



# Community Mental Health Action Plan

## **Dean McKellar**

Supervisor, Individual and Family Well-Being  
City of Edmonton  
Community Mental Health Action Plan  
Steering Committee Co-Chair

Tuesday, October 17, 2017

## **Kahn Lam**

Project Manager, Community Mental Health  
Action Plan Implementation  
United Way of the Alberta Capital Region

# AT A GLANCE



*“For a community to be whole and healthy, it must be based on people's love and concern for each other”*

- Millard Fuller



Community  
Mental Health  
Action Plan

# HOW DID WE GET HERE?

- Recognition of the **need for change**
- Community consultations
- Reviewing reports and data
- Developing Action Plan
- Engaging community

***“What I enjoy is a collaboration. Working with other like-minded people. People who have brilliant minds and big hearts”***

- Julian Ovenden



Community  
Mental Health  
Action Plan



# END POVERTY IN A GENERATION

A ROAD MAP TO GUIDE OUR JOURNEY

MAY 2016

endpoverty  
edmonton

Alberta Government

# ALIGNMENTS



## Valuing MENTAL HEALTH

Next Steps

June 2017



## EDMONTON SUICIDE PREVENTION STRATEGY 2016 - 2021

Edmonton Suicide Prevention Advisory Committee



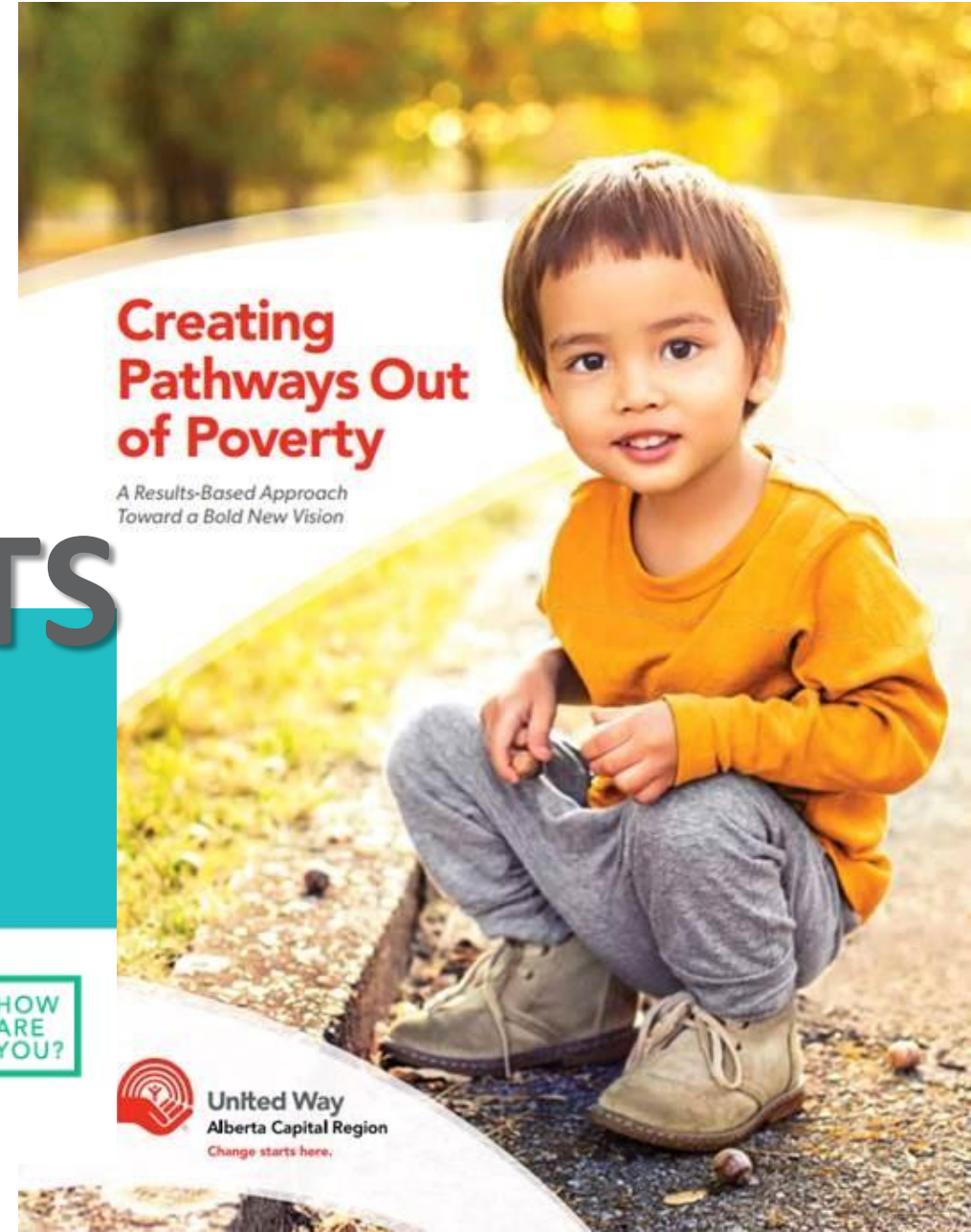
Community  
Mental Health  
Action Plan

# FAMILY VIOLENCE HURTS EVERYONE:

A FRAMEWORK TO END FAMILY VIOLENCE IN ALBERTA



# ALIGNMENTS



## Creating Pathways Out of Poverty

A Results-Based Approach  
Toward a Bold New Vision



# COMMUNITY STAKEHOLDERS

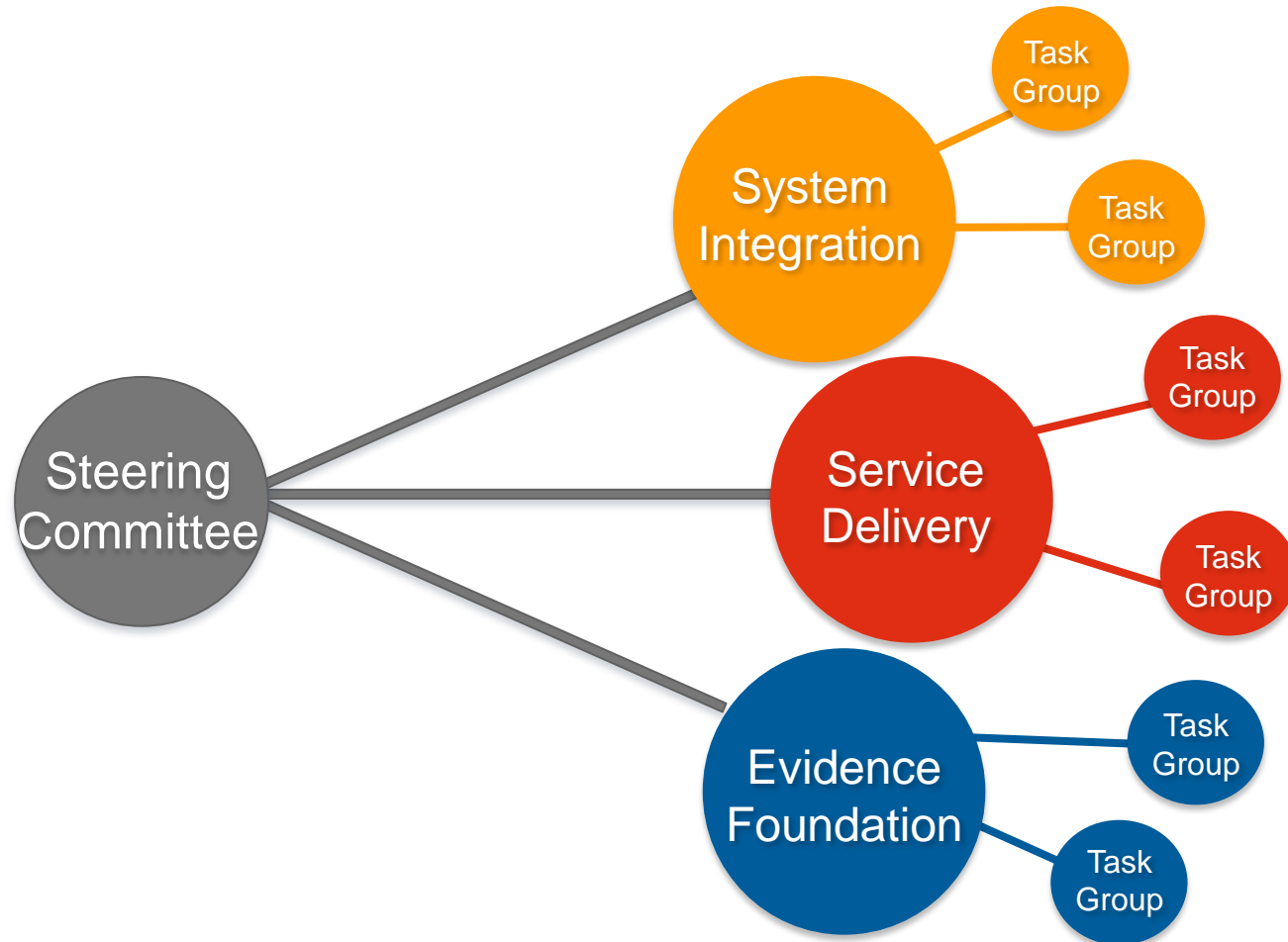
Implementation is funded by:



