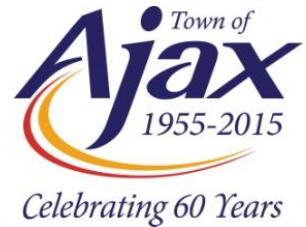


The Corporation of the Town of Ajax
COUNCIL



Monday November 23, 2015 at 7:00 p.m.
Council Chambers, Town Hall
65 Harwood Avenue South

PRESENTATIONS

*Alternative formats available upon request by contacting:
accessibility@ajax.ca or 905-619-2529 ext. 3347*

Anything in **blue** denotes an attachment/link. By clicking the links on the agenda page, you can jump directly to that section of the agenda. To manoeuvre back to the agenda page use the **Ctrl + Home** keys simultaneously.

1. Delegation and Presentations / Public Hearings

4.2 Mental Health

- ~ Mary June Peacock, Public Health Nurse
- ~ Sabrina Pirmohamed, Public Health Nurse

Mental Health Promotion Across the Lifespan in Durham Region

Durham Region Health Department

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Mental Health

“A state of well-being in which an 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.”



Mental Illness

- Mental illness refers collectively to all diagnosable mental disorders
- A mental disorder is a health condition characterized by an alteration in thinking, mood or behaviour associated with distress and/or impaired functioning (e.g. anxiety, depression, schizophrenia and bipolar)

By 2020, depression will constitute the second largest cause of disease burden worldwide (after heart disease).

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Mental Illness



- 1 in 5 Canadians will experience a mental illness or addiction each year
- 4 out of 5 won't, but this doesn't mean they are doing well mentally

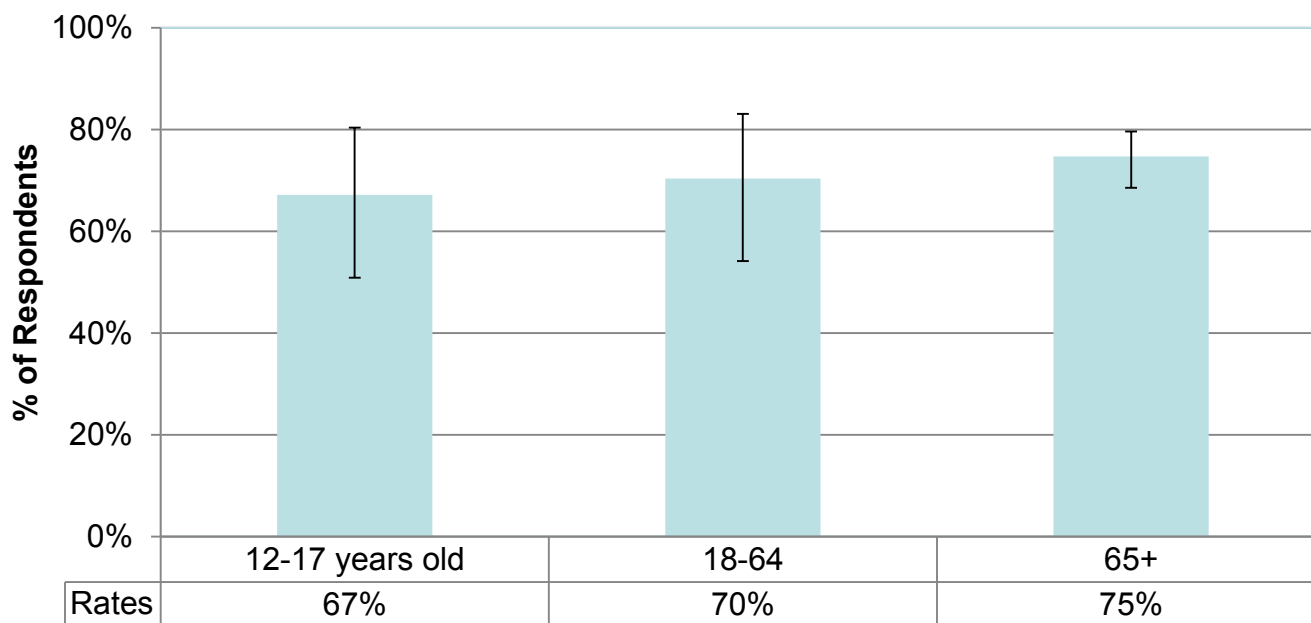
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Mental Health

