



From the IIMHL and IIDL Update List

Welcome to this bi-monthly edition of Update 15 April 2018

IIMHL organises systems for leaders to share innovations, network and problem solve across countries and agencies. The overall aim is to promote mental health and well-being for everyone. This includes developing leaders who can create the best possible conditions for mental health in all sectors across the life-span. Equally, it includes developing leaders who can deliver the best possible outcomes for people who use mental health and addictions services and their families.

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 and we would be delighted if you would join us on Facebook.

IIMHL & IIDL Leadership Exchange 2018 Stockholm, Sweden, May 28 - June 1



**IIMHL & IIDL 2018
Building Bridges
Beyond Borders**

PROGRAMME AND EVENT APP

The final programme for the Network Meeting has now been released both at <http://iimhl.se/programme/> and in the event app.

You will find the app in App Store (IIMHL & IIDL 2018).

Please download ASAP and take a little time to familiarise yourself with it. We have designed the app to work as your own planning tool and it is packed with many useful things. In order to build the best possible experience we are keen to have you use the app to answer some questions and to indicate your interest in the different workshops run during the Network Meeting. Your answers will help us plan the meeting to be most fitting to you. The app is easy to handle and is designed to help you prepare and plan your own learning before, during and after the Leadership Exchange.

REGISTRATION CLOSES 1st May 2018! Register Now!
<https://iimhl.se>

PLEASE NOTE - ACCOMMODATION

Special rate at Quality Hotel Globe
Limited depending on availability until April 25th.
**After April 25th, no changes to reservations can be made
without incurring a charge.**

<https://www.nordicchoicehotels.com/hotels/sweden/stockholm/quality-hotel-globe/special-offers/iimhl/>

See below information relating to **'Making Mental Health a Political Priority'**, a meeting taking place in Stockholm on Wednesday, 30th May 2018, 1.00-4.00pm

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http://www.iimhl.com/files/docs/2017_Annual_Report.pdf

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IIMHL Feature - Canada

Selecting Pan-Canadian Indicators for Access to Mental Health and Addiction Services, and to Home and Community Care: Progress Report

Canadian Institute for Health Information, 2018

All governments recognize the need to make home care more available and mental health care more accessible. In August 2017, the federal, provincial and territorial (FPT) governments reached an agreement that will lead to an \$11 billion federal investment over a 10-year period that will go toward improving access to mental health and addiction services and to home and community care. By endorsing A Common Statement of Principles on Shared Health Priorities, FPT governments committed to working together to ensure that health care systems continue to respond to the evolving needs of Canadians.

In September 2017, the Canadian Institute for Health Information (CIHI) was asked to work with the FPT governments to select and develop a set of pan-Canadian indicators focused on measuring access to mental health and addiction services and to home and community care. To ensure the process is collaborative and transparent and reflects the knowledge of the sector stakeholders and the needs of Canadians, CIHI has been working with 2 FPT work groups created for this work, subject matter experts and the public to identify the indicators that would best reflect access to services in these priority sectors.

This progress report outlines work done so far

https://www.cihi.ca/sites/default/files/document/shp-interim-progress-report-en.pdf?utm_source=March_2018_Newsletter&utm_campaign=Newsletter&utm_medium=email

Other IIMHL Articles of Interest - Canada

Being a Mindful Employee - Two new tools to help employees to advance mental health in the workplace. Free and available in English and French online.

Being a Mindful Employee: An Orientation to Psychological Health and Safety in the Workplace

From the MHCC, "*Being a Mindful Employee: An Orientation to Psychological Health and Safety in the Workplace*" is a free online training program for employees. The goal is to help employees understand the 13 psychosocial workplace factors from the National Standard of Canada for Psychological Health and Safety in the Workplace. More importantly, the program demonstrates what can impact employee mental health and what we can all do to support ourselves and others in the workplace.

Register now for the free online training:

http://www.ccohs.ca/products/courses/mindful_employee/

Assembling the Pieces Toolkit

This free online toolkit is designed to support organizations working to implement the *National Standard of Canada for Psychological Health and Safety in the Workplace* (the Standard). As a companion to the "Assembling the Pieces Implementation Guide" and the Standard, this toolkit provides practical advice for implementing key elements of the Standard, as well as links to customizable tools that will assist organizations in taking action.

Recommended for employers, senior leaders, human resource managers, and occupational health and safety professionals.

