Mental Health Promotion & Substance Use Prevention: Resilience & Youth Engagement Strategies

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Objectives

• Overview of mental health and substance use interventions from a health promotion perspectives

• Review of mental health, resilience & youth engagement concepts with implications for best practice when working with youth populations

• Review resources available when working with youth populations
• 1/3 of students meet the criteria for moderate psychological distress during the past month (representing about 328,600 Ontario students).

• Approximately 14.2% meet the criteria for serious psychological distress (representing about 137,000 Ontario students).

(Boak, Hamilton, Adlaf, Henderson, & Mann, 2016)
Ontario students grade 7-12:

- 45.8% reported drinking alcohol in the past year
- 34.8% report use of high energy caffeinated drinks
- 21.3% reported using cannabis in the past year
- 11.7 reported use of e-cigarettes

(Boak, Hamilton, Adlaf, & Mann, 2015)
• Complex relationship

• Early detection and intervention key to lessen progression & severity

(Paglia, & Room, 1999; Boak, Hamilton, Adlaf, & Mann, 2015)
Concept Overview: Mental Health

(Keyes, 2002)
Social Determinants, Risk & Protective Factors

Social Determinants of Mental Health

• Social Inclusion
• Economic Participation
• Freedom from Discrimination & Violence

(WHO, 2012; CAMH, 2014)
Implications of Mental Health Promotion: Focus on Resilience

- Ability to manage or cope with significant adversity or stress in ways that are not only protective, but may result in an increased ability to respond to future adversity.

- Mental health promotion emphasizes two key concepts: sense of personal control and resilience.

(Ontario Ministry of Health and Long Term Care, 2011; Barankin & Khanlou, 2007; WHO, 2012)
Implications of Mental Health Promotion: Resilience

- Understanding the risk and protective factors in a young person's environment

- How risk and factors influence one's ability to overcome adversity---resilience!

(Barankin & Khanlou, 2007; CAMH, 2014)
Resilience: Spheres of Focus

- Social skills
- Self-control and emotional awareness
- Academic skills
- Peer relations
- Cognitive and social development
- Problem-solving skills
- Self-esteem

(CAMH, 2014)
Implications of Mental Health Promotion: Focus on Youth Engagement

- Youth voice help shape future directions
- Encouraging youth are an integral part of the work of organizations and communities
- Meaningfully engaging youth in decisions that affect them, their peers and their communities
Implications of Mental Health Promotion: Focus on Youth Engagement

Hart’s Ladder

8) Youth-initiated, shared decisions with adults
7) Youth-initiated and directed
6) Adult-initiated, shared decisions with youth
5) Consulted and informed
4) Assigned but informed
3) Tokenism
2) Decoration
1) Manipulation

Healthy Schools

Healthy children make better learners and better educated children are healthier

A healthy school involves a holistic approach where school administration, teachers, parents, students and community agencies work together to create an environment that will have a positive impact on a child's health and learning.

Toronto Public Health's team of health professionals work to service school communities to create Healthy Schools. We use the Healthy Schools approach which is based on the Ontario Ministry of Education's Foundations for a Healthy School.

Highlights

inTOkidshealth E-news
HSSMP: Youth Leadership Initiative

1. Recruit Youth
2. Establish team of peer leaders
3. Identify issues relevant to school community
4. Develop action plan to influence others in their school or community
5. Implement the plan
6. Evaluate and celebrate successes
7. Youth Engagement Process
• Is an internationally recognized school health promotion framework.

• Uses a planned and coordinated process to improve both educational and school health outcomes.

(Ontario Ministry of Education, 2014)
Program Examples: Youth Portal

- Youth Health Action Network
- Investment in Youth Engagement
- Youth T.O
Resources

• Toronto Public Health (www.Toronto.ca/health)

• Promoting a Common Language: Animated Short https://www.youtube.com/watch?v=KIswi_4yRaE


