

BC Partners for Mental Health & Substance Use Information

ANNUAL REPORT 2019-2020



Sponsored by the Provincial
Health Services Authority,
the BC Partners include:

Anxiety Canada

BC Schizophrenia Society

Canadian Mental Health
Association's BC Division

Canadian Institute for
Substance Use Research

FamilySmart

Jessie's Legacy

Mood Disorders
Association of BC





Who we are

Established in 2003, the BC Partners for Mental Health and Substance Use Information work together to *activate knowledge for healthier individuals, families, and communities across British Columbia*. Funding comes from the Ministry of Health and is stewarded by BC Mental Health and Substance Use Services (BCMHSUS), a program of Provincial Health Services Authority. Our aim is to improve health literacy, ensuring that high quality, evidence-based information is accessible to those who need it, when they need it, and in ways that work for them. We strive to ensure that:

- British Columbians
 - have the information they need to make decisions about their mental health and substance use
 - have increased capacity to navigate the mental health and substance use system
 - with mental health and substance use challenges are better able to take control of their lives
 - are better able to support each other through the mental health and substance use journey
- BC systems and agencies (including BC Partner agencies)
 - are more capable and effective in promoting mental health and substance use literacy



Our impact

HeretoHelp is a friendly and accessible online repository of health literacy resources for B.C. residents, a gateway to trusted mental health and substance use information developed by the BC Partners.

In 2019/2020, HeretoHelp launched a mobile site, and experienced substantial growth:

Over seven million (7,422,482) page views, a 27% increase from last year

Nearly four million (3,905,994) visits to the website, a 21% increase from last year

108,352 resource downloads, a 9% increase from last year

1,965 requests for help, support or publications, a 57% increase from last year

Visions Journal is a quarterly magazine that promotes dialogue on mental health and substance use in B.C. It explores trending issues as well as seven recurring themes: wellness, housing, families, recovery, young people, workplace and culture. Our previous four issues covered these topics:

- Supporting adult children
- Blips and dips in the recovery journey
- Young people facing health inequities
- Workplace bullying and harassment

Other highlights include the following:

- More than **24,000** print readers
- **4,213** subscribers to the *Visions Journal* (print)
- **1,929** subscribers to e*Visions* (online)
- ProQuest, a data firm that provides publication access to libraries, recently added *Visions* to its current offerings and archives

“Thank you ...the stories shared really help people to understand each other better. Also really nice to see such open minded, progressive, outside the box, inclusive thinking. It makes me hopeful.

– *Visions* reader

Beyond the Blues Education and Screening days is BC Partners' annual mental health and substance use awareness campaign that helps people across B.C. explore mental well-being, including how to recognize signs of depression, anxiety and problematic substance use.

“I love this event for the way it lowers the stigma around mental illnesses and asking for help, by using helpful info cards, interactive games/ activities and encouraging debriefings.

– *Beyond the Blues* participant

This year, there were 60 event hosts from diverse community agencies who ran 94 *Beyond the Blues* education events. This is the second highest number of supported events in the history of *Beyond the Blues*.

- **74,861 materials** were distributed in total
- **BC Partners collaborated** to develop anxiety and cannabis screeners
- An **innovative game** was designed to educate players about common thinking traps
- **95% of participants** said they would definitely recommend *Beyond the Blues* to a colleague

In the Know is FamilySmart's mental health literacy resource offered as a monthly networking and information sharing session on what parents, caregivers, young people, and/or service providers want to know. Information is provided through speakers, topic discussions, and videos that are shown at group sessions and available online. These monthly sessions also offer an opportunity for families to have a hosted conversation.

- **127** community events with **1,403** attendees and **two** new resource tools for **three In the Knows**
- This year, the first **In the Know Podcast and video** was released. The topic was self-harm, featuring a health care professional and youth with lived experience
- **Two new videos** on the topics of judging ourselves, judging others and self-harm, received **4,225** views

Love Our Bodies Love Ourselves and the Provincial Eating Disorders Awareness Week Campaign (PEDAW), led by Jessie's Legacy, provides eating disorders prevention, education, and awareness initiatives. This year, the campaign featured the following:

- **42 communities** across BC received eating disorder prevention resources, materials and support to host local eating disorder education and awareness events
- A **social media toolkit** with key messages on raising kids with a healthy body image
- **Two Global News stories** focused on eating disorder awareness. Interviews featured Jessie's parents and the Provincial Eating Disorders Awareness campaign
- **34 landmarks and venues** across B.C. lit up purple on February 1 to raise awareness and mark the start of Eating Disorders Awareness week

"I found everything useful because my daughter just told us she self-harms, we now have lots of leads to follow.

– In the Know participant



Reducing Stigma in Vulnerable Population Campaign, led by the Mood Disorders Association of BC, empowers diverse populations with skills, knowledge, understanding and confidence to access, understand, evaluate, use and navigate health and social care information and services.

- Developed **two videos** that featured the lived experiences of youth, adults, and LGBTQ2S+ individuals, with **484 views and shares**

FamilySmart Practice enhances collaborative practice between service providers, families and young people facing mental health and/or substance use challenges that helps improve services, systems and outcomes for children, youth and young adults in British Columbia.

In 2019/20, a systems improvement practice webpage for intake and waitlists was developed for the Child and Youth Mental Health office in White Rock/South Surrey to help prepare and inform youth and families about the services and options for while they are waiting for services.



