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Promote mental health in early childhood and across the life span

Action: Enhance programs and services that promote maternal and family health and healthy early childhood development.

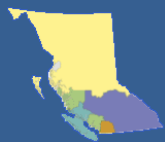


VIHA's Child, Youth & Family Health Services is refocusing its efforts to ensure perinatal families receive the level of support they require. For some families this will be a continuation of current services, for others with greater social and medical needs there will be improved access to health and social services.



Healthy Start is a new strategy within the Healthy Families B.C. prevention and health promotion strategy. It encompasses a continuum of perinatal, child and family public health services that are routinely offered during the prenatal period up to two years of age of the child. The services include both universally delivered services for all families, as well as select enhanced services to meet the needs of families that may experience a greater degree of vulnerability. The goal is to ensure that all pregnant and parenting women in B.C. receive the care that they and their families need. The Healthy Connections project is a component of this strategy and provides additional support for vulnerable clients

To be Underway in 2013: The Ministry of Health will continue working in partnership with all health authorities to begin to expand Healthy Start service standards for children aged two to six years of age.



Promote mental health in early childhood and across the life span

Action: Screen women in the perinatal period for mental health and substance use risk factors and provide appropriate follow-up.



As of March 2012, Fraser Health achieved the high level outcome from their Post-Natal Depression strategy. Public Health now conducts pre- and post-natal screening for all women in the Fraser Health region. Women at risk, or who score high on the Edinburgh Postnatal Depression Scale, are referred to community mental health centres for assessment and follow-up.



Healthy Start, launched in 2012, outlines the provincial services to be routinely offered during pregnancy and up to the age of two, as well as the enhanced services for families in greater need. Included in the program is screening for perinatal depression and other conditions that create vulnerabilities for families. As a next step, work is underway to establish a prenatal care pathway that supports public health practitioners to provide consistent quality services to pregnant women and families within an integrated continuum of care.



An effective approach for detecting perinatal depression is now available throughout British Columbia. The Edinburgh Postnatal Depression Scale, a tool to screen for depression in women during pregnancy and after their child is born, has been translated into 13 languages and is available to health care providers on the Perinatal Services B.C. website. www.perinatalservicesbc.ca



Universal prenatal screening in Vancouver Island Health Authority now addresses social isolation, depression and tobacco use, allowing for referral to the B.C. Healthy Connections project for needed support. www.childhealthpolicy.sfu.ca



Promote mental health in early childhood and across the life span



In 2012, Vancouver Coastal Health (VCH) completed several deliverables relating to perinatal screening:

- Include the implementation of postnatal depression screening across VCH/Providence Health Care as an objective in VCH and Providence Health Care's Perinatal Depression Strategy & Three-year Action Plan, 2010 – 2013. Currently working on the practicalities of how this will be done.
- Translated the Edinburgh Postnatal Depression Scale (EPDS) screening tool into several languages and made it available for clinicians to download (in partnership with Perinatal Services B.C.).
- Developed a handout as a cover sheet to the EPDS to provide women with information about postnatal depression (PND), why we screen for PND, and the support services available to them. This handout has also been translated into multiple languages.
- Developed a recommended workflow for public health nurses, physicians and registered midwives to encourage the use of the EPDS in office and clinic settings. Developed postnatal depression (PND) provider pathways describing the services and resources for women identified with PND. In addition, VCH is working to develop an information card with key information about PND screening and websites with available services and resources.
- For babies two to four months old, implemented universal screening in mother/baby public health nurse clinics in all Vancouver and Coastal rural health units. Currently VCH is considering options for screening in Richmond and North Shore.
- Updated the Perinatal Database Registry to make completion of the EPDS on the antepartum record a mandatory field. Statistics are pulled each period and shared with appropriate parties to review progress. Also, VCH standardized the documentation of EPDS by public health nurses in their electronic health records system.



Promote mental health in early childhood and across the life span

Action: Enhance universal programs that promote social-emotional, cognitive development and resilience in children, youth and families such as StrongStart BC and FRIENDS.



To support the healthy development of children, the Ministry of Health continues working in partnership with all health authorities to expand Healthy Start service standards for children two to six years of age.



