Towards Flourishing….

Improving the Mental Health of Parents and Families in Manitoba’s Families First Home Visiting Program
Overview

1. Background
2. Goals
3. Partners
4. The Towards Flourishing Mental Health Promotion Strategy
5. Evaluation of the Strategy
6. Early results of the pilot
7. Where we are now – pilot and trial of the Strategy
8. Looking ahead – our vision
Genesis of Project

- WRHA Perinatal Mental Health Project
  - Response from Public Health for ongoing support in Mental Health

- HCMO Families First Program Evaluation
  - Maternal depression and parental well-being highlighted as unmet needs

- Call for innovation in Mental Health by Public Health Agency of Canada
Women’s Mental Health in the Perinatal Period

• Emotional distress is common


• 12-15% of women screened in Manitoba show signs of anxiety or depression (Chartier M.J., Mayer T.M., Santos R.G. Prevalence Rates (2003 to 2006) of Risk Factors for Poor Child Outcomes: Results from Manitoba’s Families First Screening Form. Poster presented at Manitoba Institute of Child Health Research Day. Winnipeg, October 2007)

• Many women do not recognize symptoms or seek help
Effects of Mothers’ Mental Health on Children

- Mothers’ mental health is linked to healthy child development
- Maternal depression linked to less parent-child interaction
- Relationship between poor maternal emotional health and child developmental delays
- Parental mental health problems associated with child abuse and neglect (Sohr-Preston & Scaramella, 2006; Dickstein, Seifer, Hayden, Schiller, Sameroff, Keitner et al., 1998).
Keyes’ Dual Continua Model
Project Goals

1. To improve the mental health and decrease mental illness/distress of parents and their families in the Families First Home Visiting Program

2. To strengthen public health workforce capacity to address mental health and well-being needs of families

3. To build community capacity for mental health promotion.
Our Partners

- UM Research Collaborators
- Manitoba Health
- PH Mgr Network 5 RHAs
- MH Mgr Network 5 RHAs
- Interlake-Eastern RHA
- Northern RHA
- Prairie Mountain RHA
- Southern RHA
- FF Coordinators
- Aboriginal Health Programs
- PH
- 3 Pilot CAs
- 9 Trial CAs
- Community Health Sciences
- Manitoba Centre for Health Policy
- UM
- HCM
- WRHA
- TF
- SF Program
- US Research Collaborators
- CMHA
- MH Promotion Team
- HSC Women’s Hospital
- Assembly of Manitoba Chiefs
- FF Program
- 9 Trial CAs
- PH Mgr Network 5 RHAs
Participating regions were established prior to amalgamation of these 11 Health Regions into the 5 current Health Regions, so while all regions are now participating, this is restricted to the geographical areas originally included.
The Towards Flourishing Mental Health Promotion Strategy

Evaluation & Measurement

Cultural Lens

Education for Families

Enhancing Access & Collaboration

Everyday Strategies for Mental Health

Role of Mental Health Promotion Facilitator

Training

Screening

Mental Health & Well-being of Families in Manitoba
Three Good Things

Take the time to think about and write down 3 good things about your day:

1. 
2. 
3. 

Recommended dosage:
Do every day to bring more happiness and health to your day – keep up the good work!

Enjoy life more!

START

Note: This handout is for things you want to START doing, or do MORE of. Write-esteem, saying positive things to yourself or others, getting in touch with people you enjoy talking to, etc.

Something I will START to do... or do MORE of!

When will I do this: ____________________________
How often will I do this: ____________________________

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Celebrate your success!
Education - Topics

• **Changes and Expectations**: Parent’s expectations before baby arrived, how are they feeling now, normalizing their thoughts and feelings.

• **Flourishing**: What does flourishing mean? What do people need to be flourishing in their lives.

• **Coping Strategies**: Parenting stress, baby blues (depression), coping strategies. Check-in to see how the parents are coping and whether they need more support.

• **Reaching Out**: Reaching out for help. (Check-in to see who the support systems are for the family and address any gaps and why some people find it difficult to do so.)
Criteria & Rationale for Everyday Strategies*

- Simple activities to promote mental health
- Scientifically proven
- Easy to use
- Low cost
- Spread by word of mouth

*Evidence-Based “Kernels” – Embry and Biglan (2008)
Everyday Strategies: Collaborative Development

- Literature review
- Consultation
  - Experts: theory, application
  - Key stakeholders within FFHV and Public Health
- Qualitative research
  - Interviews and focus groups
    - Mothers in FFHV program
    - Home visitors and public health nurses
    - Key stakeholders
- Dissemination and refinement
  - Presentation and demonstrations
Towards Flourishing Everyday Strategies

- Physical Activity
- Nasal Breathing
- Progressive Muscle Relaxation
- Three Minute Breathing Break
- Three Good Things
- Self Monitoring
- Belonging
- Creating a Vision
- Connecting with Others
Training

