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**CENTRE FOR HEALTH PROMOTION
University of Toronto**

**ONTARIO HEALTH PROMOTION SUMMER
SCHOOL**

JUNE 25- 27, 2007

Crowne Plaza Toronto Don Valley

**WORKSHOP SUMMARIES
&
PRESENTERS' BIOGRAPHIES**

**SERIES 3 –
GENERAL PROGRAM
*MENTAL HEALTH PROMOTION***

SERIES 3 – GENERAL PROGRAM

NB: An integrated set of workshops and lectures will be offered within each series. Participants are advised NOT to consider attending workshops within different series.

OPENING PLENARY SESSION	
« Key Concepts in Mental Health Promotion »	Monday, June 25, 9:00 – 11:00 a.m.
Suzanne Jackson, PhD, Director (Centre for Health Promotion) and Chair of Health Promotion Summer School	Centre for Health Promotion
Marianne Kobus-Matthews, Senior Health Promotion Consultant and Co-Chair of Health Promotion Summer School	Centre for Addiction and Mental Health

SUMMARY: Mental health promotion definitions and key concepts will be presented in the form of a model in the opening plenary for all participants. The model includes socio-environmental and individual risk factors, protective factors and the determinants of health. Turning these concepts into practical actions means there are certain strategies that are appropriate and necessary. These will also be described. The Summer School Co-Chairs will present this model and describe how the other sessions in the summer school will fit with the model. We will draw on children's perspectives on mental health and incorporate some of the information from an international symposium on mental health promotion that will be held in Vancouver on June 10th.

PRESENTERS' BIOGRAPHIES: **Suzanne Jackson** is the Director of the Centre for Health Promotion at the University of Toronto. She has conducted research in community capacity indicators, economic evaluation in health promotion, empowerment indicators, indicators of health promotion for international use, and community systems. She specializes in participatory planning, research and evaluation consultations with grassroots community groups and community health organizations. Suzanne has worked in health promotion research for almost thirteen years in Canada and internationally and she has twelve years accumulated experience working in the public sector for the Ontario Ministry of Health and the Toronto Department of Public Health. Suzanne received her PhD from the School of Urban and Regional Planning at the University of Waterloo. She has been President of the Ontario Public Health Association, vice-president of the Canadian Public Health Association and chair of the Board of Directors of ICA Canada (a community development and facilitated group decision-making organization). She has been invited to speak on health promotion topics in various parts of Canada, USA, Jakarta, Australia, Mexico, Colombia, Germany, Taiwan, Chile, and Brazil.

Marianne Kobus-Matthews: As a Senior Health Promotion Consultant at the Centre for Addiction and Mental Health (CAMH), Marianne Kobus-Matthews works with external partners & CAMH colleagues to ensure the strategic direction to enhance health promotion is carried out. Marianne provides training to a range of professionals, and assists in the development of resources to support communities in their prevention, health promotion and harm reduction efforts.

Marianne coordinates the provincial campaign on the Low-Risk Drinking Guidelines and represents CAMH on various provincial and national committees, networks and alliances focused on health promotion and mental health promotion, healthy public policy, and chronic disease and injury prevention. Marianne is the project lead for Culture Counts: Best Practices In Community Education in Addiction and Mental Health with Ethnocultural Communities, and the CAMH lead on the development of *“Mental Health Promotion Best Practice Guidelines for Children and Youth”*, a resource that provides health and social service practitioners with current evidence-based approaches in the application of mental health promotion concepts and principles.

SERIES 3: CORE SESSION 1	
« The Role of Settings in Promoting Mental Health »	Monday, June 25, 11:00 a.m. – 12:00 noon
Andrea Stevens Lavigne, Fellow	Centre for Health Promotion

SUMMARY: One of the key aspects of mental health promotion is to focus on families, communities, workplaces and other settings rather than individuals. By changing the conditions of these settings, we can create the conditions for health and mental health for everyone. Much of the work in mental health promotion needs to use many different kinds of strategies at many different levels and the work on health promoting settings is one of the best ways to illustrate this approach. This session will talk a bit about the principles of creating healthy settings and then focus on examples with a mental health promotion aspect across the lifespan, in healthy parenting, healthy schools, healthy workplaces, healthy institutions and healthy communities.

