

Document 1



Fostering Mental Health in Our Community

*A city where mental health is valued, promoted and protected
OPH is committed to contributing to the mental health and wellbeing of our citizens.*

Here is a snapshot of our efforts, impact and results since June 2016:

Strategic Initiative	Examples of Achievements
<i>have THAT talk: Optimal Mental Health and Stigma Reduction Campaign</i>	<p>OPH and our partners have expanded the have THAT talk campaign to promote positive mental health; decrease stigma surrounding mental health, mental illness and addictions; and encourage help seeking behaviour.</p> <p>In May 2017, with Bell Let's Talk, five (5) videos and an activity guide were launched to promote positive mental health; decrease stigma surrounding mental health, mental illness and addictions to the general public.</p> <p><i>"The new have THAT talk video series and activity guide presents an innovative way to give Ottawa residents helpful tips, tools, and information about how we can all work together to promote and protect positive mental health.....With 1 in 5 people experiencing a mental illness at some point in their lives, it is clear that these resources will be of benefit to many, not only in Ottawa, but across the country as well." - Mayor Watson</i></p> <p>Bell has placed the new videos on their website and are promoting through their social media channels.</p> <p>CAMH Knowledge Exchange website named EENET Connect has placed the videos onto their website.</p> <p>In collaboration with partners, mental health promotion workshops were delivered to 64 staff and service providers from settlement agencies and community health centers and 137 English as a Second Language instructors to speak openly about mental health and reduce barriers caused by stigma.</p>
Mental Health Epidemiological Report	<p>OPH has engaged partners to inform the development of the Mental Health in Ottawa report. The report will seek to highlight the state of Ottawa residents' mental health and well-being. This report will aid in the development of recommendations to support healthy public policies to improve the mental health of Ottawa residents.</p>
Mentally Healthy Workplace	<p>OPH and our partners will continue to promote positive mental health in the work setting through the use of the <i>have THAT talk</i> videos, which address the 13 factors that support a psychologically healthy and safe workplace and providing</p>

Strategic Initiative	Examples of Achievements
	<p>targeted suicide alertness training in priority work settings. Thus far:</p> <p>55% of workplaces implemented a component of psychological health and safety standard at 6 month follow up after working with OPH to create mentally healthy environments at work.</p> <p>22 workplaces worked with OPH and Workplace Safety and Prevention Services (WSPS) to implement the Psychological Health and Safety standard and create mentally healthy environments at work.</p> <p>220 workplace intermediaries trained on the 13 psychosocial factors and resilience and mindfulness with 91.2% intending to adopt a component of the Standard.</p> <p>Over 225,000 views of OPH and Mental Health Commission of Canada's videos and facilitator guides that support the 13 factors of psychological health and safety in the workplace.</p> <p><i>"We have just discovered your (OPH's) fantastic suite of resources in support of healthy workplaces, aligned to the 13 psychosocial factors of the National Standard of Canada for Psychological Health and Safety in the Workplace. This is a note of gratitude in appreciation for your making this available to other employers on your website. Your innovative and modern approach to presenting the 13 psychosocial factors was just what we were looking for; it will be tremendously helpful to us as we work on communication tools/products to support the roll out of our departmental mental health strategy."</i>- Aïda Warah Conseillère spéciale/ Santé mentale Environnement et changement climatique Canada / Gouvernement du Canada Special Advisor/Mental Health</p>
Towards a Culture of Alcohol Moderation	<p>OPH is seeking to reframe alcohol from an individual issue to a community issue. By sharing and discussing the findings in the Status of Alcohol in Ottawa report with partners, OPH is aiming to raise awareness about the impact of alcohol in Ottawa and engage stakeholders to inform a local assessment of alcohol policies.</p> <p>OPH released the Status of Alcohol in Ottawa report, which included stories from Ottawa residents combined with partner data to illustrate community impact of alcohol in Ottawa, in November 2016.</p> <p>OPH is currently engaging with community groups to increase awareness about the harms of alcohol in Ottawa to support a culture of alcohol moderation.</p> <p>Since April 2016, 614 hits to the Check Your Drinking website to assess drinking habits.</p> <p>36% of people who went to the Check Your Drinking website intend to change</p>

Strategic Initiative	Examples of Achievements
	their drinking behaviour.
Reducing Harms from Prescription Medications	<p>OPH will continue to work with key partners to support best practice initiatives relating to safe prescribing, dispensing, appropriate use and disposal of opioids in order to reduce harms in Ottawa.</p> <p>Secure and Return Your Meds campaign launched in May 2017 to reduce diversion of prescription opioids.</p> <p>OPH submitted recommendations to inform a public health approach to prescribing guidelines – which contributed to the development of the 2017 Canadian Guideline for Opioid Therapy and Chronic Non-Cancer Pain Engagement of prescribers and dispensers such as physicians, dentists and pharmacists in issue of prescription opioids in Ottawa.</p> <p>Working with partners on the Overdose Prevention and Response Task Force.</p>
Suicide Safer Ottawa	<p>OPH is continuing to expand its efforts to enhance suicide prevention policies, resources, trainings, and post-vention supports in order to become a suicide safer city.</p> <p>OPH staff provided safeTALK training to approximately 550 people with over 90% stating that they are now more confident to apply what they learned in suicide alertness training.</p> <p>14 sessions of safeTALK took place in priority workplaces reaching 263 workers.</p> <p>OPH continues to work with partners on post suicide support team to develop community wide post suicide guidelines.</p>