

Mental Health & The Workplace

Canadian Mental Health Association

- Non-profit mental health agency
- Promoting mental health for all persons on PEI by enabling individuals, groups and communities to increase control over and enhance their mental health
 - Education
 - Support
 - Advocacy



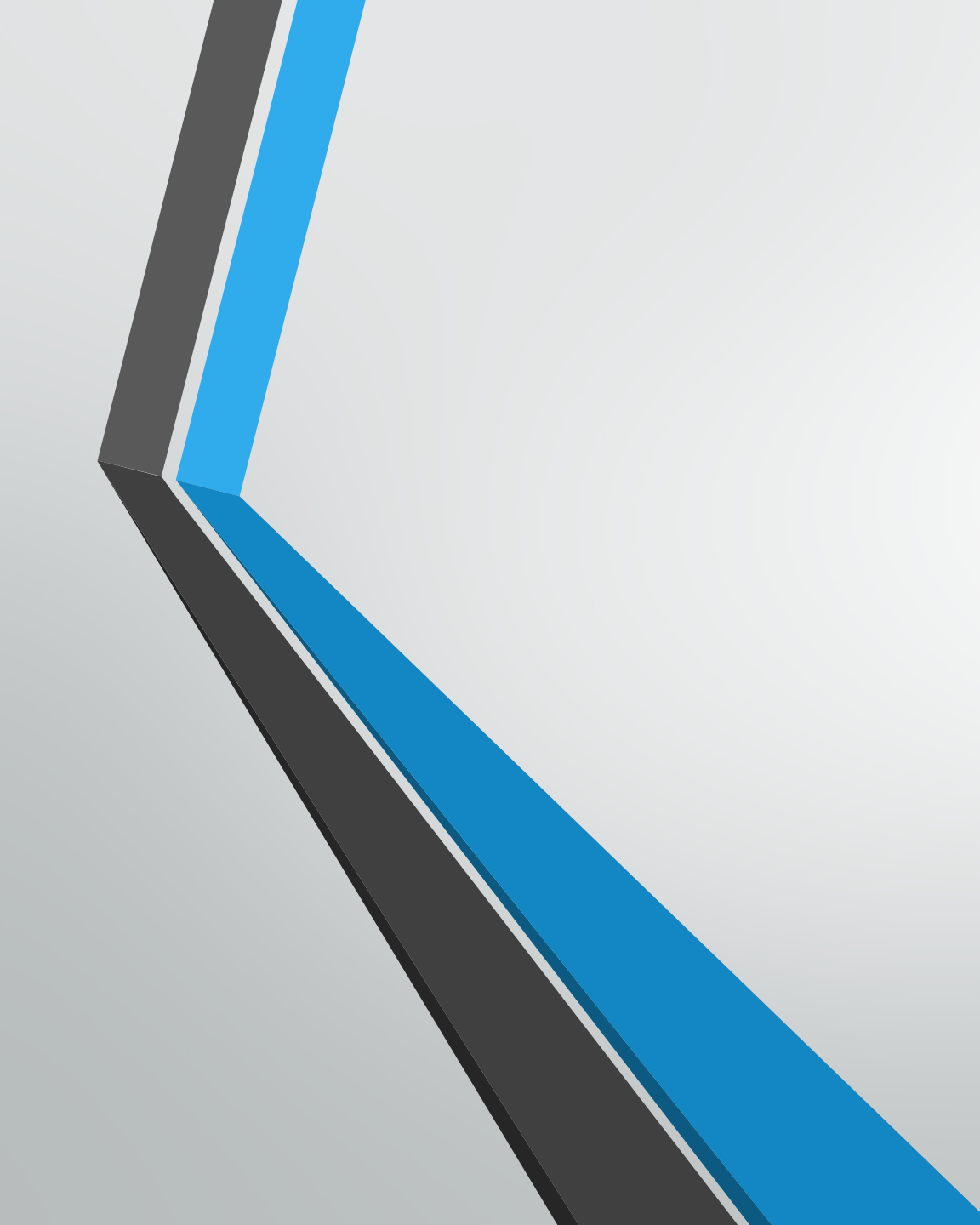
**Canadian Mental
Health Association**
Prince Edward Island

Bell Let's Talk

- Started in 2011
- Goal to start a conversation
- Wednesday, January 25th, 2017
- Record number of conversations
- Raised over \$86 million for Canadian Mental Health initiatives
 - Research, awareness, programming, & more



Bell
Let's Talk



So let's have a
conversation!