FRIENDS for Life is an evidence-based program delivered in schools by educators that teaches children how to cope with fear, worry and stress. In 2012, Ministry of Children and Family Development enhanced the program to include online resources, providing parents with information to reinforce coping skills in their children. Since the launch of the parent website, thousands of people have visited the site and downloaded resource materials, newsletters and on-line workshops. www.friendsparentprogram.com



The Ministry of Children and Family Development and school districts have offered the following teacher trainings as of June 2012:

- Over 1200 teachers have been trained to deliver the FRIENDS FOR LIFE program to children in Grades 4-7.
- 1200 teachers have been trained to deliver Fun Friends to children in kindergarten and grade 1.
- Over 120 teachers from the First Nations Schools Association have been trained to deliver FRIENDS in K-7 classrooms.



Promote mental health in early childhood and across the life span







As of October 5th, 2012, universal prenatal registration is being used in VIHA to identify the needs of pregnant women and their families. A social vulnerability screening tool, designed to be completed by the patient, serves as the mechanism for determining eligibility for the Nurse Family Partnership program. Results from the screening tool are also used to refer women and their children to other perinatal programs that address vulnerabilities associated with the social determinants of health. Other key areas of focus for VIHA include: perinatal depression screening and brief intervention, tobacco screening and brief intervention, as well as screening for social isolation. Skills development for staff in motivational interviewing is also a key focus. This skill helps staff improve conversations with clients in relation to substance use and pregnancy.

Action: Promote mental health within schools and post-secondary institutions through comprehensive school health activities that improve health and educational outcomes, and encourage the development of lifelong skills, attitudes and healthy behaviours.










In September 2012, Health Minister Margaret MacDiarmid announced \$500,000 of funding over the next two years to advance the work of BC Healthy Minds/Healthy Campuses to support a positive shift in the culture of substance use in British Columbian colleges and universities. This program involves students, campus professionals, faculty and administrators in efforts to promote mental health and reduce problematic substance use. The program is made possible through partnerships among the B.C. Partners for Mental Health and Addictions Information, the Canadian Mental Health Association B.C. Division, and the Centre for Addictions Research of British Columbia. www.healthycampuses.ca



	<p>Promote mental health in early childhood and across the life span</p>
	<p>Over 250 teachers, school counselors, administrators, parents, students and mental health professionals came together in August 2012 to exchange ideas on school connectedness and mental health at the third annual Summer Institute: Promoting Mental Health in B.C. Schools. The institute featured presentations on topics including social emotional learning, anxiety, healthy body image, immigrant youth, substance use, and suicide prevention. The institute has helped raise awareness of the critical role of educators and school communities play in student mental health and well-being.</p>
	<p>Interior Health has funded 13 school districts and one Aboriginal school setting for the purpose of hiring a coordinator to support the Healthy Schools, Healthy Students program. This three-year program seeks to improve the overall health of students through positive changes in school culture, including partnership development and capacity building.</p>
	<p>VIHA's Youth & Family Substance Use Services has developed the document <i>Keeping Youth Connected, Healthy and Learning</i>, a report on alternatives to school suspension for substance use. The report is based on a review of the current literature, promising practice, and input from an island-wide summit that included representation from school districts on Vancouver Island. The report has been distributed throughout VIHA, as well as provincially. VIHA is now partnering with the Centre for Addictions Research of BC to disseminate the report more widely and there will be a provincial webinar in the fall to discuss the implications of implementing the report within the school system and allied support services. Funding for this project was provided under Health Canada's Drug Treatment Funding Program.</p>



	<h2>Promote mental health in early childhood and across the life span</h2>
  	<p>Speak Up is a mental health literacy program delivered by Fraser Health in partnership with Coast Capital Savings. Speak Up includes:</p> <ul style="list-style-type: none"> • Educational presentations to grade 10 and other select classes delivered by a mental health educator and a youth with lived experience • A grade 10 lesson plan that incorporates the use of mindcheck.ca as a learning resource to support teachers in increasing the mental health literacy of their students. Speak Up will be delivered across Fraser Health in high schools, colleges, and universities.
	<p>The Joint Consortium for School Health (JCSH), a Canadian partnership of federal and provincial/territorial governments working together to promote health in the school setting, recently released its Positive Mental Health Toolkit. The toolkit is a step-by-step resource that provides schools and those who support them with practical approaches to improve the mental health of all students. As a member of the JCSH, the Ministry of Education made significant contributions to the toolkit . Consultations with education and school health stakeholders in B.C. also informed its development.</p>
 	<p>Healthy Schools BC, a key component of the Healthy Families BC strategy, builds the capacity of the health and education sectors to effectively implement healthy school programs using a comprehensive school health approach. Strengthened health-education partnerships, tools for healthy school assessment and planning, and the coordination of existing school-based healthy living programs and resources combine to support improvements in students' health and learning. Healthy Schools BC involves a partnership between the ministries of Health and Education, DASH BC, health authorities, education partners, and other key stakeholders.</p>



