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Rising to the Challenge:

A strategic plan for the mental health and well-being of Manitobans

SUMMARY REPORT OF ACHIEVEMENTS: Year One

Rising to the Challenge was launched June 29, 2011, a comprehensive five-year provincial mental health strategic plan for Manitoba. The strategic plan aims to lead Manitoba toward its vision that “All Manitobans will experience their optimal level of mental health and well-being”.

Much work has been accomplished in the first year since the launch of the strategic plan. Six expert work groups have been formed corresponding to each of the goal areas to develop recommendations to work towards implementation of the strategic plan. Members of work groups were selected based on their recognized expertise in the goal area, either through research, policy, practice, or by being a person with lived experience of mental health issues, or a family member or natural support.

Other Notable Accomplishments in Year One:

- ✓ All schools in Manitoba received a Positive Mental Health Toolkit (PMHT), promoted and supported by the Healthy Schools initiative.

This toolkit has been designed to promote positive school health practices and perspectives within the school environment. These practices can be embedded into a school’s everyday routines and implemented over time, at their own pace. They are founded in a strength-based approach that looks beyond simply addressing problems in the school community. Rather, this approach recognizes that both schools and students already have strengths and gifts that can be built upon and nurtured. The PMHT is available on the Healthy Schools website:

www.gov.mb.ca/healthyschools/index.html

- ✓ *Manitoba in Motion* produced a 30 second information spot to support mental well-being through physical activity and can be found by clicking on the link: [in motion physical activity and mental well-being](#).

Manitoba in Motion is a provincial strategy to help all Manitobans make physical activity part of their daily lives for health and enjoyment. Our vision is to make Manitobans healthier by increasing physical activity in the province by 20 percent by the year 2015. *Manitoba in Motion* resources and programming incorporate a mental well-being message into messages about maintaining an active lifestyle.

- ✓ *Healthy Together Now*, an on-going initiative supporting communities across Manitoba in their chronic disease prevention efforts, added mental wellbeing as a focus area of support and programming.

Healthy Together Now, formerly the *Chronic Disease Prevention Initiative* (CDPI), has evolved from a five-year demonstration project to an on-going initiative supporting communities across Manitoba in their chronic disease prevention efforts. The *Healthy Together Now* initiative helps prevent chronic disease in Manitoba. *Healthy Together Now* projects are community-led, regionally coordinated and government supported.

Healthy Together Now supports Manitobans to live smoke-free, encourages healthy eating, promotes active living, and supports mental wellbeing. Participating communities develop programs and activities to address the risk factors affecting their community. These activities can reach community members of all ages at home, at school, at work and in their community.

- ✓ Supporting the development of the Bell Hotel Supportive Housing Project which provides 42 units of affordable housing with supports for individuals who have experienced homelessness and mental health issues. An innovative new housing initiative, developed with the support of three levels of government at the Main Street site of the former Bell Hotel, promotes stability and independence for individuals who are homeless or at risk of becoming homeless.

Capital funding of more than \$6.16 million was provided for this project. The conversion plan also incorporates space for service programming and other support initiatives that are designed to work with residents to maintain a stable tenancy.

- ✓ Establishing a Mental Health Court in Winnipeg, an alternative to mainstream adult criminal court for those adult persons charged with a criminal offence, and who are assessed as having a severe and pervasive mental illness.

Planned jointly by the departments of Manitoba Health and Justice, Mental Health Court provides a judicially monitored program with a multidisciplinary treatment team operated by the Winnipeg Regional Health Authority to provide access to treatment. Mental Health Court heard its first cases in Winnipeg on Thursday May 11, 2012.

- ✓ Hosting the Co-Occurring Disorders (CODI) Summer Institute for over 200 service providers in the area of best practices for working with people with both mental health and substance use disorders.

Manitoba Health, Manitoba Healthy Living Youth and Seniors, Brandon University - Psychiatric Nursing Program, Addictions Foundation of Manitoba, First Nations Inuit Health and the Winnipeg Regional Health Authority created a partnership to plan and deliver a Co-occurring Disorders Summer Institute June 18, 19 and 20, 2012.

The main themes of the Institute were: trauma; special populations; and collaborative partnerships and CODI success stories. A Post Institute took place with two one-day sessions on Trauma and Pharmacology.

- ✓ Supporting a new Crisis Stabilization Unit (CSU) in Steinbach, an eight-bed unit providing short-term stay for individuals experiencing a mental health crisis. The former South Eastman Regional Health Authority partnered with Bethesda Wellness Inc., a not-for-profit development corporation, to develop an adult CSU in the region that opened in early spring of 2012.
- ✓ Launching the province-wide roll-out of PAX Good Behaviour Game, giving Grade 1 teachers the training and tools to help thousands of young children develop social, emotional and self-discipline skills. PAX has proven to immediately improve the classroom environment by reducing disruptions and allowing for more effective and focused learning. Long-term studies have shown that, after playing PAX just in Grade 1, students do better in school and need fewer special education services.

The Healthy Child Manitoba Office (HCMO) and the Department of Education piloted the PAX Game in the 2011/12 school year. All teachers with grade 1 students were invited to participate in the pilot. Over 200 schools from all regions of the province expressed interest. A randomized controlled trial (RCT) is being done, with half of the schools implementing the PAX Game in 2011/12, while the other schools are now implementing PAX in the 2012/13 school year. Classroom and student level information will be collected to see if children in PAX classrooms have improved behaviours.

