

No More ‘Us’ and ‘Them’: Integrating Recovery and Well-Being into a Conceptual Model for Mental Health Policy

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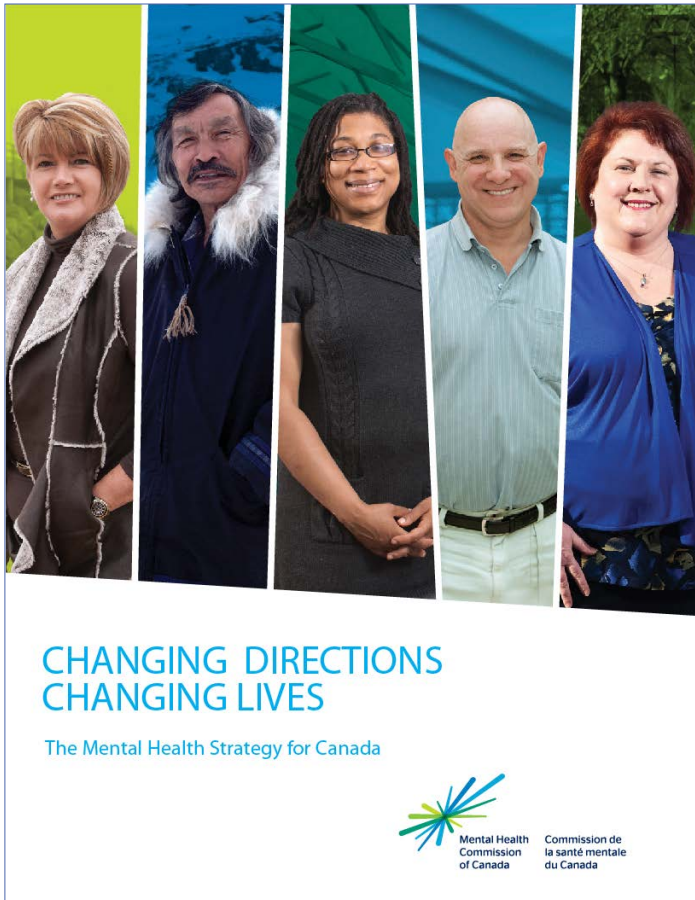
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Sparkling Solutions, April 26 2016

Overview

- ▶ No more 'us' and 'them': The *Mental Health Strategy for Canada*
- ▶ National consultations: Competing concepts, shared principles
- ▶ Do ideas matter?
- ▶ Integrated conceptual model
- ▶ Integrated policy in practice

At the core we are all the same - there
is no 'us' and 'them'



- ▶ *Changing Directions, Changing Lives* released by the Mental Health Commission of Canada in 2012
- ▶ Developed with input from:
 - ▶ reviews of literature,
 - ▶ experiences of other countries,
 - ▶ consultations with thousands of Canadians and governments across the country
- ▶ Calls for a paradigm shift in thinking about mental health and mental illness

Competing concepts?