In Durham Region:

Self Rated Mental Health as Excellent/ Very Good by Age, Durham Region, 2013/2014 CCHS



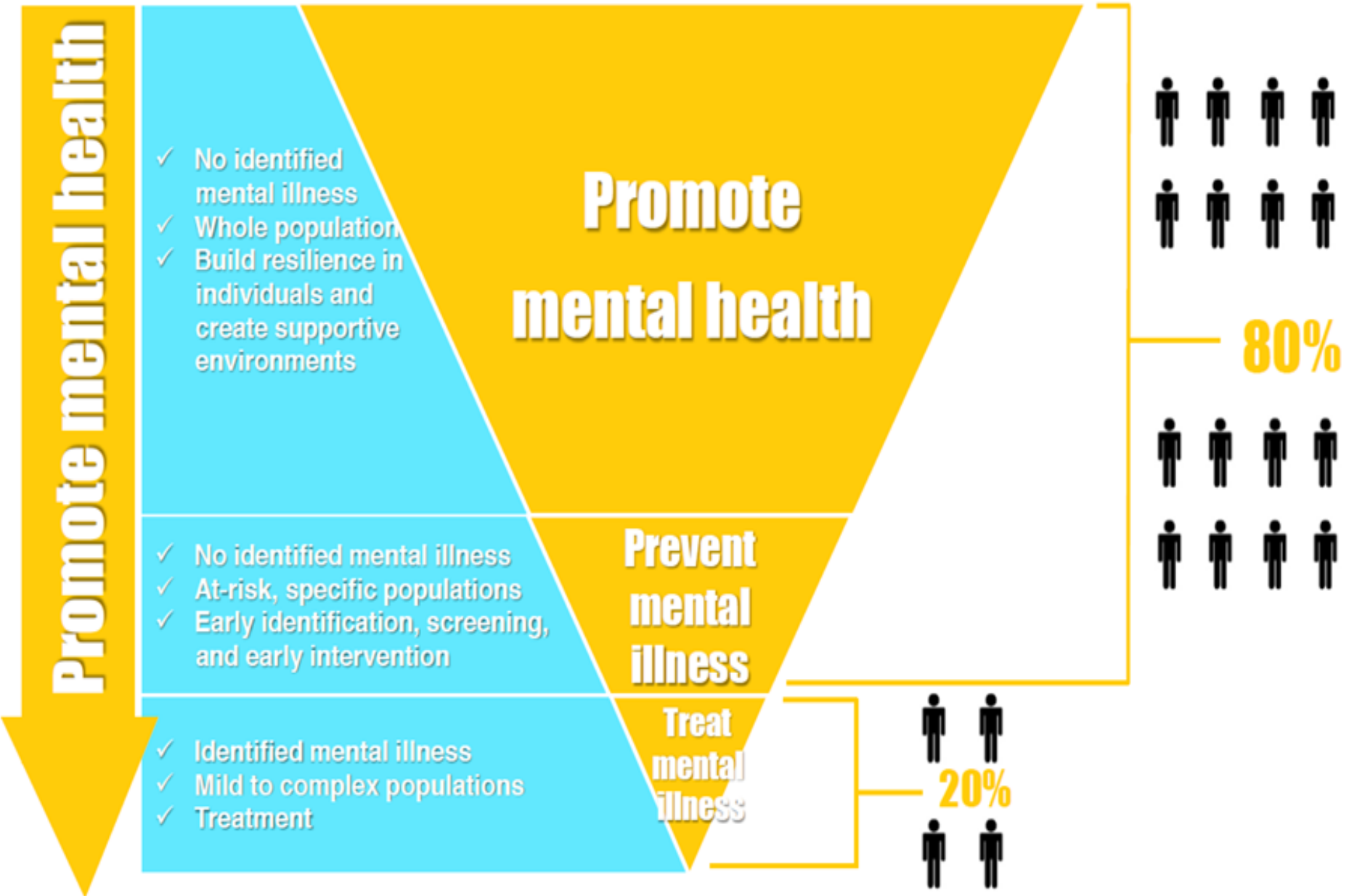
Mental Health

