



Integrated Chronic Disease Prevention: **IT WORKS !**

Mental Health and Chronic Disease

CDPAC's 4th Pan-Canadian Conference | Delta Ottawa City Centre | February 7-10, 2012

Mental Health has been specifically identified as a 2012 conference track for CDPAC's fourth pan-Canadian conference titled, "Integrated Chronic Disease Prevention: It Works!". This conference builds on CDPAC's previous three conferences and focuses on how individuals, organizations, strategies and sectors have collaboratively acted on the root causes of chronic disease in Canada.

The reciprocal relationship between mental health status and chronic disease is not well understood, but is one that is clearly essential to an integrated approach to chronic disease prevention. At CDPAC's 2012 conference, you will hear the state of thinking on the relationship from key speakers and moderators from the mental health field, including:

- » **Canadian Mental Health Association**
- » **Mental Health Commission of Canada**
- » **Centre for Addiction and Mental Health**
- » **Canadian Alliance on Mental Illness and Mental Health**

"Integrated Chronic Disease Prevention: It Works!" will feature a number of presentations on mental health and chronic disease:

Mental Health, Mental Illness & Chronic Disease

This plenary session will aim to raise people's awareness and understanding about mental illness as a chronic disease. It will explore several themes: the impact of chronic diseases on mental health, mental illness as a chronic disease, mental health promotion, and successful policy and practice interventions.

Integrating Mental Health and Chronic Disease: Using Knowledge Exchange Principles to Foster Collaboration

Given the significant relationships between chronic disease, mental illness and mental health, the purpose of the pre-conference workshop is to bring together experts in these fields to create a foundation for accelerated integration and collaboration. Objectives include enhancing understanding of promising innovations in knowledge exchange (KE), particularly around stakeholder engagement processes; fostering increased communication and the development of networks that integrate those working in the field; and exploring potential synergies and opportunities for collaborative action. Expected outcomes include faster and more widespread uptake of effective KE strategies; enhanced communication; and increased collaborative practice, research and policy/decision making.

Psychologically Healthy Workplaces

In this planned session, experts from the Mental Health Commission of Canada, the private sector and academia will discuss key issues and offer their recommendations for how Canada can work toward more "psychologically healthy workplaces". They will highlight resources available to assist employers in preventing stress and depression among employees as well as optimal approaches to helping employees living with mental health issues.

Global Action on Non-communicable Diseases – What Does it Mean for Canada?

Member states unanimously signed the UN Summit of the Declaration on the Prevention Non-Communicable Diseases (NCD) at the September 2011 UN NCD Summit, "Recogniz[ing] that mental and neurological disorders...are an important cause of morbidity and contribute to the global NCD burden...". A second summit, the World Conference on Social Determinants, is being held in October 2011. This plenary session focuses on the outcomes of the summits and what they mean in terms of implications for policy and action on NCDs and health inequities in Canada.

For more information or to register, please visit: www.cdpac.ca