



## Recognizing and Exploring Positive Mental Health

Policy Dialogue: Synthesis and Analysis

Supporting Factors Influencing Health



Canadian Institute  
for Health Information

Institut canadien  
d'information sur la santé



## Who We Are

Established in 1994, CIHI is an independent, not-for-profit corporation that provides essential information on Canada's health system and the health of Canadians. Funded by federal, provincial and territorial governments, we are guided by a Board of Directors made up of health leaders across the country.

## Our Vision

To help improve Canada's health system and the well-being of Canadians by being a leading source of unbiased, credible and comparable information that will enable health leaders to make better-informed decisions.

# Table of Contents

Executive Summary . . . . .	1
Section 1: Background and Introduction . . . . .	3
Background . . . . .	3
Methods and Process. . . . .	5
Section 2: Conceptualizing Positive Mental Health . . . . .	6
Canadian Population Health Initiative report <i>Improving the Health of Canadians: Exploring Positive Mental Health</i> . . . . .	7
Identifying Key Themes . . . . .	9
Section 3: Recognizing and Exploring Positive Mental Health—Sharing Research and Experiences . . . . .	11
Roots of Empathy . . . . .	11
Triple P Positive Parenting Program in Manitoba . . . . .	12
Government of New Brunswick— Addressing Mental Health Across Sectors . . . . .	14
Social Movement for Positive Mental Health . . . . .	16
Discussion Forum—Exploring Research and Experience . . . . .	17
Section 4: Realizing a Vision for the Future That Includes Positive Mental Health . . . . .	19
Achieving the Vision . . . . .	20
Section 5: Concluding Summary . . . . .	26
Appendix A: Detailed Summary of Group Work Related to Next Steps and Strategies . . . . .	27
Achieving the Vision Group Work: Key Strategy Identification . . . . .	28
References. . . . .	31



# Executive Summary

## Canadian Population Health Initiative (CPHI), Canadian Institute for Health Information (CIHI)

The purpose of the dialogue was to engage a diverse group of experts in promoting understanding of and knowledge exchange around approaches and activities that encourage positive notions of mental health and wellness. These are their words and their wisdom.

What actions have been found to be effective at promoting mental health?

- Conducting work in a variety of settings, such as the family, school, workplace and community
- Targeting different groups across the lifespan
- Combining mental health promotion activities and prevention activities
- Ensuring that strategies are tailored and sensitive to the needs of target groups
- Collaborating across sectors and disciplines
- Addressing the broader social, ecological, economic, political and cultural factors that have an effect on enhancing mental health (for example, employment, housing and education)
- Creating supportive environments (for example, those that ensure availability of supports and relationships and that nurture the quality of those relationships)

What are examples of actions being taken across settings to promote positive mental health?

- School-based programs that promote emotional and social learning
- Provincial programs to empower parents and strengthen families
- Strategies that involve collaboration across government departments to improve service delivery and promote wellness
- Pan-Canadian social movement for mental health

What are some key considerations when incorporating positive mental health into activities?

- Context, determinants and equity matter
- Capacity and relationship-building matter
- Evidence and evaluation matter

What are some key principles to guide future activities?

- Promote settings-based approaches
- Engage communities
- Ensure inter-sectoral collaboration

What are some key strategies for furthering positive mental health in Canada?

- Focus on determinants: create initiatives across Canada to improve access to economic, housing and education resources
- Create a culture shift in values: embed emotional development and positive mental health into curricula across primary, secondary, post-secondary and professional education and training
- Create more effective communication strategies: develop a Canadian guide to mental well-being similar to other healthy eating and physical activity guides
- Develop, strengthen and use evidence: create electronic resources, available through a portal, database or web-based network, to share both best and promising practices
- Secure sustainable resources: invest in a pan-Canadian strategy for mental health and mental illness



# Section 1: Background and Introduction

## Background

In March 2009, the Canadian Population Health Initiative (CPHI), a part of the Canadian Institute for Health Information (CIHI), released the report *Improving the Health of Canadians: Exploring Positive Mental Health* to help build a conceptual understanding of positive mental health. The report is a review of research, programs and policies, as well as new data analyses in areas of positive mental health and mental health promotion. Following the publication of reports such as these, CPHI strives to promote population health evidence and information by engaging decision-makers, program planners and community leaders in informed dialogue and information-sharing. This report provides a synthesis of the engagement process that followed the *Improving the Health of Canadians* report.

The process began with the identification of key stakeholders from across Canada who had a breadth of knowledge, expertise, experience and passion for learning more about positive mental health and wellness promotion. These individuals were keen not only to share their own experiences and lessons learned but also to make connections with others and learn from their experiences. A variety of methods were used to immerse these individuals in a policy dialogue<sup>1</sup> focused on approaches to positive mental health, including an invitational workshop and pre- and post-workshop consultations.

## Policy Dialogues

Policy dialogues, or deliberative processes, are methods used to better support and engage in evidence-informed decision-making.<sup>1-3</sup> They draw on several forms of evidence to facilitate discussion about how and in what contexts evidence can be used to take action, and can be seen as useful evidence in their own right to complement other forms of scientific evidence.<sup>3</sup> Policy dialogues serve to engage various stakeholder groups in decision-making processes<sup>1</sup> and to integrate scientific evidence with stakeholder views.<sup>3</sup>

On May 20, 2010, CPHI, in collaboration with the Government of New Brunswick's Department of Health and Department of Wellness, Culture and Sport hosted a one-day invitational workshop. The purpose of the workshop was to promote understanding of and knowledge exchange around approaches and activities that encourage positive notions of mental health and wellness. It had three objectives:

- To share some of the current research focused on positive mental health and mental health promotion;
- To share promising practices and experiences from grassroots initiatives and other activities and approaches that incorporate positive mental health and mental health promotion in their work; and
- To provide the opportunity to develop networks among those working in fields that can support mental health promotion.

There were approximately 50 participants representing a broad range of interests and perspectives, including policy-makers from federal, provincial and territorial governments; program entrepreneurs and planners; community organizations; First Nations communities; researchers; and advocates for mental health. These participants, who are champions for change in their communities and practice settings, were chosen to represent the broad spectrum of stakeholders involved in or affected by decisions in the area of mental health promotion. The inclusion of this broad range of participants is consistent with current literature guiding policy dialogue planning.<sup>1</sup>

This report synthesizes the discussion from the workshop and includes synthesis and analyses from additional consultations. It is broken down into five sections:

**Section 1:** Provides an overview of background and methodology.

**Section 2:** Synthesizes information on conceptualizing positive mental health and factors that influence it. This information was gathered at the workshop and through consultations.