What is mental health?

- Mental health involves three main pieces
 - How you feel about yourself
 - How you feel about others
 - How you feel about the world around you

Optimal Mental Health

Optimal mental health
with mental illness

Optimal mental health
with no mental illness

**Serious
Mental
Illness**

**No Symptoms
Of
Mental Illness**

Poor mental health
with mental illness

Poor mental health
with no mental illness

Poor Mental Health





True or False Activity



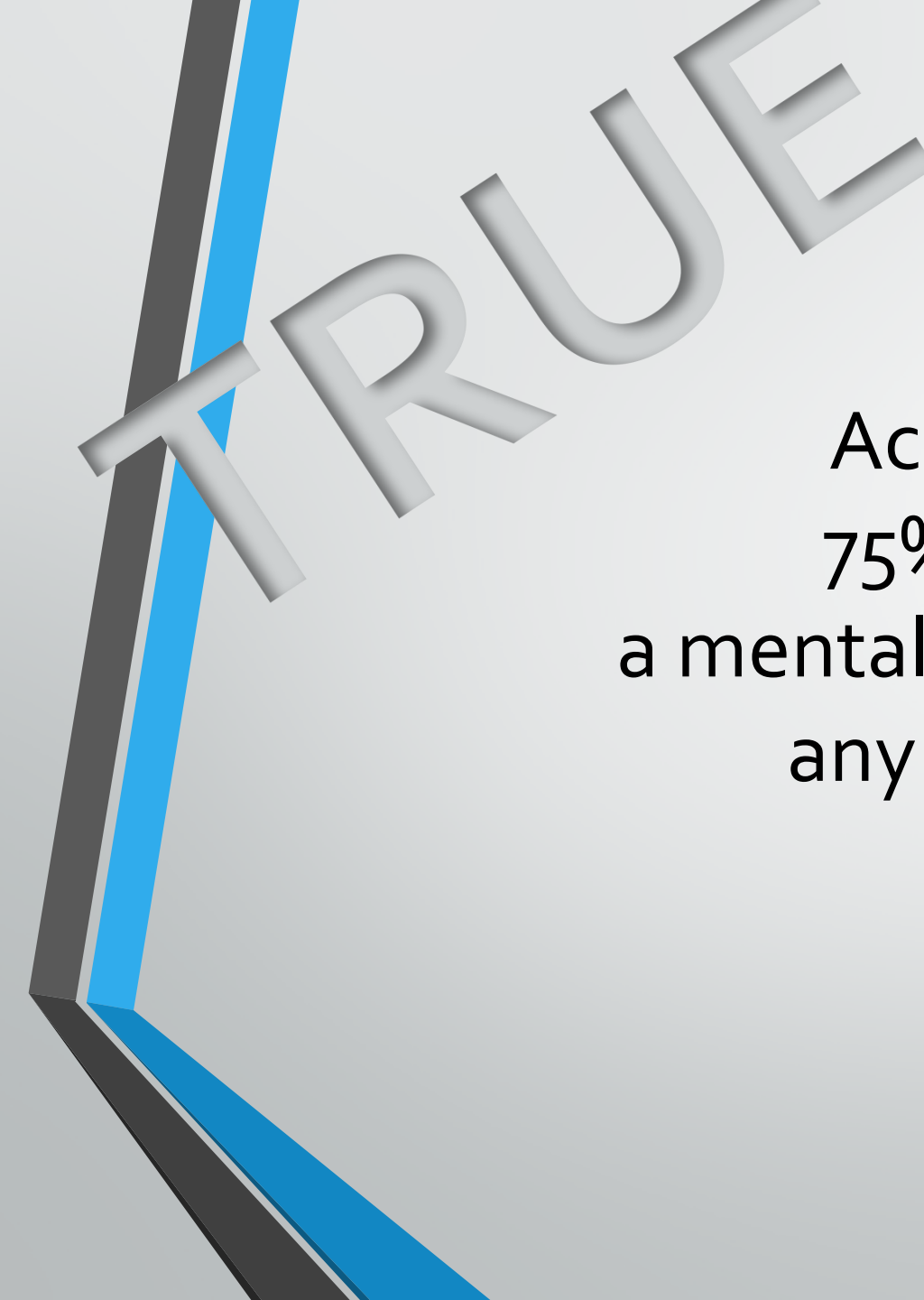
TRUE

One in FIVE Canadians will experience
a form of mental illness
at some point in their life.

