

Population and Public Health Program Monitoring - December 2015
Service Area: Mental Health Promotion (MHP)

Program Monitoring Indicator

Report Details

1. Building Capacity

- Evidence-informed practices and resources are used to build capacity for the promotion and protection of positive mental well-being across the lifespan focused on priority populations and settings as identified in the program's strategic plan.

- Developed an initiative focused on the mental health promotion of older adults based on best-practice approaches called *Thrive over 55*, comprising of a one day service provider workshop, coaching tools and tip sheets.

2. Partnerships

- Effective working relationships and collaborations are initiated, developed and fostered with key stakeholders to build capacity in support of positive mental health initiatives.

- Partnered with Healthy Child Manitoba to deliver *Handle with Care – promoting the mental health of young children* Facilitator Training to 91 participants across Manitoba.

3. Knowledge Transfer and Education

- Evidence-informed mental health promotion education and professional development is delivered to key partners, agencies and groups.

- Information and education on the evidence-based whole-school approach to positive mental health was delivered to teachers, school division clinical staff, administration, school boards, community partners, and teacher candidates (University of Manitoba).

4. Policy

- Key policies that impact mental well-being and mental health promotion are identified and advanced.

- *Towards Flourishing – mental health promotion for families* was successfully established and funded as a provincial program. WRHA MHP was one of three partners who developed and implemented the strategy.

5. Research and Evaluation

- Research and program evaluation are conducted to contribute to the knowledge base on mental health promotion.

- Participated as a provincial Site Partner in the Public Health Agency of Canada funded national research evaluation project of *Handle with Care- promoting the mental health of young children* program, led by the Hincks-Dellcrest Centre in Toronto.