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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 Two**

Since its launch on June 29, 2011, the comprehensive five-year provincial mental health strategic plan for Manitoba has spurred many achievements towards its vision that: *“All Manitobans will experience their optimal level of mental health and well-being.”*

In year one, six expert work groups, corresponding to each of the goal areas, developed recommendations to implement the strategic plan. Work group members were selected based on their recognized expertise, either through research, policy, practice, or by being a person with lived experience of mental health problems or illnesses, a family member, or natural support.

The work groups have since completed the recommendations process, and an action plan is being finalized. Work continues towards each of the strategic goals.

#### Notable Accomplishments in Year Two

- ✓ **Mental Health Crisis Response Centre (CRC):** The new Winnipeg-based Mental Health Crisis Response Centre (CRC) opened adjacent to the Health Sciences Centre in June 2013. The CRC provides 24/7 services for adults experiencing a mental health crisis, diverting individuals from hospital Emergency Departments and increasing more timely and appropriate care. The CRC’s service functions include: medical and mental health screening, assessment, crisis intervention with a mobile capacity, brief treatment services, and psychiatric consultation. The WRHA received \$12.3 million in funding in support of this initiative.
- ✓ **Adult Eating Disorders:** Access was increased, and wait times decreased for eating disorders services, including expansion of the Adult Eating Disorders Intensive Day Program at Health Sciences Centre through an additional \$368,000 and the Provincial Eating Disorder Prevention and Recovery Program through an additional \$101,000 in funding.

- ✓ **Healthy Schools Mental Health Promotion Campaign:** Mental health and wellbeing was promoted in 473 Manitoban schools through the Healthy Schools Mental Health Promotion Campaign.
- ✓ **Community Housing with Supports Projects:** Funding and policy supports were given to provide housing and housing support to individuals with complex needs, including mental health and homelessness issues. Delivered by the Canadian Mental Health Association Winnipeg region, this project uses a community-based intensive case management model to help participants access and maintain stable accommodation in scattered public and private housing sites in Winnipeg. Funding up to \$568,000 is provided annually.
- ✓ **U of M Campus Mental Health Strategy:** A staff member of Manitoba Health, Healthy Living and Seniors was seconded to and worked with University of Manitoba to develop a campus mental health strategy.
- ✓ **Co-occurring Disorders Visioning Day:** Manitoba Health, Healthy Living and Seniors hosted a co-occurring mental health and substance use disorders (COD) Visioning Day, and developed a renewed provincial COD Leadership Team. The COD Leadership Team is now developing recommendations to enhance evidence-based treatment with a focus on complex needs, training and education, and integrated COD treatment for affected Manitobans.
- ✓ **Mental Health First Aid (MHFA) for Adults who Interact with Youth:** Support was provided to the regional health authorities for instructor training for additional school-based staff members.
- ✓ **Telehealth-based psychiatric and mental health consultations for children and adolescents** was expanded to Norway House in winter 2012/13. With this expansion, seven First Nations communities currently receive these services.
- ✓ **Housing for Persons with Mental Health Problems or Illnesses:** Manitoba Health, Healthy Living and Seniors provided \$400,000 in funding for each of two new, affordable, integrated housing projects with mental health support services:
  - **Concordia Village IV**, a new 45-unit, safe, affordable and integrated housing project, will support up to 16 people with lived experience of mental health problems or illnesses, with supports provided by Eden Health Care Services.
  - **Place Bernadette Poirier**, an integrated 28-unit complex run by Sara Riel Inc. will provide on-site 24-hour, recovery-based services to support tenants in achieving and maintaining permanent housing; 14 of the units will be designated for people with lived experience of mental health problems or illnesses.
- ✓ **Wellness Works Campaign:** Manitoba Health, Healthy Living and Seniors created a healthy workforces campaign called *Wellness Works* that encourages employers to recognize and prioritize the importance of a physically and mentally healthy workforce. Employers are

supported to institute changes in their organizations that promote wellness, and provide their staff with opportunities to maintain or improve their well-being. Developed and promoted in partnership with the Manitoba Chamber of Commerce, 49 Manitoba businesses have signed on to the program.

- ✓ **Knowledge Transfer and Education:** Manitoba Health, Healthy Living and Seniors sponsored and participated in many knowledge transfer and education opportunities:
  - The Schizophrenia Society of Canada National Conference, September 2013
  - The Psychosocial Rehabilitation/Réhabilitation psychosociale Canada National Conference, October 2013
  - The Canadian Association for Suicide Prevention National Conference, October 2013
  - The Canadian Mental Health Association - Winnipeg/Manitoba Chamber of Commerce Mental Health Week events, May 2013
  - National Schizophrenia and Psychosis Awareness Day, May 2013
  
- ✓ *Projects Underway:*
  - **Online Mental Health Navigation Tool for Children and Youth:** The department is partnering with the WRHA to develop a provincial evidence-based online navigation tool for children and youth. The tool is intended to assist youth and key providers (parents, teachers, health service providers) in understanding the best course of action, and finding the most appropriate services for mental health problems and illnesses. Funding of \$295,000 was provided by the province in support of this initiative.
    - **Child and Adolescent Community Mental Health Worker Curriculum:** The department is working with the Manitoba Adolescent Treatment Centre to identify professional competencies and enhance the training curriculum for child and adolescent community mental health workers.
    - **Applied Suicide Intervention Skills Training (ASIST) Evaluation:** The department is partnering with the University of Manitoba and the federal government in funding an evaluation of the Applied Suicide Intervention Skills Training (ASIST) program in terms of its efficacy for Manitoba's First Nations communities.
    - **Northern Youth Crisis Stabilization Unit:** The department is supporting the final planning stages for the establishment of a Northern Youth Crisis Stabilization facility in Thompson. The facility, which will have Telehealth capacity, will provide crisis services for youth from northern and remote communities and decrease the need for youth to fly south for treatment. The community youth mobile crisis component of this initiative was launched in 2011.
    - **Recovery Champions Committee:** This newly established committee will advise the department on the development and implementation of recovery recommendations stemming from the provincial mental health strategic plan; champion recovery and recovery oriented services throughout all regions of the province, and; influence system transformation, with the mental health system being a first priority.