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Mental Health Promotion in Canada: Supporting the Workforce

2024 Annual Health Promotion Conference

Implementing a Systems Approach to Mental Health Promotion: From Policy to Practice

Galway University, Ireland

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Health Promotion and Chronic Disease Prevention Branch

Mental Health Promotion Workforce

Who are they?



What we are hearing from new FPT structures

- ***Working Group on Supporting Mental Well-being with a focus on children and youth:***
 - Scan of Mental Health Promotion and Prevention Promising Interventions targeting Children and Youth, and their Families – survey collected from January 2024 to March 2024

Lessons Learned, Barriers, and Opportunities – What we heard

	Lessons Learned	Barriers	Opportunities
 <p>Promoting Protective Factors</p>	<ul style="list-style-type: none"> Requires flexibility and the ability to adapt to a range of circumstances. 	<ul style="list-style-type: none"> Implementation delays due to recruitment and retention issues, reported funding limitations. Staff turnover 	<ul style="list-style-type: none"> Sharing key learnings (e.g., importance of strong knowledge broker / translation skillset among staff) Resources sharing
 <p>Reducing Risk Factors</p>	<ul style="list-style-type: none"> Partnering with Indigenous providers and listening to them on their approaches to suicide prevention. Importance of safe spaces for youth to feel comfortable to talk about issues. 	<ul style="list-style-type: none"> Challenge in securing school approval for the topic in rural sites High program demand and limited resources. 	<ul style="list-style-type: none"> Opportunities to promote connections among youth, Elders, and other supports on the land. Social media advertising as an asset to increase the reach and accessibility of the interventions, as well as garnering attention and raising awareness.

Supporting the MHP workforce - Data Tools

<https://health-infobase.canada.ca/health-inequalities/>

<https://health-infobase.canada.ca/positive-mental-health/>

Pan-Canadian Health Inequalities Reporting Initiative

Health Inequalities Data Tool



Health Inequalities Data Tool overview

The **Health Inequalities Data Tool** contains data on indicators of health status and health determinants, stratified by a range of social and economic characteristics (i.e., social stratifiers) meaningful to health equity.

To access the Data Tool:
<https://health-infobase.canada.ca/health-inequalities/>

On this web-based tool, you can:

- Display data
- Print data
- Download data

The Health Inequalities Data Tool:

-  Informs surveillance and research activities, as well as program and policy decisions to more effectively reduce health inequalities in Canada;
-  Identifies where inequalities in health outcomes and determinants exist between subgroups of Canadians at the national and provincial/territorial level, and the magnitude of these inequalities;
-  Provides baseline data for ongoing monitoring of progress in reducing health inequalities in Canada.

Indicators and Stratifiers

The Data Tool has over **175 indicators** of health outcomes and health determinants, grouped within 14 domains, listed below:

Health Outcome Indicators	Health Determinants Indicators	
Mortality and Life Expectancy	Health Behaviours	Social Inequities
Morbidity	Physical and Social Environment	Early Childhood Development
Mental Illness and Suicide	Working Conditions	Socioeconomic Conditions
Self-Assessed Physical and Mental Health	Health Care	Interaction with Justice System
Disease/Health Condition	Social Protection	

The indicators may be viewed/stratified/organized by **life course stage**:

- General Population
- Adults
- Infants, Children, Youth & Young Adults
- Older Adults

