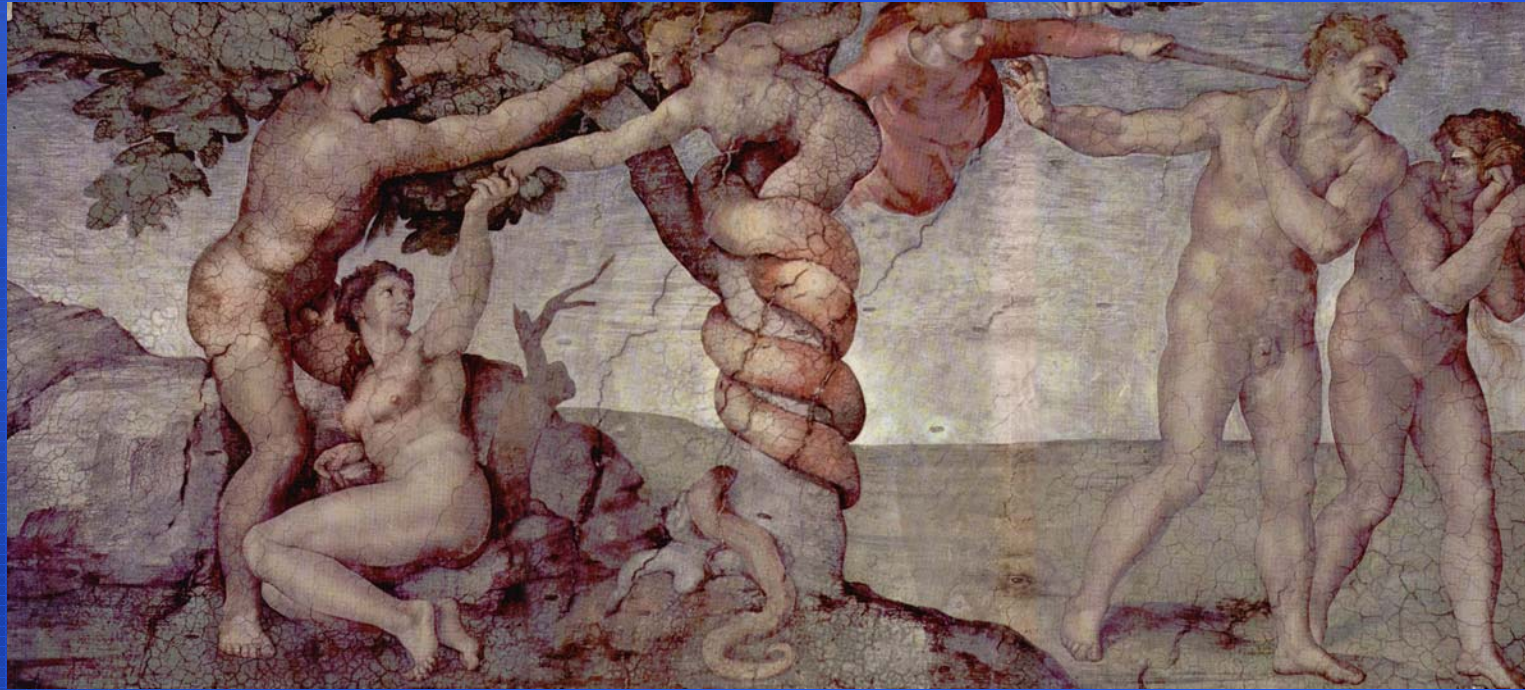
THE MISSING PIECE



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

SEPARATION

Oppression
Marginalization

Discrimination

DEFICIENCY

Social exclusion
Intolerance

Segregation

Pathologization

Victimization

Stigmatization, etc.

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



Political instability



War



Social exclusion



Violence



Abuse



Exploitation

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Environmental deterioration

Individually and collectively, we keep feeding the beliefs in separation and deficiency.



