

Mental Health Equity | Flip Sheet

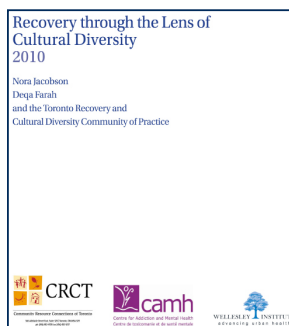
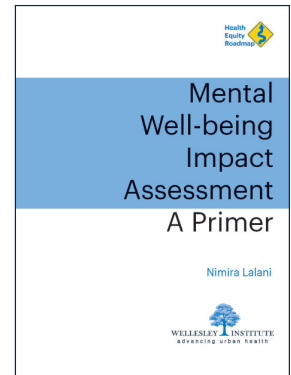
Summer 2011

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Mental Well-being Impact Assessment (January 2011)

In this time of economic turmoil and upheaval with its consequent assaults on our mental health, it seems more important than ever to acknowledge the importance of mental health to our collective well-being, to the health of society and our economy. To advance population mental health will require mental health to be everyone's business, to be mainstreamed into the non-health sectors (which have the most important effect on our health) and to be appropriately considered, documented and resourced.

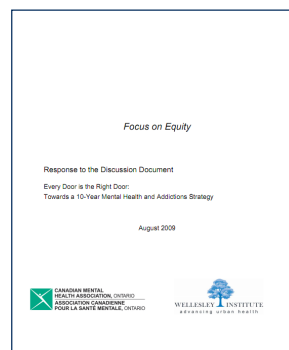
Like health more broadly, the determinants of mental health are largely social and economic: they lie in the decisions that are made about employment, housing, income distribution, and education, for example, which determine how and how long we live our lives.



Recovery Through the Lens of Cultural Diversity (Spring 2010)

Many provincial mental health system reform bodies in Ontario have endorsed the concept of recovery. Increasingly, community mental health organizations in Toronto are seeking to align their policies and practices with a recovery vision and principles.

The overall aims of this project were to examine recovery through a cultural diversity lens in order to develop a model of recovery that, when implemented, will improve the ability of mental health organizations to design and deliver recovery-oriented services that are relevant and responsive to culturally diverse Toronto.



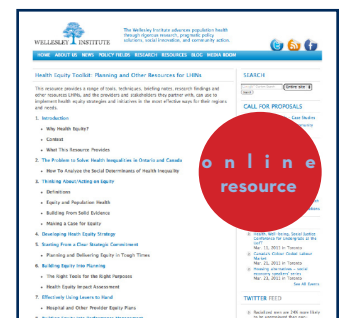
Every door is the right door: Towards a 10-year mental health and addictions strategy (August 2009)

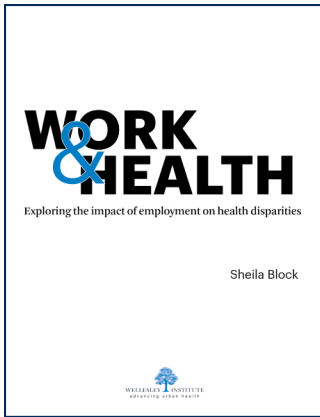
Focus on Equity was a joint initiative between the Wellesley Institute and the Canadian Mental Health Association-Ontario to provide feedback on the proposed strategic directions and priorities in the Ministry of Health and Long-Term Care's 2009 discussion paper. We outline an equity roadmap for mental health in Ontario.

Health Equity Tool Kit: Planning and Other Resources for LHINs

This resource provides a range of tools, techniques, briefing notes, research findings and other resources LHINs, and the providers and stakeholders they partner with, can use to implement health equity strategies and initiatives in the most effective ways for their regions and needs.

<http://www.wellesleyinstitute.com/resource/health-equity-into-actionplanning-and-other-resources-for-lhins>





Work and Health: exploring the impact of employment on health disparities (December 2010)

Our working lives are an essential contributor to what keeps us healthy and what makes us sick. This paper explores the linkages between labour market policies, employment conditions, working conditions and health disparities. It discusses evidence on the impact of these factors on health outcomes. Finally, it outlines next steps the Wellesley Institute will be taking to further our understanding of the relationship between labour market policies, labour market outcomes and population health, and to advocate for policies that will reduce labour market inequality.

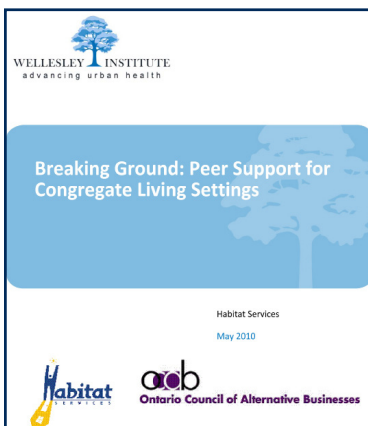
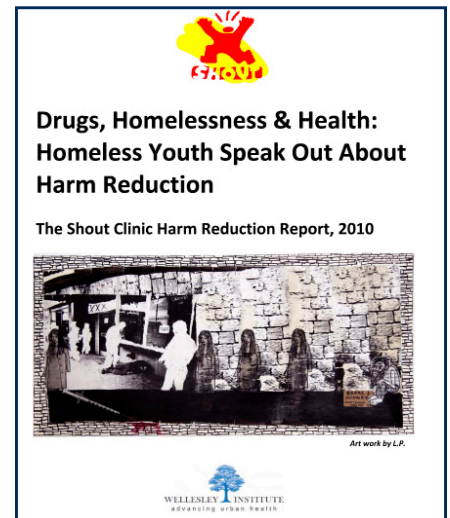
The Wellesley Institute will be further exploring the impact labour market policies, conditions, and outcomes have on population health. It will be working with partners to advocate for pragmatic policy solutions that will advance population health through improvements in labour market equity.

Drugs, Homelessness and Health: homeless youth speak out about harm reduction (Spring 2010)

The purpose of the report is to present the results of a harm reduction needs assessment survey among the most at-risk homeless youth in Toronto, identify barriers to appropriate health services, and based on the youth's voices, make recommendations, and advocate for better programs to serve this vulnerable population.

Youth who are homeless in Toronto face many challenges, from meeting basic needs to navigating our complex service system, to finding housing and other supports to help stabilize their lives.

The voices of youth are central to this report as they are the best storytellers of their own lives and experiences. The voices are clear and candid, creative and courageous. These are the voices that governments, funders, policy makers and service providers must listen to if we want to make progress in improving the lives and brightening the futures of this under-served group of youth in our community.



Breaking Ground: peer support for congregate living settings (October, 2010)

Habitat Services conducted a community-based research project with funding from the Wellesley Institute and support from Ontario Council of Alternative Businesses (OCAB) and Parkdale Activity and Recreation Centre (PARC), in order to uncover recommendations about peer support work in congregate living settings. Within the continuum of supportive housing for individuals with serious mental health issues, boarding home tenants are particularly disadvantaged by income, lack of privacy, few opportunities to exercise autonomy, and social exclusion. Providing peer support — informal support from individuals with personal experience navigating the mental health system, is one strategy to address health disparities and improve the quality of life of boarding home tenants in a way that promotes empowerment and provides hope for recovery.

The Wellesley Institute is a Toronto-based non-profit and non-partisan research and policy institute. Our focus is on developing research and community-based policy solutions to the problems of urban health and health disparities.

