



From the IIMHL and IIDL Update List

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## IIMHL AND IIDL UPDATE

Welcome to this bi-monthly edition of Update for 30 November 2015.

IIMHL and IIDL aim to improve client outcomes through leadership development in the mental health, addiction and disability sectors.

Update allows the rapid transfer of new knowledge through sharing information about upcoming Leadership Exchanges, as well as key national documents, training and webinars.

Please feel free to share this e-bulletin with others.

### IIMHL / IIDL Leadership Exchange 2015

To view IIMHL speaker presentations and materials:

<http://www.iimhl.com/using-joomla/extensions/components/content-component/article-categories/134-iimhl-2015-vancouver-presentations.html>

IIDL speaker presentations and graphic recordings will be available soon

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## **IIMHL / IIDL Leadership Exchange 2017**

Diary the week of 27th February 2017 for the next Leadership Exchange across Australia and New Zealand, with the Combined Meeting being hosted in Sydney, Australia.

## **IIMHL Feature - USA**

### **A Healthy Early Childhood Action Plan: Policies for a Lifetime of Well-being**

Trust for America's Health, November 2015

This action plan highlights more than 40 policy target areas that are key to achieving national goals of reducing toxic stress and Adverse Childhood Experiences (ACEs) and improving the lives of millions of children.

Living with prolonged stress and/or adverse experiences can significantly increase a child's risk for a range of physical, mental and behavioral problems – increasing the likelihood for hypertension, diabetes, heart disease, stroke, cognitive and developmental disorders, depression, anxiety and a range of other concerns.

Currently, around one-quarter of children ages 5 and younger live in poverty and more than half of all children experience at least one ACE. According to research from the Centers for Disease Control and Prevention (CDC), more than one-quarter of children experience physical abuse (28.3 percent) and substance abuse in the household (26.9 percent) while sexual abuse (24.7 percent for girls and 16 percent for boys) and parent divorce or separation (23.3 percent) are also prevalent.

“More and more studies show investing in early childhood pays off in a lifetime of better health and well-being,” said Jeffrey Levi, PhD, executive director of TFAH. “There are dozens of policy levers we can and should be pushing to ensure all children have high-quality preventive healthcare; safe, stable, nurturing relationships, homes and communities; good nutrition and enough physical activity; and positive early learning experiences.”

The report calls for increased public health engagement in early childhood areas, with a series of recommendations including to:

- Build beyond the traditional healthcare system by integrating health and other social supports, including accountable health communities for children
  - Promote protective, healthy communities and establish expert and technical assistance backbone support to help spread and scale programs nationally and in every state
  - Increase investments in core, effective early childhood policies and programs
- <http://healthyamericans.org/report/123/>

## **Other IIMHL Articles of Interest -**

## **Policy Report: Children Can Thrive, 2015**

The Center for Youth Wellness (CYW)

CYW is a health organization imbedded with a primary care pediatric home serving children and families in the Bayview Hunters Point neighborhood in San Francisco. The following recommendations are a few collective first steps to build a statement movement to respond to Aces:

- Raise awareness about unaddressed exposure to Adverse Childhood Experiences and build a movement in your community
- Organize partnerships across diverse sectors to address systematic barriers to the prevention and treatment of toxic stress
- Identify, research and advance best practices that establish the evidentiary basis for clinical and community interventions
- Support and expand efforts to foster trauma-informed practices across health care, education, child welfare, and juvenile justice systems.

<https://app.box.com/s/fd9gnls5rswzo2biepbfiz8m23jy1uk>

## **The 2015 Back to School Toolkit**

Mental Health America

This toolkit is designed for MHA Affiliates, advocates, and organizations of all types to use with parents, youth and school personnel to raise awareness of the importance of talking about mental health.

<http://www.mentalhealthamerica.net/sites/default/files/MHA%20Back%20%20School%202015%20Full%20Toolkit.pdf>

## **Postpartum Depression**

National Institute of Mental Health, July 2015

A new [video](#) about postpartum depression marks the launch of a mental health education collaboration by two NIH Institutes and one of the nation's largest African-American women's organizations. The National Institute of Mental Health (NIMH) and the Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD) have partnered with Delta Sigma Theta Sorority, Inc. (DST) to create the [Mental Health Across the Lifespan Initiative](#).

This initiative seeks to raise awareness about issues affecting women and their families throughout the lifespan, including mental disorders such as postpartum depression, and issues that can impact mental health, including bullying and aging. The effort stresses the importance of recognizing signs of illness and of seeking help and treatment from health care providers. The partners collaboratively identified the initiative's target areas to provide information to multiple populations served by the organization including youth, older adults, and women of childbearing age.

