

Hub Tool: Selective Frameworks for Mental Health Promotion Worldviews and Concepts

Tool overview

Suggested use: For project teams with a focus on mental health promotion who are initiating or reviewing their intervention approaches and research and evaluation plans. These frameworks may help situate mental health promotion worldviews and concepts, gain a deeper understanding of context (e.g., as part of situation analysis), enhance intervention equity and culturally safety, and inform intervention approaches and study protocols.

Tool content: This tool contains a select curation of frameworks for promoting (mental) health and health equity, especially for populations of interest within the Mental Health Promotion Innovation Fund. Links for each framework are provided, along with a description, and suggestions for potential use.

Tool format: 6-page table

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OVERVIEW

Selections profiled in this tool focus on worldviews and concepts that are relevant to mental health promotion for diverse populations, especially groups addressed within the Mental Health Promotion Innovation Fund (MHP-IF). Annotations are organized by populations (Indigenous; Immigrant, Refugee, Newcomer; LGBTQ2S+) and by cross-cutting worldviews for mental health promotion (health equity and complexity).

The documents focus on concepts and guidelines that reflect different ways of being, knowing and doing. They do not describe specific interventions. All were published in the last 10 years and from reputable sources that engaged relevant perspectives in development of the resource.

Each framework is hosted on kdehub.ca as part of the [Resource section](#) in the following categories: mental health promotion (MHP) context; intervention planning and implementation; evaluation; and health equity.

ANNOTATIONS FOR SELECT FRAMEWORKS

Framework	Description	Potential use
Indigenous		
First Nations Mental Wellness Continuum Model (Assembly of First Nations & Health Canada, 2015)	Developed through collaboration between First Nations partners and Health Canada's First Nations and Inuit Health Branch, this framework represents a shared vision wherein First Nations individuals, families, and communities across Canada are supported to enjoy high levels of mental wellness. This framework centers on the four direction outcomes of purpose, hope, belonging, and meaning, and brings a balanced and comprehensive approach to mental health and well-being.	The approach to well-being described in this resource is foundational for Canada's Indigenous people and for anyone working alongside Indigenous groups.
Social Determinants of Inuit Health in Canada (Inuit Tapirit Kanatami, 2014)	This document takes a holistic approach to Inuit wellness by describing 11 key social determinants of health relevant to Inuit populations. Historical and evidential context, challenging factors, and key positive actions are discussed for each determinant. An overview of Inuit health status in Canada is provided at the outset.	This resource may be a valuable reference for those working across Inuit regions in Canada or alongside Inuit populations.

Framework	Description	Potential use
Multiple ways of knowing: Teaching research under EPAS 2015 (2019)	<p>This paper describes revisions to the Council on Social Work Education’s Educational Policy and Accreditation Standards (EPAS), which included the explicit addition of multiple ways of knowing (MWK) to its research accreditation requirements. The paper provides a history of MWK with a focus on Indigenous ways of knowing. It elaborates on relevant concepts with two rich examples of how MWK has played out in specific projects. The discussion includes how specific study methods can be chosen and used that honour the world view and local priorities of participants. It notes that no design is precluded or privileged – it is more about respectful relationships and honouring sources of information valued by all collaborators.</p>	<p>This article specifically outlines Indigenous ways of knowing which are characterized as more integrated, holistic, intuitive and experiential than western approaches. It also emphasizes that local communities and populations have unique and local ways of knowing and cautions against over-generalization.</p>
Well-being and resiliency: the miyo resource – kâ-nâkatohkêhk miyo-ohpikinawâwasowin (Alberta Children’s Services, 2019)	<p>This resource explains Indigenous wisdom-seeking practices in great richness and detail, including the teachings of different Indigenous nations in Alberta. This document stresses the importance of using Indigenous approaches and learnings alongside western approaches to inform service reform. It also includes outcomes and indicators framed on Indigenous dimensions of well-being (mental, emotional, physical and spiritual), with levels of evidence and data sources. Although written with a focus on Indigenous groups and service delivery in Alberta, the information is relevant more broadly.</p>	<p>Recommended reading for mental health promotion actors or groups that engage or influence Indigenous population groups, as well as for anyone interested in learning about Indigenous approaches to well-being.</p>
Well-being and resiliency: evaluation framework (Alberta Children’s Services, 2019)	<p>This document was developed using a collaborative approach with Indigenous peoples in Alberta (sponsored by the Alberta Government to guide the formal child services system). Although it is aimed at the service context it has some very relevant content for programs, especially those aimed at younger children. These include the concept of trauma, cultural safety, inclusivity and Indigenous ways of knowing and being. There is also content relevant to refugees and newcomers. It provides a reminder that mental health promotion is relevant in all settings including child and family service interventions.</p>	<p>This evaluation framework may be useful for projects working alongside Indigenous communities as well as newcomer communities. It considers cultural ways of knowing and child development practices.</p>

