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## NEWS RELEASE

For Immediate Release  
2010HSERV0063-001350  
Nov. 1, 2010

Ministry of Health Services  
Ministry of Children and Family Development

### **B.C. PLAN FOCUSES ON HEALTHY MINDS, HEALTHY PEOPLE**

VANCOUVER – The Province today released a 10-year plan to address mental health and substance use with a focus on prevention of problems, early intervention, treatment and sustainability.

“The 10-year plan is a road map to further build on our commitment to improving mental health for all British Columbians and addressing problematic substance use,” said Health Services Minister Kevin Falcon. “Government now spends over \$1.3 billion annually – up 47 per cent from 2001 – to address mental health and substance use problems and we need to ensure dollars are aligned with leading practice and best evidence.”

Entitled *Healthy Minds, Healthy People*, the cross-ministry plan reflects both extensive public and stakeholder consultation and evidence-based research and practice. It is aligned with existing child, youth and adult mental health and substance use strategies across the province, as well as the national mental health framework.

*Healthy Minds, Healthy People* places a strong emphasis on children and families, based on research that shows that early engagement and access to targeted supports can prevent or reduce mental illness and substance use problems later in life.

“We know that mental health problems frequently originate in childhood, and that early intervention at a young age can help prevent future illness,” said Children and Family Development Minister Mary Polak. “A strong foundation in childhood sets the course for a healthy, fulfilling and productive life. The Ministry of Children and Family Development spends over \$100 million annually on a continuum of child and youth mental health services for children up to age 19 and their families.”

The indirect costs of mental illness and/or substance use are also significant. Nationally, mental illness is estimated to cost the Canadian economy around \$51 billion annually in lost productivity. B.C.’s proportional share of this burden would be more than \$6.6 billion each year. Indirect annual costs of lost productivity related to alcohol use alone are estimated at \$1.1 billion.

*Healthy Minds, Healthy People* acknowledges that mental illness and problematic substance use can affect people of all ages from all walks of life in school, work and at home. Around one in five adults in B.C. are affected by mental health or substance use problems over any twelve-month period. However, the stigma associated with these problems often means people do not seek out and receive the supports and services they need.

“The B.C. plan to address mental health and substance use reaches out to people at home, in school and at work,” said Michael Kirby, chair of the Mental Health Commission of Canada. “British Columbia’s plan focuses on prevention, early intervention as well as treatment. The commission congratulates the B.C. government for this comprehensive and innovative approach. We are proud to be working together toward the common goal of transforming the mental health system and improving the lives of everyone affected by mental health problems.”

Programs and services that promote maternal and family health and healthy early childhood development are crucial in prevention and early intervention.

As part of the continuum of supports and services to address mental health in children, the FRIENDS For Life program is an example of an evidence-based prevention program that increases resiliency and prevents anxiety available to grades 4, 5 and 7 students. Teachers and parents are educated about the prevalence, signs and impact that anxiety has on children and youth and learn skills to build children’s resilience and address the early signs of anxiety. FRIENDS in B.C. is funded and co-ordinated by the Ministry of Children and Family Development in partnership with school districts around the province.

Since its provincial launch in 2004, all school districts have participated, as well as many independent schools. Over 3,000 educators have been trained to deliver FRIENDS in classrooms, and more than 1,000 parents and caregivers have attended FRIENDS parent workshops – helping to increase mental health literacy in schools, families and communities.

“The FRIENDS program teaches children how to cope with fears and worries and equips them with tools to help manage difficult situations, now and later in life,” said Jonaire Bowyer-Smyth, a behaviour specialist in the Surrey school district and FRIENDS program trainer. “The FRIENDS program is fun learning for kids and will benefit them, their parents and their entire family.”

The plan will achieve results by realigning current resources to invest in what is proven to work, and linking with existing programs and projects across government to increase efficiency and effectiveness.

