



## CMHA NS 2016-2017 Year-end Summary Report

### BACKGROUND

#### **VISION OF CMHA (National and Provincial)**

Mentally healthy people in a healthy society.

#### **MISSION OF CMHA-NS**

To provide Provincial leadership, for and on behalf of Nova Scotians, in:

- mental health education (promotion, awareness and training);
- mental health-related injury/disease prevention (suicide prevention); and
- piloting and sustaining innovative and strategic mental health projects

To Support mental health recovery through:

- Supporting resilience;
- Provision of Population-based Advocacy; and the,
- Provision of mental health promotion, injury disease prevention leadership for all Nova Scotia

#### **GUIDING PRINCIPLES OF CMHA-NS**

- CMHA-NS strives to build capacity at a community level to improve the mental health of Nova Scotians
- CMHA-NS recognizes the cultural diversity of Nova Scotians
- CMHA-NS values and respects the voice of Nova Scotians, the work and expertise of our branches, coalitions, community partners and staff
- CMHA-NS employs the use of research and evaluation to inform its practice. We evaluate what we do and use results to shift, direct and change what we are doing to better meet the needs of Nova Scotians
- CMHA-NS supports *Resilience and Trauma Informed Care approaches and safe messaging practices*
- CMHA-NS acts as a resource and advisor to government mental health concerns of Nova Scotians; as well as provides policy and program development advise

#### **CMHA NS DIVISION STRATEGIC GOALS AND 2016-2017 ACHIEVEMENTS**

it is important to note that the CMHA-NS Division plays a critical role in the mental health care continuum. It is also important to note that CMHA-NS Division does not provide front-line treatment or direct care services for individuals experiencing mental illness, nor do we provide funding for individuals



or communities in need of treatment care and supports.

CMHA-NS Division's aims to prevent mental illness and support the maintenance of mental health recovery to support the quality of life of Nova Scotians and to prevent the overburdening of the formal health care system.

To achieve the CMHA-NS Division's mandate the following strategic goals were used to guide its work and provision of mental health leadership support in 2016-2017:

## STRATEGIC GOALS

CMHA-NS Division's strategic goals are aligned with CMHA National's three strategic goals<sup>1</sup>, which are:

### 1. Strengthening Our Voice:

#### *Heighten awareness and value of CMHA Brand*

- Nova Scotia Division and Branch adapted and actively incorporated the CMHA National brand standards into all its resources, tools and visual platform to enhance recognition of CMHA in Nova Scotia.
- CMHA NS Division and Branches provided strong leadership in the development of new and accessible community-based mental health resources, tools and services to promote and support the mental health and wellness for all Nova Scotians- Please refer to CMHA NS and Branch websites to view awareness, prevention and recovery information resources, tools and initiatives <http://novascotia.cmha.ca/>
- CMHA NS Division and Branches routinely engagement in social media platforms such as facebook, twitter and tradition media ( newspaper and community information streams, etc.). Provincial reach expanded by 27%.
- CMHA NS enhanced its investment in community and government partnerships to raise awareness to the work of CMHA Division and Branches and provide advocacy navigation linkages to stakeholders and community partners services and supports that enhance quality of life outcomes and address the determinants of health for Nova Scotians.
- Provided provincial awareness and leadership in support for Mental Health Awareness Week and Suicide Prevention (Mysterious Barricades and 10-week CAN Campaign in support of suicide prevention) <http://novascotia.cmha.ca/cast-program/> .
- On-going daily navigation support provided to Nova Scotians seeking mental health and addictions resources, supports and services.

#### *Increased influence over national, provincial and local policies*

- Developed Mental Health Accord statement in collaboration with community-based mental health and addictions partners to present to federal, provincial and municipal leaders and decision makers to raise awareness to the leadership, services and supports provided by



community non-profit organizations. See statement under resources on CMHA website for statements and policy pages <http://www.cmha.ca/> .

- Actively collaborating and engagement with Atlantic schools, communities, Department of Education and Health in support of scaling up social and emotional learning for children. Research papers, government briefing notes and communities and school resources can be accessed through <http://novascotia.cmha.ca/seak-program/> .
- On-going partnership and leadership support provide for the annual the Atlantic Institute on Healthy and Safe Communities in support of child and youth mental health in Atlantic Canada <http://www.asi-iea.ca/en/>
- CMHA NS Division provided mental health leadership support for provincial networks, departments and stakeholder groups supporting affordable housing, seniors, youth and young adults and for those working in the area of recreation. Please refer to CMHA NS website for greater details <http://novascotia.cmha.ca/>; <http://novascotia.cmha.ca/> ; <http://www.recreationns.ns.ca/mental-health-and-recreation/>

## **2. Ensuring Quality Services:**

### Mental Health Promotion – Injury Disease Prevention Education and Training Program

The past year has been an active year for our Mental Health Promotion Education – Injury Disease Prevention and Resiliency Social and Emotional Competencies Training Program. The 2016 fiscal year began with a review of existing training and education workshop and capacity development (master training for staff) to better meet the mental health education and training needs of schools,, workplaces and communities (Emotional and Social Competencies in the Workplace, Mental Health In the Workplace Training, Schools and Community Social and Emotional Learning, Listening to our Voices (First Nations Mental Health and Addictions Social and Emotional Skills development), Healthy Relationship Plus Program for Youth, Community Social and Peer Support Trainings (Art of Friendship and Art of Recovery), Community Psycho-social Wellness Training, Psychological First Aid Training, Skills for Psychological Recovery Training, Trauma Informed Care Training and Caring for Care Givers Training ).