A decorative graphic in the top-left corner consisting of several parallel lines in blue and black, creating a 3D effect. The word "FALSE" is written in large, light gray, 3D block letters, tilted diagonally across the graphic.

FALSE

Mental illness
is a sign of
weak character



Across the world,
75% of those with
a mental illness won't receive
any treatment at all



FALSE

Mental illness is the
10th leading cause of
disability and premature
death in Canada

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TRUE

In any given week,
at least 500,000 employed Canadians
are unable to work
because of mental health problems

FALSE

People with mental illness
have a tendency
to be violent

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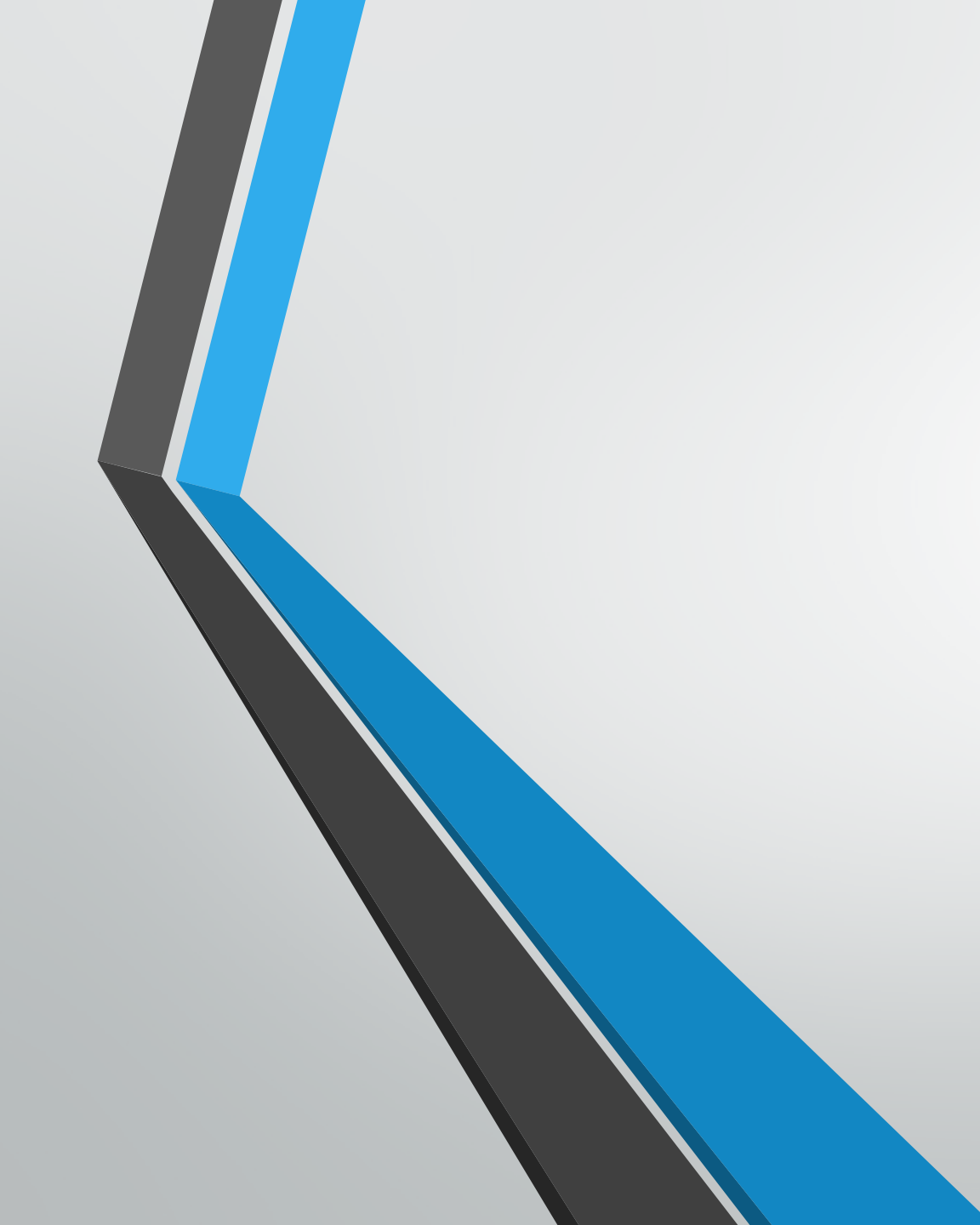
TRUE