“We need to learn from the evidence and provide effective and efficient services to achieve the best outcomes for people,” added Falcon. “We need to stop doing what doesn’t work in favour of what does and to ensure services are evidence-based and cost-effective.”

The Province is focusing on delivering programs more efficiently and effectively, including:

- No waitlists at BC Children’s Hospital Eating Disorders program due to business process redesign.
- Video-conferencing for training and clinical consultation on community Child and Youth Mental Health teams to improve access to evidence-based treatment.
- A project underway to improve patient flow for adult clients with mental health and substance use problems at six Vancouver Coastal Health hospitals.

In addition, projects like the Homelessness Intervention Project and the Prolific Offender pilots show how better integration can enhance services without new dollars.

“Intervention and front-line outreach, to ensure B.C.’s most vulnerable citizens have access to supportive housing, is a crucial element to ending the cycle of challenges associated with mental illness and addictions,” said Social Development Minister Kevin Krueger. “The province has Homelessness Intervention Projects in five communities and 58 Homeless Outreach programs in communities throughout B.C. which have made a tremendous difference in over 770 people’s lives during the first few months of 2010 alone.”

Improvements in addressing mental health and substance use in B.C. include:

- 75 per cent more community beds for adults with mental health problems since 2001 for a total of 8,662 beds.
- Opening the 100-bed Burnaby Centre for Mental Health and Addiction to treat those with the most severe mental health and addiction issues.
- 182 per cent increase since 2003 in community beds for people with substance use problems to 2,550;
- Increasing the number of family doctors providing mental health and substance use services from 4,194 in 2001 to 4,574 in 2008-09.
- Being the first province in Western Canada to have dedicated withdrawal management beds for youth – there are currently 39.
- In 2003, B.C. became the first province to establish and then implement a Child and Youth Mental Health Plan that doubled the funding and significantly increased access to an enhanced continuum of services and supports.

Healthy Minds, Healthy People can be downloaded at:  
[www.health.gov.bc.ca/library/publications/year/2010/healthy\\_minds\\_healthy\\_people.pdf](http://www.health.gov.bc.ca/library/publications/year/2010/healthy_minds_healthy_people.pdf).

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Three backgrounders follow.

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# BACKGROUND 1

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## MILESTONES FOR ACHIEVEMENT

Milestones will help mark the plan's progress over the course of the next 10 years. The plan also provides detailed actions and targets for specific population groups. Further milestones, actions and targets will be developed in collaboration with the key partners involved in the plan.

- The number of British Columbians who experience positive mental health will increase by 10 per cent by 2018. In 2008, 68 per cent of British Columbians reported they experienced positive mental health.
- The number of young B.C. children who are vulnerable in terms of social-emotional development will decrease by 15 per cent by 2015. In 2008, 13 per cent of B.C. kindergarten children demonstrated vulnerability related to social competence and 12 per cent demonstrated vulnerability related to emotional maturity.
- By 2014, 10 per cent fewer B.C. students will first use alcohol or cannabis before the age of 15. In 2008, of all students who reported ever drinking alcohol, 75 per cent first tried it before age 15. Of students who reported ever using cannabis, 67 per cent first tried it before age 15.
- The proportion of British Columbians 15 years of age or older who engage in hazardous drinking will be reduced by 10 per cent by 2015. In 2008, 23.1 per cent of British Columbians, aged 15 or more, reported hazardous consumption of alcohol.
- By 2015, the number of British Columbians who receive mental health and substance use assessments and planning interventions by primary care physicians will increase by 20 per cent. In 2008-09, 51,033 people received these services.
- By 2018, through implementation of integrated primary and mental health and substance use services, there will be a 20 per cent reduction in the number of days mental health and substance use patients occupy inpatient beds while waiting for appropriate community resources. In 2008-09, there were 75,838 inpatient days for mental health and substance use patients who no longer required acute care, and who were waiting for appropriate community resources.

