

CREATING CONNECTIONS: ALBERTA'S ADDICTION AND MENTAL HEALTH STRATEGY

Margaret King, Assistant Deputy Minister
Community and Population Health Division
Alberta Health

Cathy Pryce, Vice President
Addiction and Mental Health
Alberta Health Services

Background/Context



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

Adverse childhood life experiences affect
adult:

- 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
2. Knowing, growing and relationship sowing develop separately
3. Poor children are the ones at risk
4. Stress is bad for children
5. 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>

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 – 2011)



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)**



Thank You!