**Section 3:** Contains summaries of presentations from workshop panellists and analysis from a subsequent discussion forum concerning strategies and lessons learned from various approaches that incorporate positive mental health.

**Section 4:** Highlights the critical examination undertaken by workshop attendees to identify practical and realistic strategies for change and action as well as reflections on key strategies implemented following the dialogue.

**Section 5:** Includes a final concluding summary.



## Methods and Process

Prior to the workshop, CPHI developed and distributed a questionnaire to gauge participants' experiences and perceptions around positive mental health. It included questions related to familiarity with positive mental health, activities and factors that work to facilitate or hinder its promotion, key concepts such as *coping* and *thriving*, and work to promote mental health in Canada. The questionnaire was distributed electronically; key themes were synthesized to help inform the workshop agenda and discussions.

The ensuing invitational workshop provided a platform for participants to learn from, share and work with each other in a number of ways. During the first half of the session, participants engaged in small group work to develop a common understanding of concepts and challenges related to positive mental health that would serve as the foundation for further discussion. This work was followed by panel presentations involving current research and promising practices, as well as an open forum, which granted participants and presenters the opportunity to share and collaborate about next steps for encouraging activities that recognize and emphasize new approaches to positive mental health.

The second half of the workshop was dedicated to group work activities that culminated in the identification of strategies for future action. This involved the movement of participants from small groups through to a larger forum where they worked together to envision how future policy and interventions could incorporate principles of positive mental health and mental health promotion. Next, a series of group work activities were conducted using an affinity diagram method<sup>4,5</sup> to develop practical and realistic approaches that would help achieve these goals. Specifically, this process included having participants reflect individually and in small groups on strategies for the short, medium and long term. They then moved into a triad, comprised of three small groups, to prioritize and build consensus around a common set of strategies. The final step involved representatives from each triad working together with input from the larger group as part of a consensus-building exercise. (For a detailed breakdown of this process, see Appendix A.) The afternoon activities encouraged planning and collaboration and required participants to set goals for future activities in their own settings, as well as more general strategies for the promotion of overall health and well-being.

Following the workshop, CPHI distributed a post-workshop questionnaire to further explore participants' knowledge and experience. It included questions related to familiarity with positive mental health, factors that work to facilitate or hinder its promotion and key advice for promoting mental health in Canada. It also granted participants the opportunity to reflect on practical, realistic and innovative next steps that could be taken in their own settings to support change. The questions were distributed electronically and key findings were synthesized for this report.

Each of these inputs—speaker presentations, discussion forums, group work and activities, and pre- and post-questionnaires—was analyzed for themes and synthesized to form distinct sections in this report. These sections include conceptualizing, exploring and acting to promote positive mental health and wellness in Canada.

## Section 2: Conceptualizing Positive Mental Health

Positive mental health has a variety of dimensions and means by which it can be defined and measured.<sup>6</sup> This variation and lack of standard definitions, both internationally and in Canada, can contribute to a lack of clarity about what is meant by positive mental health, what might work to influence it and how it might be incorporated into activities that promote health and wellness.

Participants' reflections in the pre-workshop consultations expressed concern about the narrow scope of both conceptions of and strategies for positive mental health and highlighted examples of various and sometimes competing approaches to understanding its dimensions. Their feedback pointed to the importance of encouraging broader conceptualization and strategies that facilitate more holistic approaches.

To address these issues, the workshop involved much discussion on conceptualizing positive mental health. Opening remarks from workshop co-sponsors<sup>i</sup> encouraged a shift from an illness-focused understanding of mental health to approaches that incorporate a broad understanding of the social determinants of health and highlighted the importance of focusing on concepts like supportive environments and social inclusion. They emphasized that actions could be taken by individuals, in their communities and in their professional practice, to promote proactive, engaging and innovative activities that incorporate concepts of positive mental health. Building on these remarks, Andrew Taylor, Program Lead with CPHI, provided an overview of CPHI's work on mental health and resilience, including its most recent report on positive mental health.

i. Opening remarks were delivered by Jean Harvey, Director, CPHI; Kenneth Ross, Assistant Deputy Minister, Department of Health, New Brunswick; and Ronald Durelle, Assistant Deputy Minister, Department of Wellness, Culture and Sport, New Brunswick.

## Canadian Population Health Initiative report *Improving the Health of Canadians: Exploring Positive Mental Health*

CPHI has produced three reports addressing the theme of mental health and resilience. Each report examines determinants linked to population health by presenting research literature reviews, new data analyses and summaries of what we know and do not know from a policy and program perspective. The findings of the first two reports focused on vulnerable groups (those at risk for or experiencing homelessness and those at risk for or experiencing involvement in delinquency or the criminal justice system) and explored individual, social, cultural, physical and socio-economic determinants linked to mental health. These reports point to the positive role of mental health promotion interventions and the potential benefits of action aimed at risk and illness reduction, as well as the promotion of protective factors for health.

These findings led to the development of *Improving the Health of Canadians: Exploring Positive Mental Health*. The report moves beyond the common focus of mental illness—including issues related to service, access and stigma—and looks more closely at the determinants of mental health among the population. It synthesizes available research and analyses regarding the concept of positive mental health, including how it is measured, its role in overall health, factors associated with it and strategies for promoting mental health at a population level.

Mr. Taylor used the mental health definition cited in the report as a guiding framework for discussing positive mental health. According to this definition, mental health is “the capacity of each and all of us to feel, think, and act in ways that enhance our ability to enjoy life and deal with the challenge we face. It is a positive sense of emotional and spiritual well-being that respects the importance of culture, equity, social justice, interconnections and personal dignity.”<sup>7</sup>

Mr. Taylor noted that much of the research in the area of positive mental health involves factors related to the ability to enjoy life, and this evidence indicates that life enjoyment can change over time. These changes are often due to factors beyond genetics and personality, and include life circumstances, family and social environments, social structures and behaviours. This opens up the possibility to effect change and improve well-being among populations. Research also indicates that the forms of coping in which individuals or communities actively deal with challenging events are linked to more positive health outcomes. In addition, research shows that resilience in overcoming adversity is related to the interaction of several risk and protective factors that work at multiple levels, including family, system, community and culture. The interaction of these factors across many settings indicates that resilience exists beyond mere individual capacity.

Further research into these and other areas of positive mental health indicate that various dimensions of positive mental health are interconnected and are linked to improved health outcomes, including better physical health, less physical illness, less mental illness and better mental functioning. Furthermore, CPHI analyses using data from the Canadian Community Health Survey (CCHS) indicate that people who report high levels of positive mental health are less likely to report adverse health outcomes, such as mental illness and reduced activity days, and more likely to report positive health outcomes, such as excellent self-rated physical health, compared with people with moderate or low levels of positive mental health.