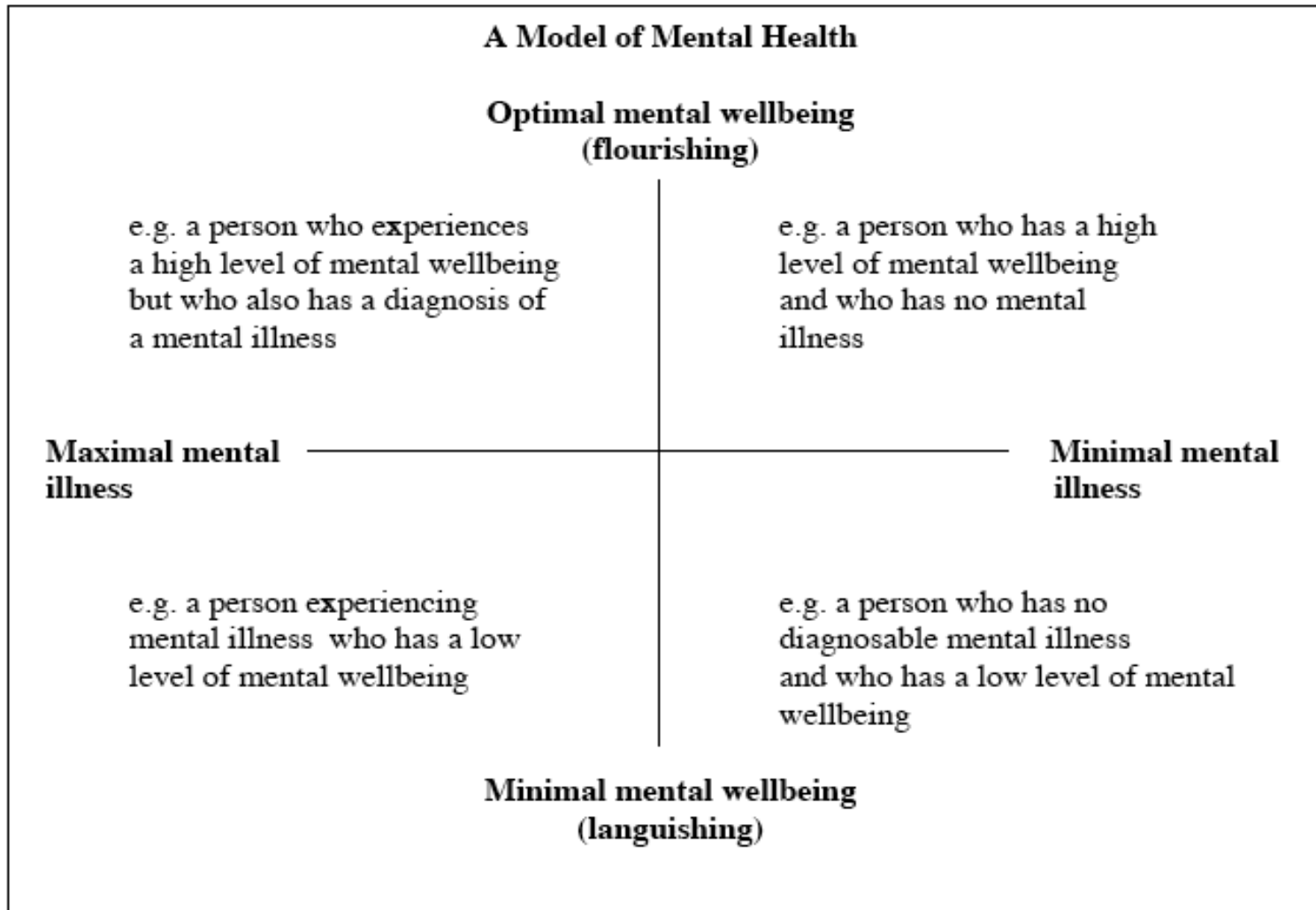
- ▶ During the consultation we heard competition among various stakeholders to have their voices heard in the *Strategy*.
- ▶ This appeared as competition among concepts, for example:
 - ▶ RECOVERY of a meaningful life for people living with mental health problems and illnesses
 - ▶ WELL-BEING AND POSITIVE MENTAL HEALTH for all



But similar definitions and principles...