	<h2>Promote mental health in early childhood and across the life span</h2>
	<p>The Ministry of Education has developed ERASE (Expect Respect and a Safe Education), a comprehensive 10-point strategy to address bullying and harmful behaviours in the school and community setting. Key strategy elements include multi-level training and the development of formal protocols at the school district levels to guide and coordinate their work with community partners. Training includes a one-day teaching session around positive school cultures and violence, threat and risk assessment based on collaboration and information sharing between community partners, including police officers, health and social services workers.</p>
	<p>Held August 23 & 24, 2012 at the University of British Columbia, the Summer Institute 2012 sought to build the capacity of school communities and partners to promote student mental health and well-being; increase knowledge about how to foster school connectedness in classrooms and school communities; and improve awareness and understanding of mental health and substance use issues. The event drew over 250 school-based professionals and allies from across the province and engaged attendees in an exploration of positive mental health in a school-based setting. In the words of one attendee, it was <i>“absolutely a perspective-changing experience! I’ve already started implementing ideas for school connectedness in addition to scheduling mental health speakers throughout the year. Can’t wait for the next Summer Institute!”</i></p>



Promote mental health in early childhood and across the life span

Action: Work with employers to build healthier workplaces through mental health promotion programs such as Guarding Minds@Work.



There is a growing body of evidence that indicates mental health issues in the workplace account for the majority of short and long-term disabilities. This results in a high economic burden to the health care system due to employee workplace losses. At VIHA, psychological safety is recognized as a foremost determinant of a person's well-being at work. Psychological safety affects morale, organizational learning, productivity, team functioning and ultimately patient and employee safety. VIHA commissioned a joint VIHA, Unions Health and Safety Steering Committee and set the task to define the problem and make recommendations for actions. The group met over seven months, culminating its activities with a one-day developmental meeting with strategic VIHA leaders and key stakeholders. The proceeds of these meetings confirmed a number of fundamental principles and identified strategic interventions that are under consideration to be incorporated into VIHA operations.



Researchers at the Centre for Applied Research in Mental Health and Addictions at Simon Fraser University , in collaboration with Coast Mental Health in Vancouver, have developed a web-based tool for small-to-medium sized enterprises to assess their interest and capacity to undertake mental health promotion initiatives within the workplace. The tool, known as the Measure of Readiness for Psychological Health, or MORPH, allows employers to determine which actions to promote psychological health and mental well-being are viewed by their employees as most valuable and most practical in the context of their particular worksite, in order to facilitate successful implementation and uptake. The B.C. Ministry of Health contributed \$100,000 to help support the development of the MORPH tool, as well as an initial pilot with Back in Motion Rehabilitation Inc. (BiM), a B.C.-based organization with 109 full-time staff. The pilot project demonstrated that the MORPH tool to be easy to use, easily understood, and perceived to be useful by the employees of BiM.



	<h2>Promote mental health in early childhood and across the life span</h2>
 <p>Canadian Cancer Society / Société canadienne du cancer</p>	<p>The Canadian Cancer Society BC and Yukon and the Healthy Families BC strategy have partnered to create <i>WellnessFits</i>, a free comprehensive workplace health promotion program that offers businesses and organizations the resources and support they need to create healthy workplaces. In 2012, this program was expanded to include a module on mental wellness. www.wellnessfits.ca</p>
 <p>ENGAGING THE WORLD</p>  <p>Mental Health Commission of Canada / Commission de la santé mentale du Canada</p>	<p>In January 2012, the Mental Health Commission of Canada released <i>Psychological Health and Safety: An Action Guide for Employers</i>. Authored by researchers from Simon Fraser University's Centre for Applied Research in Mental Health and Addictions, this guide walks users through the steps of planning and implementing workplace interventions to protect the psychological health and safety of employees. This guide will serve as a companion document to the voluntary National Standard of Canada for Psychological Health and Safety in the Workplace, to be released later in 2012. www.mentalhealthcommission.ca</p>
<p>Action: Strengthen the mental health of seniors.</p>	
	<p>On October 1, 2012, 22 substance use service providers, along with a few community stakeholders, gathered for a Think Tank for Older Adults & Substance Use Services. Next steps include preparing a Think Tank report and presenting to mental health and substance use services (MHSUS) leadership. This report includes a variety of feasible knowledge exchange mechanisms to build current MHSUS workforce capacity in serving older adults, along with mobilizing collaborative efforts with other relevant Fraser Health sectors and community partners.</p>