CPHI analyses explored the characteristics of people who reported high levels of positive mental health, and how these people differed from those not reporting high levels. The research took a particular interest in relationships that were consistent across the different positive mental health dimensions. Findings indicated that although some dimensions of positive mental health may increase or decrease depending on geographic location, age, sex, culture, income and education, the presence of available emotional and social support and high levels of community belonging were always associated with high positive mental health, regardless of the measure.

Using evidence from the full range of CPHI mental health reports, Mr. Taylor concluded with a synthesis of actions that have been found to be effective at promoting mental health.

They include

- Conducting work in a variety of settings, such as the family, school, workplace and community;
- Targeting different groups across the lifespan;
- Combining mental health promotion activities and prevention activities;
- Ensuring that strategies are tailored and sensitive to the needs of the target group;

### Presenter: Andrew Taylor

**Report:** *Improving the Health of Canadians: Exploring Positive Mental Health*

**Key Highlights:** There are many dimensions to positive mental health, each connected to various health outcomes and influenced by a number of factors. Key determinants of positive mental health involve the presence of social support and community belonging. Mental health promotion includes actions that support individual resilience, that create supportive environments and that recognize the influence of broader determinants. Strategies for promoting positive mental health, therefore, can follow a similar trajectory.

- Collaborating across sectors and disciplines;
- Addressing the broader social, ecological, economic, political and cultural factors that have an indirect effect on enhancing mental health (for example, employment, housing and education); and
- Creating supportive environments (for example, those that ensure availability of supports and relationships and that nurture the quality of those relationships).

## Identifying Key Themes

Participants were asked to engage in small group activities where they considered and shared their perceptions of factors related to positive mental health. A variety of priority areas emerged from the discussion, many of which reinforce and build on the report findings. These priority areas include the following:

- An emphasis on social determinants of health, ranging from having one's basic needs met through housing and employment to the importance of community belonging, social connectedness and self-awareness. This priority area concerns the need for social and economic equality to lay the foundation for inclusion and emphasizes equality and freedom from violence, discrimination and stigma;
- The connections between components of health, including mental, physical and spiritual health, recognizing the importance of family values, history and community, and understanding the relationship between place and health (for example, how health outcomes often depend on where you live and the circumstances facing those communities);
- The need to work collaboratively within and across sectors and the importance of engaging at-risk populations in the planning and implementation of interventions. Participants emphasized the need to have brave, forward-thinking champions across sectors and communities, who would challenge each other to embrace opportunities to take the lead in their own communities and professional roles; and
- The need to account for different settings and experiences in one's life and the need for a broad range of activities that can have an impact throughout the life course.

These priority areas are similar to those identified by participants in response to various consultation questions concerning factors that can hinder or facilitate an understanding and focus on positive mental health. Their responses indicated the importance of

- Having available and accessible research and networks to facilitate concerted, evidence-based approaches across a variety of settings;
- Seeking out and nurturing relationships across sectors and different cultural groups;
- Empowering parents, youth, health and non-health professions to be the foundation for effective strategies, and encouraging programs to promote positive mental health in homes, schools and communities;
- Taking a strength-based approach that integrates positive mental health into all health promotion and healthy living activities;
- Embedding resources and infrastructure that support mental health in various settings; and
- Having champions that have already taken steps to address mental health and are able to convey energy and enthusiasm, as well as encouraging openness and community-based support for change.

The following section will elaborate on examples of actions being taken across settings to promote positive mental health. It further illustrates the various levels and contexts that are relevant in population health approaches.

## Summary

Decision-makers, researchers and practitioners seem to agree that positive mental health is more than just the absence of mental illness. They agree that it is a component of overall health and influenced by a number of factors, including individual, social, cultural, environmental and socio-economic characteristics. Generally speaking, strategies that focus on the promotion of positive mental health and wellness apply to all people and communities, support individual resilience, create supportive environments and address the influence of broader determinants of mental health.<sup>6</sup>

Strategies may involve a number of different sectors working across a range of settings, including societal, community and individual. Action may involve building healthy public policies and creating supportive environments for positive mental health, strengthening community action and capacity to promote positive mental health, or developing and building on personal skills, strengths and resiliency.

## Section 3: Recognizing and Exploring Positive Mental Health—Sharing Research and Experiences

To assist in further developing an understanding of approaches to positive mental health, panellists representing a variety of research, policy and program perspectives from across Canada were invited to share information about specific activities that incorporate concepts of positive mental health and wellness. The objective of the panel was to engage participants in discussions of the challenges, opportunities and lessons learned in working to promote mental health and to share ways in which positive mental health has been conceptualized in particular settings. These presentations included not only an overview of the program or policy but also lessons learned from its implementation and an appreciation for how to apply experiences in other settings.

### Roots of Empathy

The Roots of Empathy program is an evaluated, school-based program that promotes emotional knowledge, social understanding and pro-social behaviour. It was highlighted in *Improving the Health of Canadians: Exploring Positive Mental Health*. Donna Letchford, Director of Curriculum with the program, introduced participants to Roots of Empathy, providing an overview of how the program operates and examples of the social and emotional learning the program encourages.

Roots of Empathy aims to develop social and emotional learning among children in elementary schools. This universal program has a primary prevention focus. It is delivered in classrooms by instructors who teach 27 different lessons on promoting emotional learning among all students. These instructors work in partnership with a parent and infant team that also visits the classroom throughout the school year. The instructor guides the children in observing the infant's cues and helps them identify and label the infant's emotions. This serves as a foundation for later reflecting on and understanding their emotions and those of others.

Ms. Letchford discussed several reasons for focusing on empathy in children, including better success in relationships, resisting aggressive behaviour, social competence, pro-social behaviours, academic functioning and competent parenting. The Roots of Empathy program emphasizes the connections between emotional literacy, learning and functioning more broadly. Instructors develop emotional literacy through engaging children in observing, labelling and understanding the emotions of others, reflecting and identifying one's own emotions and taking comfort in being able to talk about one's feelings.



Recent research into the program indicates positive outcomes—consistently—for participating children, across setting, grade levels and genders. These outcomes include decreases in aggression and increases in social and emotional understanding, pro-social behaviours, peer acceptance and classroom autonomy. Children were also found to be more supportive, sensitive and responsive to the needs of others.

Ms. Letchford concluded by discussing the wide-ranging relevance of the program and how it has been adapted for younger children through the Seeds of Empathy program. Both facilitate new and innovative ways for emotional learning and mental wellness.