- Key concepts in mental health & mental health promotion
- Introduction to Towards Flourishing Home Visiting Curriculum
  - Education Topics
  - Everyday Strategies for positive mental health
- Using the new mental health tools
A New Role: Mental Health Promotion Facilitator

Focus on enhancing capacity

- Clinical support
- Mental health promotion resource
- Facilitate collaboration between PH & MH
- Enhanced mental health screen
- Support implementation of Towards Flourishing strategy in the region
Enhanced Mental Health Screening

• 4 self-report screening tools used to assess for:
  – mental health & distress
  – post-partum depression
  – alcohol use

• Completed by new mothers in the Families First program at 6-8 weeks post-partum.
Access and Collaboration Strategy

Are current services accessible?

Strengthen link between Mental Health & Public Health

Facilitate right service at the right time

Enhance Collaborative practice

Unique in each community / region
Measuring & Shaping the Strategy

Evaluation & Measurement

Cultural Lens

Education for Families

Everyday Strategies for Mental Health

Training

Screening

Enhancing Access & Collaboration

Role of Mental Health Promotion Facilitator

Mental Health & Well-being of Families in Manitoba
Cultural Lens for Manitoba Families

- Respect for distinct world views
- Ensure cultural relevance
- Consider unique experiences and perspectives of families
- Focus on 3 groups
  - Aboriginal
  - Francophone
  - Immigrant and Newcomer families
A First Nation Lens

Meaningful Consultation

- Aboriginal Health Programs – WRHA
- Strengthening Families Maternal Child Health Program – AMC
- Community Health Sciences – UM
- Community leaders
- Elders
- Advisors – women’s health, health education

Identifying Priorities

- Language and meaning of ‘mental health’ and ‘wellness’
- Cultural safety
First Nation Dialogue on Mental Health & Well-being

One day of sharing & learning with experts & consultants in Aboriginal mental health

– Thunderbird House, Winnipeg
– March 14, 2012

Focus

– Cultural relevance of the pilot TF Curriculum
– Language and concepts of mental health for meaningful promotion
A Day of Sharing on Cultural Issues in Mental Health Promotion
Knowledge, Action & Innovation

Knowledge
- Research: What we know
- Policy: What we decide
- Evaluation: What we learn
- Practice: What we do

TF Mental Health Promotion Strategy
The Evaluation Plan

- Evaluation of Mental Health Promotion Strategy
- Process & Early Impact
- Evaluation of Mental Health Outcomes

Cultural Lens

- Education
- Enhancing Access & Collaboration
- Role of Mental Health Promotion Facilitator
- Screening
- Everyday Strategies for Mental Health
- Training

Mental Health & Well-being of Families in Manitoba
How is the Strategy working?

Key Questions

• How useful are the new mental health tools and resources?
• What are the early impacts?
• What are the mental health needs and priorities of families?
• How are Public Health and Mental Health systems working together?
Snapshots of an Evolving Strategy

Training on mental health promotion & TF Curriculum of Modules & Everyday Strategies

Use of TF Curriculum of Modules & Everyday Strategies

Introduction of TF Mental Health Survey & Screening process

Role of Mental Health Promotion Facilitator

Plan to enhance collaboration and access to mental Health services and resources

TF Mental Health Promotion Strategy

Survey Questionnaires  Interviews  Focus Groups  Network Mapping
Learning from Pilot Partners

Interviews
• 26 people in 3 community areas
  – Parents in FF
  – Home visitors
  – Public health nurses

Focus
• TF Curriculum – Modules & Everyday Strategies
• TF Survey & screening process
• MH needs of parents & access to supports
Evaluating the TF Curriculum: the pilot experience

Experience of using mental health tools
Relevance to work/practice
Integration in program/practice
Impact on work/practice
Impact on personal life
Cultural relevance
Applicability to fathers
Recommendations
Early Results: Relevance to Work & Practice

Fit current practice
• Talking about postpartum experience and connecting families with supports

Enhanced public health work
• Provided immediate, practical MH resources
…we always assess for [mental health issues] right? Like on our postpartum visits in terms of baby blues and postpartum depression, and you know whatever other mental health issues might be going on for the family. But what I think was missing was having some concrete resources to address some of that right? And again, you know, yes I can refer you to counseling but it might be 3 months for you to get there.

