**Group discussion:** Mental Health First Aid:

**Mental Health & Cities Summit**

Breakout Sessions Facilitation Frame - April 9, 2018

Scribe: Zainab Santur

| **Discussion Stage** | **Session Outputs/Notes** |
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| **Defining the problem**   * + *Outline 1-3 salient issues that most need to be addressed* | -The content is not diverse, the videos are not diverse  -Accountability to the agencies of City of Toronto  -Ensure the measurements are achievable |
| **What’s worked, what’s promising? What might we consider?**   * + *Outline some innovations you’re aware of that show promise in addressing the issues outlined.*   + *They can be solutions that have been widely or narrowly tested, or ones that have compelling evidence behind them – the key is items that show promise* | -Partnering and finding pockets of money to train people for free (finding those resources can be difficult)  -Property management companies taking initiatives and providing the space  -Toronto Public Library can take a lead for example |
| **Solution work – how do we move forward?**   * + *Outline 3-5 key learnings or practical solutions or considerations for Toronto/the GTA and other municipalities* | -Service agreements with agencies that have already have done MHFA already |
| **Into Action** *(bonus round!)*   * + *What concrete steps would be needed to move forward in Toronto/the GTA and could be scaled to other municipalities?* |  |
| **Support from Other Levels of Government**   * *What actions, if any, could provincial and federal governments take to support municipalities? Policy changes, financial support etc.* | -City of Toronto placing a call for proposals, and building capacity of the agencies  -Outsourcing the work, have agencies write grant proposals to access funding |
| **Take-away messages from today’s discussion**   * + *Outline 2-3 key messages or take-away points (ie what should someone who missed the most need to hear?)* | -Integrating this strategy into existing strategies that’s exist within the City of Toronto (i.e incorporating Mental Health Strategies in Poverty Reduction, TYES, Anti-Black Racism strategy etc) |

Leverage

What partnerships:

-universal Toronto wide initiative, for mental health wellness.  
-Mental Health First Aid where we work  
-Partnering with local neighborhood governments and local organizations in the community  
-Partnering and finding pockets of money to train people for free (finding those resources can be difficult)  
-Incorporating into grants (either in the beginning and grants already offered)  
-Is there training to find funding  
-Running around to find a lot of money, being transparent with donors.  
-The cost of the programs becomes in accessible

What Funding

Other Opportunities

Obstacles & Considerations

Strategy

Hoes does MHFA fit?

Why?

What goals does MHFA advance?

How?

What obstacles do you foresee?

How to overcome?

-The content is not diverse, the videos are not diverse  
-The city will they diversify the training instructor’s

- LGBTQ Youth, Seniours

-mapping the effects of mental health (drop outs, risky behaviours )

Coordination

Who/ which department is best place to coordinate MHFA

Why?

-The city needs to do a contracts with agencies, Create hubs   
-Call for proposals, and building capacity of the agencies   
-Outsourcing the work, have agencies write grant proposal  
-TPL can take a lead for example

-Property management companies  
-Service agreements with agencies that have already have done MHFA already

What obstacles & issues can you foresee to effective coordination?

-Accountability to the agencies

-Ensure the measurements are achievable

Return on the Interest

-How to assess impact

-seeing the statistics   
-Systems Map for MHFA

What makes MHFA implementation successful

-Evaluations of the programs  
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What obstacles to measurement?

-Difficult to identify, what exactly are you tracking?

-Building in surveys for employees to identify

Other consideration