**Presenter:**  
**Donna Letchford**

**Program:** Roots of Empathy

**Key Highlights:** Social and emotional literacy and competence are connected to learning and functioning among children. Research indicates that by supporting social and emotional learning, the Roots of Empathy program can result in positive outcomes, such as decreased aggression, increased pro-social behaviour and more supportive classroom environments.

## Triple P Positive Parenting Program in Manitoba

The Triple P Positive Parenting Program, developed by Professor Matt Sanders of the University of Queensland, is a successful best practice that has been implemented in several parts of Canada and internationally. In March 2005, the Government of Manitoba announced funding to support parents with information, resources and assistance through provincial implementation of the program. Dr. Steven Feldgaier, who serves as Program Director, discussed his experience with rolling it out across Manitoba, including some lessons learned throughout this process. He is supported by the Healthy Child Manitoba Office and the Healthy Child Committee of Cabinet, a cabinet committee that brings together nine government departments (and their ministers) that recognize the need for working collaboratively together to support Manitoba's children, youth and families.

The Triple P program is a strategy that strives to empower parents and strengthen families at a population level by providing them with parenting information, resources and assistance. It takes a multi-level approach that offers parents the opportunity to receive support ranging from general information and parenting advice to more advanced clinical help. The goals of the program include increased confidence, skills, autonomy, independence and tools for parents in raising their children. Dr. Feldgaier noted key aspects leading to the success of the program, such as its focus on identifying and



building on strengths of parents, its evidence and conceptual grounding, the multi-sectoral, collaborative approach within which it operates and its flexibility in adapting to the needs of different populations, including Aboriginal and Francophone communities.

In his remarks, Dr. Feldgaier suggested that successful implementation of this and other population-level public health initiatives depends on the following key activities:

- Preparing—valuing adequate planning and preparation, appropriately deploying resources, engaging systems, organizations and communities throughout the program development process, and investing the time and energy necessary to build an adequate foundation for long-term relationships;
- Supporting—ongoing training for practitioners, supporting incorporation of the program into service delivery models, and creating an interdepartmental advisory committee to ensure adequate and wide-ranging support from the provincial government;
- Learning—knowing and understanding the agencies, practitioners and communities that are implementing the program to ensure appropriate engagement and adaptation to suit local needs; and
- Communicating—having clear goals and expectations broadly communicated, finding appropriate ways to demonstrate program benefits and acknowledging strengths and the work already happening at the local level.

## Presenter: Steven Feldgaier

**Program:** Triple P Positive Parenting Program

**Key Highlights:** Triple P is a population-level program that attempts to recognize and build on the strengths of parents and families across Manitoba. It is supported by a unique office of the provincial government that provides healthy child advice to a cabinet committee (consisting of nine different ministries) that focuses and builds support for children, youth and families. Lessons learned during the program implementation across the province include the need to establish strong collaborative relationships among practitioners, organizations, communities and the public.

## Government of New Brunswick— Addressing Mental Health Across Sectors

The report *Improving the Health of Canadians* notes that promoting mental health at the societal level can involve working across multiple sectors both within and outside of health. To explore the experience of promoting mental health from the perspective of different sectors, there were two speakers representing the Government of New Brunswick: Barbara Whitenect, Executive Director for Addiction and Mental Health Services in the Department of Health; and Michelle Bourgoïn, Director of Wellness for the Department of Wellness, Culture and Sport. Each shared challenges and successes from their experiences promoting mental health.

Ms. Whitenect's presentation highlighted the challenge of operating a range of activities within the department of health, which must strike a balance between the demands of treating illness and service delivery and those of promotion. She discussed a variety of key population challenges in promoting mental health and well-being, including the service needs of an aging population, promoting mental health within a department focused on physical health care, managing growing health care spending, the silo nature of models of care delivery, and the need to address social determinants of health. Ms. Whitenect discussed the range of strategies and opportunities for addressing these challenges and moving toward a more upstream approach.

Central to this shift in approach was collaboration and engagement with different sectors, communities and populations in the planning and implementation of determinants-based approaches. This included working with service providers from public safety, health, social development and other departments to create a collective plan for service delivery that recognizes the various ways that services are delivered. It also included an engagement strategy that facilitated the connection between service providers and specific groups such as youth, First Nations and mental health consumers. Key characteristics of this engagement strategy included

- Identifying strengths and capacity in communities and building community readiness;
- Fostering youth engagement and community mobilization;
- Initiating action and sharing action plans with communities to better plan and elicit support;
- Supporting and ensuring knowledge exchange and sustainability through the development of resources and tools; and
- Supporting community-run services to complement the formal mental health system and provide more social inclusion.

In her remarks, Ms. Bourgoin discussed her experiences with implementation of *Live Well, Be Well: New Brunswick's Wellness Strategy*. She noted the challenge of promoting mental fitness and resilience concepts when they are not well understood by the public and healthy living communities and stressed that it is important to overcome this challenge, as mental fitness and resilience are the precursor for positive behaviour change and the foundation needed for achieving other wellness goals.

To address this challenge, and to respond to recommendations of a select government committee exploring the existing provincial wellness strategy, the government implemented a province-wide discussion and consultation focused on building an enhanced wellness strategy. Recommendations stemming from this consultation were addressed in a new wellness strategy and in the creation of an interdepartmental committee that linked deputy ministers to work on wellness together across the province. Ms. Bourgoin noted that the ability to communicate with a common understanding of and language around wellness served as the foundation for the strategy and for the task of working together across so many sectors. Reaching this common understanding involves addressing the interaction of social and economic factors, physical environment and individual behaviours across seven dimensions of wellness in which various stakeholder groups could make a unique contribution. She stressed that each of these dimensions are interconnected and that acting in one area can have an impact on another.

An important lesson learned from successfully working cross-departmentally was the need to share and understand the impact that a given sector's contribution has on all others involved in wellness promotion and the importance of working in partnership rather than through separate, isolated initiatives.

### Presenters: Barbara Whitenect and Michelle Bourgoin

**Strategy:** Government of New Brunswick Approach to Mental Health and Addiction Service Delivery and Wellness Promotion

**Key Highlights:** Communication and common understandings are important in successfully implementing partnership and collaboration across government departments to improve service delivery and promotion activities. There is value in taking a strength-based approach and meaningfully engaging and listening to various communities in order to encourage community development, enhance promotion activities and ensure community mobilization.

Her presentation noted the guiding principles of the wellness strategy as well as the strategic directions and settings in which efforts are focused. Central to this discussion was the value and role that various communities play in developing and sustaining support to promote wellness and positive mental health. Ms. Bourgoin emphasized the need for forming partnerships, collaborating with stakeholders and building capacity for community development across different settings, such as schools, communities, homes and workplaces. She also noted the value of a strength-based approach and the need to meaningfully engage and listen to populations when creating and implementing wellness promoting programs, policies and activities.