In the Town of Ajax:

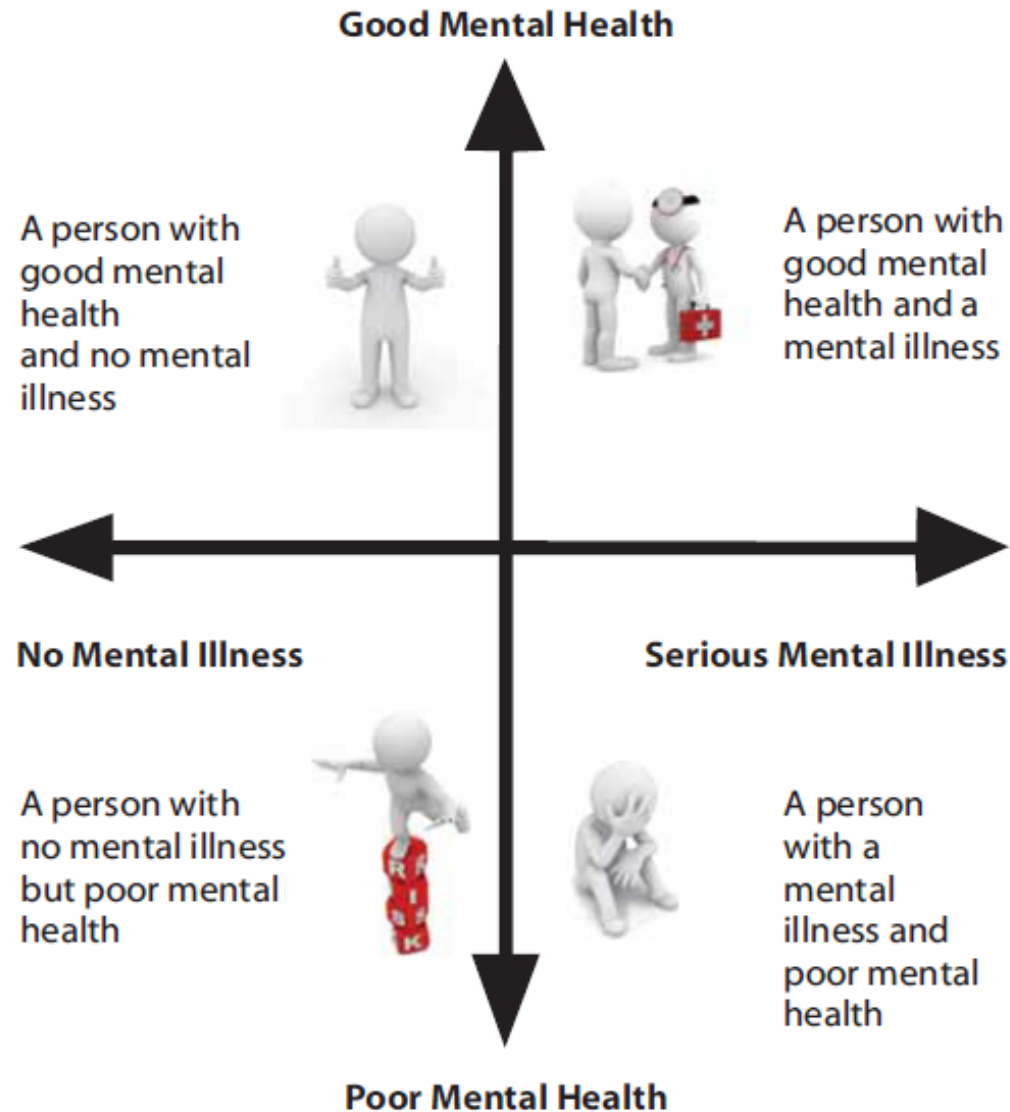
68% of residents 12 years or older, self-reported their own mental health status as very good or excellent.