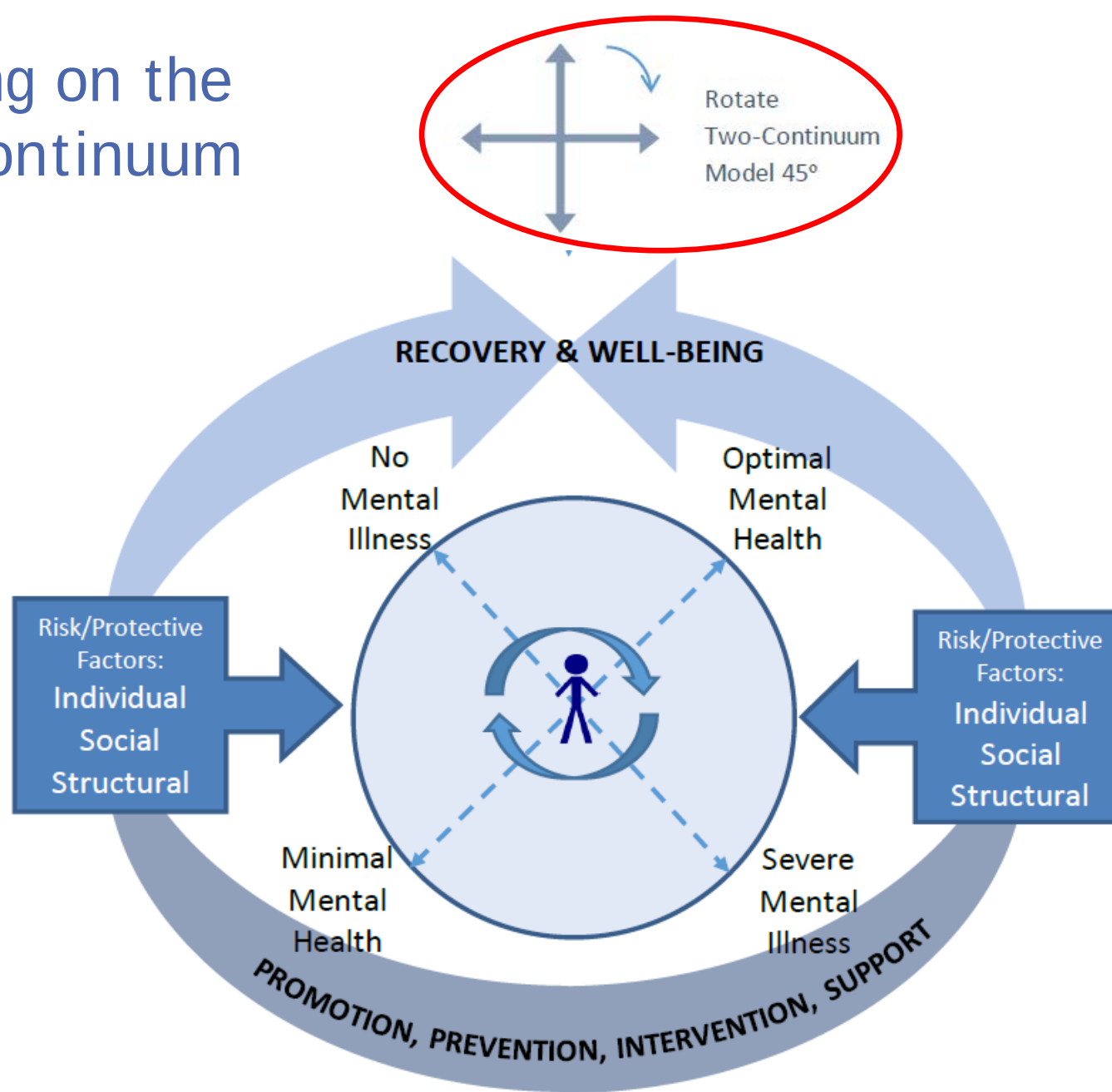
- ▶ **RECOVERY:** Living a satisfying, hopeful, and contributing life in community, even when there are on-going limitations caused by mental health problems and illnesses. (MHCC 2012)
- ▶ **POSITIVE MENTAL HEALTH:** Mental health is a state of well-being in which every individual realizes his or her 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 community (WHO 2004)
- ▶ **MENTAL HEALTH PROMOTION:** Aims to promote positive mental health by increasing psychological well-being, competence, and resilience, and by creating supportive living conditions and environments. (Saxena, Jané-Llopis & Hosman, 2006)

