



Healthy Communities Partnership Day Policy Direction Worksheet

Policy Direction: Mental Health - Adults

Draft Policy Direction:

Create policies that support positive mental well being among adults

Target: Adults 25+

Participants: adults in workplace, families, community organizations

Settings: workplaces, community

Activities:

Engage community in identifying needed policies

Identifying individual assets and understanding of mental health and illnesses

Identify workplace policies to support mental health and well being

After reviewing the draft policy direction, what would this group add?

Policy: Inclusiveness, policy re: awareness of stigma, non-judgemental, education, respect, understanding, provide support, access to EAP.

Understanding and appropriate response for all.

Target: Adults 25+ - no changes

Participants: Businesses (workplaces)/employers, municipalities, municipalities are key since everyone lives in a municipality

Setting: Home (setting for activity but not policy)

Activities: •Participatory approach

- support to develop policies
- Engage specific groups and provide resources to develop policies
- Language re: mental health

Action to Advance the Policy Direction

What actions could you do in your organization/workplace or sphere of influence?	What actions could you take in your network?	What actions could be taken to advance the policy direction in the community?
<ul style="list-style-type: none"> - Take time to listen - not disregard actions that are insulting/ degrading, etc. - Promote advocate healthy and 	<ul style="list-style-type: none"> - Event – i.e. plan a local event drawing attention to hoarding (bring items – garage sale) – proceeds to charity 	

respectful behaviours - Increasing understanding /education - Have conversations re: mental health and well being and mental illness - respectful to those with disabilities - Charter of rights (link with Healthy Charter Group) - Logo or Motto campaign for mental health - organizations working together to develop service agreements		
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Supports to Advance the Policy Direction

How can we support each other in advancing this policy direction?	What supports would we need from the Health Communities Partnership? (Examples: assessment, training, resources, evaluation)
	<ul style="list-style-type: none"> - resources listed in a compact format (i.e. like the one prepared for youth) - Could be on HCP website - awareness - training / speakers in communities - website as one-stop shop - promote understanding and common language - opportunity to network and work together - Keep momentum going - awareness of local resources available - training in schools for teachers - Social media/ technology - accessibility

Additional Comments

- How does HCP move forward?
- Resources for support workers
- Implications of privacy act
- Linkages with other priority areas
- Cost of mental health

Actions:

- Organizations working together
- Hosting conversations – could lead to policy

- Increasing understanding
- Charter of rights – link with healthy community charter
- Local events

Supports from HCP

- Opportunities to network and work together
- HCP website as one-stop shop for promoting understanding and common language
- Listing of resources
- Use of social media / technology