

# Pathways to Promoting Mental Health:


A 2015 SURVEY OF ONTARIO PUBLIC HEALTH UNITS



## Survey objectives:

- To document characteristics, such as scope and resourcing, of mental health promotion (MHP) work being undertaken by PHUs across Ontario for the general population
- To identify specific activities currently being undertaken by PHUs to promote mental health in the adult population

**36**   
**PHUs**  
completed the survey

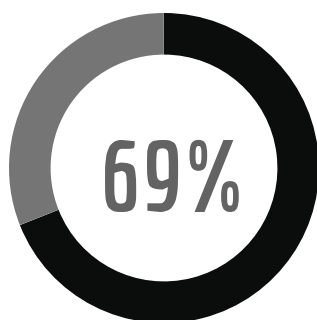
**100%**   
**of PHUs**  
are engaging in MHP activities

**88%**   
**of ACTIVITIES**  
align with the Ontario Public Health Standards

**272**

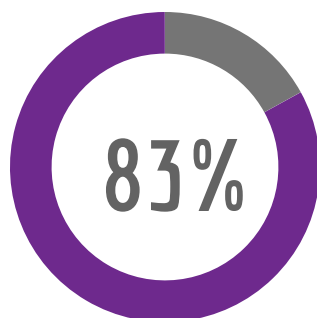
reported adult MHP activities:

Activities that involve partners



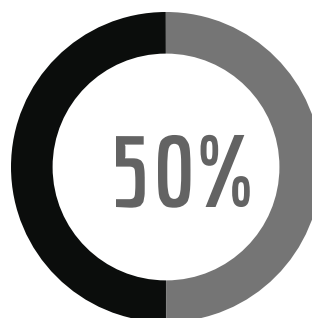
Respondents indicated that 188 activities (69%) involve partners (i.e. any organizations or agencies providing support for that initiative, including funding or human resources)

Activities with mandatory based program funding



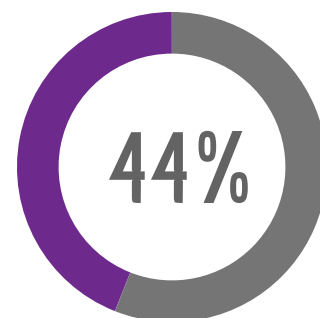
The most commonly cited source of funding was mandatory programs base funding (83% of activities) followed by funding from project partners (17% of activities)

Activities aligning with Family Health Standards



The highest proportion of reported activities were aligned with the Family Health Standards (50%)

Activities that have been evaluated



Respondents indicated that 119 activities (44%) have been evaluated. Respondents indicated that an evaluation is being planned for an additional 52 activities, or 19% of all activities reported

Full report on the CAMH Health Promotion Resource Centre website:  
<https://www.porticonetwork.ca/web/camh-hprc/pathways-to-mhp>

Funded by the Ontario Government.

**camh** HPRC CRPS  
Health Promotion Resource Centre Centre de ressources en promotion de la santé