Promote mental health in early childhood and across the life span

Action: Continue to implement Mental Health Promotion and Prevention of Mental Disorders – a core public health program.



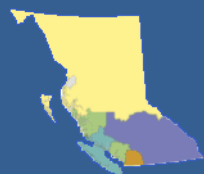
Canadian Mental Health Association
Mental health for all

Living Life to the Full is a program that promotes a positive outlook towards life. The Canadian Mental Health Association (CMHA) B.C. Division holds Canadian license to deliver the Living Life to the Full program. The program, created by Dr. Chris Williams (psychiatrist and cognitive behavioural therapy expert), helps people cope with life's challenges and adopt positive strategies to maintain positive mood and adjustment. Living Life to the Full is a structured 12-hour, eight-week course offered in a group format. To date, courses have been implemented across B.C. by trained facilitators throughout CMHA's branch network and strategic partners. www.llttf.ca



BRITISH COLUMBIA

The Population and Public Health division of the Ministry of Health continues to work in collaboration with the public health prevention directors to identify specific areas of action for public health. As this process moves forward, Prevention directors are focussing discussions on ways in which public health can advance the promotion of mental health, the prevention of mental disorders and the prevention of harms related to substance use in a coordinated way across the province.



Reduce harms associated with substance use

Action: Take action to prevent and reduce health, social and fiscal costs associated with hazardous alcohol consumption.



The Vancouver Stanley Cup riot in June 2011 demonstrated that public safety may be at risk when excessive alcohol consumption takes place in connection with large public events. As part of the response to the riot review, the Liquor Control and Licensing Branch led development of an integrated strategy that will serve as the basis for planning future events, such as large concerts and sporting events.



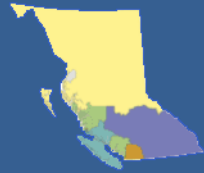
The District of Maple Ridge is in its final stages of receiving city council approval of a municipal alcohol policy that will reduce and prevent problems related to alcohol use at municipal-owned facilities. In early April 2012, a comprehensive policy was created by a Fraser Health contracted agency, Alouette Addictions, through a provincial grant and supported by the municipal Substance Misuse Prevention Advisory Committee. Early development and support for this policy was established through Fraser Health mental health and substance use services, which facilitated core addiction practice and motivational dialogue workshops to key stakeholders in this community.



The B.C. government, in collaboration with the B.C. Healthy Communities Society, is supporting the development of municipal alcohol policies to reduce health, social and fiscal costs associated with hazardous alcohol consumption. In December 2012, these partners released a guide to help local governments and First Nations communities better plan for events involving alcohol to create safer and healthier settings for event-goers and the community. Local governments and First Nations can apply for small grants to develop a policy through B.C. Healthy Communities municipal alcohol policy program. bchealthycommunities.ca



The risks of alcohol-related harms resulting from high school graduation parties and associated events are significant. In 2012, the Ministry of Health, the Liquor Control and Licensing Branch, and the Liquor Distribution Branch developed *Life Starts Now!*, a guidebook to support dry grad planning from start to finish. The guide incorporates learnings from previous dry grad organizers and provides information on relevant B.C. legislation. www.healthyschoolsbc.ca/program/333/dry-grad-guidebook-for-bc



Reduce harms associated with substance use



Since 2004, Healthy Minds/Healthy Campuses has worked to address mental health and substance use on campuses by leveraging knowledge mobilization among campuses and other key stakeholders in British Columbia. Healthy Minds/Healthy Campuses supports students as they deal with major adjustments associated with college life that may contribute to anxiety, depression or reliance on alcohol or other psychoactive substances. This program has helped campuses to work together to improve early detection and care, to promote stigma-free environments, and to develop policies and influence norms that impact student mental health every day.

