

YOUTHMINDS

YOUTHMINDS

*Promotion of Youth Mental Health through Awareness,
Prevention & Resilience Building*

Programmes/practices/initiatives/resources related to YP's
social and emotional development.

Desk Research

Author:  TAVO EUROPA

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.
Project N°:2021-1-BG01-KA220-YOU-000028603



Co-funded by
the European Union

PROJECT INFORMATION**Project acronym:**

YOUTHMINDS

Project title:

Promotion of Youth Mental Health through Awareness, Prevention & Resilience Building

Project Number:

2021-1-BG01-KA220-YOU-000028603

Key Action:

KA220-YOU - Cooperation partnerships in youth

KA2: YOUTH: Increasing quality, innovation and recognition of youth work

Website:<http://youthminds.eu/>**CONSORTIUM:**

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.
Project N°:2021-1-BG01-KA220-YOU-000028603



**Co-funded by
the European Union**

| Profile of the practice/ program/ initiative | |
|--------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Name of the program/practice | National Institute of Mental Health (NIMH) |
| Description of the practice/programme | <p>The National Institute of Mental Health (NIMH) is the lead federal agency for research on mental disorders. NIMH is one of the 27 Institutes and Centers that make up the National Institutes of Health (NIH), the largest biomedical research agency in the world. NIH is part of the U.S. Department of Health and Human Services (HHS).</p> <p>NIMH is the largest scientific organization dedicated to research focused on the understanding, treatment, and prevention of mental illness. It also conducts outreach to other mental health organizations to share information about ongoing research and plans and to obtain feedback for future initiatives. Additionally, NIMH partners with these organizations in efforts to foster public awareness of the most current mental health research. They also offer multimedia presentations and a free image library.</p> <p>NIMH provides trustworthy information about mental health disorders as well as information on a range of mental health topics and the latest mental health research. They also have free brochures, booklets, and e-books to help educate the public about mental health and mental illness.</p> |
| Provider/ Key Stakeholders | <p>Dr. Joshua A. Gordon – the director of the National Institute of Mental Health (NIMH), a neuroscientist</p> <p>Dr. Shelli Avenevoli – the Deputy Director for the National Institute of Mental Health (NIMH), a psychiatric epidemiologist</p> <p>Dr. Margaret M. McCarthy – the Chair of The Board of Scientific Counselors</p> <p>Approximately 500 scientists work in the NIMH intramural research program.</p> |
| Pitfalls and challenges (if applicable) | <p>According to the Institute’s research, nearly one-fifth of all U.S. adults struggle with a mental illness and the burden of mental illness is predicted to rise worldwide in coming decades.</p> |
| Opportunities and plans for the future (if applicable) | <p>The Institute is willing to provide the population with more scientific knowledge and tools to achieve better understanding, prevention, and treatment of all mental health issues. The strategic plan is prepared to address many challenges in mental health and mental health research.</p> |



| | |
|----------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Logo of program/ practice/ initiative</p> |  |
| <p>Website</p> | <p>https://www.nimh.nih.gov/</p> |
| <p>Information that you believe should be included</p> | <p>NIMH offers brochures and fact sheets on mental health disorders and related topics for patients and their families, health professionals, and the public. Printed materials can be ordered free of charge. Brochures and fact sheets are also offered in digital formats and are available in English and Spanish.</p> |

| <p>Profile of the practice/ program/ initiative</p> | |
|-----------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Name of the program/practice</p> | <p>Mental Health America (MHA)</p> |
| <p>Description of the practice/programme</p> | <p>Founded in 1909 by Clifford W. Beers, Mental Health America (MHA) is the nation’s leading community-based nonprofit dedicated to addressing the needs of those living with mental illness and promoting the overall mental health of all. During his stays in public and private institutions, Beers witnessed and was subjected to horrible abuse. From these experiences, Beers set into motion a reform movement that took shape and is known today as Mental Health America.</p> <p>MHA’s programs and initiatives fulfill its mission of promoting mental health and preventing mental illness through advocacy, education, research and services. MHA’s national office and its 200+ affiliates and associates around the country work every day to protect the rights and dignity of individuals with lived experience and ensure that peers and their voices are integrated into all areas of the organization.</p> <p>MHA collaborates with scientists, practitioners, policy experts, advocates, and other community leaders to design policy recommendations that promote:</p> <ul style="list-style-type: none"> • Prevention for all; • Early identification and intervention for those at risk; • Integrated care and treatment for those who need it; and |



