



**Canadian Mental
Health Association**
Newfoundland and Labrador

Improving the Mental Health System

**Presentation to the All-Party Committee
on Mental Health and Addictions**

Canadian Mental Health Association

Newfoundland and Labrador Division (CMHA-NL)

June 26, 2015

About CMHA-NL

- Non-profit, charitable organization established in 1964
- Provincial division of the national CMHA, which provides direct service to more than 100,000 Canadians through the combined efforts of more than 10,000 volunteers and staff across Canada in over 120 communities
- Governed by a volunteer Board of Directors
- Currently operate from three offices: Provincial/head office (St. John's), Central Regional Office (Grand Falls-Windsor), and Western Regional Office (Stephenville)



Canadian Mental
Health Association
Newfoundland and Labrador

CMHA-NL's Vision and Mission

- CMHA is the nation-wide leader and champion for mental health
- **Vision:** “Mentally healthy people in a healthy society”
- **Tagline:** “Mental health for all”
- **Mission:** To facilitate access to the resources people require to maintain and improve mental health and community integration, build resilience, and support recovery from mental illness.



Canadian Mental
Health Association
Newfoundland and Labrador

Core Functions and Programs

Through our work, we carry out the following functions:

Building capacity Influencing policy

Providing services Developing resources

CMHA-NL offers a variety of programs, services, and special events:

- Educational and awareness programs
- Case management services (Justice Program)
- General information
- Mental Health Week (May)
- Mindscapes Art exhibit
- Fundraising



Canadian Mental
Health Association
Newfoundland and Labrador

Perspectives and Experiences

CMHA-NL's perspective is based on what we hear from people in the community and from our own program delivery experiences

- Adequacy and responsiveness of mental health services in the province
- Stigma
- Addressing the social determinants of mental health
- Funding of community agencies



Canadian Mental
Health Association
Newfoundland and Labrador

Adequacy and Responsiveness of Services

Adequacy of Waterford Hospital

- Accelerate Waterford replacement with no further delays

Adequacy of Her Majesty's Penitentiary

- Capacity of HMP to respond to mental health needs of inmates

Adequacy of Adult Central Intake Line

- Inappropriate delay in responding to callers/clients

Mobile Crisis Response Unit

- Need to expand throughout the province

Psychiatric Assessment Unit

- Need change in staff attitudes, more welcoming



Stigma

Stigma is an ongoing issue and concern

- Progress is being made
- Mild to moderate symptoms not being reported (resulting in treatment gap)
- Think Twice (CMHA-NL) is an effective means to reach students

Addictions

- Still not well understood as a mental health issue
- Addictions covers substance use, gambling, smoking



Canadian Mental
Health Association
Newfoundland and Labrador

Addressing social determinants

Housing

- More options needed (to be integrated with other services)
- Without safe and affordable housing difficult to address other issues
 - Do we need a housing first policy?

Education, Training and Employment

- More services needed
- Former Waterford Bridge Road Campus ABE program change counterproductive to the concept of integrated model of support

Justice Program (CMHA-NL)

- Offers integrated approach for 25 clients
- Need to expand this approach across the province



Funding of Community Agencies

- Community agencies are closest to persons with lived experience
- They have dual roles: advocacy and service delivery
- Should be recognized as full partners with an integrated and equitable role in service planning and program delivery
- We are highly dependent on government funding
 - Arbitrary cutbacks hurt ability to deliver mandates
 - Past funding decisions caused CMHA-NL to incur deficits
 - New approach to funding required to stabilize finances and build capacity



The Future of Mental Health

Mental health for all!

We're committed to making Newfoundland and Labrador a more supportive place for achieving and maintaining good mental health and recovering from mental illness.

We are willing to work with Government and all stakeholders to achieve this goal.



Canadian Mental
Health Association
Newfoundland and Labrador



**Canadian Mental
Health Association**
Newfoundland and Labrador

THANK YOU!

For more information about CMHA-NL's programs and services, visit our website at www.cmhanl.ca