

Mental Health Strategy #1

Programs that have a focus on early intervention, prevention and that promote healthy childhood development.

Solutions	Supportive details and action items
Collaborating with key partners such as CYMHS, EOHU and PLEO to inventory existing programs and identify gaps	Promote existing services.
	Ensure information about the Child Welfare Redesign is shared with community agencies
	Ensure there are sufficient support programs for parents (Prenatal, parenting, postpartum depression)
Advocate and support the creation of a Maternity Care Center	Work with Dick D'Alessio and the Cornwall Compassion Center
Promote self-care within parenting skills	Ensure existing programs touch on caring for yourself to provide better care for your child.
Timeline:	0 to 6 months

Mental Health Strategy #2	
Ensure families and individuals have access to free counseling services	
Solutions	Supportive details and action items
Create a multi-agency communication campaign that is continual and sustainable to promote free services.	Create a comprehensive list and ensure it is communicated to the public and kept updated.
	Advertising services through social media with use of Sponsored ads, Billboards, Radio, Hockey boards, Newspaper ads etc
	Partner with local students to create a marketing campaign
	Regular email blast to community agencies.
	Promote the use of 211 and other referral and information sharing services
	Promotional materials readily available at pharmacies, Dr's offices and all partnering agencies offices, supermarkets, grocery store
Lobby for more funding to expand free services and build capacity within agencies	Such as Counseling, crisis intervention, Respite, specialized services for complex needs.
	Collaborate with multiple agencies to ensure sustainability in train the trainer programs and certification.
Identify gaps in free services and create a multi agency plan to address them across the entire region.	Determine what working groups exist and work with them to identify those gaps rather than duplicating a service.
	Mental Health Desk in public locations like Libraries.
	Lobby insurance companies to have more inclusive and complete coverage.
	Collaborate with multiple agencies to ensure sustainability in train the trainer programs and certification.
	Ensure services are accessible.
Timeline:	6 months to a year

Mental Health Strategy #3

Break the stigma and raise awareness of mental health and addictions.

Solutions	Supportive details and action items
Create an inventory of existing awareness initiatives.	Promote existing programs and encourage participation
Encourage employers and service providers to include training on mental health in their employee training programs.	Encourage this training to include Mental Health First Aid
Education and training on Mental Health and Addictions	Mental Health 101 workshops offered to the general public. Subjects could include recognizing the signs and symptoms of mental illness, how to recognize trauma or abuse and how trauma affects brain development.
	Find unique and approachable ways and locations to teach the public about mental health. Ex: Comedy show on mental health, Community Fairs, Banquets, Fundraisers, Ted Talks Style.
Provide more opportunities to teach and learn Mental Health First Aid	Apply for training grants to supplement the cost of this course.
Public Advocacy Campaign on Mental Health and Addictions	Testimonials and personal stories from local influential people shared on social media and local media
	Promote and participate in Bell Let's Talk, Mental Health Week, World Suicide Prevention Day and Mental Illness Awareness Week
	Create a campaign targeted to men to break barriers and promote existing services geared to men.
	Host a weekly show on YourTV to build awareness of services
Timeline:	6 months to a year

Mental Health Strategy #4

Programs dedicated to children and youth

Solutions	Supportive details and action items
Work with Cornwall Youth Mental Health Committee	Help identify gaps and support creating programs to fill gaps.
Promote mentorship opportunities for youth with mental illness.	Use social media to reach youth
Advocate for more counselling in schools.	Work with mental health leads in each school board
	Ensure consistency in the service so youth can depend on it.
	Make sure its private and confidential
Advocate for additional Mental health and Wellness education into school curriculum	Work with mental health leads in each school board
Advocate to create wellness rooms in schools.	A safe space created in a school intended to provide students with an opportunity to focus on reducing stress and anxiety, and the development of healthy coping strategies and self-care
Education to caregiver and parents on specific mental health needs of youth in different age ranges	
Timeline:	0 to 6 months

Mental Health Strategy #5	
Programs that teach life skills, coping and resiliency to all ages.	
Solutions	Supportive details and action items
Create an inventory of all programs and services currently offered and identify the gaps.	Include in the inventory wellness groups that help developing hobbies, confidence, builds identity, self worth and internal strength.
	Ensure inventory also includes programs that teach healthy habits and life skills to youth and adults. (Cooking, nutrition, exercise, gardening, self-care, stress management, meditation, work life balance, media and digital literacy, healthy relationships, parenting classes, financial literacy, Dialectical Behavior Therapy)
Promote existing workshops and programs	Ensure information is easily accessible and promoted in multiple locations.
	A local wellness app that provides information on community services, activities, group sessions and more.
	Approach St-Lawrence College for a potential partnership to have the app developed by students.
Ensure these programs are affordable and accessible	Promote financial "aid" programs for these services.
Lobby for resiliency skills to be part of the school curriculum	
Timeline:	0 to 6 months

Mental Health Strategy #6

Continue working on becoming a dementia friendly community.

