

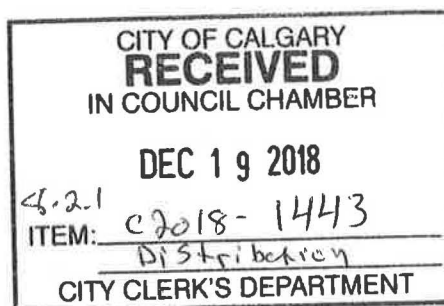
Panel Presenters Biographies
2018 December 19 Strategic Council Meeting
Community Action on Mental Health and Addiction

Dr. Rebecca Haines-Saah

Rebecca Haines -Saah is an Assistant Professor in the Department of Community Health Sciences, Cumming School of Medicine, University of Calgary and she is co-lead for the O'Brien Institute for Public Health's Population Health and Prevention Interest Group. Trained as a Health Sociologist, her research focuses on adolescent mental health and substance use through the lens of a critical public health approach that prioritizes harm reduction, social justice, and the lived experiences of persons that use drugs and/or live with mental illness. Since joining the University of Calgary as Faculty in early 2016, she has focused much of her research program on youth cannabis use and the public health policy implications of cannabis legalization in Canada. Her current projects also include qualitative and policy-focused research on parent advocacy for drug policy reform in the context of Canada's opioid crisis, and on youth policy engagement for mental health promotion.

The University of Calgary

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Focusing 'upstream' to improve mental health and substance use outcomes in communities

Rebecca Haines-Saah, PhD

Community Health Sciences & O'Brien Institute for Public Health

Cumming School of Medicine, University of Calgary

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Outline

Defining
'Upstream'