Simon Fraser University has made progress in realizing a vision of a healthy campus community by addressing classroom well-being, identifying healthy campus community champions, and undertaking research into how classroom environments can play a role in enhancing student wellbeing. Knowledge produced by the work at SFU will benefit other campuses within the Healthy Minds/Healthy Campuses network.

students.sfu.ca/healthycampuscommunity.html

Action: Implement screening for hazardous drinking, with brief intervention and referral programs within primary care settings.



Primary care physicians in Northern Health are taking the Practice Support Program addiction module training as available and offered in the communities.



Reduce harms associated with substance use

Action: Partner with local governments to target districts and events which have high levels of hazardous drinking in order to reduce injuries, violence, vandalism and other health and social costs.



In early 2012, the Ministry of Health Communicable Disease Prevention, Harm Reduction and Mental Health Promotion branch conducted a successful pilot supporting the development of municipal alcohol policy with local government in Whistler and Maple Ridge. The branch also worked with Whistler and Maple Ridge to develop a guidebook for other local governments that are considering the development of a municipal alcohol policy. The branch is now working with BC Healthy Communities and the Liquor Control and Licensing Branch to support 20 to 30 local governments to develop municipal alcohol policies in 2013 and 2014.

Action: Expand the use of the Joint Consortium for School Health’s mental health promotion and substance-use toolkits to support B.C.’s overall approach to comprehensive school health.

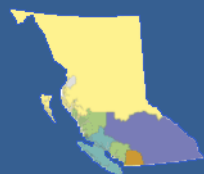


Northern Health youth addiction workers attend schools to present information on substance use.

Action: Expand QuitNow Services support for primary care providers to address tobacco use as part of a comprehensive approach to addressing mental health and substance use.



Interior Health has developed an on-line brief intervention training package for use with staff to support the Quit Now program. Other enhanced programs to support mental health and substance use clients with tobacco related issues include the use of enhanced screening, tobacco cessation groups and the use of nicotine replacement therapy supports.



Reduce harms associated with substance use



Northern Health and northern pharmacies are distributing free nicotine cessation products. Nicotine reduction staff continue presentations.

Action: Continue to implement Preventing Harms Associated with Substance Use – a core public health program.



VIHA Youth & Family Substance Use Services is leading a project to determine existing and future health promotion and targeted intervention strategies for youth substance use, and specifically strategies that can be integrated into existing services. The *Building Capacity & Increasing Resilience* document acts as a guide that highlights effective strategies for working with youth in various contexts and settings. It also determines what the literature on prevention identifies as being less effective when considering where to invest resources. The guide is used within the health authority to support and promote prevention planning efforts based on current quality and promising practice. It also focuses on innovation, including the effective use of technologies to connect with youth in ways that are accessible and relevant.



Reduce stigma and discrimination

Action: Use the Mental Health Commission of Canada’s national anti-stigma initiative as a platform to maximize the reach of local anti-stigma campaigns.



As part of efforts to address stigma and discrimination, the Community Action Initiative is awarding grants to eligible community agencies to promote social inclusion for adults with severe and persistent mental health problems or chronic problematic substance use. In 2012 and early 2013, the initiative expects to fund up to ten community projects that can demonstrate innovative solutions to increasing social inclusion among groups of people who experience marginalization.



The Canadian Mental Health Association's (CMHA) B.C. Division and Centre for Addictions Research of B.C. (CARBC) led Beyond the Blues: Depression Anxiety Education and Screening Day on behalf of the B.C. Partners for Mental Health and Addictions Information. This annual provincewide education and screening event held each October helps youth and adults learn more about depression, anxiety and risky drinking and how to find help in their communities. This past season CMHA and CARBC supported 55 public-sector, non-government organizations, Aboriginal and school/campus groups to run more than 80 local events. Approximately 6,000 people are helped each year and over the past 18 years, Beyond the Blues has assisted more than 60,000 British Columbians. www.heretohelp.bc.ca/events



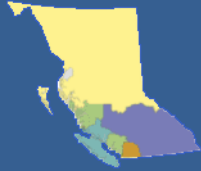


Reduction of stigma and discrimination against people with substance use issues is one of the priority areas for BC’s Strengthening Treatment Systems project that is funded through Health Canada’s Drug Treatment Funding Program (DTFP). Stigma reduction work is being woven through several DTFP initiatives, such as clinical training. In addition, several stakeholder consultations have been held that have resulted in multi-level, long-term strategies for dealing with stigma.