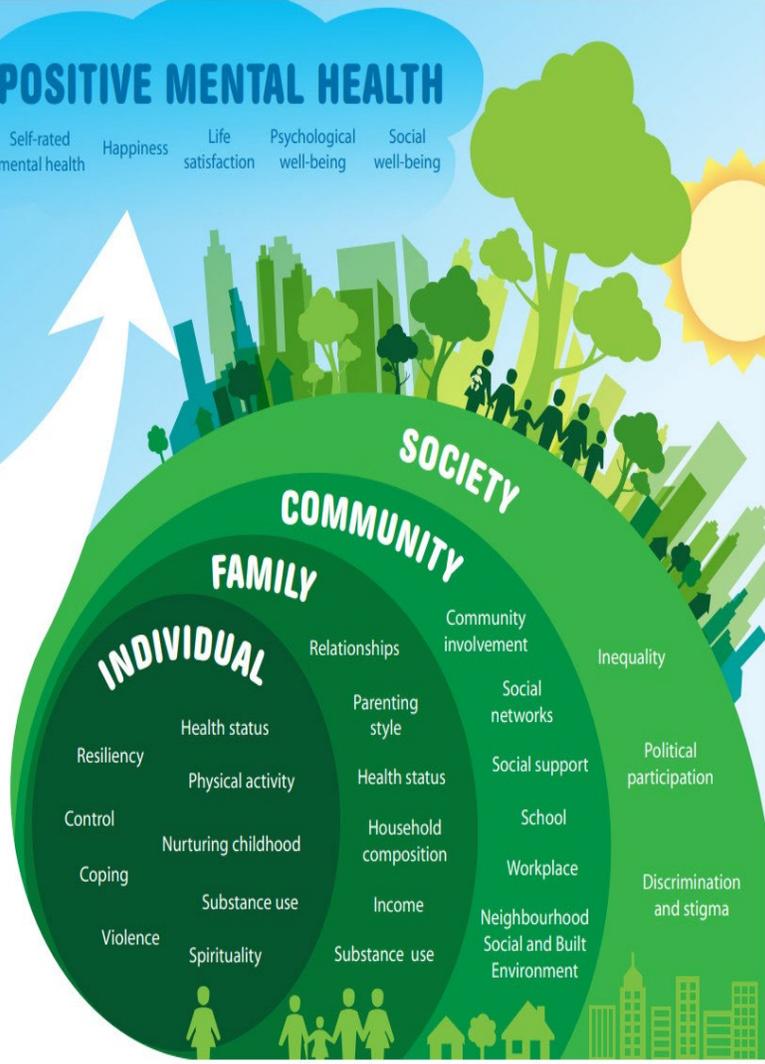
Where available, these indicators are stratified by a range of socio-demographic and economic population groups, including

Socioeconomic Status	Indigenous Peoples	Place of Residence	Socio-demographic Groups
Income	First Nations	Rural/urban	Age
Education	Métis	Remoteness index	Immigrant status
Employment	Inuit	Population centre	Sexual orientation
Occupation			Functional health
Material and social deprivation			Cultural/racial background
Canadian Index of Multiple Deprivation			Living arrangement
Household ownership			First official language spoken

These factors are also tabulated by **sex/gender** and by **national and provincial/territorial level**.

POSITIVE MENTAL HEALTH

Self-rated mental health Happiness Life satisfaction Psychological well-being Social well-being



INDIVIDUAL

- Resiliency
- Control
- Coping
- Violence
- Health status
- Physical activity
- Nurturing childhood
- Substance use
- Spirituality

FAMILY

- Parenting style
- Health status
- Household composition
- Income
- Substance use

COMMUNITY

- Relationships
- Community involvement
- Social networks
- Social support
- School
- Workplace
- Neighbourhood Social and Built Environment

SOCIETY

- Inequality
- Political participation
- Discrimination and stigma

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Promoting Knowledge development and sharing

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ADVANCING MENTAL HEALTH PROMOTION IN CANADA



Who we are

The KDE Hub is a government-funded, university-based organization that aims to help mental health promotion flourish in Canada.



What we do

Support connections and learning for improving mental health promotion in Canada



Who we serve

Projects funded by federal mental health promotion programs and others with shared interests

<https://kdehub.ca/>

The Future – Creating a workforce for system transformation

On the horizon

- Core skills development
- Managing change
- Implementation evaluation
- Leadership skills
- Mental wellness support
- Mentorship



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Thank-you

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