The Healthy Child Manitoba Strategy:

A Systemic Approach to Translating Research into Action to Advance Children’s Mental Health

Provincial Dialogue on Mental Health Promotion
March 24, 2009
Generic Principles of Effective Mental Health Promotion

Professor Margaret Barry (2007):

- Involves the **population as a whole** in the context of their everyday life, rather than focusing on people at risk from specific mental disorders
- Focuses on **protective factors** for enhancing well-being and quality of life
- Addresses the **social, physical, and socioeconomic environments** that determine the mental health of populations and individuals
- Adopts **complementary approaches and integrated strategies**, operating from the individual to socio-environmental levels
- Involves **intersectoral action** extending beyond the health sector
- Is based on **public participation, engagement and empowerment**

...over the past 1.5 decades, Manitoba has been striving to put these principles into practice
Healthy Child Vision

The best possible outcomes for Manitoba’s children and youth (prenatal – 18 years)
Healthy Child Mission

Healthy Child Manitoba works across departments and sectors to facilitate community development for the well-being of Manitoba’s children, youth, families, and communities.

With a priority focus on early childhood development (ECD: prenatal to school entry).
Leadership: Manitoba’s Premier and Healthy Child Committee of Cabinet

• Established in March 2000 by Premier Gary Doer
• Only legislated Cabinet committee in Canada dedicated to the well-being of children and youth

“This century can be Manitoba’s century—with new hope for our young people... We know that children who grow up in safe, nurturing environments have better success throughout their lives...[this] is part of our ongoing commitment to building healthy, safer communities for Manitobans and their families.” (March 2000)

Current HCCC members:
• Kerri Irvin-Ross, Chair of the Healthy Child Committee of Cabinet and Minister of Healthy Living
• Eric Robinson, Acting Minister of Aboriginal and Northern Affairs
• Eric Robinson, Minister of Culture, Heritage and Tourism
• Peter Bjornson, Minister of Education, Citizenship and Youth
• Gord Mackintosh, Minister of Family Services and Housing
• Theresa Oswald, Minister of Health
• Dave Chomiak, Minister of Justice and Attorney General
• Nancy Allan, Minister of Labour and Immigration, Minister Responsible for the Status of Women

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Bridging Government and Community: Intersectoral Structures in Manitoba

Healthy Child Committee of Cabinet
Healthy Child Deputy Ministers’ Committee
Healthy Child Interdepartmental Committees

Citizens and communities
Parents and families
Children and youth
Community agencies
Provincial ECD Advisory Committee
Parent-Child Coalitions and Council of Coalitions

Healthy Child Manitoba Office

ACTION KNOWLEDGE

Manitoba

Healthy Child Manitoba
Putting children and families first
SHHH!

Brain Development in Progress:

By age 3 years, a young child’s brain is apt to be more than TWICE as ACTIVE as that of his or her PEDIATRICIAN.

Sources:
Gopnik, Meltzoff, & Kuhl, 1999; Shore, 1997
Investing in Early Childhood Development: The Economic Imperative

• Leading economists have shown the importance of ECD to our province and country’s economic future. Knowledge is the engine of the 21st century economy. Better brains and innovative ideas fuel economic growth, create jobs, increase wealth, and secure our financial future.

“The real question is how to use the available funds wisely. The best evidence supports the policy prescription: Invest in the very young.”

James J. Heckman, PhD
2000 Nobel Laureate in Economic Sciences
LONG-TERM, LONGITUDINAL INVESTMENT

• Life-course mandate from prenatal period to transition into adulthood
• Priority on prevention and early intervention
• Avoidance of “inoculation” myth – need for sequential investment across the life course
The HCM Strategy: A Systemic Approach to Translating Research Into Action to Advance Children’s Mental Health

COMMUNITY

- Parent-Child Coalitions
- Healthy Adolescent Development Strategy
- Healthy Schools
- Roots of Empathy
- Triple P
- FASD Prevention Strategy
- Families First
- Healthy Baby

PRESCHOOL & SCHOOL

FAMILY

CHILD

 Physically & Emotionally Healthy

SAFE AND SECURE

SUCCESSFUL LEARNERS

Socially Engaged & Responsible

OUTCOMES

CHILD-CENTRED PUBLIC POLICY

HEALTHY CHILD MANITOBA
Putting Children and Families First
Early Childhood Development

- Healthy Baby Prenatal Benefit
- Healthy Baby Community Support Programs
- FASD Prevention and Intervention Programming
- Families First – home visiting
- Triple P Positive Parenting Program
- Parent Child Coalitions
- Early Development Instrument
- Child Care – Family Choices Initiative
Middle Childhood and Adolescent Development (MCAD)

- HCM supports and/or partners on a number of programs that work with school-age children, including:
  - Roots of Empathy (ROE)
  - Attachment/Mentoring Programs (Big Brother Big Sisters in 4 Winnipeg, Brandon, Morden/Winkler and Portage la Prairie)
  - Community Schools Investigators (CSI) Summer Learning Enrichment Program (SLEP)
  - William Whyte School Worker Project
  - Healthy Schools
  - Recreation Opportunities for Children (R.O.C)
  - New Programs: Healthy Buddies and Life Skills Training Program
Middle Childhood and Adolescent Development (MCAD)

- Utilizing a harm reduction approach, HCM supports and/or partners on a number of programs that support healthy adolescent development, including:
  - Teen Talk
  - Teen Clinics
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The HCM Strategy: A Systemic Approach to Translating Research Into Action to Advance Children's Mental Health

HEALTHY CHILD MANITOBA CONTINUUM
Aboriginal and Northern Affairs  •  Culture, Heritage, Tourism and Sport  •  Education, Citizenship and Youth  •  Family Services and Housing  •  Health  •  Healthy Living  •  Justice  •  Labour and Immigration / Status of Women

COMMUNITY-BASED FAMILY SUPPORTS
Parent-Child Coalitions (all regions and community areas)
Healthy Baby  •  Stop FAS  •  Families First  •  Triple P – Positive Parenting Program  •  Child Care  •  Manitoba Education, Citizenship and Youth – ECDI  •  Turnabout  •  Roots of Empathy  •  Healthy Schools  •  Healthy Adolescent Development

FINANCIAL SUPPORTS
Healthy Baby – Manitoba Prenatal Benefit, Manitoba Child Benefit  •  Canada Child Tax Benefit and National Child Benefit

OUTCOMES
- Physical & Emotional Health
- Social Engagement & Responsibility
- Safety & Security
- Success at Learning

HEALTHY LIFE TRANSITIONS

Pregnancy, Birth, and Infancy
(Prenatal - 3 years)

Early Childhood Care and Learning
(3 years - 6 years)

Middle Childhood Care and Learning
(6 years - 12 years)

Adolescent Development
(12 years - 18 years)
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Thank You

For More Information, Please Contact:
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