Northern Health has aligned the integration model to reduce stigma for mental health and addiction issues. To support this, the community mental health and addiction consumer and family advisory committees have included the national anti-stigma platform in their terms of reference.



All British Columbians

	Reduce stigma and discrimination
	<p>VIHA's Adult Mental Health and Substance Use services have expanded a training program for physicians entitled Cognitive Behavioural Interpersonal Skills. It is intended to reduce stigma and increase capacity among physicians to care for the mentally ill. National research conducted by the Canadian Mental Health Commission indicates the training program significantly reduces stigma among physicians.</p>
	<p>The Community Action Initiative supports innovative and collaborative community-based activities intended to promote mental health, prevent mental health and substance use problems and enhance related treatment paradigms in B.C. The initiative is currently hosting a service innovation funding opportunity called Promoting Social Inclusion in Vulnerable Populations. The scope of this call for proposals is for projects which promote social inclusion for adults over the age of 18 with mental health or substance use problems. Specifically, adults with more severe and persistent mental health problems or chronic problematic substance use. Within this population, there is a particular interest in older adults aged 55 and over and those who have had an involvement with the criminal justice system.</p>



All British Columbians



Inform the health system and educate the public

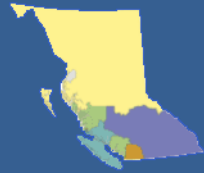
Action: Continue implementation of B.C.'s Integrated Provincial Strategy to Promote Health Literacy in Mental Health and Addictions.



Mindcheck.ca, launched in January 2012, is a web resource for youth and young adults to help them identify and understand a variety of mental health and substance use issues they may be experiencing, and link them to sources of help. The site also helps increase public awareness and reduce stigma. With support from Coast Capital Savings, Speak Up offers a dedicated social medium for youth to engage with one another around mental health and substance use issues. www.mindcheck.ca



Northern Health's Mental Health and Addiction Services has a representative on the Health Literacy Network.



Inform the health system and educate the public

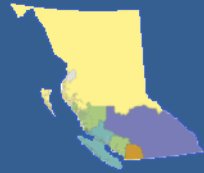
Action: Strengthen leadership to increase the rapid application of new knowledge and drive change throughout the prevention and treatment continuum.



Vancouver Island Health Authority conducted a study with the University of Victoria and the Alzheimer Society of Canada on grief and loss in caring for loved ones with dementia, examining interventions which make a difference for caregivers. Findings have been translated into a workbook and an educational DVD that is available at www.viha.ca/multimedia. The DVD received the gold award for best health awareness video this year at the international QUESTAR corporate video competition in New York.



In May 2012, two substance use programs and three mental health centres were involved in piloting the rollout of Feedback Informed Training (FIT), including a three-hour training specific to coordinators who are necessary for supporting the use of FIT within their clinical teams. FIT is seen as a new way of approaching clinical practice and it is necessary to have leadership involvement in order to promote and sustain this new way for clinicians to assess the impact they are having on client change and client's ability to meet their goals and objectives. FIT has been shown to improve clinical outcomes and client retention rates while decreasing costs of behavioral health. At the conclusion of the pilot in October 2012, 30 clinicians, nine concurrent disorders therapists and five coordinators had completed the initial trainings.



Inform the health system and educate the public

Action: Apply B.C. Human Early Learning Partnership results to promote healthy child development during preschool years and reduce childhood vulnerability.



Through an information sharing agreement with the B.C. government, the Human Early Learning Partnership research unit at UBC is helping us to better understand readiness to learn in B.C. kindergarten students. The research unit summarizes early development indicators that map the vulnerability of populations of B.C. children at the provincial, school district and neighbourhood levels. This helps governments, communities and schools provide better supports and services for families and young children where they are needed.

www.earlylearning.ubc.ca

Action: Renew the Province's long-term partnership with the Simon Fraser University's Children's Health Policy Centre and apply new knowledge for improving the mental health and well-being of B.C.'s children and youth.



In 2012, the Ministry of Children and Family Development renewed their partnership with the Children's Health Policy Centre. The centre synthesizes the best available research evidence on the prevention and treatment of children's mental disorders to inform policy and practice within child and youth mental health services and provides valuable information to community partners. For example, recent work by the centre examines how foster care can help vulnerable children and interventions to support children to overcome family trauma.

www.childhealthpolicy.sfu.ca