



Mental Health Works

Person centred. Evidence based. Solutions focused.

OMSSA

21 October 2020



**Canadian Mental
Health Association**
Mental health for all

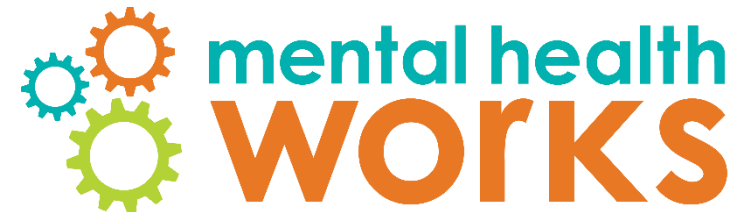


The Reality

- 1 in 5 will experience a mental health problem each year
 - 1 in 3 in their lifetime
- 500,000 miss work every week
- 30% of all disability claims, 70% of costs
- \$51 billion annually

What can we do?

- Engage people in solutions
- Allow people to feel heard, respected
- Increase feelings of trust, security, value
- Reduce or eliminate barriers and risks of harm
- Support health and safety





Mental

Social



Physical



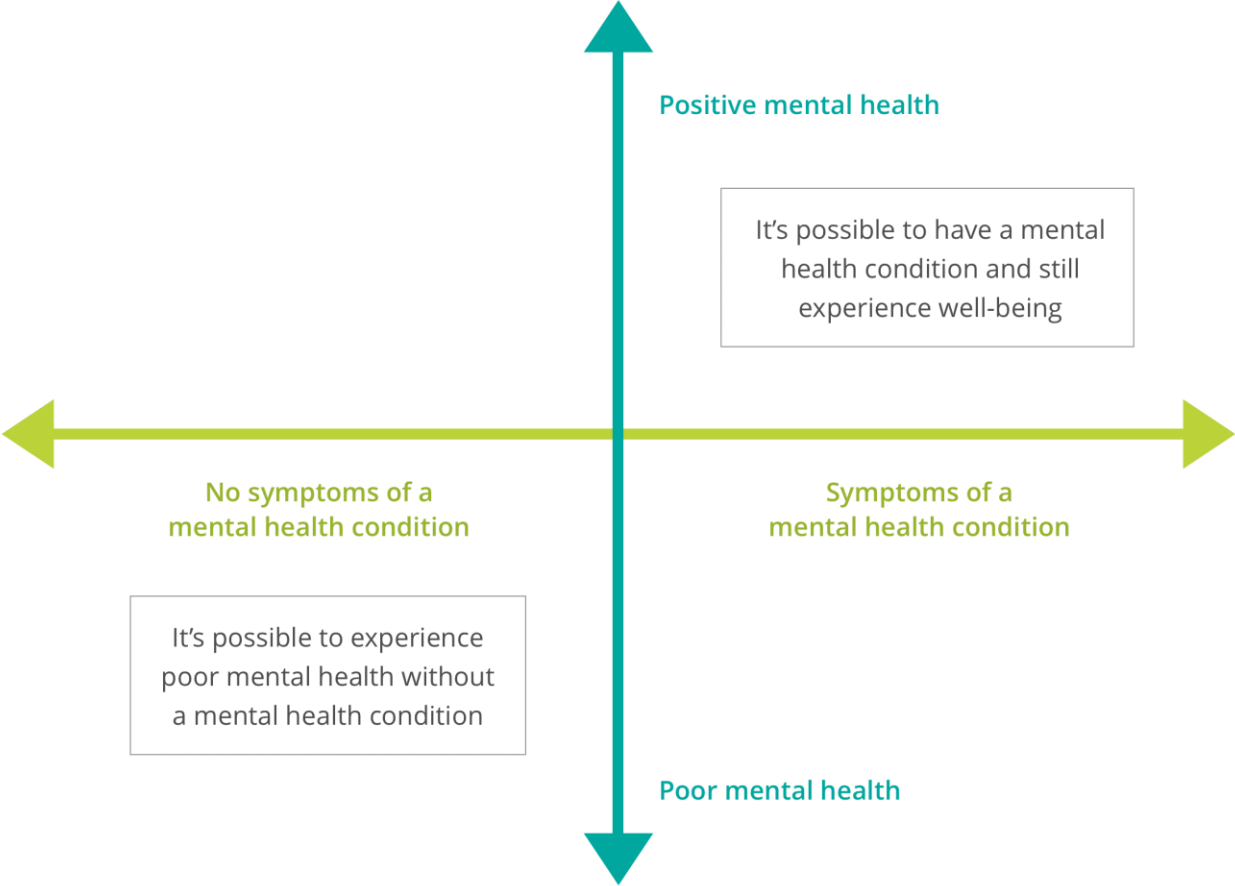


Mental Health

- A state of well-being in which an individual can
 - Realize their abilities
 - Cope with the normal stresses of life
 - Work productively and fruitfully
- The capacity to feel, think, act in ways that enhance our ability to enjoy life
- Respects culture, equity, social justice, interconnections and personal dignity



TWO-CONTINUUM MODEL





Problems & Illnesses

- Changes in thinking, mood, or behaviour
 - Triggered or aggravated by *something*
 - Unhelpful coping pattern
- May be associated with
 - Significant distress
 - Impaired functioning
 - Other health problems
- Sustained over a period of time

Stress

- Stress is responsive to our circumstance
 - Social, Physical, Mental
- A disorder may occur when a barrier prevents our stress response from regulating
- The most common: Anxiety Disorder



What does stress feel like?

- Perseveration on an idea or topic
- Avoidance of a stimulus, situation, or memory
- Anger, irritability, rigidity
- Somatic concerns – things we ‘feel’ or experience in our bodies

Anxiety

It is treatable. It can happen to anyone.

How do we recognize it?

- ↑ Worry
- ↑ Restlessness
- ↑ Irritability
- ↑ Tension
- ↓ Concentration
- ↓ Sleep
- ↓ Energy



Risk and Resources

- Risk factors

- Stress
- Trauma
- Illness
- Environment
- Substance

- Resource Options

- Psychotherapy
- Mindfulness
- Medication
- Peer Support

MHW Approach



1

“I’ve noticed...”

2

“Tell me more...”

3

“What can we do together?”

P

“I’m here to help”

Intentional Noticing



- Paying attention to **stress** on purpose
 - Starts a day-to-day baseline
 - Significant change in behaviour, performance, etc.
 - Considers context
- Starting the conversation about **anxiety**
 - I've noticed...