The Division provided 17 mental health education sessions, 1- 2 hours in duration, to groups, agencies and organizations from Sydney to Yarmouth. Fourteen skills training sessions were also hosted (duration of training from half day to 2 days). Training provided skills in suicide prevention- safe community engagement training, social and emotional competency development, psychological health and safety in the workplace, Mental Health in the Workplace, Mental Health for All, school-based SEL, ASIST suicide prevention training, psychological first aid - stress and coping training and Caring for Care Providers training.

### Communities Addressing Suicide Together (CAST ) Program

The CMHA NS CAST Program's 2016-2017 year has been very eventful, with the creation of a new community suicide prevention resource HUB (CAN KITS), tailored education and training

opportunities for coalitions and community partner-stakeholder groups, and a strong focus on the resource development in support of Community- based CAST Coalitions throughout Nova Scotia.

As a community capacity leader in suicide prevention in the province, the CMHA NS CAST Program has been strengthening its role through consistent messaging, provision of greater access to best practices and evidence based resources and training support, and greater degree of community engagement. To achieve the goal of suicide safer Nova Scotia communities, the CMHA NS CAST Program took part in a broad range of activities in the 2016-2017 fiscal year, including: awareness events and resources, education & training opportunities, exploring best practice programs, CAST Coalition development & sustainability, research & evaluation, building partnerships and networks, developing policy and guidelines, and partner and coalition professional development training workshops.

Highlights of the CMHA NS CAST Program include the completion of provincial information gathering sessions (community and youth based) the launch of the CAN (Cast A Net) Campaign and the development and delivery of the Community Suicide Awareness educational session Training-for-Trainers (T4T) and Healthy Relationships Plus Program training for 40 people across the province.

Provincial Information Gathering Sessions were hosted in May 2016 and concluded in July 2016 (n=13); community members from across Nova Scotia gathered to discuss what was needed in their areas to prevent suicide. Additionally, between November 2016 and February 2016 we talked to approximately 109 youth-young adults between the ages of 15 and 29, about issues that impacted their health and well-being. Although we did our best to be inclusive of all Nova Scotia youth, the demographics heavily favour HRM and Halifax County (see Appendix A & B for greater details).

The CAN (Cast A Net) Campaign spanned the timeframe between World Suicide Prevention Day (September 10<sup>th</sup>, 2016) and International Survivors of Suicide Loss Day (November 19<sup>th</sup>, 2016). It included community awareness of suicide prevention, the development of a tool kit (CAN-Kit) and a CAN Video series hosts by select Nova Scotia Public Libraries (see CAST website for access to Can\_KITs <http://novascotia.cmha.ca/cast-program/>).

#### Socially & Emotionally Aware Kids (SEAK) Project

Similar to the other services program areas CMHA NS provides leadership support, the PHAC funded SEAK Phase III Project, in collaborative partnership with the Departments of Education and Health in Atlantic Canada had an extremely active and engaging year in support of Scaling Up Social and Emotional Learning in Atlantic Canada. This year we expanded the partnership with departments of education in the four Atlantic provinces (decision-makers with respect to programming) by engaging the directors/leads for curriculum as an advisory/working group to

- i. examine ways to embed SEL across the curriculum and school-wide in Atlantic Canada, including foundational documents and processes
- ii. examine components of and strategies to achieve a Hub for SEL in Atlantic Canada (a centralized place/structure to house data, link clients with each other and information, and share research, best practices, etc.)

assist in building sustainable connections to already existing entities to promote mental health, particularly the Council of Atlantic Ministers of Education & Training (CAMET) and the pan-Canadian Joint Consortium for School Health; as well

The project also partnered with Prince Edward Island (PE) in the horizontal scale-up through the support and selecting two primary-elementary schools to become part of the SEAK pilot of school-wide social and emotional learning (SEL) programming.

### Recreation for Mental Health

The Recreation for Mental Health Project, a collaborative leadership partnership between CMHA NS Division, Recreation Nova Scotia and Dalhousie University wrapped up its final year of project funding and develop and provide mental health education and applied skills training and resources for recreation support workers in Nova Scotia to better engage persons living with mental health issues in recreation. Please see Recreation for Mental Health website to view education and resources support created in the final year of the project. Please note the education and resources are all based on evidence collective during the first 2 years of the Mental Health Strategy funded project.

<http://www.recreationns.ns.ca/mental-health-and-recreation/>

### **3. Enhancing Organizational Health:**

Capacity Development in the form of free training provided to CMHA Branches, community and government stakeholder and partners was the key activity in support of this core strategic area during the 2016-2017 fiscal year.

CMHA NS Division provided training to community coalitions and interested stakeholders in Community Suicide Awareness Training. Seven community-based suicide prevention coalition members and six community stakeholder agencies were trained to deliver the training in their communities.

In March 2017, 40 individuals were provided free evidence based Healthy Relationships Plus Training developed, piloted and evaluated by Western University. Participant who received the training spanned a broad range of organizations and agencies; such as, CMHA Branches, Women's Resource Centre, YMCA, LAING House, Healthy Minds Cooperative, Family and Child Services Support Workers, Schools Plus Facilitators, teachers, Church Youth Leaders, Community Suicide Prevention Navigators, NDHA Health Promotion staff, child care providers, social workers and interested community volunteers.