Get started now:

http://www.ccohs.ca/products/courses/assembling_pieces/

VIDEO

Food For Thought: A youth perspective on recovery-oriented practice

MHCC, 2018

The Mental Health Commission of Canada's (MHCC) Youth Council has created a video and discussion guide to help service providers understand the needs of youth when it comes to recovery-oriented practice. Released this February, *Food for thought: A youth perspective on recovery-oriented practice* breaks down what youth see as some of the core principles of recovery-oriented mental health and addiction services. Using the metaphor of a restaurant interaction between a server and a patron, it provides a light-hearted demonstration of the key concepts of recovery-oriented practice.

Recovery can be a difficult concept to grasp, admits Don Mahleka, a Youth Council member actively involved in developing the video. It refers to living a satisfying, hopeful, and contributing life, even when a person may be experiencing ongoing symptoms of a mental health problem or illness.

<https://www.mentalhealthcommission.ca/English/media/3975>

Other IIMHL Articles of Interest - Global (IIMHL & IIDL)

We Change The World: What can we learn from global social movements for health?

NESTA, 29 Nov 2017

[Jacqueline del Castillo](#), [Lydia Nicholas](#), [Rachel Nye](#), [Halima Khan](#)

This report presents insights from conversations with over 40 social movement leaders, allies and dissenters. The people represent four global social movements:

- HIV/AIDS achieved mass grassroots mobilisation, rapidly bringing people with lived experience together, and engaged a range of global institutions to fight for equal access to treatment for all.
- Global mental health represents a vast group of people, in overlapping and often conflicting sub-movements, fighting to improve the lives of people with mental illness. Some of their aims include generating evidence, closing the treatment gap for people in low-income countries and promoting human rights.
- Rare disease, a tapestry of intersecting efforts improving conditions for people affected by the over 7,000 identified rare diseases, often by leading research, organising peer support, developing new networks that challenge established structures and power relationships.
- Disability rights, promoted the participation of disabled people in policy and service delivery globally and helps bring the world's attention to the human rights of disabled people internationally.

<http://apo.org.au/system/files/128306/apo-nid128306-564521.pdf>

Integrated Care for Older People: Guidelines on community-level interventions to manage declines in intrinsic capacity

WHO, 2017

There is a pressing need to develop comprehensive community-based approaches and to introduce interventions at the primary health care level to prevent declines in capacity. These guidelines address this need. The recommendations provided here on integrated care for older people (ICOPE) offer evidence-based guidance to health care providers on the appropriate approaches at the community level to detect and manage important declines in physical and mental capacities, and to deliver interventions in support of caregivers. These standards can act as the basis for national guidelines and for the inclusion of older people's health care in primary care programmes, using a person-centred and integrated approach.

<http://apps.who.int/iris/bitstream/10665/258981/1/9789241550109-eng.pdf?ua=1>

'Making Mental Health a Political Priority'

Wednesday, 30th May 2018, 1.00-4.00pm

Venue: Skandia, Lindhagensgatan 86
Stockholm

<<https://maps.google.com/?q=Lindhagensgatan+86,+Stockholm&entry=gmail&source=g>>

Organising committee: Mental Health Reform, Mind Sweden, Mental Health Foundation (UK), Canadian Mental Health Association, and Mental Health Foundation (NZ)

It is vital that Governments and parliaments prioritize mental health as a public issue. In order for mental health systems to have the resources and strategic direction to deliver good mental health for all, Governments face competing demands for scarce resources and competing public issues for their attention. In this afternoon session, NGOs and advocates who have been engaged in political advocacy for delivery of better mental health support services will share their experience of successes and challenges with the aim of improving coordinated efforts to increase the political priority for mental health in the future.

For further information or to book a place at the 'Making Mental Health a Political Priority' session, please contact Ray Burke, Communications & Campaigns Officer at rburke@mentalhealthreform.ie

IIDL Feature - Canada

The Business Case to Build Physically Accessible Environments

Conference Board of Canada, Feb 2018

The report, [The Business Case to Build Physically Accessible Environments](#), prepared by the Conference Board of Canada, contains some compelling findings showing how improved accessibility is an economic imperative.

[Highlights of the report include:](#)

- People with physical disabilities make up a large and growing consumer group, representing 14% of consumer spending, or \$164 billion. By 2030, **real spending by this group is anticipated to grow at three times the pace of the overall population**, representing 21 per cent of the total consumer market or \$316 billion annually.
- Improvements to workplace access would allow over half a million Canadians with disabilities to work more hours, **increasing our GDP by \$16.8 billion by 2030**.
- Almost half (49%) of Canadians with physical disabilities who are currently working believe they would be able to work more hours if workplaces were made more accessible.

<http://www.rickhansen.com/Portals/0/WhoWeAre/CBoC-final-report-Feb2018-accessible.pdf>

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General enquiries about this Update or for other IIMHL information please contact Erin Geaney at erin@iimhl.com.

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 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.

