

Research Inspired Mental Health Innovation

December 4th, 2009 - Wilfrid Laurier University, Waterloo, Ontario

PLENARY DISCUSSION SUMMARY

Insights about Moving from Margins to the Core

At the culminating CURA conference, titled “Research Inspired Mental Health Services Innovation,” panel presenters and participants shared insights about reciprocal collaboration throughout the morning and early afternoon. After those discussions, all participants were invited to partake in a conversation about how to move the insights shared about reciprocal collaboration from the margins to the core of the mental health system. A combination of small group and full room discussions resulted in the following main insights.

These insights shared at the conference have been grouped according to the three core actions identified in the Taking Culture Seriously Framework as necessary for moving toward system change in mental health (see figure below).

<p>Action at the Community level: Enhancing cultural-linguistic communities</p> <ul style="list-style-type: none"> -Advocacy is needed at the personal, political and professional levels -It is important to normalize wellness across the whole community
<p>Action within the Mental health system: Reconstructing the mental health system</p> <ul style="list-style-type: none"> -Encourage the LHIN and other major mental health organizations to each host one of the navigators -Develop best practices and hire navigators -Ensure accountability by (for example) influencing the strategic plan of LHIN -Connect health and mental health services to immigrant services -Implement transcultural training for medical students and specialists in psychiatry -Be preventative and do awareness building -Change representation in institutions - Use PAR -Recognize diversity is a mainstream issue
<p>Action at the Intersection: Building reciprocal relationships</p> <ul style="list-style-type: none"> -Disseminate to all sectors that a community-centred approach works -Understand the political context -Talk with policy-makers in an open way- still pre-contemplative stage – relational capital is needed -Each group needs to except their role and be part of the change -Re-convene to talk about successes, challenges and concrete changes

Actions of the Taking Culture Seriously Framework