Two-Continuum Model: A Foundation

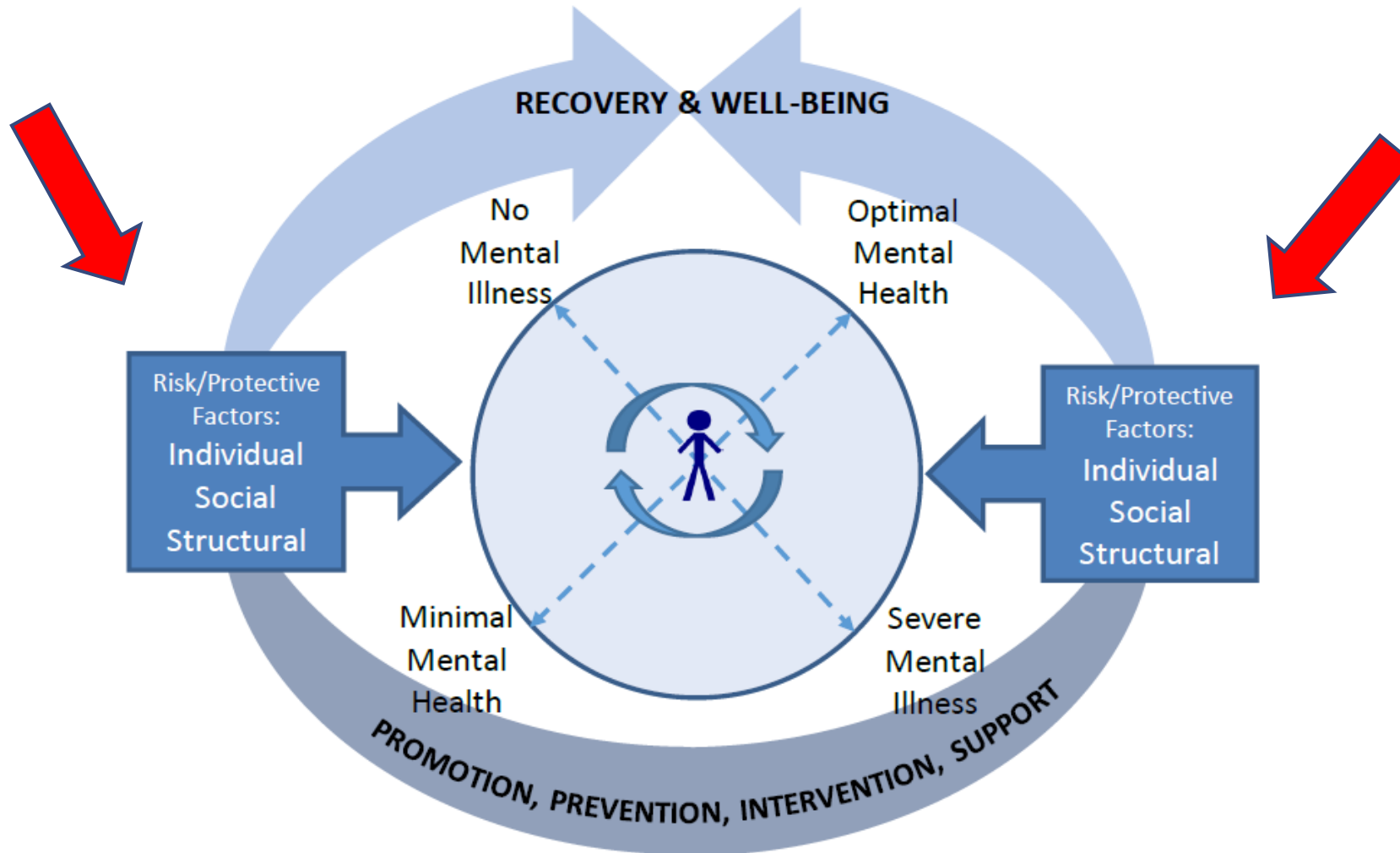


Scottish Government, 2007

Building on the Two-Continuum Model



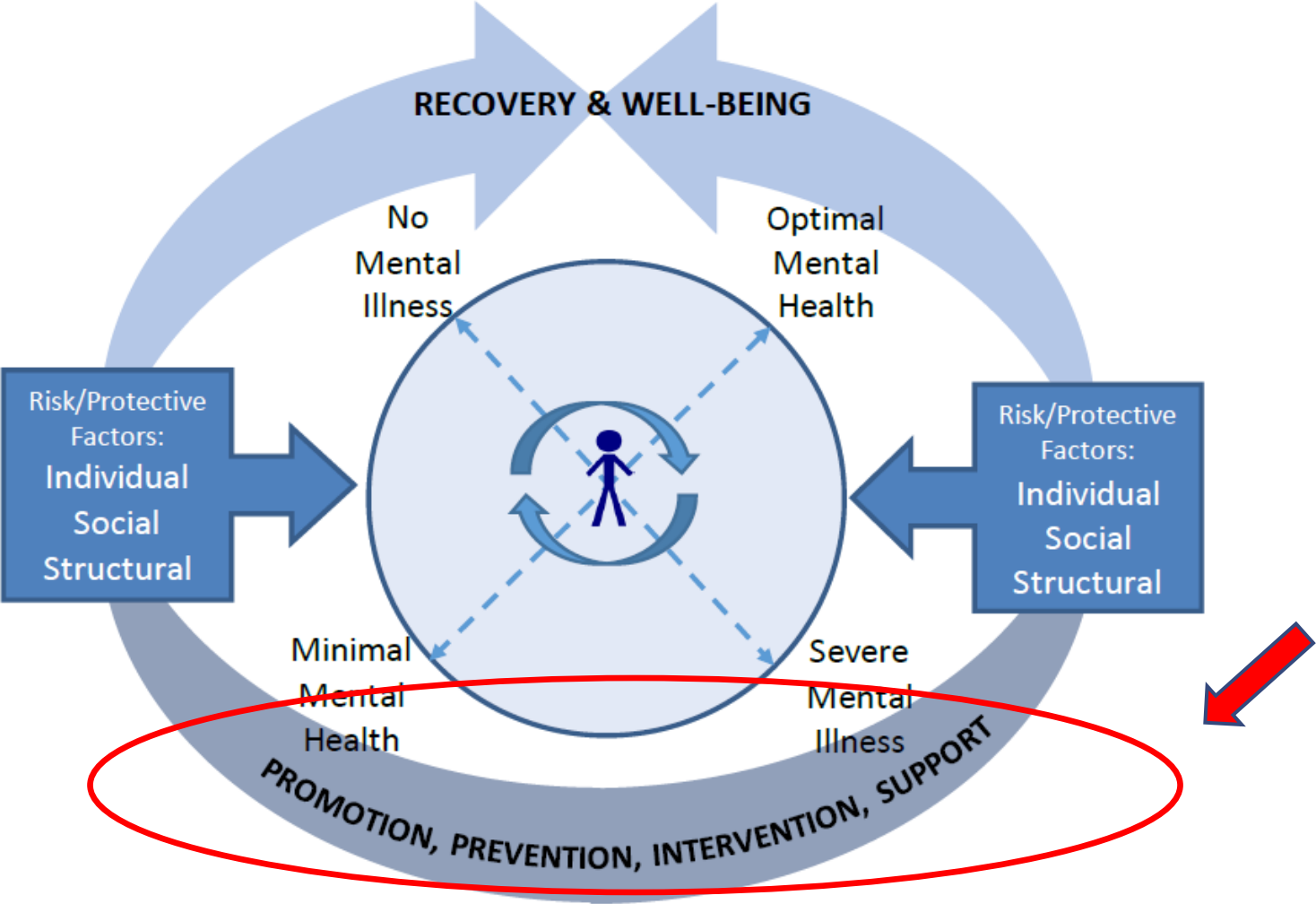
Integrating Risk, Protective Factors, and Social Determinants of Health



Integrating Shared Principles and Objectives



Integrating Policy Resources



Integrated policy in practice

- ▶ SOCIAL DETERMINANTS OF HEALTH: housing, education, income and work
- ▶ RAISING AWARENESS: information campaigns, mental health literacy
- ▶ PROFESSIONAL TRAINING AND DEVELOPMENT: for new and current providers
- ▶ DATA AND INDICATORS that support the full model

More integrated policy in practice

- ▶ RE-ORIENT FUNDING: across the full range of promotion, prevention, intervention and support
- ▶ HEALTH AND SOCIAL SERVICE DELIVERY: improve well-being on a par with symptoms, and extend this to both mental and physical illness
- ▶ LIFESPAN: Integrated approaches in maternal-child health, ECE, schools, workplaces, and long-term care

Conclusion



- ▶ Ideas can be a key lever in mental health system transformation
- ▶ The integrated model eliminates the conceptual distinctions that separate people living with mental health problems from the rest of the population
- ▶ Integrated policy is needed on the individual, social, and structural factors that promote or hinder both recovery and well-being
- ▶ What do you think? How can integrated policy approaches help to bring an end to 'us-and-them' thinking?

THANK YOU!

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See full paper for more details:

Mulvale, G & Bartram, M (2015). No more 'us' and 'them': Integrating recovery and well-being into a conceptual model for mental health policy. *Canadian Journal of Community Mental Health*, 34(4), 31-67.