Hunger



Racial and religious conflicts



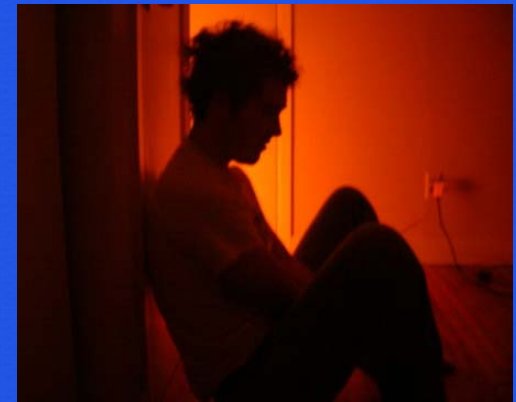
Poverty



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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Separate services

- Schizophrenia
- Mood disorders
- Anxiety disorders
- Depression
- Obsessive-compulsive disorder
- Posttraumatic stress disorder
- Eating disorders
- Personality disorders
- Conduct disorders
- Sexual disorders, etc.

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DOMINANT PARADIGM

separation judgment
fear deficiency victimization
powerlessness



MH System

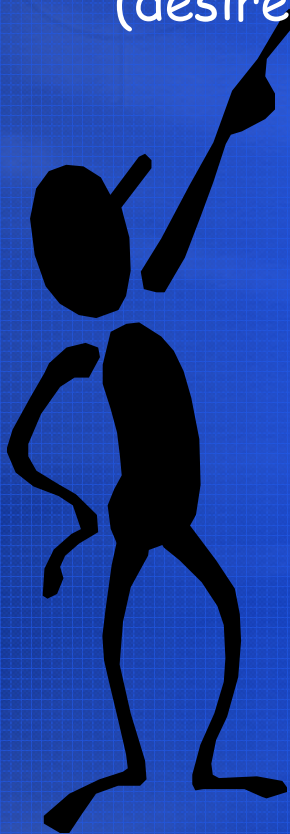
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HEALTH

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)

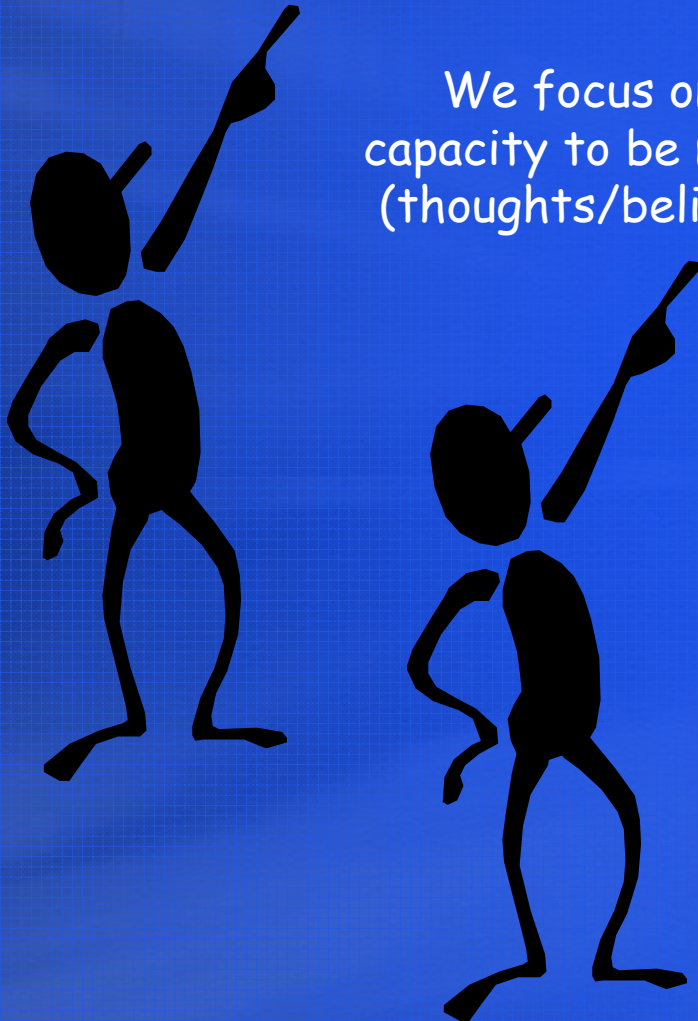


THE MISSING PIECE

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

We achieve mental HEALTH for all.
(positive results)

