

# CREATING CONNECTIONS: ALBERTA'S ADDICTION AND MENTAL HEALTH STRATEGY

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# Alberta Addiction and Mental Health Strategy (AAMHS)

- \* Principles
- \* High level overview
- ❖ Intended audience
- ❖ Policy alignment





# Strategic Directions of the AAMHS

- 1. Build healthy and resilient communities
- 2. Foster the development of healthy children, youth and families
- 3. Enhance community-based services, capacity and supports

4. Address complex needs

5. Enhance assurance



#### Enablers of the AAMHS

Activities critical to building organizational capacity and infrastructure required to successfully address priorities and achieve intended results

- 1. Policy direction and alignment
- 2. Individuals with lived experience and family engagement
- 3. Funding and compensation frameworks
- 4. Workforce development
- 5. Research, evaluation and knowledge translation/use
- 6. Leverage technology and information sharing
- 7. Cultural safety, awareness and competency



# Linking the Core Story of Early Childhood Development with the AAMHS

#### **AAMHS Strategic Directions:**

- 1. Build Healthy and Resilient Communities
- 2. Foster the Development of Healthy Children, Youth and Families
- 5. Enhance Assurance



## Build Healthy and Resilient Communities



#### **Promotion and Prevention**

Create environments where
Albertans live, learn, work and
play that build protective factors for
mental well-being, resilience and
health, and reduce risk factors that
contribute to addiction, mental
health problems and mental illness.



## Build Healthy and Resilient Communities

#### **Key Initiatives:**

- \* Early childhood, maternal and family health
- ❖ Build healthy and resilient schools
- Build capacity and resiliency in populations at risk





#### • Parent-infant interactions alter brain







#### Effects on growth and development

Hobbs et al. Child abuse and neglect: clinician's handbook, 1993



# Foster the Development of Healthy Children, Youth and Families

Full continuum of services for children, youth and families

Provide all children, youth and their families, including those "at risk" and "in care", with access to the full continuum of services with strong links to community treatment and community supports.





# Foster the Development of Healthy Children, Youth and Families

#### **Key Initiatives:**

- Special populations of children, youth and families
- \* Access to addiction and mental health services
- Service coordination and collaboration



#### **ACE Study Findings**

<u>Adverse childhood life experiences affect</u> <u>adult:</u>

Disease burden and medical care costs

Well-being, depression, and suicide rates

- Alcoholism and drug use
- Job performance and disability
- Subsequent generations



#### Enhance Assurance

#### Assurance

Continue to develop robust and appropriate oversight policies, supporting structures and mechanisms to foster quality and client/patient safety.



# Assumptions

- 1. Destiny is in our genes
- Knowing, growing and relationship sowing develop separately
- 3. Poor children are the ones at risk
- 4. Stress is bad for children
- We know how to help disadvantaged kids; it's just too expensive
- 6. Babies are inert
- 7. It's all over by five
- 8. Children are naturally fair and kind



#### Enhance Assurance

#### **Key Initiatives:**

Workforce
 development,
 monitoring and
 deployment

System performance framework





### Developing the Action Plans

Judy Cameron: National Scientific Council on the Developing Child

There are no magic bullets:
Relationships Matter
Positive relationships and quality
learning experiences can be
promoted both at home and
through a range of evidence-based
parent education, family support,
early care and education, and
intervention services.



Should
We
Wrap
Them
In
Bubblewrap???









http://www.albertafamilywellness.org/resources/video/brain-hero BRAIN &
BIOLOGICAL
DEVELOPMENT:

### Resiliency and Protective Factors

What can we influence through the AAMHS?

❖ Stress Inoculation (Thomas Boyce − 2010)

❖ Positive parenting (Linda Mayes -2010, Matt Hill – 2011)

❖ Social and Emotional Development (Heather Henderson −



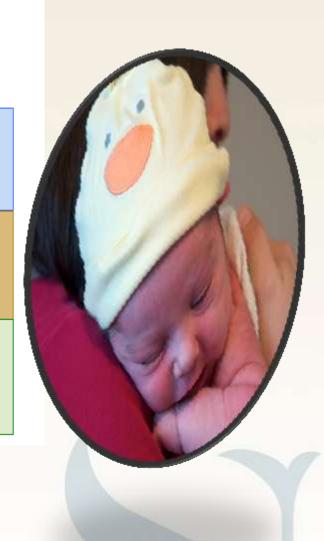


#### **Creating an Ecology of Innovation**

**CLIMATE:** the policy, professional, and funding environment that creates incentives and influences the allocation of resources.

**SOIL:** a rich combination of people and contexts that cultivates promising seeds, promotes favorable climate, learns from failure, and catalyzes broader impact.

**SEEDS:** breakthrough ideas that offer the potential for substantially more effective policies and practices that are affordable, replicable, scalable, and sustainable.



## AAMHS – Priority Action Items

- ❖ Prenatal and at-birth screening for all children and mothers, including those "at-risk"
- ❖ Home visitation programs and services for "at-risk" families
- Community resources for parents
- \* Create and strengthen outreach promotion and prevention services for "at-risk" and under-served populations
- ❖ Identify gaps in outreach promotion and prevention services for rural and remote areas
- \* Establish local, regional, cross-sectoral committees supporting a wraparound model of care for children, youth and families
- \* Identify specialized service requirements, and set up centres of excellence to support local service.

## Other Policy Connections

- Social Policy Framework (Government of Alberta)
  - Wellness Strategy (Health and Wellness)
    - Healthy Kids Alberta
    - Maternal-Infant (perinatal) Health Strategy
    - Infant and Preschool Screening Framework
    - Children's Mental Health Plan
  - \* Regional Collaborative Service Delivery (Education)
  - \* FASD 10 Year Strategic Plan (Human Services)
  - SafeCom (Justice)
- Mental Health Strategy for Canada (Mental Health Commission of Canada)