| | |
|---------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | <ul style="list-style-type: none"> • Recovery as the goal. |
| <p>Provider/ Key Stakeholders</p> | <p>Schroeder Stribling – the President and CEO of MHA, a mental health specialist</p> <p>Peter Carson – the Chair of the Board Executives, a specialist of strategic communication</p> <p>Aimee Falchuk – the Director Chair of Board of Directors, a public health’s specialist, a workshops and lectures facilitator</p> <p>There are currently more than 40 partners with different profiles. Also, anyone who wants can offer cooperation.</p> |
| <p>Pitfalls and challenges (if applicable)</p> | <p>According to the MHA, the current health system does not provide equal access to needed care.</p> |
| <p>Opportunities and plans for the future (if applicable)</p> | <p>In response to the murder of George Floyd, Daniel Prude, and many other Black, Indigenous, and People of Color (BIPOC) individuals, MHA is undertaking a review of how its policy work could more effectively advance equity. Over a period of more than eight months and with input from a range of mental health and racial equity stakeholders, MHA created an initial rubric that helps the policy team ensure that its work promotes equity, as well as an initial larger framework that provides more detailed guidance.</p> |
| <p>Logo of program/ practice/ initiative</p> |  |
| <p>Website</p> | <p>https://mhanational.org/</p> |
| <p>Information that you believe should be included</p> | <p>Much of MHA’s work is guided by its Before Stage 4 (B4Stage4) philosophy – that mental health conditions should be treated long before they reach the most critical points in the disease process.</p> |

Profile of the practice/ program/ initiative

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.
Project N°:2021-1-BG01-KA220-YOU-000028603



Co-funded by the European Union

| | |
|--------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Name of the program/practice | <p style="text-align: center;">The Centre for Addiction and Mental Health (CAMH)</p> |
| Description of the practice/programme | <p>The Centre for Addiction and Mental Health (CAMH) is Canada's largest mental health teaching hospital and one of the world's leading research centres in its field. CAMH is fully affiliated with the University of Toronto and is a Pan American Health Organization/World Health Organization Collaborating Centre.</p> <p>With a dedicated staff of more than 3,000 physicians, clinicians, researchers, educators and support staff, CAMH offers outstanding clinical care to more than 34,000 patients each year. The organization conducts groundbreaking research, provides expert training to health care professionals and scientists, develops innovative health promotion and prevention strategies, and advocates on public policy issues at all levels of government. And through our Foundation, we're working to raise tens of millions of additional dollars to fund new programs and research and augment services.</p> |
| Provider/ Key Stakeholders | <p>Tracey MacArthur – President and CEO</p> <p>CAMH executive leadership team – makes decisions about how the hospital should be run, based on input from CAMH committees, experts and stakeholders, and brings their different portfolios and perspectives to bear in the decision-making process</p> <p>The CAMH Board of Trustees has overall responsibility for the governance of CAMH, providing strategic leadership in establishing its vision, mission and core values and defining policies that reflect them</p> <p>The CAMH Foundation's executive lead a professional team dedicated to attracting support for CAMH and inspiring a movement for mental health</p> <p>The CAMH Foundation Board of Directors has overall responsibility for the governance of CAMH Foundation</p> |
| Pitfalls and challenges (if applicable) | <p>One of the issues – unsatisfying definition of health. They believe it is time for a new definition, one that places mental health at the centre of the health care system and acknowledges the personal, social, environmental and political forces shaping health.</p> |
| Opportunities and plans for the future (if applicable) | <p>In year 1 of their plan, they will identify indicators to measure their overall performance, then assess and monitor it in response to changing needs. Priority areas for measurement will include those related to:</p> <ul style="list-style-type: none"> • timely access to patient-centred care • engagement and well-being of CAMH people • growth in the mental health movement • improvement in equity, diversity and inclusion • influence of CAMH discoveries and innovations |

| | |
|-------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Logo of program/ practice/ initiative | <ul style="list-style-type: none"> • quality of patient experiences • enhanced safety and effectiveness of care. |
| |  |
| | Website |
| Information that you believe should be included | <p>https://www.camh.ca/</p> <p>They present themselves as dedicated to patient, family and community well-being. They improve access to integrated care, answer the most difficult questions about mental illness and remove barriers to belonging.</p> |