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



N. Joubert, 2009

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Mental HEALTH



ROMHC

Resourcefulness

Connectedness

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Community belonging
Completeness
Social support
Self-efficacy
Love
Transformation
Life skills
Life enjoyment
Quality of life
Generosity
Spiritual wellbeing

Self-help
Empowerment
Talent
Courage
Wisdom
Cohesion
Participation
Gratefulness
Resilience

Self-esteem
Strength
Positivity
Pride
Competence
Openness
Assertiveness
Respect
Inspiration
Happiness
Optimism
Trust
Laughter
Development
Equity

Creativity
Life satisfaction
Authenticity
Emotional wellbeing
Pride
Competence
Openness
Assertiveness
Respect
Inspiration
Happiness
Optimism
Trust
Laughter
Development
Equity

Wisdom
Self-mastery
Flexibility
Trust
Laughter
Development
Equity

Resourcefulness
Connectedness



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Destruction of the Amazon rain forest

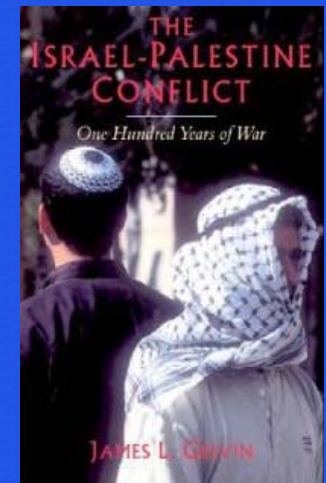
Worldwide, we experience our interconnectedness on a day-to-day basis now.



World economic crisis



Palestinian -Israeli conflict



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NEW PARADIGM

openness resourcefulness
trust positivity empowerment
connectedness



MH System

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Within the new paradigm...

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

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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.

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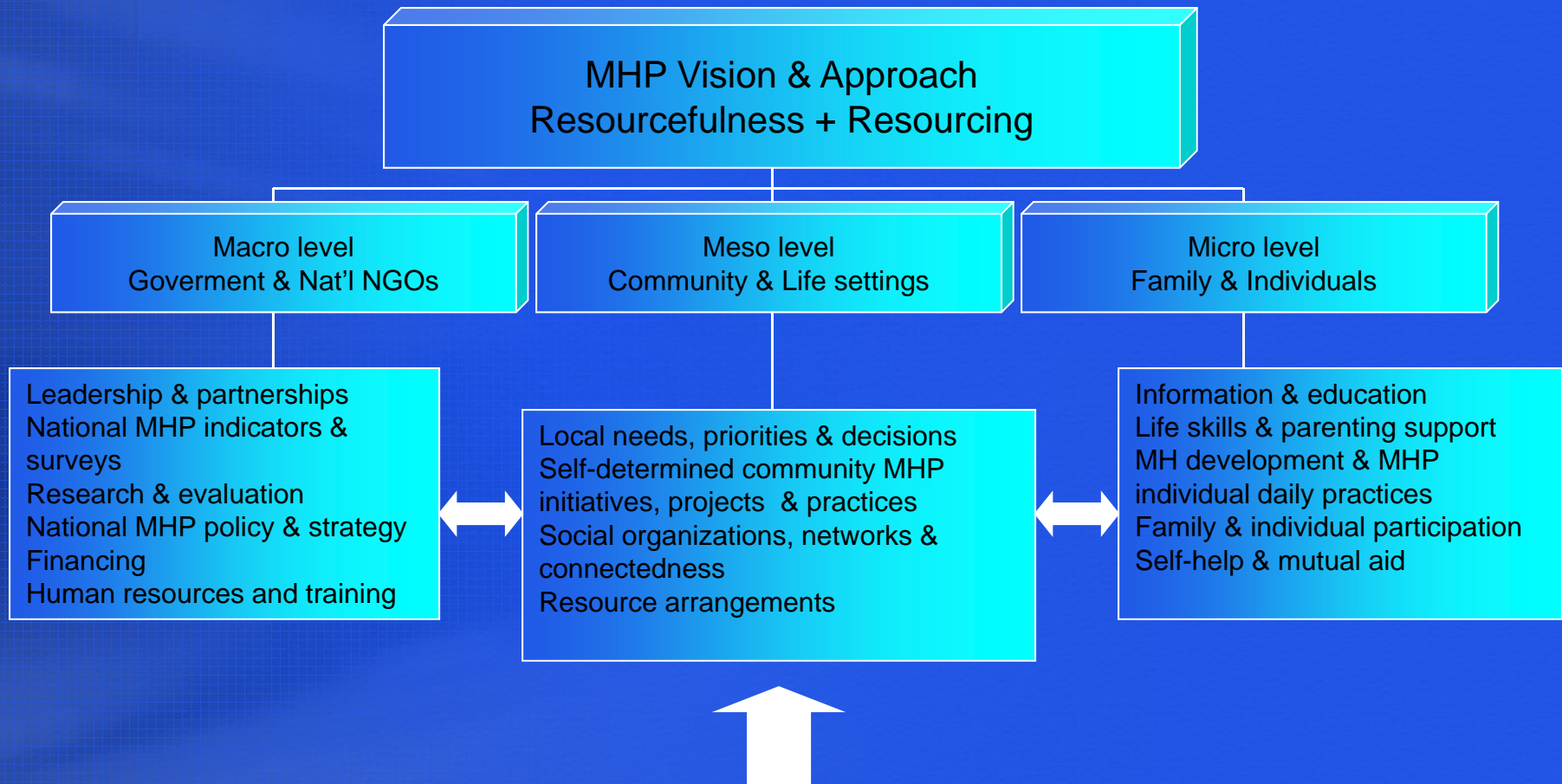
The MHP vision and approach can be schematized as follow:

MHP = R+R

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

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MHP—Three Levels of Decision and Action

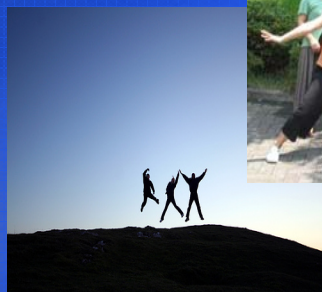
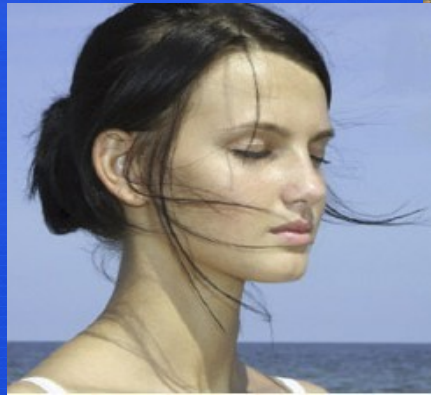
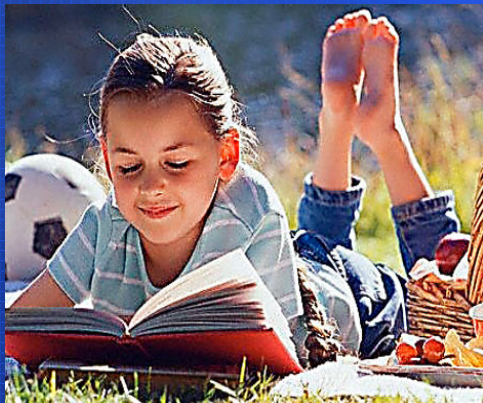


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An important part of the knowledge and practices that we greatly need to promote the mental health of populations are to be found in communities/life settings.

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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

Roots of Empathy

Reaching In Reaching Out

Better Beginnings Better futures

Projet Pacifique

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.

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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.



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The baby is the "Teacher"!

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.



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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.



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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.

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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.