## Social Movement for Positive Mental Health

*Improving the Health of Canadians* notes that there is a role for all parts of society in promoting mental health. Philip Upshall, Special Advisor on Stakeholder Relations with the Mental Health Commission of Canada (MHCC), shared his knowledge and lived experience with working to promote mental health, and in particular the most recent work of the MHCC in creating a social movement for mental health. Mr. Upshall's presentation focused on the concept of a social movement and ways in which the MHCC has evolved and continues to evolve as it moves toward a program that integrates and enhances mental illness prevention, service delivery, recovery, mental health promotion and anti-stigma activities in Canada.

Mr. Upshall discussed several key strategies in creating a social movement, including

- Creating a dynamic, broad-based movement that builds on existing initiatives and promising work and includes a focus on attitudes and behaviours, reducing discrimination, enhancing well-being and improving services and supports;
- Drawing and learning from the success of other movements—including movements related to cancer, HIV/AIDS, diabetes and heart health—to create and transform how people view illness;

### Presenter: Philip Upshall

**Strategy:** Partner for Mental Health Campaign

**Key Highlights:** Discussion focused on the importance of supporting a broad-based social movement to effectively transform the health system and how society views illness. This work would benefit from learning and building on the success of other movements and activities happening in communities across Canada as well as engaging individuals, organizations and communities both inside and outside of health.

- Building large networks across the country that expand beyond the mental health community and include partners, individuals and organizations;
- Meaningfully communicating and engaging with communities to develop the branding and direction of the movement and ensuring that the voices of those with lived experience are heard; and
- Ensuring opportunities for Canadians to support action and work of the movement in their own way.

Mr. Upshall also discussed his experiences as an advocate for mental health, sharing how far Canada has come in effecting change in the mental health system. He reiterated the importance of working and collaborating with receptive partners and the need for resilience among individuals striving for change.

## Discussion Forum—Exploring Research and Experience

While the panel session provided the opportunity to share experiences and lessons learned, the post-panel discussion forum allowed workshop participants and speakers to further explore challenges and opportunities for mental health promotion. During this facilitated discussion, workshop participants engaged and expanded upon a number of key themes. A synthesis of this discussion points to key considerations when implementing or adapting activities to incorporate positive mental health.

### **Context, Determinants and Equity Matter**

Participants were interested in learning more about the broader implications of settings in which policies and activities are implemented (for example, how particular outcomes are related to the setting in which the intervention takes place or ways in which others, beyond the target group, are affected and supported throughout implementation activities).

Others reflected on the need to appreciate that, although much work has been done to conceptualize positive mental health and wellness, there has to be recognition of the varied backgrounds and cultural experiences of many Canadians that shape how these concepts are recognized, understood, explored and realized. Participants agreed that future strategies should be inclusive of particularly vulnerable groups, such as those who have experienced trauma or those who have never been encouraged to share or discuss feelings and emotions. Workshop participants challenged themselves and panellists to consider gaps that remain in the services provided and the populations that are targeted in various policy settings and community interventions.

Key strategies include the following:

- Take an upstream approach—recognize and address various determinants of health and focus efforts on causes of behaviours or symptoms.
- Consider the importance of context—take into consideration the broader implications of the settings in which policies and activities are implemented, including how particular outcomes are related to the setting in which the intervention takes place.
- Be conscious of equity among groups—assess and explore how various groups within the population (beyond just the target group) are affected and supported by activities and what gaps may remain.
- Recognize varied backgrounds and cultural experiences—take into consideration how culture and experience shape the ways people recognize, understand, explore and realize positive mental health and expand approaches to be more inclusive and accessible.

### **Capacity and Relationship-Building Matter**

Participants and speakers reflected on the power of relationship-building to support effective and sustainable strategies that promote mental health. Discussion surrounded the importance of creating opportunities to showcase success and support champions who emulate the characteristics that programs aim to promote. Common themes included recognizing the value of engaging community members in decision-making processes, creating the opportunity for communities to feel a sense of ownership about the activities and approaches taken, and drawing on the wealth, experience and contributions of different populations and community members. Suggestions indicate the need to engage youth in more meaningful ways and to explore opportunities to recognize and garner the wealth of experience that community members bring to improving their own communities. Lastly, participants and speakers were clear about the need to ensure that multiple decision-makers are presented with evidence, have opportunities to contribute to change and recognize the value they play in supporting positive mental health.

Key strategies include the following:

- Create opportunities for modeling change—have role models and champions who emulate the characteristics that programs aim to promote and who bring together individuals and communities to discuss successful activities to support change.
- Build relationships across government—ensure that multiple departments are presented with evidence, recognize the value they play in supporting positive mental health and strive for a common goal (for example, through joint departmental committees).

- Engage communities—recognize the value of engaging community members in decision-making processes, create the opportunity for communities to feel a sense of ownership about the activities and approaches taken, and draw on the wealth of experience and contributions that different populations and community members can make.

### **Evidence and Evaluation Matter**

Participants reflected on the need to measure and evaluate uptake and impact of interventions, as well as indicators of change across a variety of outcomes. Participants learned from the evidence and evaluation experiences of presenters, including Dr. Feldgaier, who suggested that for the Triple P parenting program in Manitoba, one of the challenges in undertaking a broad-scale evaluation of its effectiveness in the province is that the roll out of the program was not set up as a randomized controlled trial. Despite this challenge, an evaluation framework is being examined that may use population-, community- and individual-level data available to the government to assess province-wide impact and local indicators of change.

The key strategy is to

- Create an evidence base—measure and evaluate the uptake of programming as well as indicators of change across a variety of outcomes.

## **Section 4: Realizing a Vision for the Future That Includes Positive Mental Health**

CPHI recognizes the need for cooperation and engagement across sectors and strives to create opportunities for dialogue that encourage inter-sectoral collaboration and engagement. An important component of the policy dialogue was facilitating participant engagement in collaborative, strategic thinking about how to infuse positive notions of mental health into health promotion activities, as well as broader policy-related activities in Canada. More specifically, the group activities forming the second half of the workshop were dedicated to facilitated dialogue designed to encourage participants to build on their knowledge and experience and to delve further into planning for practical and realistic next steps for incorporating positive mental health into future policy and programming activities. To achieve this, participants engaged in a multi-step planning activity. First, they worked together to construct a vision for a future policy landscape that included concepts of positive mental health and mental health promotion. Subsequently, a series of small, medium-sized and large group activities were conducted to develop a range of practical and realistic approaches to achieve that vision.



