



### From the IIMHL and IIDL Update List

**Welcome to this bi-monthly edition of Update 30 January 2019**

IIMHL and IIDL organise 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 and well-being 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, addiction and disability support 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.**

**We would be delighted if you would join us on Facebook.**



**In this issue:**

- **IIMHL Feature Article - USA**
  - [Early Childhood Is Critical to Health Equity](#)
- **Other IIMHL Articles of Interest - USA**
  - [THRIVE Overview and Background Tool for Health and Resilience in Vulnerable Environments](#)
  - [Zero Suicide \(Video\)](#)

- [Suicide Surveillance Strategies for American Indian and Alaska Native Communities](#)
  - [Cultural and Population Sensitivity in Disaster Behavioral Health Programs](#)
  - [Facing Addiction in America The Surgeon General's Spotlight on Opioids](#)
  - [Disaster Toolkit](#)
  - [Peer Integration and the Stages of Change ToolKit](#)
- **IIDL Feature Article - USA**
    - [Supported Decision-Making: Theory, Research, and Practice to Enhance Self-Determination and Quality of Life](#)
  - **Other IIDL Article of Interest - USA**
    - [Supported Decision Making](#)

## **IIMHL Feature - USA**

### **Early Childhood Is Critical to Health Equity**

Robert Wood Johnson Foundation, 2018

Health equity means that everyone has a fair and just opportunity to be as healthy as possible. This requires removing obstacles to health, such as poverty, discrimination, and their consequences—including powerlessness; lack of access to good jobs with fair pay; quality education and housing; safe environments; and health care. For the purposes of measurement, health equity means reducing and ultimately eliminating disparities in health and its determinants that adversely affect excluded or marginalized groups.

According to this definition, health inequities are produced by inequities in the resources and opportunities available to different groups of people based on their racial/ethnic group; socioeconomic, disability, or LGBTQ status; gender; and other characteristics closely tied to a history of being marginalized or excluded.

This report focuses on the first five years of life. Other periods of life also shape lifelong health. They are, however, beyond the scope of this report.

<https://www.cmhnetwork.org/wp-content/uploads/2018/08/Early-Childhood-Is-Critical-to-Health-Equity.pdf>

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

### **THRIVE Overview and Background Tool for Health and Resilience in Vulnerable Environments**

Prevention Institute, 2018

THRIVE (Tool for Health and Resilience in Vulnerable Environments) was created to answer the question, what can communities do to improve health and safety and promote health equity?

THRIVE is:

A framework for understanding how structural drivers play out at the community level to impact community determinants, and consequently, health and safety outcomes, and inequities in outcomes; and,

A tool for engaging community members and practitioners in assessing the status of community determinants, prioritizing them, and taking action to change them to improve health, safety, and health equity.

To read this document in full:

<http://www.preventioninstitute.org/sites/default/files/uploads/THRIVE%20overview%20and%200background.pdf>

### **Zero Suicide (Video)**

From David Covington of RI International, this video comes from the fourth Zero Suicide International Summit in Rotterdam in September 2018.

David noted: “None of this would have happened without the launch pad of IIMHL, where we hosted the match for the first three iterations in Oxford (2014), Atlanta (2015) and Sydney (2017).”

David announced the fifth event will take place in the United Kingdom in early 2020 in partnership with Joe Rafferty and Mersey Care NHS Trust.

<http://bit.ly/ZSRotterdam>

### **Suicide Surveillance Strategies for American Indian and Alaska Native Communities** Suicide Prevention Resource Center, November 2018

This report summarizes findings and recommendations from SPRC’s exploration of suicide surveillance among American Indian and Alaska Native (AI/AN) communities across the country. Each section describes challenges and provides strategies and resources to help AI/AN communities gather data on suicide to inform and evaluate their prevention efforts.

The report was developed with input from national experts in tribal suicide data collection, including Garrett Lee Smith project staff and other AI/AN prevention professionals and community members. It is designed to support tribal Garrett Lee Smith grantees in their data collection efforts but could be useful to any practitioners working in suicide surveillance to learn about the challenges specific to tribal populations, as well to those already working with AI/AN communities.

<http://www.sprc.org/sites/default/files/resource-program/TribalSurveillanceReport2018.pdf>

### **Cultural and Population Sensitivity in Disaster Behavioral Health Programs**

A Quarterly Technical Assistance Journal on Disaster Behavioral Health Produced by the SAMHSA Disaster Technical Assistance Center  
SAMHSA, 2018

This special double issue of *The Dialogue* from the SAMHSA Disaster Technical Assistance Center (DTAC) highlights the process of working with special populations before, during, and after a disaster as well as building culturally sensitive disaster behavioral health programs. Authors share their experiences working with different cultures, the importance of being culturally sensitive, and the concerns of populations with access and functional needs.