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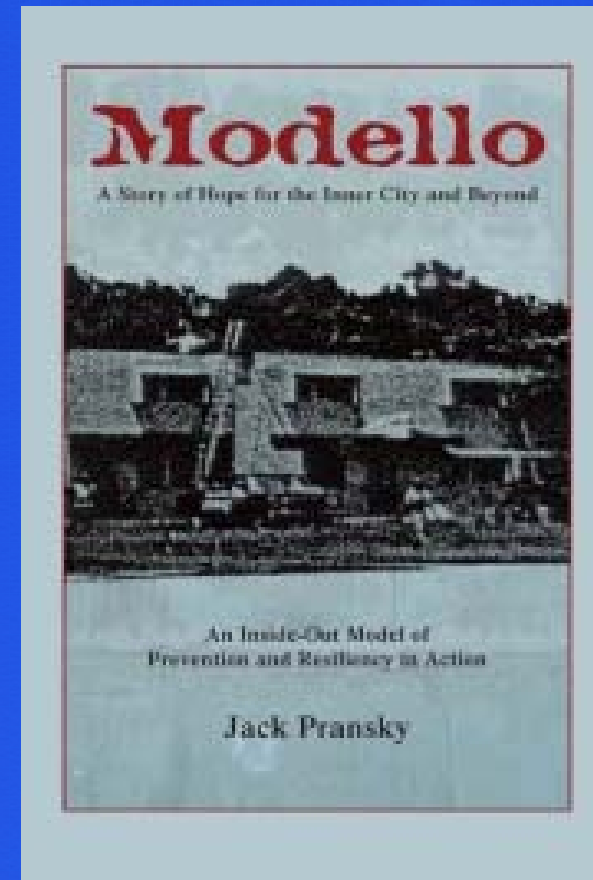


Marie Hull-Brown, Project Manager
for Older People, Mental Health
Foundation of New Zealand

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, Radio Programs and Seniornet Groups (computer use classes for older people, delivered by older people).

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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.



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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.

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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.

Training the trainer
Mainstreaming mental health promotion
into primary care

November 2007

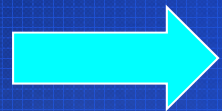


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MHP practices and projects share a **common humanity**:



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

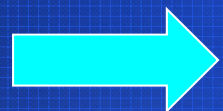


They often consist of self-determined initiatives and actions implemented by people for people.

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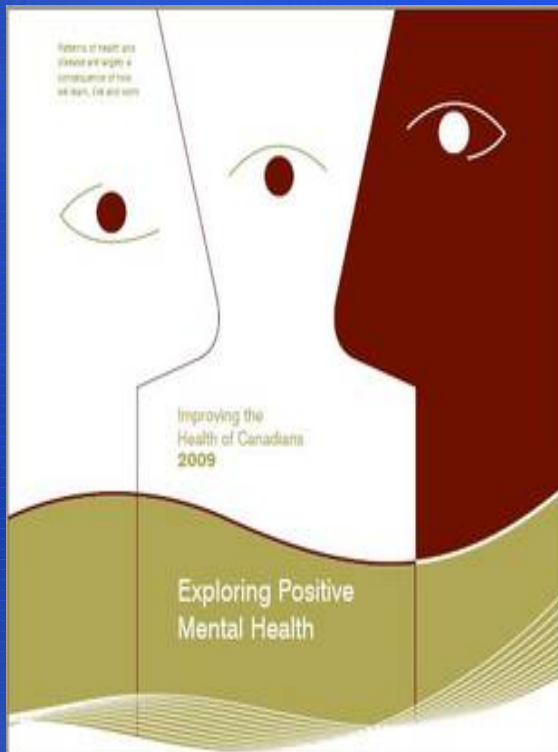
Even when they take place in deprived communities, individuals are not seen as victims but as full participants in a society that they must build for themselves.



Their main objective is to recognize and support individuals' resourcefulness, mental health and life skills.

