

## Match Summary

Name of Match:	<b>Prejudice, Discrimination and Stigma</b>
Location of Match:	Calgary, Alberta
1. Brief summary of the outcomes of your match	
<p>The focus of the match was stigma and stigma reduction, and took place in Calgary because MHCC's anti-stigma initiative, Opening Minds, has been located here since the Commission's inception in 2007. Participants from California, Scotland, and the Netherlands attended, as well as representatives from two Alberta based organizations – the Alberta Health and Seniors' Advocate and the Alberta Patient Advocate Mental Health.</p> <p>There were two full days of meetings on September 21<sup>st</sup> and 22<sup>nd</sup>. Each of the participants shared information about the programs they currently have underway, materials and research that could be shared, and challenges they face.</p> <p>Two site visits were scheduled: one in a school that was part of the MHCC HEADSTRONG program to reduce stigma, where the leadership group were able to hear from a principal, students and non-profit HEADSTRONG coordinator. They talked about how well HEADSTRONG worked from their perspective. Leaders then engaged in conversation with participants, and were interested in the similarities with youth in their own countries, and therefore that HEADSTRONG could work there too. A second site visit took leaders to the Calgary Police Service, where they heard about the anti-stigma program created by Opening Minds, modeled after the Department of National Defense program for military personnel called Road to Mental Readiness or R2MR. This program has been adopted now by almost all police services in Canada, and the international leaders were very interested in learning about it. Again, discussion took place between presenters and leaders.</p> <p>The overall agenda for the match also included a detailed presentation by Opening Minds researchers who have evaluated healthcare programs to determine which ones are effective at reducing stigma among doctors, nurses, social workers, pharmacists etc. The research team talked about the "learning needs" of healthcare professionals related to stigma, and the key ingredients of programs to address these needs. And they heard about actual programs that could be adopted in their countries.</p>	
2. Resources used in your match	
<p>Power point presentations were made by all participants and materials were shared with participants following the meeting. Opening Minds shared survey tools created to evaluate stigma reduction among youth and healthcare providers. If you would like PDFs of the papers and presentations shared by MHCC Opening Minds, please email <a href="mailto:sgarvey@mentalhealthcommission.ca">sgarvey@mentalhealthcommission.ca</a> and provide an email address address we can send them to. CalMHSA provided an extensive collection of resource materials covering a broad range of mental health topics.</p>	
3. Brief description of how your match has accelerated change towards mental health, well-being and inclusion	
<p>Sharing the research and programs we have all been involved in means we are not all starting from scratch as we develop policies and methods to reduce stigma. We are all keen to</p>	

collaborate and learn from each other, and we are all open to learn from people with lived experience. Reducing stigma is still a new area of programming and research, and so a meeting like this match means more international sharing of practices that actually work, benefiting more and more people and countries.

4. Brief description of how your match has built leadership for the future

This match strengthened relationships with two of the international leaders (CalMHSA from California and See Me from Scotland). We have met previously at Global Alliance meetings of international anti-stigma organizations. It was the first time we had met the leader from the Netherlands, and he will be welcomed as part of the international alliance if he chooses to participate. Each time we have had an opportunity to share programs, research and challenges, our relationships, mutual trust and generosity grow. This leadership match helped in that regard. The leader from the Netherlands, and the ones from AHS would have benefited at this meeting from previous international gatherings where the trust and sharing had been fostered already between the American, Scottish and Canadian leaders.