A Population Mental Health Approach



Mental Health Continuum



Protective Factors



Risk Factors



Mental Health for Everyone

There are small steps that everyone can take each day to improve their mental health.

- Eating a healthy diet
- Being active
- Getting enough sleep
- Offering to help to someone else (volunteering)
- Getting involved in community programs
- Reviewing what matters to you (spirituality)
- Managing work stress
- Building and enjoying healthy relationships

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Prenatal and 0-6 Years of Age

Key Health Department Mental Health Programs/Services

Home Visits

Perinatal Mood Disorder Prevention & Support

Prenatal and Postpartum Parenting Support

Daycare and Preschool Support

School Age Children and Youth

Key Health Department Mental Health Programs/Services

School Based Programs

Healthy Coping Support

Sexual Health Support

Youth Suicide Prevention

Substance Misuse Prevention

Adults

Key Health Department Mental Health Programs/Services

Mental Health Promotion

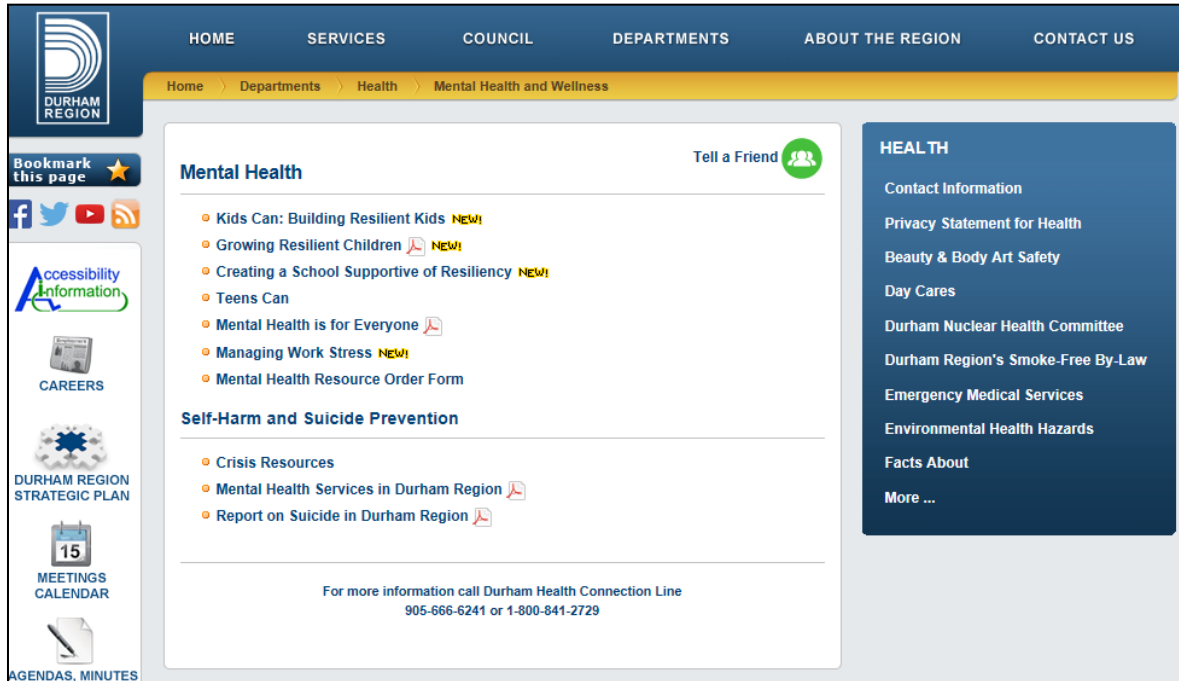

Workplace Mental Health Promotion

Healthy Coping Support

Substance Misuse Prevention

Health Department Resources

www.durham.ca/mentalhealth



