Overview of the Growing Together Toolkit

Public Agency of Canada in collaboration with the BC Council for Families
Thursday March 23, 2017
1:00-2:30 pm EST
Housekeeping

Teleconference – ALL AUDIO IS BY PHONE
• If your line is ‘bad’ – hang up and call back in
• Participant lines are muted
• Type any comments/questions for the facilitator or presenter in the chat section
• Information is presented in English with simultaneous interpretation in French

Dial in Information:
ENGLISH LINE: 1-877-413-4781 Conference ID: 6430940#
FRENCH LINE: 1-877-413-4785 Conference ID: 3866754#*
*please note the change to the French Dial In information

For assistance: catharine.ann.ryan@phac-aspc.gc.ca
What province/territory are you from?

- BC
- AB
- SK
- MB
- ON
- QC
- NB
- NS
- PEI
- NL
- YK
- NWT
- NU
- Other
Who is joining in?

What sector are you from?
- √ Public Health
- √ Education
- √ Research
- √ Govt/Ministry
- √ Health practitioner
- √ NGO
- √ Community Leader
- √ Other?
Welcome

nobody’s perfect™
Presenter

Dr. Lenora Marcellus
Associate Professor
School of Nursing
University of Victoria
GROWING TOGETHER
Supporting the mental health and wellness of young children, mothers, and their families

Introduction to the Resource
March 2017
A collaborative project

Funding provided by the Province of British Columbia as part of the implementation of Healthy Minds, Healthy People – A Ten Year Plan to Address mental Health and Substance Use in BC (2010)
The project team

Partners from:

- **BC Government:**
  - Ministry of Health
  - Ministry of Children and Family Development
  - Ministry of Education

- **BC Health authorities:**
  - Public health
  - Reproductive mental health programs
  - Infant Development Programs

- **Community support:**
  - CPNP and CAPC programs, shout out to Frog Hollow and Lea Laberge
  - BC Council for Families
  - BC Healthy Child Alliance
The context for this project – Why and how did we develop this toolkit?

Environmental scan (on website):

- Global
- National
- Provincial
- Mother’s Mental Health Toolkit (IWK and PHAC)
A simultaneous project...

“Journey to Perinatal Well-Being”

- Development of an online course and suite of practice support resources for public health nurses and other health and social service providers who work with perinatal women and families

- Collaborative project with: BC Ministry of Health, BC Reproductive Mental Health Program, PHSA, BC Council for Families, Pacific Post Partum Support Services Society, all health authorities.

- 4 course modules:
  - Education and prevention
  - Screening and assessment
  - Treatment and self-management
  - Coping and support

- Includes practice support tools: quick references guide, summary of key messages, advanced group learning sessions, additional resources
Up to 70 per cent of mental health problems and illnesses begin in childhood or adolescence.

An estimated 1.2 million Canadian children and youth are affected by mental illness. Less than 20% will receive appropriate treatment.

The lifetime cost of childhood mental health disorders is estimated to be approximately $200 billion in Canada.
The links between mental health problems and maternal health are a major cause for concern because they directly or indirectly increase maternal morbidity and mortality.

Attention to mental health problems of pregnant women and mothers and integration of mental health care into existing mental health programmes and activities contributes to the *Millennial Development Goal* of improving maternal health.
The first mental health strategy for Canada (2012)

- Developed by Mental Health Commission of Canada
- Builds on 2009 mental health framework

“All people living in Canada have the opportunity to achieve the best possible mental health and well-being”

Vision statement, Toward Recovery and Well Being
6 Strategic Directions

1. Promote mental health **across the lifespan** in homes, schools, and workplaces, and prevent mental illness and suicide wherever possible

2. Foster recovery and well-being for people **of all ages** living with mental health problems and illnesses, and uphold their rights

3. Provide access to the right combination of services, treatments and supports, when and where people need them

4. Reduce disparities in risk factors and access to mental health services, and strengthen the response to the needs of diverse communities and Northerners

5. Work with First Nations, Inuit, and Metis to address their mental health needs, acknowledging their distinct circumstances, rights and cultures

6. Mobilize leadership, improve knowledge, and foster collaboration at all levels
Mental Health, Mental Illness, Recovery, and Well-Being

- Mental health is different from the absence of mental illness, and is integral to our overall health.

- Mental health is a state of well-being in which the individual realizes his or her own potential, can cope with the normal stresses of life, can work productively, and fruitfully, and is able to make a contribution to her or his own community.

- The concept of recovery is built on the principles of hope, empowerment, self-determination and responsibility.

- In a recovery-oriented system, people who experience mental health problems and illnesses are treated with dignity and respect.

- With infants and children, the focus is on becoming resilient and attaining the best mental health possible as they develop.
Healthy Minds, Healthy People

A Ten-Year Plan to Address Mental Health and Substance Use in British Columbia
Priorities for BC

1. Promote mental health in early childhood and throughout life
2. Reduce harms associated with substance use
3. Reduce stigma and discrimination
4. Inform the health system and educate the public

“Given that early child development lays the foundation for health and wellness, it is increasingly evident that children must be at the center of a public mental health strategy.”