<https://www.samhsa.gov/sites/default/files/dtac/dialoguevol14i3and4compliant-508c.pdf>

### **Facing Addiction in America The Surgeon General’s Spotlight on Opioids**

U.S. Department of Health and Human Services, 2018

The opioid misuse and overdose crisis touches everyone in the United States. In 2016, we lost more than 115 Americans to opioid overdose deaths each day, devastating families and communities across the country. Preliminary numbers in 2017 show that this number continues to increase with more than 131 opioid overdose deaths each day.

The effects of the opioid crisis are cumulative and costly for our society—an estimated \$504 billion a year in 2015—placing burdens on families, workplaces, the health care system, states, and communities.

Addressing the opioid crisis is a priority for this Administration, and the U.S. Department of Health and Human Services (HHS) is leading the public health-based approach to understanding the problem and taking action to fight it. To read this article in full:

[https://addiction.surgeongeneral.gov/sites/default/files/Spotlight-on-Opioids\\_09192018.pdf](https://addiction.surgeongeneral.gov/sites/default/files/Spotlight-on-Opioids_09192018.pdf)

## **Disaster Toolkit** SAMHSA 2018

This toolkit arms disaster recovery workers with materials that aid in responding effectively to the general public during and after a disaster, and in dealing with workplace stress. The toolkit includes SAFE-T practice guidelines, and suicide prevention wallet cards. It also includes guides for parents, caregivers, teachers, and others.

SAMHSA Resources:

- [Disaster/Distress Helpline](#)
- [Tips for talking with and Helping Children & Youth Cope after a Disaster or Traumatic Event: A Guide for Parents, Caregivers, & Educators](#)
- [Incidents of Mass Violence](#)
- [Disaster-Specific Resources](#)

Resources for Parents and Guardians:

- [Supporting Children Who Have Faced Trauma](#)
- [Talking to Children about the Shooting](#)
- [Restoring a Sense of Safety in the Aftermath of a Mass Shooting: Tips for Parents & Professionals](#)
- [Parent Guidelines for Helping Youth after the Recent Shooting](#)
- [In the Aftermath of a Shooting](#)
- [Emergency Preparation Toolkit](#)

<https://store.samhsa.gov/product/samhsas-disaster-kit/sma11-disaster>

## **Peer Integration and the Stages of Change ToolKit**

New York State Office of Alcoholism and Substance Abuse Services, 2018

Peer-to-peer services are a part of a new recovery paradigm shift which exists. This shift includes: the new recovery advocacy movement, new recovery support institutions, emergence of recovery as a new organizing paradigm for policy and practice, and efforts to shift acute and palliative care models of interventions to models of sustained Recovery Management nested within ROSC.

Peer-to-peer support services can be used at every stage of recovery. To view this Toolkit: <https://www.oasas.ny.gov/recovery/documents/PeerIntegrationToolKit-DigitalFinal.pdf>

## **IIDL Feature - USA**

### **Supported Decision-Making: Theory, Research, and Practice to Enhance Self-Determination and Quality of Life**

New book among first to examine how people with disabilities can take legal, decision-making lead in lives

Mike Krings, University of Kansas, December 12, 2018

For decades, increasing numbers of people with intellectual and developmental disabilities have lived their adult lives under legal guardianships. A new book co-authored by University of Kansas and Syracuse University researchers is among the first to explore a fundamentally new way of empowering people with disabilities to retain legal agency while still receiving necessary assistance: supported decision-making.

Supported Decision-Making: Theory, Research, and Practice to Enhance Self-Determination and Quality of Life comprehensively examines supported decision-making and how it can be applied in policy and practice for people with intellectual and developmental disabilities. Published by Cambridge University Press, the text was authored by Karrie Shogren, professor and senior scientist and director of the Kansas University Center on Developmental Disabilities; Michael Wehmeyer, Ross and Mariana Beach Distinguished Professor in Special Education and director of the Beach Center on Disability; and Jonathan Martinis and Peter Blanck of the Burton Blatt Institute at Syracuse University, New York.

Read more at: <https://phys.org/news/2018-12-people-disabilities-legal-decision-making.html#jCp>

## Other IIDL Article of Interest - USA

### Supported Decision Making

In Massachusetts, the Center for Public Representation (CPR), a nonprofit law firm focusing on disability and the Nonotuck Resource Associates, Inc. (Nonotuck), a service provider principally of shared living and adult family care residential supports, have partnered to offer adults with intellectual and/or developmental disabilities living in western Massachusetts an opportunity to use Supported Decision Making (SDM)

This little article outlines the project and provides a number of links to enable further exploration of supported decision making for people with an intellectual disability.

<https://www.honoringchoicesmass.com/resources/explore-information/supported-decision-making/>

### Fran Silvestri

President & CEO, IIMHL & IIDL

[fran@iimhl.com](mailto:fran@iimhl.com)

General enquiries about this Update or for other IIMHL information please contact Erin Geaney at [erin@iimhl.com](mailto:erin@iimhl.com).

### Join IIMHL / IIDL

Leaders in any sector that can affect the conditions for Mental Health and Addictions and leaders in 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.*

