An interactive mapping on the delivery of mental health services in Manitoba:
A tool to raise community awareness and to strengthen access to services.

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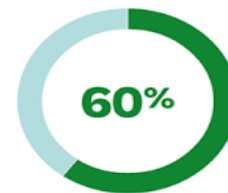
A few facts about mental health in Canada

1 in 5   **50 billion dollars**

1 Francophone in 7 versus **1 Anglophone in 9**

70% of adults

60%

Santé en français

Strengthening Community Capacity in Mental Health Project

Canada-wide project of the 16 French-language Health Networks of **Société santé en français (SSF)** in partnership with the **Mental Health Commission of Canada**

- ➢ Set out in their **respective strategic orientations**[1,2]

- ➢ Health Canada Funding

- ➢ Target audience: Francophones living in minority situations

- ➢ Timeline: 2014- 2018

Objectives

1. **Raise awareness** among health professionals and the community about the importance of language **as a determinant of mental health**[1];

2. **Strengthening community capacity** through the **deployment of the Mental Health First Aid (MHFA) program** to Francophone communities[1,2];

3. **Evaluate the access and needs of francophone communities** in terms of **crisis lines** and analyze the relevance of deploying the model developed in the Outaouais.

Mental health mapping

- **Objectives:**

    1. **Identify** mental health services and their availability in French in Manitoba

    2. **Inform and disseminate** this information to the Francophone community using a useful and interactive tool

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Methodology

1- Analysis of mental health services in French in Manitoba

- Overview of mental health service delivery – March 2015
- Literature review; semi-structured interviews with professionals, community agencies, designated regional health authorities (from Winnipeg, between the lakes and the east, Southern Health-Santé Sud)

2- Transfer and use of the data

- Choice of support according to accessibility criteria, use and availability of services for the community without forgetting succinct information and the use of terminology that is adapted to the public

Methodology

3 - Design Phase: Mental Health Map

- Mental Health interactive map
- Challenges: At each stage, there is significant work on data validation, organizational challenges (identification of staff, continuity of services), organization of information relevant to the public

3 - Finalization and Launch

- Testing phase
- Launch of the Mental Health interactive map in November 2016
- Challenge and observation: Good reception of the map, ensuring continued success

WHERE?

Our website homepage via the icon

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Legend Mental Health Map Google Map

Emergency Services:

✚ Hospital – Mental health service and/or emergency department

📍 Stabilization Unit or Crisis Response Centre

🏠 Mobile response service and/or stabilization unit in a crisis (mobile team)
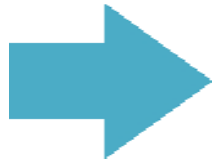
📞 Crisis Line

Support and/or Counseling Services:

👤 Mental health professionals (psychologists, psychotherapists..)

📍 Support and/or counseling (organizations, community services, associations, institutions)

📞 Crisis Line (information, referral, support, counseling, access to services, centralized line)

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The Mental Health Map by its characteristics:

- The **chosen model** and its criteria (interactivity, accessibility, low cost, use, flexibility ...)

- In **support of the deployment of Mental Health First Aid**[3]

- In response to **needs expressed** (MHFA sessions, community ...) of an **improved awareness** of the offer of French mental health services available in Manitoba

Community Awareness Tool

Conclusion

The mental health map is **accessible** as a web-based solution that makes it **flexible and adaptable**. Its approach can be **transferable** to other settings, populations and users of the system.

This initiative, in support of the MHFA, **promotes a better understanding of the French Mental Health Services offered in Manitoba, a better navigation within the system and can be used as a good practice.**

References

1. **Société santé en français (2013). Favoriser le rétablissement dans sa langue : Orientations en santé mentale en français** http://www.santefrancais.ca/documents/item/favoriser-le-retablissement-dans-sa-langue-orientations-en-sante-mentale-en-francais
2. **Mental Health Commission of Canada (2012). Changing Directions Changing Lives Mental Health Strategy for Canada. Calgary, Alberta.** http://strategy.mentalhealthcommission.ca/pdf/strategy-images-en.pdf
3. **Public Heath Agency of Canada**. Canadian Best Practices Portal http://cbpp-pcpe.phac-aspc.gc.ca/ppractice/mental-health-first-aid-canada/

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Question Period