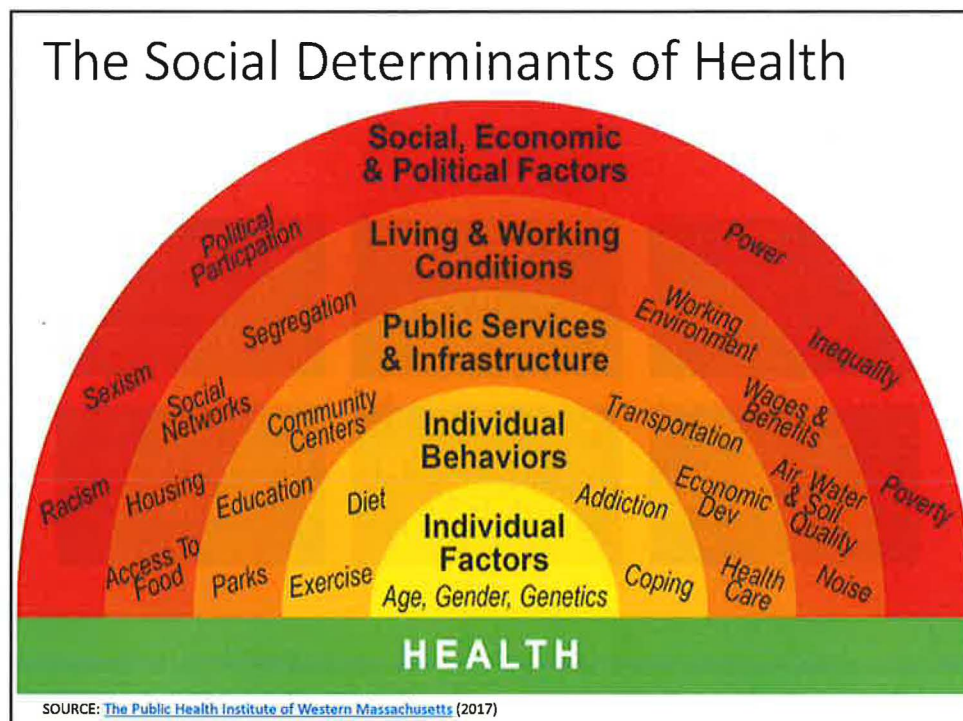
Social
Determinants
of Health

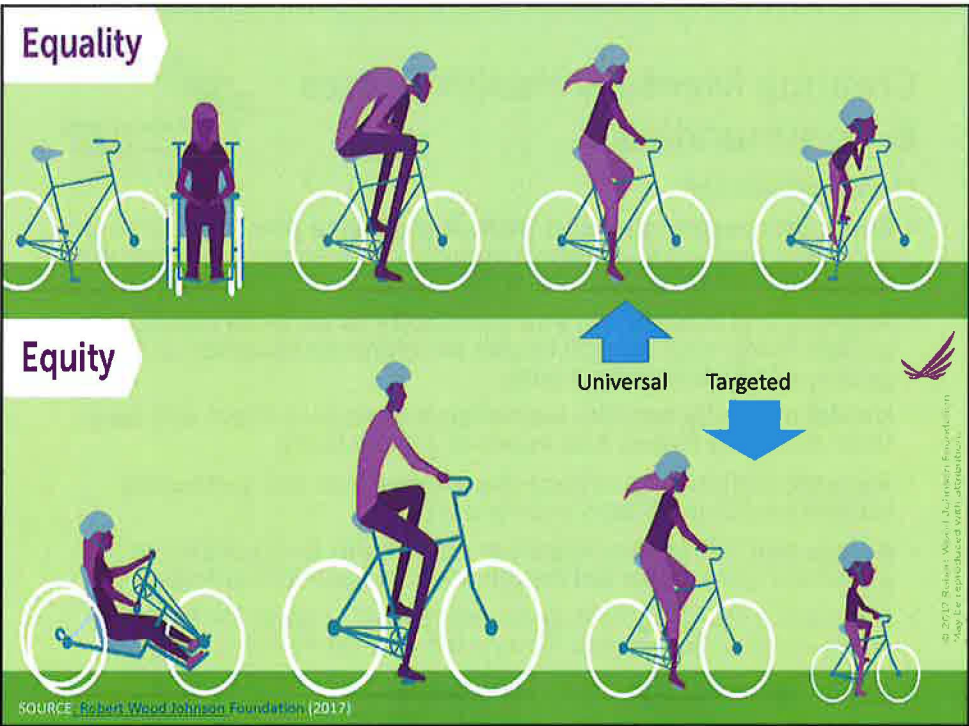
Determinants
of Positive
Mental Health

Health
Inequities

Mental Health
Promotion

Mental Health
& Cities





Mental Health & Cities Summit: Key Principles

- **Cross-sectoral collaboration** as a crucial way to advance the mental well-being agenda
- The Importance of **Social Determinants of Health** in improving mental well-being in the city
- **Individual actions** can make a difference
- **Meaningful partnership** and engagement with diverse stakeholders especially people with lived experience
- **Learning from promising international initiatives** and resources



SOURCE: [Wellesley Institute](#) (2018)

Creating Mentally Healthy Cities & Communities



Municipalities can:

- **Equip first responders and front-line service providers** with the tools and training to respond appropriately to people living with mental illness or at risk of suicide
- **Improve the integration and continuity of services** needed by people living with mental health problems or illnesses to improve quality of life and reduce costs
- **Model mentally healthy workplaces** to reduce short and long-term disability claims and improve productivity
- **Support activities to reduce the stigma** that still surrounds mental health problems and illnesses
- **Assess and adapt municipal services, plans and policies** to positively impact mental health and help prevent suicide
- **Consider a Housing First approach** to help end chronic homelessness for people living with mental health problems

SOURCE: [Mental Health Commission of Canada](#) (2013)

Policies and Points of Intervention: Ex. Youth Mental Health Promotion



Engaging Youth in Healthy Public Policy to Promote Positive Mental Health and Substance Use Outcomes: A research project with youth in Vancouver and Calgary (Canadian Institutes of Health Research/Community Action Initiative)



Spruce Court Co-op, Toronto