- Public Health Nurse
Early Impacts on Work & Practice

- Expanded awareness of mental health
- Extended communication with families
- Increased understanding of parents’ mental health experience
- Improved practice efficacy
I’ve gotten to know, you know, families that I thought I knew quite well [that] I’ve gotten to know even better through this. Like one of my mums has bipolar and does some things on her own, like does the deep breathing. Like it’s just interesting that it’s a conversation that we might not have had otherwise…

- Home Visitor
Early Impacts on Parents

Enhanced knowledge of parenting
Fostered relaxation
Increased awareness of existing supports
Promoted independence
Enhanced positive feelings
Promoted focus on self
Normalized experience of mental health
Impact on Parents

I like it because it does not make you feel like you are the only one that feels that way. When you are feeling stressed out, you are feeling a little bit sad, it makes [it] seem normal, makes it seem okay, and you will not feel [like a] horrible mother, you feel, okay, this is normal, now what do I do, it tells you…

-Mother
Is the Strategy working?

Key Questions

- Has the mental well-being of women and their families improved?
- Has mental illness/distress decreased?
The Towards Flourishing Survey
Outcome Measures

- Maternal Depression/Distress
- Alcohol Consumption
- Positive Mental Health
- Quality of Parent-Child Relationship
- Child’s Social/Emotional Development
- Social Support and Neighbourhood Cohesion
Introducing the TF Survey in Pilot Sites

- Sites: St Boniface, Pt Douglas, River Heights
- Piloted TF Survey in Jan - May 2010
- Implementing intervention since Oct 1, 2011
- Piloting new TF Survey as of Oct 1, 2011
  - Dual Purpose: Research information & Screening Measures
- Total collected: 63
Introducing the TF Survey in Trial Sites

- Sites: All of WRHA, Central RHA, Interlake RHA, Assiniboine RHA, Burntwood RHA
- Start date: Jan 1st, 2012
- Purpose: Baseline data collection
- Total collected as of November 2012: 406 families
Manitoba Centre for Health Policy
Research Data Repository

Key health databases start in 1970
Using linked data to build picture of development throughout childhood

At birth:
- Birth weight
- Gestational age
- Apgar scores
- Breastfeeding
- Complications

Early Years:
- Immunization
- Child care

School Entry:
- EDI
- School enrolment
- Early literacy

Middle Years (~7-11):
- Grade 3 assessment
- School enrolment
- Grade retention

Middle Years (~12-14):
- Grade 7/8 assessments
- School enrolment
- Grade retention

Youth (~15-19):
- Grade 12 assessments
- High school marks
- High school completion

At all stages: health status (hospitalizations, doctor visits, medications prescribed, FASD), residence (area-level income, number of moves), family or youth receipt of income assistance, involvement with child welfare, family composition (marital status, number of siblings)
All sites collect comparison data Winter 2011-12

Trial intervention starts sequentially by group:
  Grp #1 – Fall 2012
  Grp #2 – Winter 2013
  Grp #3 – late Spring 2013

Collection stops in Aug 2014
The Trial: When and Where?

**Group 1:**
- WRHA: River East
  - Transcona
  - Fort Garry
- Burntwood RHA
- Central RHA #2, #3

**Group 2:**
- WRHA: Downtown
  - St. James
  - St. Vital
- Assiniboine RHA #2, #3
- Interlake RHA #1

**Group 3:**
- WRHA: Inkster
  - Seven Oaks
  - Assiniboine South
- Interlake RHA #2
- Assiniboine RHA #1
- Central RHA #1

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Looking Back

2010

- Collaborative development of TF mental health promotion framework
- Introduction of a pilot mental health survey

2011

- Development of **TF Mental Health Promotion Strategy**
- Launch of **TF Strategy pilot** in 3 community areas in Winnipeg
- **Partnership with 5 regions** in Manitoba
- Ongoing evaluation of pilot of Strategy
Looking Back

2012

- **Pilot site evaluation** completed
- **Refinement of TF Strategy** from pilot evaluation
- Planning with pilot sites for **integration of TF Strategy into public health program and practice**
- All trial sites began introducing TF survey for **control phase** baseline data collection
- **Launch of TF Strategy trial with Group 1** sites in Fall
  (Central RHA 2 & 3, Burntwood, River East, Transcona, Ft Garry)
Looking Ahead

2013

- Launch of TF Strategy trial with Group 2 sites in Feb/March: Interlake 1, Assiniboine 2 & 3, WRHA - Downtown, St. James, St. Vital
- Launch of TF Strategy trial with Group 3 sites in May/June: Central 1, Interlake 2, Assiniboine 1, WRHA - Inkster, Seven Oaks, Assiniboine South)
- Ongoing evaluation of trial

2014

- Trial data collection ends
- Data **analysis and results** of trial are compiled
- Reporting of results begins
The Towards Flourishing Initiative

- Introducing a new multilayered mental health promotion strategy in Manitoba
- Designed to enhance an existing program in public health with simple mental health strategies
- Built on strong relationships and partnerships to ensure a collaborative and meaningful process
- Rigorous pilot and trial evaluation to refine the Strategy and measure effectiveness
Acknowledgements

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