These activities helped participants to build on their work from both pre-workshop and early workshop sessions. A synthesis of their discussion highlights directions for future efforts and activities that support movement for improving health and well-being of all Canadians. The following synthesis works under the common understanding that mental health is a positive attribute distinct from stigma-laden projections of mental illness. Furthermore, from the creation and promotion of culturally and psychologically safe work and learning environments to the inclusion of wellness strategies in family, school, work and community settings, participants agreed that mental health must become embedded in everyday language, planning and practice. This positive conceptualization of mental health was identified as an essential component of healthy and thriving strategies for better living, and it should be recognized as not only a concept or approach but more generally a way of life.

## Achieving the Vision

The following section reflects participants' vision for the future and strategies for achieving their vision. Analyses of participant discussion indicate the following key strategies: focusing on determinants; creating a culture shift in values; creating more effective communication strategies; developing, strengthening and using evidence; and securing sustainable resources. Participants also emphasized key principles to guide initiatives and activities. They include promoting settings-based approaches, engaging communities and ensuring inter-sectoral collaboration.

### a) Key Strategies

#### Focusing on Determinants

Participants envisioned a future where people recognize how positive mental health can be encouraged, supported and sustained through protective factors and supports. These factors and supports include a sense of community belonging that reinforces concepts such as equity and having one's basic needs met. Affordable housing and access to economic resources are a few examples of these basic needs. Other protective factors highlighted in discussions include social inclusion, social connectedness and safety. These are some examples of specific strategies that support a focus on determinants:

- Creating initiatives across Canada to improve access to economic, housing and education resources;
- Establishing better supports for early childhood development and education (pre- and post-natal), as well as parenting and family supports; and
- Investing in vulnerable communities (such as First Nations children and youth) with innovative upstream programs that include all family members.



## Creating a Culture Shift in Values

Participants' vision for the future involved a shift from a culture that focuses solely on the prevention and treatment of illness to one that values positive mental health and wellness. Central components of this shift included reducing stigma related to mental illness, such as changing media portrayal of mental illness, to create more openness to discussing mental health in general, and normalizing activities related to mental health promotion, such as encouraging regular mental health check-ups. To achieve this vision, the notion of a social movement emerged and was repeated as a mechanism for change. Central to this movement was the encouragement of activities that support belonging and creation of spaces for people to take ownership of the social movement. Some examples of other specific strategies supporting a shift in values include the following:

- Adapting curricula to emphasize learning related to emotional development and embedding positive mental health into the curriculum across primary, secondary, post-secondary and professional education and training;
- Normalizing the process of seeking help and creating intake or check-in tools for professionals that may be the first point of contact for an individual coping with mental health or mental illness challenges;
- Establishing workplace policies and standards that encourage employers to support wellness, psychological safety and the accommodation of people with mental illness;
- Holding an open public dialogue around moving mental health out of the realm of treatment services and creating a pan-Canadian action plan on reducing stigma and discrimination.

## Creating More Effective Communication Strategies

Participants envisioned a future scenario where media and messaging available to Canadians recognizes and supports positive notions of mental health and wellness principles. These campaigns would help to reframe the portrayal of mental health and its promotion through broad-based activities that touch on multiple sectors and are grounded in inclusiveness and acceptance. For example, it was suggested that concepts of mental health promotion could be more effectively and consistently embedded in areas outside of health, such as immigration, education, criminal justice and employment strategies. Furthermore, the messaging in these strategies would need to address and support specific challenges faced by particular communities. Some examples of specific strategies include

- Supporting media and social marketing campaigns that build on and leverage the strengths of existing campaigns to affect behavioural and attitudinal shift;
- Identifying champions, tools and resources to promote wellness;

- Working to develop a common language and terminology to talk about mental health promotion and wellness, including an emphasis on holistic health and being inclusive of factors beyond mental health (like positive parenting and better education);
- Drawing on the strengths of families and communities to sustain wellness promotion activities and encouraging them to act as models for healthy behaviour and approaches to daily life;
- Establishing a web-based knowledge exchange network to ensure sustainable communications and support;
- Creating opportunities for public awareness and recognition of success across Canada; and
- Developing a Canadian guide to mental well-being similar to other healthy eating and physical activity guidelines.

### Developing, Strengthening and Using Evidence

Participants envisioned a future where more financial and human resources are invested in data collection, analyses and dissemination to support the implementation of effective interventions. They suggested that more work needs to be done to develop measures and indicators that focus on wellness and positive mental health and to improve data collection and reporting once these tools have been created. Proper measurement would contribute to the evidence necessary to build a solid business case for sustained investment and would help to highlight various success stories across Canada.

Participants were cognizant of work already happening in various Canadian provinces and territories to support positive mental health and wellness and they emphasized the need to facilitate learning and sharing about program implementation strategies, successes and lessons learned. They reiterated the importance of avoiding the reinvention of programs already in place.

Upon establishing this evidence base, participants encouraged knowledge exchange and movement of evidence into communities to influence change in attitudes and practice. Some examples of specific strategies include

- Creating electronic resources, available through a portal, database or web-based network, to share both best and promising practices;
- Establishing tools and resources that offer guidance to communities and professionals (doctors, pastors, teachers, etc.) to develop their own programs that are meaningful for specific populations or regional priorities;

- Establishing a positive mental health network or knowledge exchange centre to help develop a community of knowledge and support at pan-Canadian and provincial levels;
- Establishing a set of indicators to measure community well-being and positive mental health consistently across Canada; and
- Creating mental health impact assessment tools to support the development of healthy public policy and programs.

### Securing Sustainable Resources

Participants envisioned a future where sustainable resources were available to support activities to promote positive mental health and wellness. While some participants called for specific budget allocations and cross-departmental government investment, upon completing larger group exercises, most agreed that more money was not necessarily the answer. The group reached some agreement that sustainability for positive mental health and wellness could also be achieved through innovation, action and leadership. Governments could better focus scarce resources on developing infrastructure in communities, engaging families and schools as hubs for action, and involving individuals, families and communities in discussions on how to best allocate existing resources. Successful action and effective change were seen as dependent on individuals and communities having control of their environments. Some examples of specific strategies to support sustainability include

- Investing in a pan-Canadian strategy for mental health and mental illness;
- Creating a pan-Canadian program to better support access to pharmacare in an effort to improve the overall health of all Canadians; and
- Exploring the business case for sustained investment and devoting specific percentages of federal and provincial funding (from health budgets and beyond) to prevention- and promotion-related activities.