PRESENTER’S BIOGRAPHY: **Andrea Stevens Lavigne** holds a Masters in Business Administration from the University of Toronto and is a fellow with the Centre for Health Promotion at the University of Toronto. Previously, she worked at the Centre for Addiction and Mental Health, formerly the Addiction Research Foundation for twenty-five years. Her most recent position was Director, Health Promotion and Knowledge Exchange Program Development with responsibilities for the development, implementation and evaluation of health promotion and prevention projects at the provincial and national levels. Several of these initiatives addressed mental health promotion, including the development of a toolkit for professionals outlining effective mental health promotion programs, and a project aimed at integrating health promotion into clinical care settings through the provision of consultation, training and resource materials. In 2005, Ms Stevens Lavigne co-chaired a successful international Summer Institute with the Centre for Health Promotion at the University of Toronto, focusing on mental health promotion concepts, theories and practices. As a result of this work, she developed a 5-day course in mental health promotion in collaboration with the Centre for Health Promotion, which was delivered to health care professionals in Chile in 2006. She is also actively involved in the planning for a second international symposium, “No Health without Mental Health: Community Approaches to Mental Health Promotion”, to be held in June 2007 in conjunction with the IUHPE Conference in Vancouver, Canada

SERIES 3: CORE SESSION 2	
« Connecting the Dots: Linking Practice and Policy »	Tuesday, June 26, 9:00 – 10:30 a.m.
Suzanne Jackson, PhD, Director (Centre for Health Promotion) and Chair, Health Promotion Summer School	Centre for Health Promotion
Connie Clement, Executive Director	Ontario Prevention Clearinghouse

SUMMARY: Much of the work in promoting mental health falls in the policy arena. We recognize the need to change policies to support healthier practices. This session will describe how practitioners can incorporate policy work into their practice with examples drawn from the mental health and addictions field.

PRESENTERS BIOGRAPHIES:

Suzanne Jackson: **Suzanne Jackson** is the Director of the Centre for Health Promotion at the University of Toronto. She has conducted research in community capacity indicators, economic evaluation in health promotion, empowerment indicators, indicators of health promotion for international use, and community systems. She specializes in participatory planning, research and evaluation consultations with grassroots community groups and community health organizations. Suzanne has worked in health promotion research for almost thirteen years in Canada and internationally and she has twelve years accumulated experience working in the public sector for the Ontario Ministry of Health and the Toronto Department of Public Health. Suzanne received her PhD from the School of Urban and Regional Planning at the University of Waterloo. She has been President of the Ontario Public Health Association, vice-president of the Canadian Public Health Association and chair of the Board of Directors of ICA Canada (a community development and facilitated group decision-making organization). She has been invited to speak on health promotion topics in various parts of Canada, USA, Jakarta, Australia, Mexico, Colombia, Germany, Taiwan, Chile, and Brazil.

Connie Clement is Executive Director of the Ontario Prevention Clearinghouse/Centre ontarien d'information en prévention, Ontario's leading bilingual health promotion organization. Connie has a 30-year track record in public, community and women's health. Prior to joining the Ontario Prevention Clearinghouse in 2000, she was Director of Toronto Public Health Planning & Policy. Connie is chair of the Advisory Board to the Centre for Health Promotion (University of Toronto) and interim chair of the National Advisory Committee to the National Collaborating Centre – Determinants of Health. She stepped down as chair of the Ontario Chronic Disease Prevention Alliance in early 2007. Connie has made her career in health and health promotion because she believes that health is the most central motivator for positive social change.

SERIES 3: CORE SESSION 3	
« Beyond the Label »	Tuesday, June 26, 11:00 a.m. – 12:30 p.m.
Mary Quarterone, Project Consultant, GTA Regional Services,	Centre for Addiction and Mental Health

SUMMARY: One of the greatest blows to mental health comes the stigma attached to the ways we label people in our society due to skin colour, race, religion, sexual orientation, gender, mental health status, substance use, etc.

