

Winnipeg Regional Health Authority

MENTAL HEALTH PROGRAM

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DEFINING & DIFFERENTIATING

1. Mental Distress
2. Mental Health Problems
3. Mental Disorder

DEFINING & DIFFERENTIATING

MENTAL DISTRESS

- Very common
- We all experience it
- Usually not prolonged
- Does not substantively and consistently interfere with usual daily life
- Use usual interventions that aid adaptation
- Not an illness – does not need to be treated

DEFINING & DIFFERENTIATING

MENTAL HEALTH PROBLEMS

- Signal that adaptation is failing
- Can lead to significant/substantial difficulties in everyday life
 - i.e. prolonged grief reaction, acute stress reaction to trauma
 - Counseling helpful – evidence-based interventions i.e. CBT
 - Medication rarely or for short periods
 - Well-enhancing activities – yoga, exercise
 - Not a gateway to mental illness

DEFINING & DIFFERENTIATING

MENTAL DISORDER

- Meets internationally recognized medical diagnostic criteria (DSM/ICD)
- Characterized by syndrome identification
- Always associated with substantial and prolonged impairment of functioning in most areas of life
- May or may not have experienced a stressful life event prior to onset

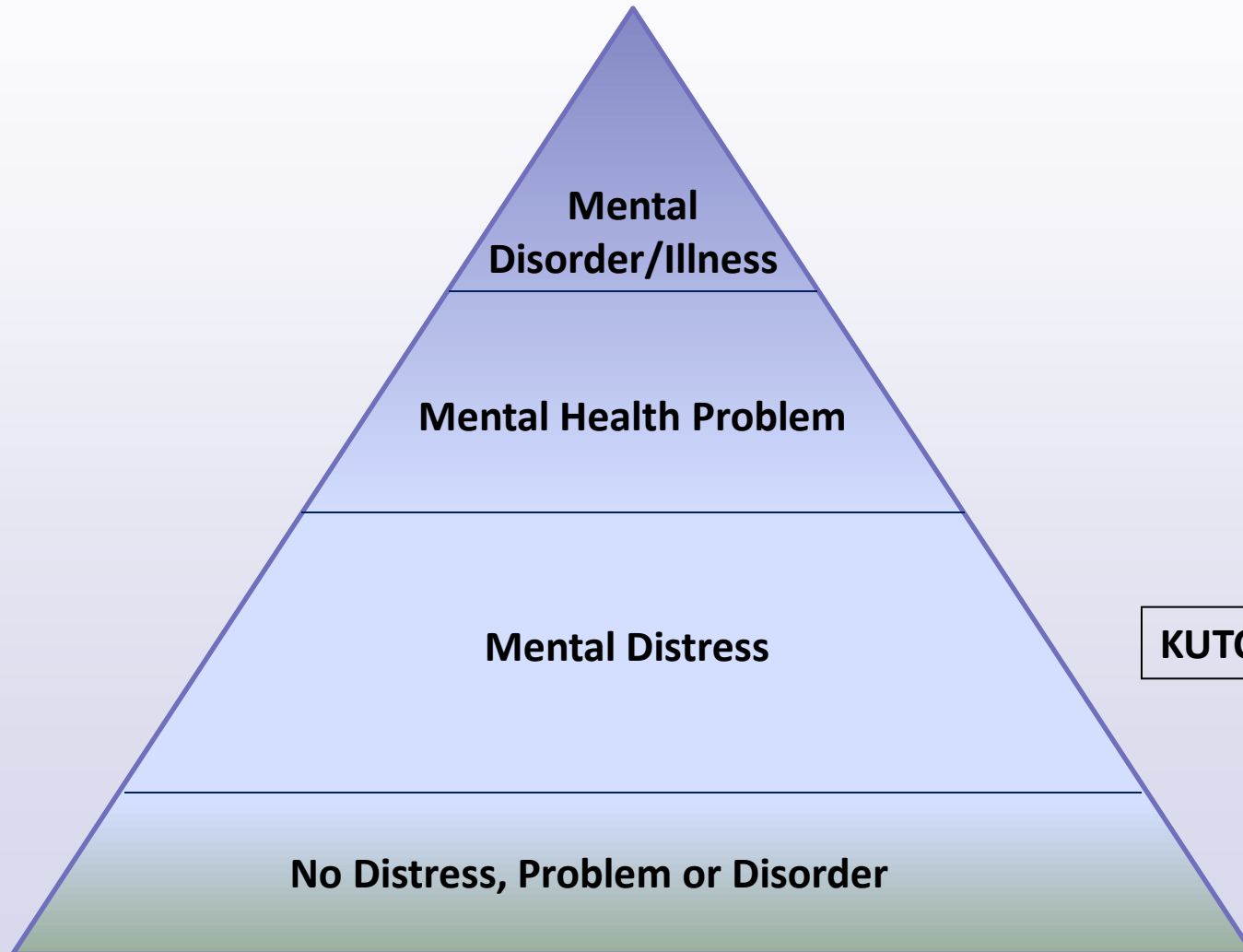
DEFINING & DIFFERENTIATING

MENTAL DISORDER (cont'd)

- The disorder itself leads to negative life events that accelerate the onset of symptoms
- Requires treatment – best evidence-based psychological interventions (CBT for depression) and sometimes medication (SSRI's anti-psychotics)

These states do not exist in a continuum or spectrum; people do not commonly pass from one state into the other.

THE INTER-RELATIONSHIP OF MENTAL HEALTH STATES



KUTCHER (2012)

WINNIPEG REGIONAL HEALTH AUTHORITY



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graph TD; A[WINNIPEG REGIONAL HEALTH AUTHORITY] --> B[CHILD AND ADOLESCENT MENTAL HEALTH SERVICES]; B --> C[HEALTH SCIENCES CENTRE (HSC)]; B --> D[MANITOBA ADOLESCENT TREATMENT CENTRE (MATC)];
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**CHILD AND ADOLESCENT MENTAL
HEALTH SERVICES**

**HEALTH
SCIENCES
CENTRE
(HSC)**

**MANITOBA
ADOLESCENT
TREATMENT
CENTRE
(MATC)**

CENTRALIZED INTAKE (CI)

Ph: 204-958-9660

CENTRALIZED INTAKE

WHO ARE THESE SERVICES FOR?

Children and adolescents (age 3 years up to 18 years) experiencing emotional or behavioral concerns, as well as symptoms of mental illness who live in the Winnipeg region.

Parents, families or caregivers seeking consultation and support services.

CENTRALIZED INTAKE

Who Can Refer to Centralized Intake?

- Parents, caregivers, doctors and/or counselors can make referrals.
- Self-referrals can also be made.
- Centralized Intake always contacts the legal guardian when the client is under 16 years.

**YOUTH ADDICTIONS
CENTRALIZED INTAKE (YACI)**

1-877-710-3999

ROLE OF YOUTH ADDICTIONS CENTRALIZED INTAKE (YACI)

- To provide a single entry point for families or community agencies across the province to call for information on youth addiction resources
- To assist families in accessing appropriate community or residential addiction services or where appropriate, re-direct to other appropriate resources

ROLE OF YOUTH ADDICTIONS CENTRALIZED INTAKE (YACI) (Cont'd)

- To assist parents/guardians in determining appropriateness of applying for an apprehension order under the Youth Drug Stabilization (Support for Parents) Act
- To assist parents/guardians in completing the application for apprehension

Questions



Winnipeg Regional Health Authority Child & Adolescent Mental Health Service

THANK YOU

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MATC, Chief Executive Officer
WRHA, Director, Mental Health Program**