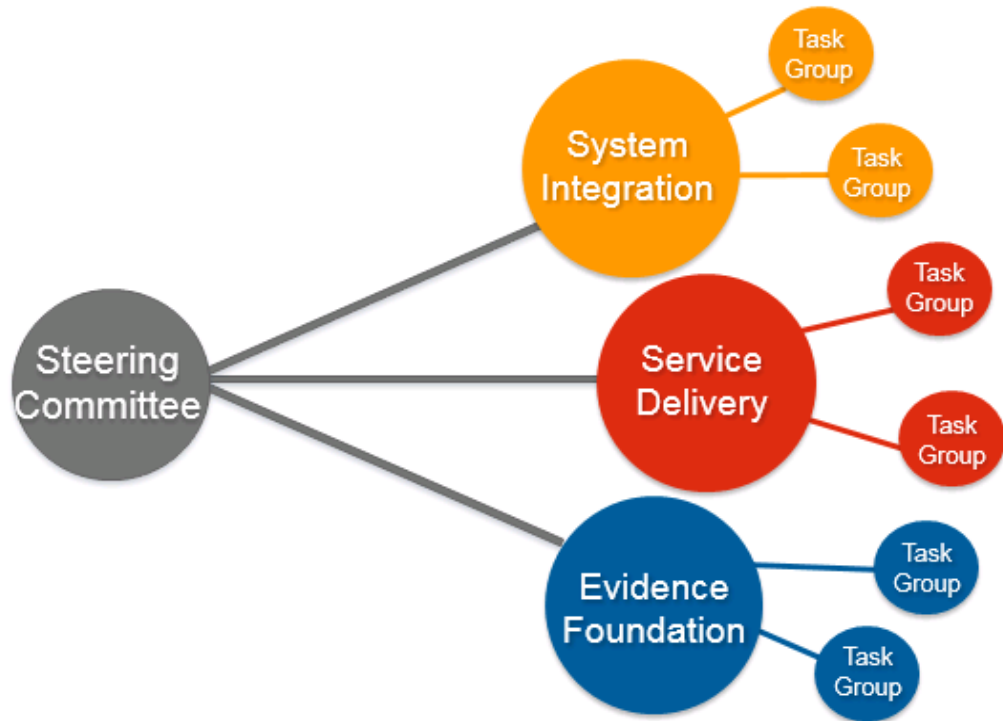
And we receive considerable in-kind support from our community of mental health champions and stakeholders.



# ACTION PLAN STRUCTURE



# ACTION PLAN STRUCTURE



Calgary Council  
for Addiction and  
Mental Health

Valuing  
Mental Health

## Alignments

- End Poverty Edmonton
- Edmonton Suicide Prevention Strategy
- Family Violence Hurts Everyone
- Pathways out of Poverty
- Urban Isolation & Mental Health



Community  
Mental Health  
Action Plan



# ROLES

- Co-Chairs
- Change Agents
- Project Manager
- Project Lead
- Leadership Team Members

*"I am no longer accepting the things I cannot change... I am changing the things I cannot accept."*

*- Angela Davis*



Community  
Mental Health  
Action Plan

Various partners working together towards a common goal

Different perspectives and organizational mandates, but desire for same common outcomes

Creating action and momentum forward



Lots of communication

Not re-inventing the wheel, but scaling up what has already been done

# COLLABORATION

# SUCCESSSES

- Great energy
- Community recognition of the need for a better mental health system
- Diversity of partners
- Relationship building and networking
- Alignments

*“No matter what accomplishments you make, somebody helped you”*

*- Althea Gibson*



Community  
Mental Health  
Action Plan

# CHALLENGES

- Communication between committees
- Investment of time, energy, and resources
- Creating action and maintaining momentum
- Processes and roles
- Fear of change



Thank  
you

# CONTACT US

- **Follow us on Twitter**  
@mentalhealthyg

- **Email**  
[info@mentalhealthactionplan.ca](mailto:info@mentalhealthactionplan.ca)



Community  
Mental Health  
Action Plan



# Community Mental Health Action Plan