- ✓ Hosting the national Mental Health Promotion and Mental Illness Prevention Summit attended by partners from across Canada, including Ministers and Deputy Ministers, resulting in the development of a Summit website and an online Community of Practice to serve as a platform for the exchange of research and promising practices in the area of mental health promotion and mental illness prevention

The first day of the summit included sessions on social determinants of mental health, opportunities to prevent mental illness, indigenous and cultural approaches to mental health, the economics of mental-health promotion and effective approaches for families, schools, workplaces and communities. The second day provided opportunities for participants to discuss ways to better improve the mental health of Canadians through promotion and prevention.

- ✓ Supporting the national trial of a mental health peer support training workshop in partnership with the Mental Health Commission of Canada. The peer support training will help to enable people with the lived experience of mental illness to be better equipped to act in a support role to other people with mental health problems and illnesses.
- ✓ Continuing support to youth suicide prevention through:
 - the establishment of a Northern mobile crisis team as an outreach to assist youth between the ages of 12 to 17 who are experiencing mental health crisis, suicidal thoughts or addiction issues;
 - the development and delivery of trauma-informed care training for child welfare service providers and foster parents; and
 - the start-up of youth-led afterschool recreation programs in three northern and remote First Nations communities through the Winnipeg Aboriginal Sport Achievement Centre (WASAC) North program.
- ✓ Funding for Artbeat Studio Inc. from the Urban Art Centres Program to support Studio Central, a community initiative that increases arts opportunities with a focus on mental-health promotion.

Studio Central is a program of Artbeat Studio, which was established in 2005 following one Manitoba family's personal experience with mental illness. In all of its projects and operations, Artbeat provides resources and peer support to promote mental health, healing and empowerment through artistic creativity. Studio Central is a working studio for community residents and includes artists who have completed core programming at Artbeat and are living with mental illness. Studio Central offers numerous community art programs in a variety of mediums including painting, poetry, music, textile art, culinary arts and weaving.

- ✓ Support for knowledge transfer events held in Manitoba: Healthy Together Now Share and Learn Conference (September 2011); The Out of Mind - Into Creativity Symposium (November 2011); Treating Complex Trauma in Adolescents and Families Conference (May 2012); A New Roadmap for

Mental Health in the Workplace (May 2012); and Setting the Table for Recovery: Providing Practical Tools for Understanding Eating Disorders (June 2012).

- ✓ *Underway:* Partnering with Winnipeg's Sara Riel Foundation to build an integrated 28-unit complex that will provide safe and affordable housing for families and adults with mental illnesses. The complex, at 210 Kenny St. in St. Boniface, will incorporate mobility-enhanced features and include 16 one-bedroom units, seven two-bedroom units and five three-bedroom units. Fourteen of the 28 units will be classified as supportive housing. The rent for 14 of the units will be available to tenants based on income. Sara Riel Inc. will provide on-site services that support a tenant's goal to achieve and maintain permanent housing.

The province is helping fund the new complex with \$8.2 million from HOMEWorks!, Manitoba's long-term housing strategy. The premier also announced an additional \$400,000 from Manitoba Health for mental health support services for at Sara Riel.

- ✓ *Underway:* Partnering with the Canadian Mental Health Association Winnipeg Region to develop the Community Housing with Support Program, an initiative that will help 50 individuals with mental health and homelessness issues to find and maintain stable housing.

The project will be delivered by the Canadian Mental Health Association Winnipeg Region, who will assist participants in accessing and maintaining stable housing, and will lead to improved health outcomes through the use of a community-based intensive case management support model.

Supports will include mental health services, life skills coaching, and housing supports. The project will provide scattered site housing in public and private market housing across Winnipeg.

- ✓ *Underway:* The Northern Youth Crisis Service facility being built in Thompson is a six-bed facility for youth experiencing a mental health crisis or who are in need of stabilization under the Youth Addictions (Support for Parents) Stabilization Act. Four beds are planned for mental health crisis and two beds for addictions, including Telehealth capacity. The facility will provide for better crisis and stabilization services for youth from northern and remote communities and decrease the need for youth to fly south for treatment.

- ✓ *Underway:* The Winnipeg-based Crisis Response Centre (CRC) is currently being built to provide 24-hour, 7-day per week services for adults experiencing a mental health crisis that requires a prompt, specialized intervention and who may otherwise attend a hospital Emergency Department. The CRC will be a central point of access to mental health crisis services that interface with medical services but are not situated in a hospital emergency department. The service functions include: medical and mental health screening, assessment, crisis intervention with a mobile capacity, brief treatment services, and psychiatric consultation. The new facility is being built adjacent to the Health Sciences Centre in Winnipeg and is estimated to be completed in early 2013.

As Manitoba moves into the second year of its strategic plan, work groups will continue to develop recommendations that will form the basis of future efforts. Recognizing that mental health affects every aspect of people's lives, the Government of Manitoba will continue to work across departments, with other levels of government, the Regional Health Authorities, and the private and non-profit sectors to realize the vision of all Manitobans experiencing their optimal level of mental health and well-being.