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New Canadian MHP Resources



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.

www.cihi.ca/cphi

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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 ↓

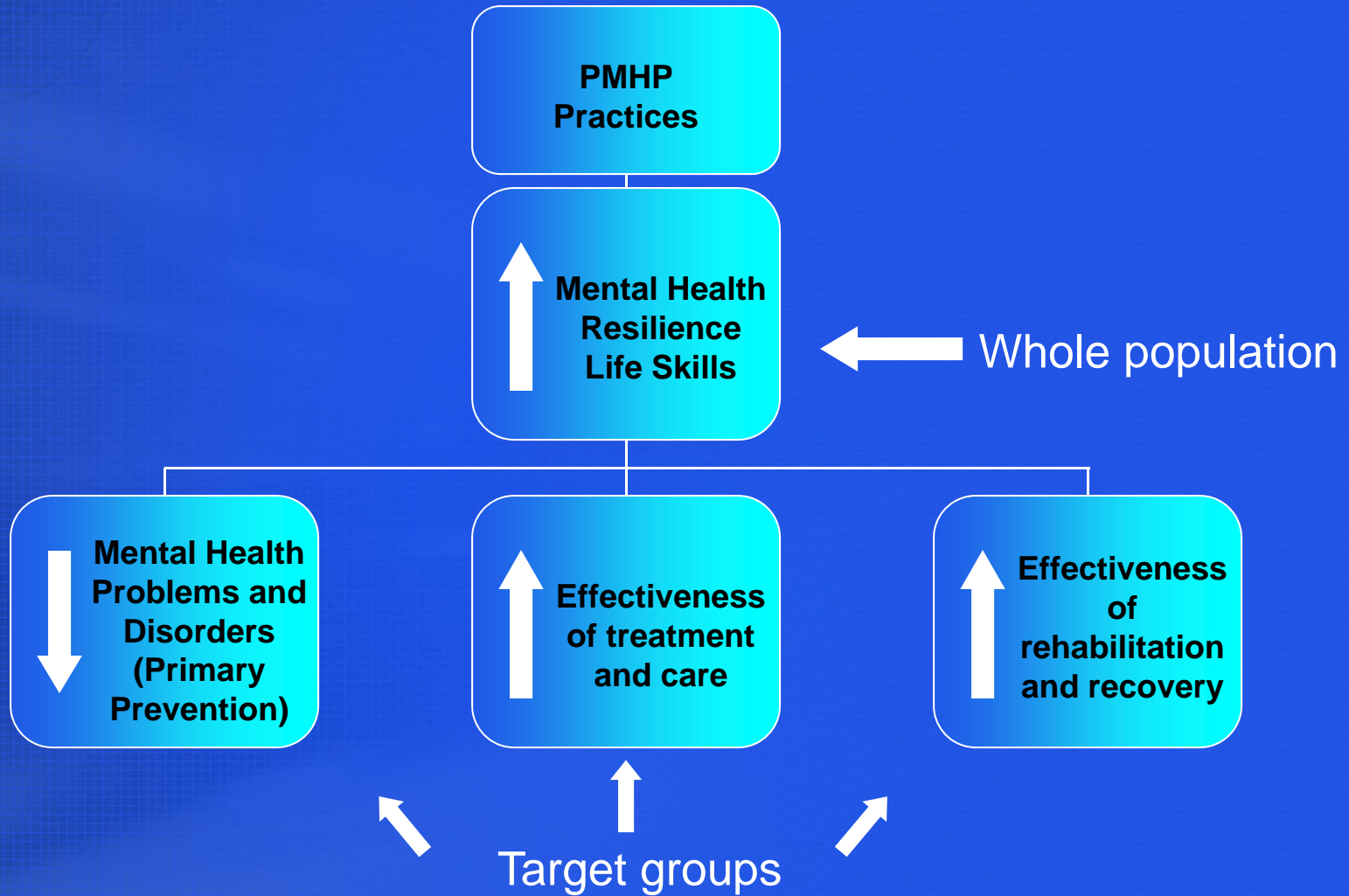
Violence and aggression ↓

Depression ↓

Substance abuse ↓

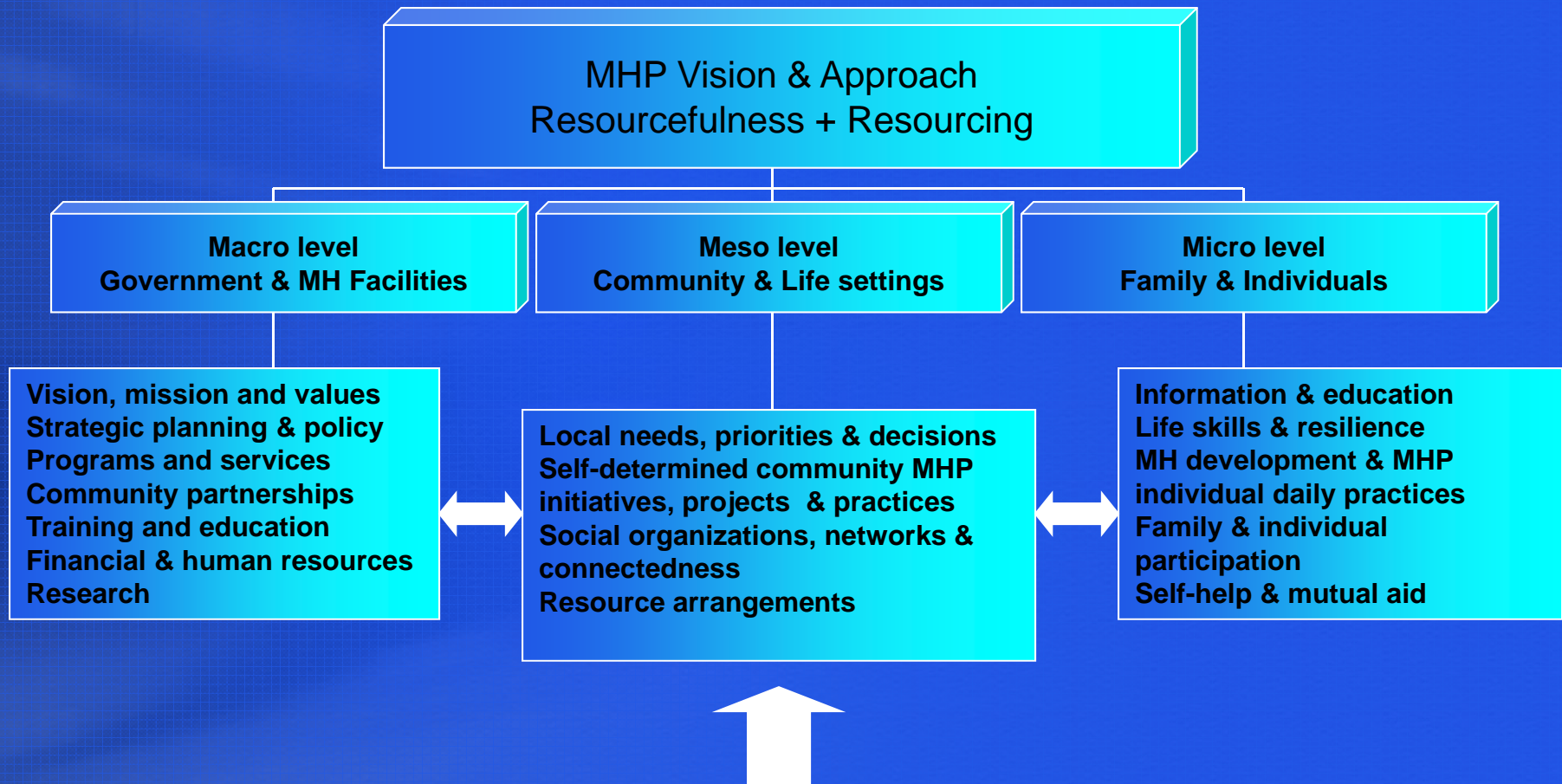
(Jané-Llopis, Barry, Hosman & Pael, 2005)

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Integration of MHP into the MH System



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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

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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.

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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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