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## BACKGROUND 2

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### **ACTION ON MENTAL HEALTH AND SUBSTANCE USE**

- Opened the 100-bed Burnaby Centre for Mental Health and Addiction in 2008 as a treatment facility that is helping some of BC's most vulnerable and challenged citizens. The centre is the first of its kind in British Columbia.
- Provided \$500,000 for recovery and treatment support for patients at the Baldy Hughes Addiction Treatment Centre, outside of Prince George.
- The Province has committed \$138 million of capital funding to build or renovate mental health facilities in communities around British Columbia as part of the Riverview Redevelopment Project. To date, 441 mental health beds have opened across the province with plans being finalized to develop the remaining 402 beds of the Riverview Redevelopment project.
- Opened a \$19-million mental health building at BC Children's and BC Women's Hospitals serving children and adolescents with serious mental health and substance use issues. The facility also houses a women's reproductive mental health program.
- Opened 44 transitional, long-term supportive housing beds in 2010 at an annual cost of \$3 million on the Riverview grounds to prepare those clients for integration back into their communities.
- We have seen significant improvements – for example:
  - The number of adult community mental health beds in B.C. has increased by 64 per cent, with 3,137 new beds since 2001 (from 4,940 beds to 8,077 beds in 2008-09).
  - The number of community addictions beds has increased by 205 per cent, with 1,788 new beds since 2003 (from 874 beds in 2003 to 2,662 beds in 2008-09).
  - The number of general practitioners providing mental health and addictions services increased from 4,194 in 2001/02 to 4,574 in 2008-09.
  - The number of psychiatrists increased from 527 in 2001-02 to 647 in 2008-09.
- B.C. has invested more than \$40 million in building the province's mental health and substance use research and workforce development capacity at University of British Columbia (UBC), University of Victoria, Simon Fraser University (SFU) and University of Northern British Columbia (UNBC), as well as specialized centres at the Provincial Health Services Authority, Vancouver Coastal Health and Providence Health.
- The Community Action Initiative (CAI) was established through a \$10-million grant from the Province of British Columbia, announced on June 2008. Through investments in three program streams – Convening, Service Innovation, and Training – the CAI is providing funding opportunities for community groups and organizations to support cross-sectoral activities and projects that improve the mental health of children, youth and adults in British Columbia and reduce harms related to substance use.

- Assertive Community Treatment (ACT) teams are an evidence-based service delivery that provides long-term, comprehensive services to individuals with severe mental illness who are not well-served by traditional, office-based services. The teams are made up of various health and social care professionals that reach out to clients and are available 24/7 covering a range of services including housing, physical health assessments, income support, employment and crisis planning. With an investment of \$7.5 million, there are ACT teams in place in Victoria, Nanaimo, Vancouver and Prince George.
- Bounce Back: Reclaim Your Health is a \$6-million program designed to help adults experiencing symptoms of depression and anxiety that may arise from stress or other life circumstances. The project is led by CMHA BC Division and funded by the BC Ministry of Health Services. Bounce Back offers two forms of help. The first is a DVD video providing practical tips on managing mood and healthy living, available in English, Mandarin and Cantonese. The second service available is a guided self-help program with telephone support. The program teaches skills to overcome unhelpful thinking, reduced activities, low socialization and sleep problems, as well as strategies for problem-solving, through the help of a Bounce Back community coach. The guided self-help program is available in English and Cantonese. Access to the guided self-help program requires a doctor's referral. More information is available at: [www.cmha.bc.ca/bounceback](http://www.cmha.bc.ca/bounceback)
- Physician mental health plans are a GPSC mental health program developing collaboratively between the Ministry of Health Services and the BC Medical Association. The \$6-million program supports and compensates family physicians for the time and skill it takes to work with patients with mental health illnesses. Physicians develop care plans in collaboration with the patient and their support network and, where needed, become an active member of a broader care team in order to help those patients remain safely in their community.
- Future funding potential through integrated primary and community care and attachment programs and projects.
- Future funding potential through Patient-Focused Funding.