The **Reachout Psychosis Tour**, headed by BC Schizophrenia Society, is a musical performance and interactive show that educates secondary school students, staff, and administrators about psychosis and early psychosis interventions. At each show there is a resource table with information of local resources to help staff and students navigate the mental health system. This fiscal year the team performed **57** shows, with a total of **16,928** event participants.

Facilitator training for the Teens in Control Workshops was BC Schizophrenia Society's 2019/20 next step for Teens in Control to become a province-wide program. Facilitators were trained on creating a safe space for youth where they talk about mental health and share their experiences. Three facilitator training sessions took place throughout B.C. The three sessions trained **23** facilitators across the province. From that group of new facilitators, one Teens In Control workshop was held with 15 participants.



23 new Teens in Control facilitators were trained

“ It is one of the most useful and realistic lesson plans...There is so little out there for students at this level and this is such a fundamentally important aspect to consider.

– LINC instructor

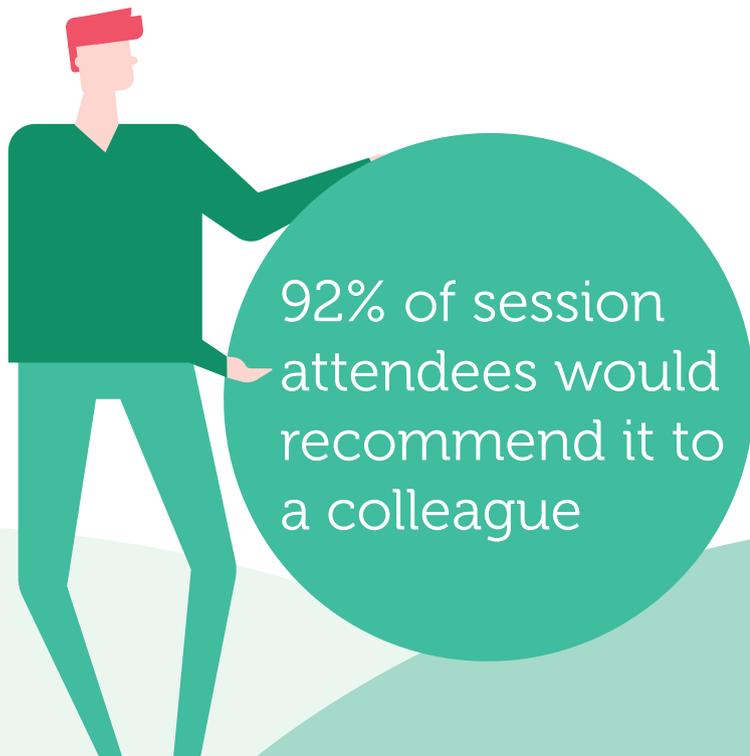
LINC Lessons for Newcomers is a free language training program by the BC division of the Canadian Mental Health Association (CMHA BC) and the Canadian Institute for Substance Use Research. It is designed for adult learners who want to build skills to approach real-world situations and conversations involving mental health and substance use. Lessons support individuals, settlement workers and others who work directly with immigrants and refugees to teach English an Additional Language. New resources include the following:

- A **multi-part lesson plan** around supporting an anxious child that better meets the needs of LINC instructors around Portfolio-Based Language Instruction
- **Three new lessons**, on commonly used drugs, drugs and youth, and gambling

Community Engagement Initiatives by the Lookout, part of the Mood Disorders Association of BC, this year included recruiting speakers with lived experience of mental health issues for their community engagement presentations to talk about their lives, recovery, and coping strategies.

- Most applications were from secondary schools and companies that provide mental health awareness for students and employees
- The association's Speaker's Bureau experienced increased demand, completing 23 requests this year

Facilitator Training for Support Groups is the association's training for "lived experience" volunteers to lead peer support groups and learn about capacity building and engagement. This year, they trained 19 facilitators who provided co-facilitation of developed new support groups.



Healthy Minds | Healthy Campuses is a BC Partners' community of practice that uses a broad health promotion perspective to stimulate thinking and action to address mental health and substance use in campus communities.

Highlights include the following:

- Over **26,000** website views
- Hosted four talks with over **140** participants
- **92%** of attendees would recommend it to a colleague
- Topics covered loneliness, vaping, peer support, and COVID-19 on campus
- Hosted the **first regional forum**, which convened **35** stakeholders from Vancouver Island. It was called Towards a More Inclusive Campus Community Culture on Mental Health
- Formalized a new Healthy Minds | Healthy Campuses leadership committee of campus stakeholders who co-created and ratified a new strategic plan and terms of reference for the community of practice

“ [HM|HC Talks] It was very informative. A way to connect with others at other institutions.
– Healthy Minds | Healthy Campuses talks participant

Examination of the Intersection Between Anxiety and Eating Disorders: Anxiety Canada and Jessie's Legacy collaborated to critically examine the intersection of anxiety and eating disorders and identify gaps in mental health literacy approaches. The report provides recommendations for more effective mental health literacy and promotion approaches that will guide BC Partners in existing and new resources and programs.



The BC Partners include:



Funding and stewardship is provided by the Ministry of Health and stewarded by BC Mental Health and Substance Use Services, part of the Provincial Health Services Authority.



Visit bcmhsus.ca for more information.

BC Partners for Mental Health and
Substance Use Information are:



heretohelp

Mental health and substance use
information you can trust

T: 604-669-7600
TF: 1-800-661-2121

heretohelp.bc.ca

2020