[http://www.nimh.nih.gov/news/science-news/2015/nih-joins-with-womens-organization-to-debut-postpartum-depression-video.shtml?utm\\_source=govdelivery&utm\\_medium=email&utm\\_campaign=govdelivery](http://www.nimh.nih.gov/news/science-news/2015/nih-joins-with-womens-organization-to-debut-postpartum-depression-video.shtml?utm_source=govdelivery&utm_medium=email&utm_campaign=govdelivery)

## **Earthquakes: Dealing With Potential Behavioral Health Effects**

SAMHSA

As news from Nepal has reminded us, earthquakes can dramatically affect behavioral health. After April and May earthquakes took over 8,000 lives, articles have featured survivors who describe immense loss and trauma. The following resources may help you support others in preparing for an earthquake, taking action to ensure maximum safety during and after an earthquake, and coping with the behavioral health effects an earthquake can have.

#### [Disaster-Specific Resources: Earthquakes](#)

This instalment of the SAMHSA Disaster Technical Assistance Center (DTAC) Disaster Behavioral Health Information Series includes an [annotated bibliography](#) and [helpful links](#) related to earthquake preparedness, response, and recovery. The instalment links to resources for parents and families, school personnel, and the public.

#### [Tips for Survivors of a Disaster or Other Traumatic Event: Managing Stress](#)

This SAMHSA DTAC tip sheet lists common reactions people have to disasters or other traumatic events, identifies ways to manage stress, indicates when someone may need additional help, and provides links for assistance and support.

#### [Identifying Substance Misuse in the Responder Community: Tips for Disaster Responders](#)

Both uniformed first responders and volunteer responders after an earthquake can experience stress and trauma from the destruction they witness. Some people may turn to drugs and alcohol to cope with stress. This SAMHSA DTAC tip sheet describes the warning signs of substance misuse and reviews physical and emotional, social and behavioral, and mental indicators of possible substance abuse, and when to seek help.

#### [After the Earthquake: Helping Young Children Heal](#)

This tip sheet from the National Child Traumatic Stress Network provides practical advice on supporting toddlers and pre-schoolers in the wake of an earthquake or other traumatic event.

#### [Earthquakes: Be Smart. Know Your Hazard](#)

This page from America's PrepareAthon!, a nationwide preparedness campaign of the Federal Emergency Management Agency (FEMA), features a map from the U.S. Geological Survey that shows the risk of a serious earthquake in different places across the country. It also includes a link to [How To Prepare for an Earthquake](#), a guide from FEMA with an overview of earthquakes and tips for staying safe during and after an earthquake.

#### [Great ShakeOut Earthquake Drills](#)

Sponsored by FEMA, the U.S. Geological Survey, and the National Science Foundation, this campaign coordinates drills around the world to ensure earthquake readiness. The [Resources page](#) features planning manuals and guidelines for various types of agencies and organizations.

[http://archive.samhsa.gov/dtac/dbhis/dbhis\\_specific\\_intro.asp](http://archive.samhsa.gov/dtac/dbhis/dbhis_specific_intro.asp)

## **IIDL Feature - Australia**

## **Person-Centred Approaches to Private Housing for People with Disability: Impediments, Difficulties and Opportunities**

The Australian Government's social inclusion agenda is for "all Australians [to] have the opportunity and support they need to participate fully in the nation's economic and community life, develop their own potential and be treated with dignity and respect" (Australian Government, 2010b, p. 4).

The national urban policy priorities are to facilitate the supply of appropriate mixed income housing, and to support affordable living choices.

We will need diverse dwelling forms and sufficient affordable housing options across all tenures including home-ownership, private rentals, social housing and crisis accommodation, to accommodate people for short or longer periods at different points in their lives or 'housing careers'

[http://eprints.qut.edu.au/78005/1/Franz\\_Adkins\\_Person\\_Centred\\_Approaches\\_Revised\\_Final\\_Report\\_Complete.pdf](http://eprints.qut.edu.au/78005/1/Franz_Adkins_Person_Centred_Approaches_Revised_Final_Report_Complete.pdf)

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### **Join IIMHL / IIDL**

Any leader in mental health, addiction and disability services can join IIMHL or IIDL free by using this link: <http://www1.iimhl.com/Join.asp>

*Please note: We try to find articles, new policies, research that has been released or opinion pieces we think are interesting to reflect on. Sometimes those who receive these may feel it is not accurate either for its use of data or not aligned with their views. IIMHL does not endorse any article it sends out as we try to rapidly share information.*