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### CONSULTATION SUMMARY

In September 2006, the provincial government launched the year-long Conversation on Health, asking British Columbians to share their ideas on health and B.C.'s public health-care system. More than 6,000 British Columbians participated in the forums held across the province and more than 12,000 submissions were received. Change to better support overall health, including addressing mental health and/or substance use, was a key theme.

The common themes which emerged became the foundation of the public and stakeholder engagement on mental health and substance use system improvement – a key component in developing the 10-year plan.

In 2008, interest groups across the province helped shape directions in this plan through a series of workshops. The plan was further shaped through a broader consultation process with service providers and affected individuals and families in 2009. This included a consultative reference group established through B.C.'s tripartite process to ensure the plan is congruent with Aboriginal perspectives on mental health and well-being, and establishes a foundation for the development of a complementary tripartite Aboriginal plan to address mental health and substance use.

Organizations that participated in the engagement/consultation process for the development of the 10 Year Plan to Address Mental Health and Substance Use include:

Aboriginal Health Services Vancouver  
Affiliation of Multicultural Societies and Service Agencies of BC  
AIDS Vancouver  
Alcohol-Drug Education Service  
Alzheimer Association of BC  
Anxiety BC  
ASK Wellness Centre  
Association of Addiction Specialists and Allied Professionals of BC  
Association of Substance Abuse Programs of BC  
AWAK Women and Children's Shelter  
AXIS Family Resources BC Alliance  
BC Ambulance  
BC Association of Aboriginal Friendship Centres  
BC Association of Clinical Counsellors  
BC Association of Municipal Chiefs of Police  
BC Association of Social Workers  
BC Association of Specialized Victim Assistance and Counselling Programs  
BC Business and Economic Roundtable on Mental Health  
BC Business Council  
BC Chamber of Commerce  
BC Children's Hospital

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BC Coalition for Health Promotion  
BC College of Family Physicians  
BC Confederation of Parent Advisory Councils  
BC Construction Association  
BC Council for Families  
BC Council on Substance Use  
BC Crown Council  
BC Government Employees Union  
BC Healthy Living Alliance  
BC Housing  
BC Hydro  
BC Institute Against Family Violence  
BC Medical Association  
BC Mental Health and Addictions Research Network  
BC Mental Health and Addictions Services  
BC Mental Health Foundation  
BC Multicultural Health Service Society  
BC Nurses Union  
BC Partners for Mental Health and Addictions Information  
BC Persons with AIDS Society  
BC Principals and Vice-Principals Association  
BC Psychiatric Association  
BC Psychogeriatric Association  
BC Psychologists Association  
BC Schizophrenia Society  
BC School Counsellors Association  
BC School Trustees Association  
BC Social Workers' Association  
BC Society for Male Survivors of Sexual Abuse  
BC Superintendents Association  
BC Teachers' Federation  
BC Union of Psychiatric Nurses  
BC Women's Hospital and Health Centre  
BC/Yukon Society of Transition Houses  
Boys and Girls Club of Kamloops  
Canadian Association of Emergency Physicians (BC)  
Canadian Association of Social Workers  
Canadian Bar Association BC Branch  
Canadian Mental Health Association, BC Division  
Canadian Mental Health Association, Kelowna  
Canadian Union of Public Employees  
Cariboo-Chilcotin School District  
Cariboo Friendship Centre  
Carrier Sekain Family Services  
Central Interior Native Health Centre  
Central Okanagan Regional District  
Centre for Addictions Research of BC  
Centre for Youth and Society  
Child Health Network  
Child & Youth Mental Health  
Children and Women's Health Centre of BC  
City of Kamloops  
City of Prince George

