



From the IIMHL and IIDL Update List

Welcome to this bi-monthly edition of Update 15 August 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.



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



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

FEEDBACK AND EVALUATION SURVEY

What did you learn and bring home from the 2018 Leadership Exchange?

We welcome your feedback on this year's Leadership Exchange and kindly ask you to respond to the feedback and evaluation survey about IIMHL & IIDL 2018. You will find in the IIMHL & IIDL app at

<https://iimhl.se/the-iimhl-iidl-le-app/>

in the Network Meeting event (event code: iimhliidl2018) under Dialogue

COPIES OF PRESENTATIONS

Where these are made available, they can be viewed on the website soon

IIMHL Feature - Canada

Measuring Progress: Resources for Developing a Mental Health and Addiction Performance Measurement Framework for Canada
MHCC, 2018

Over the last few decades, more and more countries have come to recognize the immense impact of mental health problems and illnesses on people, families and communities. This

has driven changes to policy and practice in Canada and other jurisdictions — and triggered calls for better data to determine if such efforts are having a positive impact and to inform further system change.

This report identifies strategic areas of focus for developing a pan-Canadian information and performance measurement framework specific to mental health and addiction (MHA). Such a framework could be parlayed into a performance measurement system that would make it possible to measure and report on MHA outcomes across the country. This would stimulate data-informed service change, enable greater collaboration and make a difference in the lives of Canadians from coast to coast to coast.

https://www.mentalhealthcommission.ca/sites/default/files/2018-07/MHPMF_final_report_eng_0.pdf

Other IIMHL Articles of Interest - Canada

Toolkit for Survivors of Suicide Loss and Postvention Professionals

Mental Health Commission of Canada, 2018

The Mental Health Commission of Canada (MHCC) is pleased to launch a Toolkit for Survivors of Suicide Loss and Postvention Professionals. The toolkit is a one-stop repository of high-quality, publically available resources. We are hopeful that this toolkit will reach both survivors and postvention professionals as they seek the materials they need to navigate the difficult path of suicide-related grief and bereavement. Resources range from the general to the specific:

- including how to survive the holidays
- Guidelines for Survivor Advocacy
- Information for children and teens
- “How to Start a Suicide Survivors Support Group
- information for First Nations / Inuit and Metis Communities

<https://www.mentalhealthcommission.ca/English/initiatives/11889/tool-kit-survivors-suicide-loss-and-postvention-professionals>

3 Toolkits

Centre for Suicide Prevention, 2018

Most people receiving treatment for mental health issues have had some form of trauma (Rosenberg, 2011). Trauma places us at a higher risk for mental health issues such as depression and addiction. People who have experienced trauma are also at a greater risk for suicide.

The full suite of 3 reports includes:

[Trauma and suicide](https://www.suicideinfo.ca/resource/trauma-and-suicide/)

<https://www.suicideinfo.ca/resource/trauma-and-suicide/>

[Trauma and suicide in children](https://www.suicideinfo.ca/resource/trauma-suicide-children/)

<https://www.suicideinfo.ca/resource/trauma-suicide-children/>

[Trauma and suicide in Indigenous people](https://www.suicideinfo.ca/resource/trauma-and-suicide-in-indigenous-people/)

<https://www.suicideinfo.ca/resource/trauma-and-suicide-in-indigenous-people/>

A Clear Business Case for Hiring Aspiring Workers: Findings from a research project that looked at the costs and benefits of recruiting and retaining people living with mental illness

MHCC, Feb. 2018

Opening the doors to aspiring workers living with mental illness is a financial win for both employers and employees, finds a Mental Health Commission of Canada (MHCC) study. The results of a 28-page, small, but in-depth study, were released this April in the summary report. In addition to crunching the numbers and offering insight into the intangible benefits of accommodating employees, the study makes recommendations on the elements needed to successfully hire and retain aspiring workers.

“This research builds a strong business case for organizations to take active steps to make their workplace more accessible to diverse workers—to the benefit of everyone,” says lead researcher, Rebecca Gewurtz. “Although this was a relatively small-scale study, the findings highlight this as an area worthy of attention by organizations and government.”

[https://www.mentalhealthcommission.ca/sites/default/files/2018-04/Business case for aspiring workforce eng.pdf](https://www.mentalhealthcommission.ca/sites/default/files/2018-04/Business%20case%20for%20aspiring%20workforce%20eng.pdf)

Frayme Annual Report 2017-2018

Frayme believes that all youth, young adults, and their families have access to the help they need to be well, when they need it, in the context in which they live.

Frayme is an international network that connects mental health, health and social services working with youth and young adults to accelerate the integration and implementation of youth care in Canada and around the world. This agency is unique in that it links to national and international agencies and puts young people at the heart of its activities.

<http://frayme-cadre.strikingly.com/>

Co-Created, Co-Delivered, Co-Lived: Toward Better Health and Care for Inner-City Populations

Canadian Foundation for Healthcare Improvement, 2018

While this report looks at health overall, it has some great information about quality processes applicable to mental health and addiction systems.

Unmet social needs for inner-city, marginalized populations significantly contribute to high cost utilization of healthcare services, such as frequent emergency department visits, without corresponding improvements in healthcare outcomes and health. Improving health and wellness for these populations is challenging for many reasons, including issues of access; resources; trust and effective communication; deep understanding of the perceptions and needs of the community; community partnerships and coordination of services; and a disciplined approach to improvement. Working with members of these communities is pivotal to developing successful strategies.

To read this report in full:

https://www.cfhi-fcass.ca/sf-docs/default-source/reports/triple-aim-toward-better-health-and-care-inner-city-populations-e.pdf?sfvrsn=d153a844_2

IIDL Feature - Canada

Patterns & Principles We've Learned That Support People in Their Endeavor for the Good Life

Co-authored by the Skills Society senior leadership team – Bev Hills, Shawn Depner, Linda Marchand, Sandi Pesklevic, Karen Huta, Pat Conrad, Ben Weinlick

"This year the senior leadership team decided to put a couple of our core values – Seek Creative Collaborations and Embrace Complexity into action for the writing of our annual report. Rather than each of us doing separate articles for the report, we decided to work together to co-author a piece. What was really interesting, was that in preparing for this article it allowed us the rare and much needed opportunity to take time to step back, reflect, and really dig in to what we have heard from the folks we serve and what we have learned over the years that helps our organization to support people to have the best conditions to attain the good life."

<https://www.skillsociety.ca/news/what-we-are-learning/patterns-principles-weve-learned-that-support-people-in-their-endeavor-for-the-good-life/>

Other Article of Interest - Canada

Brandon's Story: Charting the Course to a Good Life with MyCompass

Brandon is a friendly guy passionate about computers and gaming who loves to hang out with his family and black lab, Kolby. He puts his wicked tech skills to work, as a computer, tablet, and smartphone specialist, troubleshooting and solving technology bugs for people and volunteering weekly as an assistant in a computer class offered at the Learning Centre. To read more:

<https://www.mycompassplanning.com/blog/brandons-story/>

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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

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.