Intervention Approaches Across Specific Population Groups

Service Intensity

High

Low

Number of People

High

Low

Mental Health Promotion Strategies

Targeted Prevention and Risk/Harm Reduction Strategies

Therapeutic Intervention (Increasing levels of intensity)

- All British Columbians
- People vulnerable to mental health and/or substance use problems
- People with mild to moderate mental health and/or substance use problems
- People with severe and complex mental disorders and/or substance dependence
Progress on the plan ..(2012 progress report)

- Healthy Start – routine prenatal services and enhanced services for families in greater need

- BC Healthy Connections project – Nurse Family Partnership RCT
BC’s framework (2006) for addressing perinatal depression

- Without treatment, perinatal depression affects all aspects of a woman’s health and that of her baby.

- With the right strategy and a coordinated approach it can be detected early and effectively treated.

- Framework for action includes 4 pillars:
  - Education and prevention
  - Screening and diagnosis
  - Treatment and self-management
  - Coping and support networks
Healthy development occurs in the context of a relationship.

Experiences shapes brain architecture.

Cognitive, emotional and social development are connected.

Toxic stress damages developing brains.

The ability to change brains and behavior changes over time.
As many as 1 in 5 women in BC will experience a mental health disorder during the perinatal period (pregnancy up to 1 year postpartum).

Although mental illness is serious, with the right strategy and a coordinated approach, it can be detected early and effectively treated.
Mother’s Mental Health Toolkit (2012)
IWK Reproductive Mental Health

- Developed as a community-driven resource with Canada Prenatal Nutrition Programs (CPNP) and Community Action Program for Children (CAPC) settings specifically in mind

- [http://www.iwk.nshealth.ca/mmh](http://www.iwk.nshealth.ca/mmh)
A woman is at the highest risk in her lifetime of developing a new mental illness in the first year after a baby is born.

At least 15% of new mothers experience significant postpartum mood disorders and many more report important difficulties in coping and adjusting.

60 to 70% of women with a serious postpartum mood disorder have no previous history to alert them.

50% of women with a postpartum mood disorder never seek treatment.

Without treatment and support, 30% will remain chronically affected and symptomatic, limited in their capacity to mother, to work, and to engage in their community.
A mother’s mental health…

- Enhances her capacity to promote healthy practices emotionally and physically for her children
- Creates stability of self and emotional regulation for young children
- Supports strong parent-child attachment critical to behavioral regulation, self-worth and resiliency in children
Key Concepts Related to Infant Mental Health
Infant mental health

(Key sources: Zero to Three, Center on the Developing Child at Harvard University)

- The healthy social and emotional development of a child from birth to three years
- An ability to form satisfying relationships with others, to play, communicate, learn, and experience the full spectrum of human emotions
- Is about more than the infant: is also about the relationship of the parent with their child
"The brain matters"
(Bruce Perry)

“For each of us, our brain is a reflection of our experiences. Our brain is an environmental organ – it reflects our environment”
Three key actions for healthy social and emotional development

Consistent and sensitive caregiving

Repair

Serve and return
Building resilience

Risk Processes
- Social challenges
- Health conditions of mother and child

Protective Processes
- Parent-child attachment
- Cognition (thinking skills)
- Self-regulation (emotional response)
“Pile up”

**Infant and child** vulnerabilities such as sensitive temperaments, prematurity, congenital problems, neurodevelopmental or genetic disorders, prenatal exposure to alcohol or other drugs (this may include prescription drugs)

**Parent** vulnerabilities such as mental illness, problematic substance use, low cognitive ability, a history of unresolved trauma, or a limited understanding of children’s development

**Accumulation and interaction of multiple risk factors**

**Relationship** issues such as a mismatch between infant and parent temperaments, family parenting practices or challenges, or attachment/bonding problems

**Environmental or contextual issues** (adverse life circumstances) such as poverty, insecure housing, social isolation, lack of family/social supports, relationship conflict, family violence, culture and acculturation factors
What is in this toolkit?

- Workbook
  - Information for service providers
  - Worksheets for parents
  - Additional resources
- Environmental scan of existing resources
- Poster
- Webcast
The impact of stress

- **Positive**: Brief increases in heart rate, mild elevations in stress hormone levels.
- **Tolerable**: Serious, temporary stress responses, buffered by supportive relationships.
- **Toxic**: Prolonged activation of stress response systems in the absence of protective relationships.

Our approach to developing this toolkit

- Resource for community service providers who work with mothers and their young children and families
- Complement existing resources
- Evidence informed
- Cross pollinated representation across different organizations, disciplines, and focuses.
- Encourages providers to look at *whole family*
How to use this resource

- Background information for providers on key concepts related to infant mental health
- Worksheets for use individually or in groups
- Additional references and web links for further information
Key ways to support families in our programs

- Helping women and their families feel comfortable talking about mental health and substance use
- Providing information on developmental milestones, including social and emotional development
- Creating culturally appropriate environments
Parenting in the early years: Strategies for mothers with mental health and substance use challenges

7 “everyday opportunities”:

- Feeding
- Sleep and rest
- Activity and play
- Routines and transitions
- Touch
- Communication
- Supports and resources
Sleep and Rest
Routines and Transitions
Feeding
Activity and Play
Touch
Communication
Supports and Resources
Question and Answer

Over to you…
Solutions for the families you work with

Visit our website to find resources and information on trainings.
www.bccf.ca