Solutions	Supportive details and action items
Support existing efforts in becoming a dementia friendly community.	Work with the Alzheimer's Society to encourage private, public and non-profit sectors to become dementia friendly.
	Ensure continued support for the Blue Umbrella Project
Education on dementia and alzheimers	Ensure there is easy access to education in the community on the types of dementia, what to expect and how to behave when someone is going through the stages of dementia.
	Education on physician assisted death and on living wills.
	Working towards not only a dementia friendly community but also a dementia aware community.
Timeline:	1 to 2 years

Mental Health Strategy #7	
Knowledge and tool for employers on mental health and mental illness in the workplace.	
Solutions	Supportive details and action items
Partner with the Chamber of Commerce and Economic Development Departments to offer training to small businesses or self-employed professionals.	Help promote Mental Health Works offered by CMHA.
Ensure employers are promoting available mental health resources through EAP if available.	Encourage employer to go above and beyond the standard package to ensure enhanced quality of care.
Sharing resources on how to build safe, vibrant, and understanding workplaces.	Creating a better work environment ensures people feel valued.
Ensure confidentiality for employees when accessing mental health services	Promote the flexible use of sick or personal days detailed in HR policies.
Timeline:	6 months to a year

Mental Health Strategy #8

Adaptive, accessible, and flexible mental health service delivery to meet people and their individual needs.

Solutions	Supportive details and action items
Evaluate the needs for increasing after hours and walk in mental health services.	Work with local agencies to create anonymous surveys to ask clients and potential clients how they believe their mental health services should be delivered.
Encourage agencies to offer home visits for complex cases.	Ensuring safety. Safety audits to be considered if mobile services are developed.
	Find additional funding to allow the growth and sustainability of home visits
Consider Transportation in the definition of accessible	Free or affordable transportation to and from appointments
Encourage the use of social service workers as a valid option within the mental health team.	This can alleviate the current pressures on mental health professionals.
Encourage local Police Department to respond to mental health calls out of uniform	Refer to communities such as Ottawa who have already implemented this procedure

Mental Health Strategy #9

Provide better accessibility to mental health services in rural communities.

Solutions	Supportive details and action items
Create satellite offices in the Counties and Akwesasne for mental health services.	Potential locations: Libraries, virtual space, community centers
Encourage the use of social service workers as a valid option within the mental health team.	This can alleviate the current pressures on mental health professionals.
Encourage agencies to offer home visits for complex cases.	Ensuring safety. Safety audits to be considered if mobile services are developed.
	Find additional funding to allow the growth and sustainability of home visits
Advocate for better internet connection in rural communities	
Program with a focus on mental health in the farming community.	Promote existing Services
	Find gaps in existing services.
	Facilitate peer support groups
	Ensure the counselors are empathetic to realities of farming
	Break the stigma of mental illness within the farming community. Join forces with established groups like the junior farmers.
Resources Required:	2 to 4 years

Mental Health Strategy #10	
Continue offering virtual Mental Health Service	
Solutions	Supportive details and action items
Identify a new base model of service delivery.	Inventory the progress made in virtual programming
	Online and phone mental health services such as telemedicine, e-Counseling, services by text or social media, and online support groups.
Continue innovating new models of service	Such as Text and apps
	Ensure all virtual services are accessible to individuals with varying disabilities.
Ensure innovation doesn't create gaps due to lack of digital literacy and access to technology	Advocate for better internet connection in rural communities
	Research the outcomes of virtual vs in person service delivery to ensure that it is as effective.
	Adapt services to the clients needs such as accommodating with a phone call.
Timeline:	Ongoing

Mental Health Strategy #11	
Peer mentorship or support group programs in person and online around specific themes.	
Solutions	Supportive details and action items
Inventory the existing programs to help identify the gaps.	Ensure we have service for individuals who have suffered a miscarriage, stillbirth and Chronic pain.
	Ensure we have support programs for those living with aids and HIV
Create local support programs specifically for PTSD.	Work with trauma therapist to provide appropriate training to mental health worker.
	Offer a variety of programs including exposure therapy and Virtual reality
	Explore Eye Movement Desensitization and Reprocessing (EMDR) Therapy
	Awareness campaign for the general public on emotional support animals and how to access a support animal.
Timeline:	2 to 4 years