50% of Canadians
would tell friends or
co-workers that they have
a family member with a mental illness



TRUE

In a recent UK survey,
70% of respondents reported
that either they or a family member
had experienced stigma
as a result of mental illness



So What is Stigma
Anyway?

Stigma is

- A mark of disgrace associated with a particular circumstance, quality or person
- Negative attitudes (prejudice) + negative responses (discrimination)
- The hidden burden of mental illness



Stigma makes things worse

- Stigma means thinking less of a person because of their condition
- Stigma can make a person feel unwanted and shamed
- Stigma is often harder to deal with than the illness itself
- Stigma stops people from getting help
- Stigma weakens our communities



So Let's Talk!



Helping Tools

- Treat everyone with respect
- Be warm, caring, and non-judgmental
- Watch your language
- Get outside help
- Challenge stigma when you see it
- Learn the facts about mental health and mental illness



Practice Advocacy

SELF ADVOCACY

I can speak up
for myself

INDIVIDUAL ADVOCACY

I can speak up
on behalf
of others

SYSTEMATIC ADVOCACY

I can speak
up on behalf of
those who can't
speak for
themselves

Take care of your mental health

Routine

*The things we
do to keep our
lives on track*

Creativity

*The things that
invest time and
energy into our
passions*

Community

*The things that
connect us to
other people*

Mindfulness

*The things that
slow us down
and give us a
break*

Learn the Facts

- Mental Health Works!
- safeTALK & ASIST
- Mental Health First Aid



“Training was great! I feel like I could approach a friend, or stranger, and feel comfortable.”

“I feel that this course was insightful and that the information provides was pertinent to helping others”

Clubhouse Model

- Internationally accredited model
- 3 CMHA Clubhouses across the Island (Charlottetown, Summerside, & Alberton)
- Function on a holistic, psycho-social rehabilitation model for members - individuals who are living with a mental illness or mental health concern
- Use of a work-ordered day to encourage partnership and ownership of the recovery process
- A variety of supports around employment, housing, education, social skills, and life skills
- Directed by the members to best meet their needs

Employment Rate for People Living with Mental Illness
15% for the General Population vs. 42% for Accredited Clubhouses

[Clubhouse International Website](#)

CMHA Employment Supports

- Main goal is working with individuals who's barrier to employment is related to mental health
- 5 employment counsellors who specialize in mental health accommodation
- Person specific care
 - Address barriers related to employment
 - Advocate for client
 - Connect with other Clubhouse supports
 - Work-ordered day opportunities
 - Supportive relationship through return-to-work process
 - Connection with Clubhouse is controlled by the member

Transitional Employment

- Clubhouse owned and managed employment placements
- Designed to assist people in returning to work through part-time employment with the support of Clubhouse and employer
 - Range in hours
 - Term positions (6-9 months)
 - Apply within Clubhouse
- Allows members to explore their strengths and skills, build confidence, and develop a routine and other employment related life-skills

Other Employment Opportunities

- Supportive Employment
 - Member and employment counsellor work together to find employment in the community
 - Collaboration in the process of seeking the job and working with the employer for collaboration
 - Member carries main responsibility for their position
- Independent Employment
 - Member finds their own employment and makes all arrangements on their own
 - Employment counsellor contact is solely with the member as a support to them and their progress

Questions?

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Thank you for being part
of the conversation!