The screenshot shows the website's navigation bar with links: HOME, SERVICES, COUNCIL, DEPARTMENTS, ABOUT THE REGION, and CONTACT US. Below the navigation bar is a breadcrumb trail: Home > Departments > Health > Mental Health and Wellness. The main content area is titled "Mental Health" and includes a "Tell a Friend" button. It lists several resources with "New!" tags: Kids Can: Building Resilient Kids, Growing Resilient Children, Creating a School Supportive of Resiliency, Teens Can, Mental Health is for Everyone, Managing Work Stress, and Mental Health Resource Order Form. Below this is a section for "Self-Harm and Suicide Prevention" with links to Crisis Resources, Mental Health Services in Durham Region, and Report on Suicide in Durham Region. A footer note provides the Durham Health Connection Line number: 905-666-6241 or 1-800-841-2729. The left sidebar contains links to "Bookmark this page", social media icons, "Accessibility Information", "CAREERS", "DURHAM REGION STRATEGIC PLAN", "MEETINGS CALENDAR", and "AGENDAS, MINUTES". The right sidebar lists "HEALTH" resources: Contact Information, Privacy Statement for Health, Beauty & Body Art Safety, Day Cares, Durham Nuclear Health Committee, Durham Region's Smoke-Free By-Law, Emergency Medical Services, Environmental Health Hazards, Facts About, and More ...

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Health Department Resources



Mental Health is for Everyone



Promoting Mental Health In Adults

Bouncing Back

Managing work stress

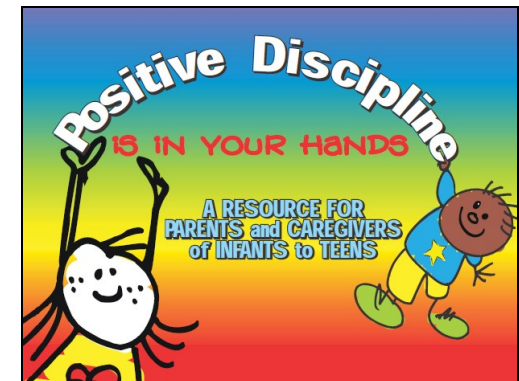
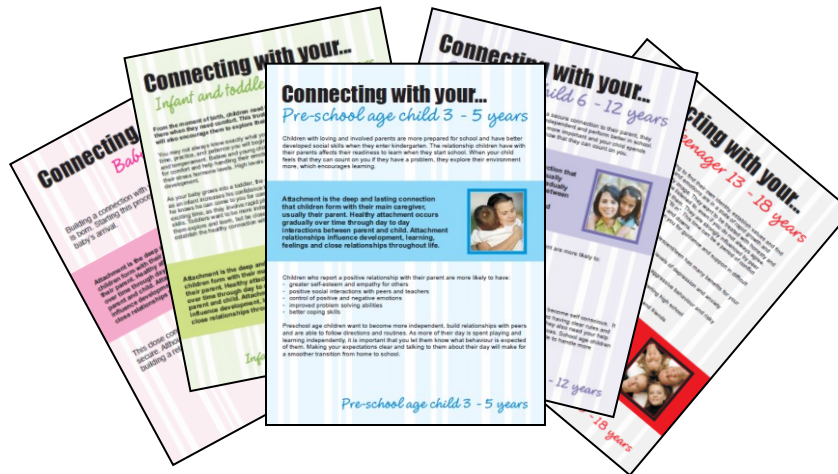
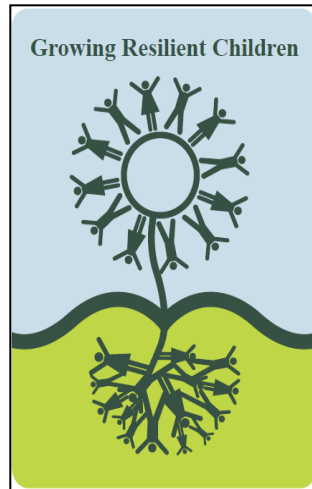


