


Alberta Health Services - Addiction & Mental Health


Addiction & Mental Health Prevention & Promotion What Works?

May 11, 2021



Alberta Health Services - Addiction & Mental Health


Honoring the Land and Territory




May 11, 2021

Alberta Health Services - Addiction & Mental Health

Getting to know us



Heather MacKenzie
Mental Health Promotion
Addiction & Mental Health



Tammy O'Quinn
Mental Health Promotion
Addiction & Mental Health

May 11, 2021

Getting to know you



May 11, 2021

Webinar Highlights

- **Prevention & Promotion**

- A few definitions
- What is it?
- What works?
- Who can do it?
- Engaging youth

Prevention-Promotion Resources

May 11, 2021

Terms

- Problematic Substance Use
- Wellbeing & Wellness
- Mental Health
- Mental Illness
- Stigma
- Health Promotion
- Prevention



May 11, 2021

Alberta Health Services - Addiction & Mental Health

Problematic Substance Use

“Use that occurs when someone uses drugs or alcohol in a harmful way that has negative effects on their health and life.”

~ Health Canada, 2021 ~

May 11, 2021 Source: <https://www.canada.ca/en/health-canada/services/substance-use/about-problematic-substance-use.html#s2>

Alberta Health Services - Addiction & Mental Health

To live in wellness means striving to be in balance within self (Body, Mind, Spirit & Emotion), with others (Family & Community), with the Spirit World and with the land (Nature).

~ Anonymous Quote Tripartite Strategy Council, 2012 ~

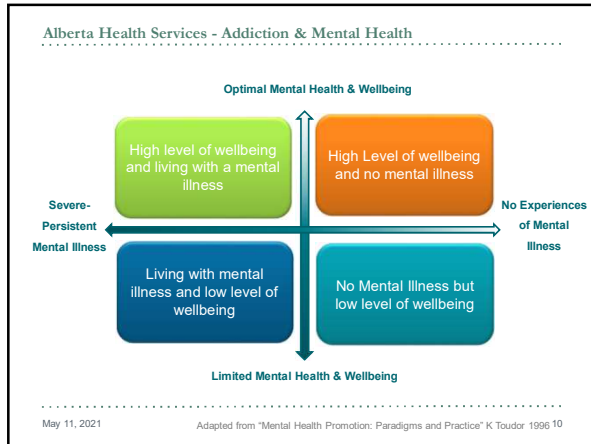
May 11, 2021 Source: https://www.fnha.ca/Documents/FNHA_MWSU.pdf

Alberta Health Services - Addiction & Mental Health

Persons who experience wellness have **hope**, know where they **belong** in this world, and understand that their life has **meaning** and that they have a unique and specific **purpose** in life.

~ FNMWC, 2015 ~

Source https://thunderbirdpf.org/wp-content/uploads/2015/01/24-14-1273-FN-Mental-Wellness-Summary-EN03_low.pdf



Alberta Health Services - Addiction & Mental Health

Stigma

- Why don't people reach out for support?
- How does stigma affect the access of resources?

May 11, 2021

Alberta Health Services - Addiction & Mental Health

Health Promotion 'Upstream'

May 11, 2021

Source: Upstream Public Health - <https://www.youtube.com/watch?v=xYeAmaITGCA>

Alberta Health Services - Addiction & Mental Health

Goals of Substance Use Prevention

May 11, 2021

Alberta Health Services - Addiction & Mental Health

Health Promotion & Substance Use Prevention Connection

May 11, 2021

Alberta Health Services - Addiction & Mental Health

Achieving Wellness Preventing Substance Use Problems

May 11, 2021

Sources: Preventing Problematic Substance Use in Youth

Alberta Health Services - Addiction & Mental Health

Health Promotion

Healthy Public Policy	Supportive Environments	Community Action
Personal Skills	Reorient Health Services	Health Research