City of Vancouver  
Coast Capital Savings  
College of Registered Psychiatric Nurses of BC  
Community Corrections  
Community Legal Assistance Society  
Community Living BC  
Community Mental Health  
Conayt Friendship Centre  
Council of Forest Industries  
Crossroads Treatment Centre  
DIVERSEcity Community Resources Society  
Drug Treatment Court of BC  
Dual Diagnosis Network  
Elizabeth Fry Society  
Ending Violence Association of BC  
Family Services of Greater Vancouver  
FASD Collaboration Roundtables  
Federation of Child and Family Services of BC  
Federation of Independent School Associations  
First Call: BC Child and Youth Advocacy Association  
First Nation Chiefs' Health Council  
First Nations Education Steering Committee  
First Nations Health Council  
First Nations and Inuit Health  
First Nations School Associations  
First United Church Mission  
F.O.R.C.E. Society for Kids Mental Health  
Forensic Psychiatric Services Commission  
Fraser Health Authority  
From Grief to Action  
Health Canada  
Health Employees Union (Care Aides and Licensed Practical Nurses)  
Immigrant Services Society of BC  
Infant Development Program of BC  
Interior Community Services  
Interior Health Authority  
Interior Indian Friendship Centre  
INTERSECT Youth and Family Services  
Jessie's Hope Society  
Jewish Family Service Agency of Vancouver  
John Howard Society of BC  
Kamloops Brain Injury  
Kamloops Family Resource Society  
Kamloops Regional Correctional Centre  
Kamloops Seniors Village  
Keeping the Door Open  
Kelowna Health Centre  
Law Enforcement Against Prohibition  
Law Society of BC  
Lillooet Friendship Centre  
London Drugs  
Lytton First Nations Health  
Lytton First Nations Mental Health Services

Merritt Helping Hands Society  
Métis Nation BC  
Michael Smith Mental Health and Addictions Research Network  
MindBodyLove  
Mining BC  
Mood Disorders Association of BC  
MOSAIC BC  
Nenqayni Treatment Centre  
New Canadian Clinic, Burnaby and Surrey  
New Life Mission  
Northern Health Authority  
Nursing and Professional Practice, BC Mental Health and Addiction Services  
Overlander Extended Care  
Pacific Centre Family Services Association  
Pacific Immigrant Resources Society  
People In Motion  
Phoenix Centre  
Prince George Native Friendship Centre and Men's Shelter  
Progressive Intercultural Services Society  
Provincial Health Services Authority  
Prostitutes Education and Employment Resource Society  
Providence Farm  
Psychosocial Rehabilitation BC  
Rain City Housing & Support  
Ridgeview (HCC)  
Royal Canadian Mounted Police  
Sage Health Services  
Saint Joseph's General Hospital  
School District 73  
Scw'exmx Comm Health Services  
Simon Fraser University  
Small Business BC  
Society for Children and Youth of BC  
Society of General Practitioners of BC  
Solve Homelessness BC  
S.U.C.C.E.S.S.  
Surrey Memorial Hospital  
Teck Cominco  
Thompson Nicola Assessment and Referral Service  
Three Corners Health Society  
Thompson Rivers University – Disability Services  
Thompson Rivers University – School of Nursing  
Union of British Columbia Municipalities  
University of British Columbia School of Nursing  
University of Victoria  
Urban Native Youth Assoc  
Vancouver and Surrey FASD Collaboration Round Table  
Vancouver Association for Survivors of Torture  
Vancouver Board of Education  
Vancouver Coastal Health Authority  
Vancouver Island Health Authority  
Vancouver Police Department  
Vancouver Refugee Services Alliance

SOS – Settlement Orientation Services and Inland Refugee Society  
Vancouver Foundation  
Victoria Cool Aid Society  
Victoria Native Friendship Centre  
Victoria Police Department  
WestCoast Alternative Society  
White Buffalo Métis Services Society  
Worksafe BC  
Yellowhead Community Services  
YM/YWCA

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