|  |
| --- |
| **Title of Symposium** **International perspectives on promoting population mental health and wellbeing as a critical strategy for sustainable health development** |
| **General Objective**This symposium addresses the integration of population mental health promotion as a critical component of sustainable health development. With the adoption of the Sustainable Development Goals (SDGs), mental health has for the first time been included explicitly as an integral component of the global development agenda (Target 3.4). Through the commitment to ensure healthy lives and promote wellbeing for all at all ages, the SDGs place mental health at the centre of the global development agenda, thereby acknowledging that improving mental health will lead to a broad range of health, education, socio-economic and development outcomes. Mental health is a positive resource for living that requires whole-of-government and whole-of-society approaches. Upstream policies and practices are needed to ensure that the conditions that create good mental health and reduce inequities are accessible to all. This symposium engages participants in considering how this can be achieved and what capacity needs to be developed to ensure that mental health promotion can be more fully integrated into mainstream health promotion and sustainable development strategies. The implementation structures, workforce skills and capacities needed in promoting population mental health and wellbeing are critically considered. **Proposed format of the session**This symposium constitutes three oral presentations, which will provide an overview of global frameworks for effective intersectoral action and consideration of what capacity developments are needed for mainstreaming mental health promotion, sharing perspectives from current workforce developments in Canada and New Zealand (3x15 mins). The presentations will be followed by a short Q&A session (15 mins), after which participants will be engaged in an open dialogue session (30 mins) to critically consider what health promotion and sustainable development actions are needed to create mentally healthy environments that will foster population mental health and wellbeing.**Conference theme and/or subthemes addressed**This symposium addresses how population mental health promotion can be integrated into population health improvement and development strategies, including intersectoral policies and actions for the sustainable development of human and social capital and the reduction of health inequities. This symposium critically considers how promoting population mental health improvement will contribute to progressing the SDG goals and population health and wellbeing improvement. |

|  |
| --- |
| **Title of Presentation 1:** An integrated approach to population mental health promotion: Bridging the implementation gap for effective intersectoral action. |
| **General Objective**This presentation addresses current policy frameworks and evidence-based strategies for promoting population mental health and wellbeing. Drawing on recent syntheses of the international evidence, priority areas for effective action are identified. A mental health promotion approach is outlined, which involves working across sectors and settings in implementing actions that will enhance protective factors for good mental health and wellbeing, reduce health inequities and lead to lasting positive effects on a range of health and social outcomes across the lifecourse. This presentation has a particular focus on the implications for practice in effectively mainstreaming mental health promotion action and the implementation structures and workforce capacity that are needed to support sustainable delivery. An integrated policy approach and multisectoral action are integral to effective action on mental health promotion. Capacity development is needed in implementing policies and evidence-informed actions for innovative mental health promotion strategies to reach their full potential. The importance of investing in upstream policies, research and practice that support a whole-of-government and whole-of-society approach is discussed in terms of addressing the social determinants of mental health and working in partnership across sectors for effective cross-sectoral action on improving the lives and wellbeing of people of all ages. The skills and capacities needed in adopting a whole-of-government and whole-of-society approach to promoting population mental health and wellbeing are critically considered. **Proposed format of the session**Oral presentation of 15 mins duration.**Conference theme and/or subthemes addressed**The implementation of population mental health promotion contributes to addressing the social determinants of health, achieving health equity and global health development goals. This presentation considers what inclusive policy systems and implementation structures are needed for the effective implementation of cross-sectoral actions that embed mental health promotion within mainstream health and sustainable development policy and practice.  |

|  |
| --- |
| **Title of Presentation 2:**  Integrating a population mental health approach in public health: Canadian perspectives on clarifying and supporting public health roles  |
| **General Objective**Improving mental health at the population level is a key area contributing to achieving population health, reducing health and social inequalities and moving towards achieving the sustainable development goals. The Canadian public health workforce’s role in promoting mental health at population level is fundamental yet insufficiently supported or clarified. This presentation will focus on exploring roles for public health in population mental health promotion as well as barriers and facilitators identified by the Canadian public health workforce to support their practice and develop their capacities to intervene in this increasingly important field. During this session, participants will become familiar with the work of the National Collaborating Centre for Healthy Public Policy, as well as the collective activities of the six Canadian National Collaborating Centres for public health, which have contributed to developing competencies, identifying needs, as well as clarifying roles of the Canadian public health workforce in the area of population mental health promotion. The main focus of this session will be on sharing the results of a pan-Canadian discussion amongst public health, mental health and Indigenous actors and organizations in Canada which has led to clarifying the roles of the broad public health workforce in embedding a population mental health promotion perspective. Attention will also be given to what is required at the level of policy, implementation structures, science, research, knowledge and values for a population mental health promotion perspective in public health. **Proposed format of the session**Oral presentation of 15 mins duration.**Conference theme and/or subthemes addressed**The integration of a population mental health perspective in public health builds on a health promotion lens. Inherent to population mental health promotion is an explicit consideration for equity throughout the life course and a strong focus on empowerment, participatory approaches and community-led practices. Furthermore, action is directed on the social determinants of mental health with strong emphasis on access to essential assets and life opportunities, social inclusion and networks, resilience, participation and absence of violence and discrimination. Inclusive, effective and accountable governance is, therefore, needed from a mental health in all of society and in all policy perspective.  |

|  |
| --- |
| **Title of Presentation 3:** Building workforce capacity and capability to implement mental health promotion: a family violence example |
| **General Objective**Achieving the sea-change necessary to promote mental health at the population level will require a workforce with the capacity and capability to address core determinants of mental health, the ability to work with and across different sectors, and to navigate policy and community landscapes. At present, however, the majority of workforce development activities are focused at the clinical end of the spectrum - equipping the workforce to respond to mental ill-health, rather than promoting positive mental health. Different skills and different areas of expertise are required if we want to achieve population level mental health and well-being. Violence prevention is considered one of four key determinants of mental health promotion, yet, at present, there are few efforts to build a workforce with the skills and abilities to undertake this work. This presentation will review the rationale for making this a high priority agenda for the mental health promotion workforce. Critical steps, such as conducting a stocktake to identify workforce needs and practical strategies for developing the necessary competencies, will be discussed. Strands of action need to include the development of resources and short, accessible training resources to build up core knowledge of the field (e.g., sector training days), while also working to develop high level critical thinking and leadership skills (e.g., through post-graduate education). Obtaining policy support and funding for such endeavours is also necessary to position it as a high priority for national health and wellbeing. **Proposed format of the session**Oral presentation of 15 mins duration.**Conference theme and/or subthemes addressed**Three SDG targets address violence directly: Target 5.2 end violence against women and girls; 16.1 reduce all forms of violence everywhere; and 16.2 end violence against children. Other targets such as poverty alleviation, inequality reduction, social protection, education, and early childhood development provide a strong formula for efforts to address some of the main causes of violence. |