 - I'm wondering...
 - I want to learn more
- The tip of the Anxiety Iceberg



Active Listening



- Active listening
 - Building validation, safety, clarity
 - “Thank you for being so open...”
 - “Tell me more...”
- Active hearing
 - Seek understanding
 - Explore / Expand
- Develop baseline
 - When you do best
 - When you don't
- Identify strategy
 - What is / isn't working?
 - What can we try?
- Diving deeper



Working Together



- How can I help?
 - Identify essentials tasks
 - Chunking work
 - Progress monitoring and support
 - Reassure and validate small successes
- Recovery is likely and expected
- Will impact other aspects of person's life
- What is the bigger picture?





Crisis

Observed or suspected **acute signs of anxiety**

- Mirror calm, acknowledge concern
- Inquire about medical conditions
- Assist with grounding techniques
 - 5 Things you see, five things you hear
 - Colouring
 - meditation
- Provide resources





Build resilient workplaces

Pillar 1: Know the basics

Pillar 2: Learn how to work with emotions

Pillar 3: Address stress

Pillar 4: Build culture

Pillar 5: Talk openly



The Big Four

4

- SMART Goal Setting
- Mental Rehearsal
- Positive Self-Talk
- Arousal Control (Deep Breathing)



BounceBack[®]
reclaim your health



Canadian Mental
Health Association
Ontario

- **Free**, guided, self-help program, grounded in cognitive behavioural therapy (CBT) to help **adults and youth 15+** learn skills to better manage low mood, mild to moderate depression and anxiety, stress or worry
- Offers two forms of support:
 1. **Telephone coaching using skill-building workbooks** (referral needed by a primary care provider or self-referral with primary care information)
 2. **Online videos** provide practical tips at: bouncebackvideo.ca (access code: bbtodayon) (no referral needed)
- Participants are contacted within **5 business days** of referral being submitted
- Telephone coaching available in **17 languages**
- **No travelling required**. Participants receive support in the comfort of their home at a time that's convenient for them

For more information, visit: bouncebackontario.ca.

If you're a healthcare professional seeking resources, email:

bounceback@ontario.cmha.ca.



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Resources





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information



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