This session will introduce activities that explore our assumptions and attitudes about other people and strategies for how to move beyond the label. This will be valuable to practitioners personally and in their professional lives, and will include exercises that can be shared with colleagues.

PRESENTER'S BIOGRAPHY: **Mary Quartarone** is the Project Consultant for Peel from GTA Regional Services within CAMH's Policy, Education and Health Promotion (PEHP) department. She contributes to knowledge exchange and capacity building in Peel region through consulting, education and systems development around mental health, addictions, concurrent disorders, diversity and health promotion. Prior to joining CAMH/ARF in 1994, she held positions within public health and the non-profit sector as a director of health promotion and education, an executive director and a communications consultant. Mary has initiated and managed a variety of health promotion projects, including Vibrant Action Looking Into Depression in Today's Young♀ (VALIDITY♀), In the Driver's Seat and Headstart to Active Living. She holds a BA in Journalism and is an avid lifelong learner with hundreds of hours of training in addictions and mental health, diversity, health promotion, adult education and leadership. Her interests include improving access to health care for diverse and marginalized groups, girl/women's issues and working to improve health outcomes for families at risk through prevention and health promotion.

SERIES 3: CORE SESSION 4	
« Evaluation of Mental Health Promotion »	Wednesday, June 27, 9:00-10:30 a.m.
Bonnie Pape	
Marianne Kobus-Matthews, Senior Health Promotion Consultant and Co-Chair, Health Promotion Summer School	Centre for Addiction and Mental Health

SUMMARY: One of the challenges to mental health promotion is how to evaluate multi-level, multi-strategy interventions focused on mental health. Bonnie Pape will talk about some of the work done by the Canadian Mental Health Association to develop indicators that could be used to evaluate mental health promotion.

PRESENTERS' BIOGRAPHIES:

Marianne Kobus-Matthews: As a Senior Health Promotion Consultant at the Centre for Addiction and Mental Health (CAMH), Marianne Kobus-Matthews works with external partners & CAMH colleagues to ensure the strategic direction to enhance health promotion is carried out. Marianne provides training to a range of professionals, and assists in the development of resources to support communities in their prevention, health promotion and harm reduction efforts.

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Bonnie Pape, an independent consultant, has recently completed a nineteen-year tenure at the Canadian Mental Health Association, National Office, including fifteen years as Director of Programs and Research. Her past and current leadership with national projects addresses many issues related to mental health promotion. These include:

- a mental health promotion tool kit and train the trainer guide
- resource materials on community inclusion and promotion of mental health for people with mental illness
- guides for promoting the mental health of seniors through home care
- research and training on mental health promotion in child care
- a multi-organizational initiative on the determinants of health as mental health policy issues.

Bonnie’s focus on mental health promotion is characterized by a particular interest in self-help approaches and other resources that exist outside the formal mental health system. She has written numerous documents on these topics for CMHA, and has spoken widely, nationally and internationally.

SERIES 3: CORE SESSION 5	
« Call to Action »	Wednesday, June 27, 11:00 a.m. - 12:30 p.m.
Suzanne Jackson, PhD, Director,	Centre for Health Promotion
Marianne Kobus-Matthews	Centre for Addiction and Mental Health

SUMMARY: This final session in the general stream will provide an opportunity to share experiences from the small group work and summarize the key points from the other sessions and their relevance to health promotion and mental health promotion. Participants will be invited to talk about what they intend to do differently in their practice as a result of the Summer School.

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Suzanne received her PhD from the School of Urban and Regional Planning at the University of Waterloo. She has been President of the Ontario Public Health Association, vice-president of the Canadian Public Health Association and chair of the Board of Directors of ICA Canada (a community development and facilitated group decision-making organization). She has been invited to speak on health promotion topics in various parts of Canada, USA, Jakarta, Australia, Mexico, Colombia, Germany, Taiwan, Chile, and Brazil.

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