

Actions

Actions to enhance mental health promotion and addictions prevention focus on early intervention, skill-building, harm reduction, and recovery.

1. Promote Early Intervention, Wellness & Recovery (Individuals)

- a. Provide programming to build resiliency and positive coping skills across the lifespan. Programs may include Recreation for Mental Health Toolkit, No Stress Fest, It's Your Health on the Line, The Decider, Coping Skills Program, Boys Council, Girls Circle, Peer Mental Health. Displays and presentations such as Coping with Stress, Relaxation, and Self-Esteem, among other resources, are also available.
- b. Promote and enhance peer support through CHANNAL's support groups, Warm Line, and the Survivors of Suicide Loss support group. Access to the support group is currently available in-person and technology-based access options will be implemented in 2018.
- c. Promote screening & enhance early identification through the Mental Health and Substance Use Screening Program for adults aged 18+ and Screening, Brief Intervention and Referral (SBIR) Program.
- d. Enhance self-care & self-management skills through The Breathing Room, MindWell-U, TAO Self-Help online programs, as well as Improving Health: *My Way* programs.

2. Support Parents & Caregivers

- a. Enhance parenting skills through parenting programs such as Strongest Families Institute, Guiding Good Choices, Strengthening Families for the Future, Strengthening Families for Parents and Youth, and Parent Night Out.
- b. Enhance parent and caregiver coping through support groups such as CHANNAL Family Support Group, Schizophrenia Society Newfoundland and Labrador Family Support Group, and Parents of Children with Mental Health Issues Support Group. Access to support groups is currently available in-person and technology-based access options will be implemented in 2018.
- c. Enhance parent and caregiver coping through provision of psycho-educational groups such as Rediscovering Hope, a group for individuals impacted by a loved one's addiction and Family Ties, a group for individuals impacted by a loved one's mental illness offered by Mental Health and Addiction Services, among others. Access to groups is currently available in-person and technology-based access options will be implemented in 2018.

3. Prevent Suicide & Enhance Life Promotion

- a. Enhance suicide prevention skills through the delivery of programs such as Girls Night Out, Survivor Challenge, ASIST, Mental Health First Aid, Tattered Teddies, Straight Talk, and Safe Talk, as well as internal Western Health E-Learning Modules (Response & Screening of Suicidal Clients, Patients and Residents Policy #18-06-90 for Population Health staff and Suicide Risk Assessment Policy #18-02-175 for Population Health Staff: All Community Based MH&A Services).
- b. Support people who have lost someone to suicide through provision and promotion of the Survivors of Suicide Loss Support Group, as well as provision of MHA's *After a Suicide: A*

Practical & Personal Guide for Survivors and MHCC's Toolkit for people who have impacted by suicide loss. Access to the Support Group is currently available in-person and technology-based access options will be implemented in 2018.

- c. Apply a life promotion lens to the topic of suicide. This can be achieved through programs that promote hope, meaning, belonging and purpose. One example is the Promoting Life Together Suicide Prevention Collaborative, being implemented by Western Health and Qalipu.
- d. Implement suicide awareness initiatives such for World Suicide Prevention Day, International Survivors of Suicide Loss Day, and other memorial events.
- e. The Consultant is supporting the development of a Provincial Suicide Prevention Action Plan. Once developed, recommendations for action will be disseminated among internal and external stakeholders.
- f. Promote the Canadian Suicide Prevention Service which provides 24/7 support by phone, text or online chat.

4. Prevent or Delay Youth Substance Use & Reduce Related Harms

- a. Support and deliver programs and initiatives that enhance early development of assertiveness, refusal, and decision-making skills. Initiatives should start in childhood and continue through the transition into adulthood. Peer-based programming should be provided whenever appropriate. Options include Level Up; Get Ready; Guiding Good Choices; What's With Weed; Strengthening Families for the Future; Strengthening Families for Parents and Youth; Challenges, Beliefs and Changes.
- b. Enhance effective parenting skills, as identified in Action 2.
- c. Support and deliver programs and initiatives that address risks of impaired decision making, including driving under the influence, being a passenger with a driver who has been drinking or used substances, and unplanned sexual activity after using substances. Program options include The Challenges, Beliefs, and Changes Program; PARTY (Prevent Alcohol and Risk Related Trauma in Youth); and Under the Influence Impaired Decision Making Toolkit.

5. Address Alcohol, Cannabis & Opioid Use & Reduce Related Harms

- a. Promote and disseminate the [Low-Risk Alcohol Drinking Guidelines](#) and [Lower Risk Cannabis Use Guidelines](#).
- b. Promote and continue to distribute Take Home Naloxone Kits to individuals at risk of opioid overdose and their loved ones. Kits can be distributed during individual contacts with clients and patients, as well as during pop-ups at community events or in conjunction with education and awareness initiatives.
- c. The Towards Recovery Prevention & Promotion Team is currently developing a Provincial Alcohol Action Plan. Once developed, recommendations for action will be disseminated among internal and external stakeholders.