## **b) Key Principles**

### **Promoting Settings-Based Approaches**

Setting-specific activities were identified as critical in any strategy to incorporate positive mental health and wellness into future activities. Participants reiterated the importance of strategies and interventions across the lifespan. For example, they identified early childhood education institutions, schools and workplaces as critical settings to realize change. Within each of these settings, participants emphasized notions of psychological safety, sense of security and upstream programming.

### **Engaging Communities**

Participants placed a clear value and emphasis on positive and open community engagement and cultivating opportunities for communities to make contributions to various levels of government policies, interventions and initiatives. They noted the value of meaningful engagement and empowering whole communities as leaders in creating and sustaining social movement for mental health promotion. They also stressed the importance of reaching out and engaging specific populations, such as First Nations or immigrant communities.

### **Ensuring Inter-Sectoral Collaboration**

Participants stressed the importance of collaboration, partnership and inter-sectoral cooperation. They called for collaborative discussions between government, consumers and professionals and a desire for firm commitments to make change. They also emphasized the need to work together across sectors and political parties and for the range of ministries and politicians from all parties to recognize how mental health and wellness strategies matter to their specific portfolios. This collaboration was seen as particularly important given the changing roles, responsibilities and governing parties in political environments. By making mental health and wellness a priority across parties, action could still be supported during times of change.

Participants agreed that more work needs to be done to expand the reach of positive mental health and wellness work to non-health fields that can and should be engaged in promotion efforts and messaging. Participants agreed that leaders from more fields should focus time and energy in this area and that leaders have important responsibilities in their own jurisdictions. Furthermore, they reiterated the role that champions play in helping to achieve policy and program goals and the importance of strategies that take a “health in all policies” approach.<sup>8</sup>

## Taking Action Post-Workshop

Analyses of the post-workshop consultations revealed participants' reflections on positive mental health and provided an opportunity to understand how sharing and collaborating at the policy dialogue may have had an impact on the way these leaders work to support integration of positive mental health into their daily activities. A number of issues remained a concern for some participants post-workshop, most notably the need for strength-based approaches to positive mental health, the value of strategic collaboration and the need to infuse concepts of positive mental health across multiple settings. In these consultations, participants also had the opportunity to reflect on what they will do differently as a result of the workshop. Common actions included sharing among professional and personal networks, including positive mental health in future planning activities and seeking out more information on best and promising practices in areas of positive mental health and wellness promotion. Specific examples included the following:

- Attempting to make positive mental health a focus of knowledge exchange initiatives within my networks;
- Incorporating positive mental health in an upcoming conference call for proposals;
- Making positive mental health a part of future workplace retreats and planning;
- Increasing the focus on mental health promotion in future provincial wellness plans and establishing a mental health promotion network that will be a collaborative of multiple sectors;
- Seeking out up-to-date promising and best practices related to positive mental health and disseminating this information to key stakeholders, such as community groups, primary health care, educators, among my networks and in my community;
- Exploring further promising programs related to early childhood development and parenting supports; and
- Working to educate my colleagues and other health professionals within my community.

## Section 5: Concluding Summary

The CPHI report *Improving the Health of Canadians: Exploring Positive Mental Health* reviews research and policy, and it includes new data analyses in the areas of positive mental health and mental health promotion. To further engage in population health evidence and information concerning these topics, CPHI brought together decision-makers, program planners and community leaders in informed dialogue and information-sharing to recognize and explore positive mental health. This process consisted of a policy dialogue, as well as consultations pre- and post-event.

Analyses from this engagement process indicate that dialogue participants agree that positive mental health is more than just the absence of mental illness. It is a component of overall health and is influenced by a number of factors in our social, cultural and physical environments. The presentations, discussion forums and consultations all highlight the importance of context, determinants and equity, capacity and relationship-building, and evidence and evaluation in addressing and promoting positive mental health and wellness in Canada.

Additional themes from group work activities reiterate and expand upon these points. Strategies identified by participants for promoting positive mental health and wellness include focusing on determinants; creating a culture shift in values; creating more effective communication strategies; developing, strengthening and using the evidence base; and securing sustainable resources. When implementing these strategies, participants were clear about the importance of applying certain principles to guide this work. These principles include promoting settings-based approaches, engaging communities and ensuring inter-sectoral collaboration.

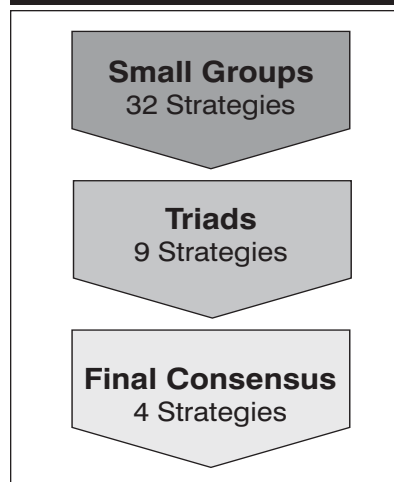
The findings from this dialogue indicate there is still work to be done to support a broader, more inclusive understanding of positive mental health and wellness promotion and to embed these ideas into everyday language, planning and practice. Analyses suggest that a positive conceptualization of mental health has the potential to enhance strategies that support healthy living and thriving in all sectors, not just those traditionally associated with health promotion. Finally, analyses show that positive mental health is more than a concept or approach. Policy dialogue participants also see it as a new paradigm that supports a different way of approaching policy- and decision-making, as well as civil society as a whole.

## Appendix A: Detailed Summary of Group Work Related to Next Steps and Strategies

To engage participants in identifying practical, realistic and innovative next steps to achieve a vision for positive mental health and mental health promotion, participants were arranged across nine small groups delineated by table number. Each table was assigned so that participants represented a variety of perspectives based on geography, sector, experience and expertise.

Each small group was asked to determine three to five strategies to support a vision that encouraged the infusion of positive mental health into research, planning activities and professional practice. Next, clusters of three tables or “triads” were constructed where participants considered commonalities and differences in the strategic decisions reached by each small group. There were three triads, each comprised of three tables. Within each triad, participants agreed on the three to five strategies that represented the perspective of the three small groups. After triads had completed their work, a representative from each was called upon to present the consolidated effort to all participants. The final presentation, led by the three triad representatives, clearly showed consistency across the strategies selected by participants working independently of each other, and four common practical and realistic next steps emerged that represented the strategic priorities for all participants. A visual representation of this process is depicted in Figure 1. These strategies were combined with the visioning activities and other discussions conducted throughout the policy dialogue process to form the five key strategies outlined in Section 4 of this report.

**Figure 1: Group Consolidation of Strategies**



The specific strategies and results discussed by participants are included below. The bullets represent the 32 individual strategies; the text box that encapsulates the bullets represents a thematic organization of the strategies. In the end, three of the four key strategies were highlighted by all groups and a fourth strategy was endorsed by two of the triads. A fifth strategy—related to determinants of health—was identified in all other aspects of the dialogue and was added to the main report along with key principles to complement this prioritizing process.