| | |
|----------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Profile of the practice/ program/ initiative | |
| Name of the program/practice | National Alliance on Mental Illness (NAMI) |
| Description of the practice/programme | <p>The National Alliance on Mental Illness (NAMI) is the nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. Today, this alliance consists of more than 600 local Affiliates and 49 State Organizations who work in local communities to raise awareness and provide support and education that was not previously available to those in need. NAMI provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives.</p> <p>Their main activities:</p> <ul style="list-style-type: none"> • Education. Offered in thousands of communities across the United States through NAMI State Organizations and NAMI Affiliates, our education programs ensure hundreds of thousands of families, individuals and educators get the support and information they need. • Advocacy. NAMI shapes national public policy for people with mental illness and their families and provides volunteer leaders with the tools, resources and skills necessary to save mental health in all states. |



| | |
|---------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | <ul style="list-style-type: none"> • Listening. Our toll-free NAMI HelpLine allows us to respond personally to hundreds of thousands of requests each year, providing free information and support—a much-needed lifeline for many. • Leading. Public awareness events and activities, including Mental Illness Awareness Week and NAMIWalks, successfully fight stigma and encourage understanding. NAMI works with reporters on a daily basis to make sure our country understands how important mental health is. |
| <p>Provider/ Key Stakeholders</p> | <p>Dr. Shirley J. Holloway – President of the NAMI Board of Directors and is currently Vice President of NAMI Alaska and a member of NAMI Anchorage</p> <p>17 members of NAMI's Board of Directors</p> <p>NAMI's senior leadership team</p> |
| <p>Pitfalls and challenges (if applicable)</p> | <p>People with mental illness do not receive adequate treatment and their families are not given the help they need.</p> |
| <p>Opportunities and plans for the future (if applicable)</p> | <p>Three key areas that are considered most challenging and becoming an organization’s goals: people get help early; people get the best possible care; people get diverted from justice system involvement.</p> |
| <p>Logo of program/ practice/ initiative</p> |  |
| <p>Website</p> | <p>https://www.nami.org/</p> |
| <p>Information that you believe should be included</p> | <p>NAMI Connection is a support group for people with mental health conditions. Also there is a NAMI Family Support Groups supporting family members, significant others and friends of people with mental health conditions</p> |



| Profile of the practice/ program/ initiative | |
|--------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Name of the program/practice | Northern Initiative for Social Action (NISA) |
| Description of the practice/programme | <p>NISA is an organization run by and for people with lived experience of mental health challenges/mental illness. They develop occupational skills, nurture self-confidence and provide resources for recovery by creating opportunities for their participants to contribute to their own well-being and that of their community.</p> <p>Staff, volunteers and members are people with lived experience of mental health challenges / mental illness. They call themselves 'peers'. They are a member-driven organization, and they aim to offer meaningful and useful programs. NISA is trying to help people with mental illnesses to free themselves from stigma.</p> <p>In 2010, NISA increased its services to offer peer support. Out of this grew the Sharing Circle, Recovery Wellness, and active living programs. A year later, in 2011, NISA began operating the Regional Warm Line. The Warm Line provides telephone support by peers for peers across Northeastern Ontario. It is open every evening, 365 days a year. In more recent years, NISA has also introduced the community to peer support with our outreach team. NISA continues to grow and change with every passing year. We depend on our members to offer input and suggestions to keep us moving in the right direction.</p> |
| Provider/ Key Stakeholders | <p>Marty Boucher – executive director</p> <p>Annette Babcock – programs and operations manager</p> <p>Peer Support – Justice Focus Team</p> <p>Older Adult Peer Support Team</p> <p>Outreach Peer Support Team</p> <p>Peer Support Teams at HSN (Health Sciences North)</p> |
| Pitfalls and challenges (if applicable) | Stigmatization and exclusion of people with intellectual disabilities in communities. |
| Opportunities and plans for the future (if applicable) | The programs implemented are expected to reduce social exclusion and engage people with mental illness in a variety of activities, thus enabling them to live a full life. |

| | |
|----------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Logo of program/ practice/ initiative</p> |  |
| <p>Website</p> | <p>https://nisa.on.ca/</p> |
| <p>Information that you believe should be included</p> | <p>NISA regularly participates in the community, offering presentations, organizing events, and advocating for the needs of people living with mental health challenges / illness.</p> |