May 11, 2021 Sources: Ottawa Charter 1986

Alberta Health Services - Addiction & Mental Health

Spotlight: Community Program



May 11, 2021 Source: <https://www.youtube.com/watch?v=EYK9wrm18>

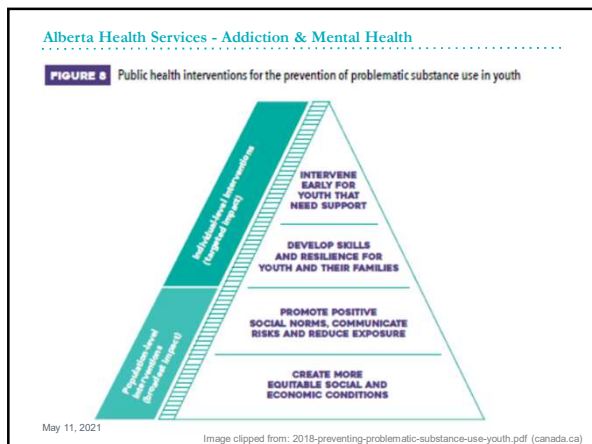
Alberta Health Services - Addiction & Mental Health

Prevention: Substance Use

What we have learned:

- Fear appeals (stories of someone else's drug use, mock crashes) do not always have the intended outcome
- Health education and information alone does not prevent substance use
- **The best approach is comprehensive and coordinated community action!**

May 11, 2021 Source: <https://cssdp.org/uploads/2018/04/Sensible-Cannabis-Education-A-Toolkit-for-Educating-Youth.pdf>



Alberta Health Services - Addiction & Mental Health

Spotlight: Youth Program (Prevention)

- Maskwakis Skills Training

May 11, 2021
Source: <https://cbpp-pcpe.phac-aspc.gc.ca/aboriginalwt/maskwakis-life-skills-training/>

Alberta Health Services - Addiction & Mental Health

Engaging youth: Ethical Guidelines

- Youth engagement is a natural way of working
- Youth need to be engaged based on knowledge, skills & interests
- The 'youth voice' is more than 'one'

May 11, 2021
Source: <https://incaringociety.com/sites/default/files/ethical-youth-engagement/Guidelines-Ethical-Youth-Engagement.pdf>

Alberta Health Services - Addiction & Mental Health

Engaging youth: Ethical Guidelines

- Nurture growth through discussion
- Dignity and safety required
- Recognize capacity
- Understand accommodation needs

May 11, 2021 Source: <https://incaringssociety.com/sites/default/files/ethical-youth-engagement/Guidelines-Ethical-Youth-Engagement.pdf>

Alberta Health Services - Addiction & Mental Health

Youth Engagement Barriers

- Generational barriers
- Getting appropriate representation
- Logistics (youth are busy!)
- Keeping energy up - sustainability

May 11, 2021 Source: http://thenewmentalityca.weebly.com/uploads/1/3/1/9/13192135/ready_set_engage.pdf

Alberta Health Services - Addiction & Mental Health

How to Increase Youth Engagement

- Focus on healthy supportive youth-adult partnerships
- Youth friendly spaces, meetings, or gatherings
- Think “what do the youth get out of this?”

May 11, 2021 Source: http://thenewmentalityca.weebly.com/uploads/1/3/1/9/13192135/ready_set_engage.pdf

Alberta Health Services - Addiction & Mental Health

Spotlight: Youth Program (Promotion)

- Sekewha Youth Program

May 11, 2021 Source: <http://www.cpfh.ca/departments/youth>

Alberta Health Services - Addiction & Mental Health

Support Options

Health Promotion & Self Help Supports

Community Supports

Health Care & Social Services

Specialized Mental Health Services

Highly Specialized Services

May 11, 2021

Alberta Health Services - Addiction & Mental Health

Support Options – Review

Addiction In-Person Supports

Addiction Virtual Supports

AHS Services & Resources

Mental Health In-Person Supports

Mental Health Virtual Supports

May 11, 2021

Alberta Health Services - Addiction & Mental Health

Supportive Services
Respect
Resilience
Interconnectedness
Wellness
Wellbeing
Mental Health
Prevention
Understanding
Reducing Stigma
Holistic
Shared Responsibility
Healthy Development
Early Intervention
Sense of Control
Community Action
Awareness
Strengths Based
Knowing
Life Long
Protective Factors
Building
Equity
Personal Skills
Supportive Environments
Personal Dignity
Culture
Enhancing Capacity
Coordinated Action

May 11, 2021

Alberta Health Services - Addiction & Mental Health

Next AHS Sessions

June 9

Opioids & Prescription Drug Use

July 14

Methamphetamine Use

May 11, 2021

Thank You!

Questions

tammy.o'quinn@ahs.ca

heather.mackenzie@ahs.ca

May 11, 2021