Framework	Description	Potential use
First Nations Principles of Ownership, Control, Access, and Possession (OCAP®) (First Nations Information Governance Centre, n.d.)	The OCAP® principles are a set of standards developed to protect First Nations’ control, access, and possession of information about their communities. To be OCAP® compliant, each of the four main components (ownership, control, access, and possession) must be respected and fulfilled.	Anyone who is planning on conducting research with Canadian First Nations should familiarize themselves with OCAP® principles.
Strengths-Based Approaches to Indigenous Research and the Development of Well-Being Indicators (First Nations Information Governance Centre, 2020)	This report synthesizes available information (including from interviews with key Knowledge Holders) about strengths-based research and the development of well-being and mental wellness indicators for research in First Nations communities.	A highly relevant resource for anyone conducting research with Canadian First Nations or for those interested in learning more about Indigenous worldviews around well-being.
Immigrant, Refugee, Newcomer		
Best Practice Guidelines for Mental Health Promotion Programs: Refugees (The Centre for Addiction and Mental Health, 2012)	This resource provides important background on the Canadian refugee population that is essential to effective mental health promotion, including social determinants of health. It includes 13 guidelines with background information, detailed advice and resources such as worksheets for each. It names specific risk and protective factors with related process and outcome indicators.	Recommended reading for anyone working with immigrant, refugee and newcomer populations to promote mental health and well-being. Project teams may find the worksheets useful to consider alignment between current practices and practices defined in this resource.
Immigrant, Refugee, Ethnocultural and Racialized Populations and The Social Determinants of Health: A Review of 2016 Census Data (Mental Health Commission of Canada, 2019)	Using 2016 Census data, this paper explores key social determinants of mental health to reveal trends and issues related to immigrant, refugee, ethnocultural, and racialized (IRER) populations’ mental health and well-being.	The evidence provided in this resource may help support the work of those focused on improving the health and well-being of IRER populations.

Framework	Description	Potential use
Taking Action on Health Equity and Diversity: Responding to the Mental Health Needs of Children, Youth, and Families New to Canada (Ontario Centre of Excellence for Child and Youth Mental Health, 2015)	This policy paper focuses on the mental health needs of children, youth and families who are new to Canada and puts forward actionable recommendations to enhance supports for this population. Principles of equity, cultural safety, mental health promotion, and systems-level and strengths-based approaches are underscored as important components of a viable strategy for positive change.	This paper is aimed at policy and decision makers but may also be of interest to those looking to better understand the mental health needs of newcomer children as well as relevant policy change objectives.
Health Equity Impact Assessment: Immigration Populations Supplement (Ministry of Health and Long-Term Care, 2016)	This supplement to the Health Equity Impact Assessment tool provides a short overview of the determinants of health of immigrant populations and offers key considerations for supporting equitable program design and delivery.	This document is a useful companion to the Health Equity Impact Assessment tool for those working alongside immigrant populations wishing to identify and address potentially inequitable program impacts. As a stand-alone document, it offers a general overview of unique equity considerations for this population.
LGBTQ2S+		
CPATH Ethical Guidelines for Research Involving Transgender People & Communities (Canadian Professional Association for Transgender Health, 2019)	These guidelines were developed to address concerns about research with trans communities not currently articulated by the <i>Tri-Council Policy Statement: Ethical Conduct for Research Involving Humans</i> . The guidelines include a set of overarching principles and a list of guiding questions for transgender research.	These guidelines should be reviewed by those who are actively or considering doing research with transgender communities.