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HEALTH
DEPARTMENT

Health Department Resources




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HEALTH
DEPARTMENT

Health Department Resources





Growing a Resilient School

What is Resiliency?

Positive mental health is more than the absence of a mental illness. It is your ability to feel, think, and act in ways that help you enjoy life and deal with challenges.

Resiliency and positive mental health are intertwined. **Resiliency** is a dynamic process. It is a combination of skills and positive attributes that people gain from their life experiences and relationships. These attributes help them solve problems, cope with challenges and bounce back from disappointments" (The Psychology Foundation of Canada, 2009).

A healthy, safe, inclusive and caring school environment fosters resiliency within students. Resiliency is demonstrated in students' behaviour through:

- a commitment to learning (higher grades, post secondary education attainment, lower drop out rates)
- a sense of belonging/connectedness
- the ability to discern right from wrong (decreased participation in risk behaviours)
- the use of effective coping skills
- a greater commitment to friends, family and communities
- effective social skills
- the ability to self regulate
- a positive identity
- physical health (growth and development)

How Can the School Community Promote Resiliency?

A Healthy School Approach to promoting resiliency involves coordinating strategies that have a common purpose and set of values in the following four areas:

- High Quality Instruction and Programs
- A Healthy Physical Environment
- A Supportive Social Environment
- Community Partnerships

High Quality Instruction and Programs

- ☐ Incorporate the following when teaching/instructing students:
 - Positive mental health
 - Social Skills (e.g. working with others)

A Healthy Physical Environment

- ☐ Implement positive mental health policies and practices.
- ☐ Raise awareness about positive mental health (e.g. create a mural to affirm the school as a bully-free zone or post inclusion messages around the school).
- ☐ Provide a quiet place in the classroom where a child can choose to go to calm themselves.

A Supportive Social Environment

- ☐ Develop educational policies/strategies that accommodate the learning and social needs of students.
- ☐ Implement school-wide policies that contribute to the emotional and social safety of all students (e.g. zero tolerance bullying policy).
- ☐ Strategies implemented should be tailored and modified to extend the reach to the greatest number of students.
- ☐ Consider activities that are inclusive of all students (e.g. low cost/no cost activities or field trips so all students can participate).
- ☐ Facilitate the connectedness of students with the school and community by creating spaces where students feel safe and valued.

Community Partnerships

- ☐ Provide positive school-home interactions (e.g. share students' achievements with caregivers).
- ☐ Encourage caregivers to participate in school initiatives/activities.
- ☐ Provide school contact information to caregivers early in the year.
- ☐ Encourage students to engage in mentorship learning programs.



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Key Partnerships



- Schools and workplaces
- Local school board Mental Health Leads
- Local school boards
- Durham's Children and Youth Planning Network
- Durham Youth Drug Awareness Committee
- Coalition for Action Against Bullying – Durham
- Durham's Best Start Network
- Local Youth Centre
- Rose of Durham

Key Messages

- Without good mental health, people may be unable to fulfill their full potential or play an active part in everyday life.
- Mental health promotion can address many areas, from enhancing our emotional well-being, treating and preventing severe mental illness, to the prevention of suicide.
- By promoting mental health to everyone, we:
 - improve mental health
 - reduce stigma
 - help people to recognize risks and get help



Thank you



Durham Health Connection Line
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durham.ca/mentalhealth

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