## Achieving the Vision Group Work: Key Strategy Identification

### **Strategy 1: Creating a Culture Shift in Values**

- Ensure regular access to mental health check-ups and access to appropriate services if needed
- Develop intake tools for all people presenting to health or social services that relate to mental health, and include resources for subsequent referral services
- Have Roots of Empathy or similar social and emotional learning programs in every school and classroom
- Increase access for all children to social and emotional learning
- Integrate positive mental health into all academic, professional and business curricula
- Incorporate more training related to identifying positive mental health concerns and promoting positive mental health for medical students

### **Strategy 2: Developing, Strengthening and Using Evidence**

- Use incentives to engage community groups and showcase successful activities to promote positive mental health
- Make resources available to support community engagement
- Engage youth in national conferences and symposia to find out what is important to them
- Leverage existing programs that may be effective at promoting positive mental health but are not necessarily labelling themselves as such
- Publicly recognize and celebrate successful work and promising practices
- Create and promote a pan-Canadian promising and best practices portal that highlights work related to positive mental health
- Create a pan-Canadian network for mental health that recognizes unique linguistic and cultural differences
- Identify and promote effective strategies
- Create a database for emerging, promising and/or evidence-based positive mental health programs
- Establish enough information to build a solid business case for sustained investment in positive mental health
- Promote alternative measures of well-being
- Develop a health impact assessment tool
- Support research chairs in positive mental health



### **Strategy 3: Creating More Effective Communication Strategies**

- Create a broad social marketing campaign about the connection between mental and physical health
- Create a buzz around positive mental health
- Establish targeted messages to increase awareness of positive mental health
- Develop a communications plan that includes champions, tools and resources for wellness and mental health promotion
- Reframe and legitimize mental health and health promotion

### **Strategy 4: Securing Sustainable Resources**

- Retain commitment from politicians; cultivate political will
- Establish federal, provincial and territorial policies for well-being
- Work together across sectors and political parties
- Establish specific percentage of government budgets dedicated to positive mental health
- Focus 5% to 10% from all provincial budgets on positive mental health
- Adjust provincial budgets 1% per year for seven years to support wellness activities
- Encourage provinces and territories to dedicate 3% of health transfer funding to wellness and positive mental health promotion
- Invest in a national child and youth mental health strategy



## References

1. J. Lavis et al., “SUPPORT Tools for Evidence-Informed Health Policymaking (STP) 14: Organising and Using Policy Dialogues to Support Evidence-Informed Policymaking,” *Health Research Policy and Systems* 7, Suppl. 1 (2009): p. S14.
2. J. Lavis, “Moving Forward on Both Systematic Reviews and Deliberative Processes,” *Healthcare Policy* 1, 2 (2006): pp. 59–63.
3. A. Culyer and J. Lomas, “Deliberative Processes and Evidence-Informed Decision-Making in Healthcare: Do They Work and How Might We Know?,” *Evidence and Policy* 2, 3 (2006): pp. 357–371.
4. C. Plain, “Build an Affinity for K-J Method,” *Quality Progress* 40, 3 (2007): p. 88.
5. R. Scupin, “The KJ Method: A Technique for Analyzing Data Derived From Japanese Ethnology,” *Human Organization* 56, 2 (1997): pp. 233–237.
6. Canadian Institute for Health Information, *Improving the Health of Canadians: Exploring Positive Mental Health* (Ottawa, Ont.: CIHI, 2009), accessed from <[http://secure.cihi.ca/cihiweb/products/mh\\_report\\_13Feb2009\\_e.pdf](http://secure.cihi.ca/cihiweb/products/mh_report_13Feb2009_e.pdf)>.
7. Public Health Agency of Canada, *The Human Face of Mental Health and Mental Illness in Canada 2006* (Ottawa, Ont.: Minister of Public Works and Government Services, 2006), p. 2, accessed on October 29, 2010, from <[http://www.phac-aspc.gc.ca/publicat/human-humain06/pdf/human\\_face\\_e.pdf](http://www.phac-aspc.gc.ca/publicat/human-humain06/pdf/human_face_e.pdf)>, catalogue no. HP5-19/2006E.
8. T. Ståhl et al., eds., *Health in All Policies: Prospects and Potentials* (Helsinki, Finland: Ministry of Social Affairs and Health, 2006), pp. 1–299, accessed from <[http://www.euro.who.int/\\_\\_data/assets/pdf\\_file/0003/109146/E89260.pdf](http://www.euro.who.int/__data/assets/pdf_file/0003/109146/E89260.pdf)>.



Production of this report is made possible by financial contributions from Health Canada. The views expressed herein do not necessarily represent the views of the Canadian Population Health Initiative, the Canadian Institute for Health Information or Health Canada.

The contents of this publication may be reproduced in whole or in part, provided the intended use is for non-commercial purposes and full acknowledgement is given to the Canadian Institute for Health Information.

Canadian Institute for Health Information  
495 Richmond Road, Suite 600  
Ottawa, Ontario K2A 4H6

Phone: 613-241-7860

Fax: 613-241-8120

[www.cihi.ca](http://www.cihi.ca)

[copyright@cihi.ca](mailto:copyright@cihi.ca)

ISBN 978-1-55465-690-5 (PDF)

© 2011 Canadian Institute for Health Information

How to cite this document:

Canadian Institute for Health Information, *Recognizing and Exploring Positive Mental Health—Policy Dialogue: Synthesis and Analysis* (Ottawa, Ont.: CIHI, 2011).

Cette publication est aussi disponible en français sous le titre *Reconnaître et explorer la santé mentale positive — dialogue sur les politiques : synthèse et analyse*. ISBN 978-1-55465-694-3 (PDF)

## Talk to Us

**CIHI Ottawa**  
495 Richmond Road, Suite 600  
Ottawa, Ontario K2A 4H6  
Phone: 613-241-7860

**CIHI Toronto**  
4110 Yonge Street, Suite 300  
Toronto, Ontario M2P 2B7  
Phone: 416-481-2002

**CIHI Victoria**  
880 Douglas Street, Suite 600  
Victoria, British Columbia V8W 2B7  
Phone: 250-220-4100

**CIHI Montréal**  
1010 Sherbrooke Street West, Suite 300  
Montréal, Quebec H3A 2R7  
Phone: 514-842-2226

**CIHI St. John's**  
140 Water Street, Suite 701  
St. John's, Newfoundland and Labrador A1C 6H6  
Phone: 709-576-7006