Framework	Description	Potential use
Health Equity Impact Assessment: LGBT2SQ Populations Supplement (Ministry of Health and Long-Term Care, Rainbow Health Ontario, Sherbourne Health, 2020)	This concise supplement to the Health Equity Impact Assessment Tool is specific to LGBT2SQ+ populations and provides principles to encourage more equitable outcomes for these populations. Topics explored include relevant policy and program considerations, impacts of social determinants of health, and outcomes of health disparities within general and specific populations (e.g., racialized and Indigenous, youth).	The practical guidelines for planning, evaluation, programming, outreach, and communications may be useful to those who are developing or implementing programs or policies that engage or impact LGBTQ2S+ populations and to reduce health inequities. A useful companion to the Health Equity Impact Assessment Tool.
Health Equity		
Just Societies: Health Equity and Dignified Lives (Pan American Health Organization, 2019)	This comprehensive report focuses on achieving greater health equity and opportunity for a dignified life within the Americas. A framework is used to organize the report according to its main components: existing inequalities, structural drivers of health inequities, conditions for daily life, intersectionality, and taking action; evidence and recommendations are discussed throughout. The report pays specific attention to structural racism, colonialism, and relationship to land. Canadian context and examples are present throughout the report but are not its focus.	This report offers a rich source of information about drivers of inequity and promising initiatives; it may be of interest to those looking for evidence, examples, and relevant resources in this topic area.
From Risk to Resilience: An Equity Approach to COVID-19 (Chief Public Health Officer of Canada, 2020)	The COVID-19 pandemic has had disproportionate impacts across Canadian populations. This report from Canada’s Chief Public Health Officer focuses on these inequities, setting the stage with pre-existing and ongoing risk factors and presenting available evidence about the differential impacts of the pandemic. The report proposes a health equity approach to COVID-19 that identifies evidence-based areas of action within and across multiple sectors.	The evidence presented in this report can help Canadians better understand how structural determinants play a role in creating unequal distributions of burden in our society. The equity-informed approach is a helpful framework in the context of emergency preparedness, response, and recovery, including striving for a more equitable national landscape.

Framework	Description	Potential use
Toward Health Equity: A Practice Guide and Accompanying Practice Tool (Public Health Agency of Canada, 2015)	This practice guide and tool is intended to support the development of equity-sensitive public health interventions. It focuses on five equity elements to consider when developing or implementing policy or program interventions. The tool provides a visual summary of each equity element and considers stage of intervention development (design, implementation) and intervention level (upstream, midstream, downstream).	These resources can be used at any stage of intervention design and implementation by teams wishing to review or improve health equity practices within their policy or program interventions.
Health Equity Impact Assessment (HEIA) (Ministry of Health and Long-Term Care, 2012)	This tool was developed to determine how an intervention may variably impact different populations, including unintended potential impacts, with a goal of reducing inequities. The tool consists of a workbook that provides key definitions and walks the user through the assessment process, as well as a template. Population-specific supplements (e.g., LGBTQ2S+, immigrant populations) to the tool are also available.	A helpful resource for minimizing unintended impacts leading to inequities. Using this tool as part of early stages of planning is ideal but it may be used to assess intervention equity at any stage, including retrospectively.
Complexity		
Evaluating Complexity: Propositions for Improving Practice (Preskill, Gopal, 2014)	A practice brief that focuses on evaluation in the context of complexity. The brief begins with a short explanation of why traditional cause-and-effect evaluation models are not suitable when navigating complex problems and contexts and posits the need for new approaches. Nine propositions for evaluation are offered, each one developed to address characteristics of complex systems. The case examples and suggested tools and methods help elucidate the potential application of these propositions into practice.	A potentially informative resource for those interested in applying principles of complexity and systems change to evaluation.
Next Generation Evaluation: Embracing Complexity, Connectivity, and Change (Gopalakrishnan, Preskill Lu, 2013)	This learning brief recognizes that to remain useful and relevant, the field of evaluation must evolve alongside trends and innovations (e.g., philanthropic or technological advancements) within the social sector. The brief draws on evidence from literature, research, and practice and identifies six characteristics of ‘next generation evaluation’ as well as three complementary approaches to learning and evaluation.	For those interested in learning about why and how the field of evaluation is changing in response to new trends and innovations within the social sector.