
WORKSHOP ABSTRACT

Applications of A Framework of Mental Health Promotions Interventions to Integrated Health and Social Care

1st North American Conference on Integrated Care, Toronto, 4 - 7 October 2021

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Workshop – Background

We draw upon a scoping and rapid realist review that identified mental health interventions for individuals with physical health conditions that increased risk of serious sequelae from COVID-19 infection. The resultant “Framework of Mental Health Promotion Interventions” identifies actions to be undertaken to foster mental health for all.

Workshop - Aims and Objectives

After attending the workshop symposium, participants will be able to:

1) Describe threats to population mental health and interventions to prevent and mitigate them; 2) Outline how integrated health and social care strategies may be employed at different socio-ecological levels to strengthen population mental health; 3) Identify key mechanisms at the community, provincial/territorial, and national levels that need to be employed for the operation of many of the interventions that promote mental health; and 4) Identify actions that can be undertaken at individual, community, system, and population levels in different contexts to foster mental health for all.

Workshop - Target audience

Health and social care policy makers, health and social systems decision makers, practitioners, researchers, and patient partners can apply this framework to develop and implement interventions in the context of integrated health and social care and that is aimed at different individuals and contexts.

Workshop - Format

Dr. Carroll and Dr. MacPhee will present the Framework of Mental Health Promotion, mechanisms, and integrated care examples (14 minutes) followed by a Q/A (6 minutes). Brandon Hey and Lynda Robson will present their examples (14 minutes) followed by a Q/A (6 minutes). Participants will go into breakout sessions to discuss targeted questions provided by the moderators (20 minutes)

and reconvene to discuss in the larger group (20 minutes). The moderators will wrap up the sessions with steps for moving forward (10 minutes).

Workshop - Key Learnings/Take away

Workshop participants will have opportunity to reflect, discuss, and provide feedback on the Framework and how it can be applied within the health care continuum. The Framework exemplifies an empowering conception of mental health and can serve as a template to transition to more integrated health and social care.