



NEWS RELEASE

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Mental Health Commission of Canada Applauds Release of Report *Respect, Recovery, Resilience: Recommendations for Ontario's Mental Health and Addictions Strategy*

Calgary, Alberta, December 23 2010 – The Mental Health Commission of Canada (MHCC) applauds the release this week by the Honourable Deb Matthews, Minister of Health and Long-Term Care for Ontario, of the report *Respect, Recovery, Resilience: Recommendations for Ontario's Mental Health and Addictions Strategy* by the Minister's Advisory Group on the 10-Year Mental Health and Addictions Strategy.

"We enthusiastically endorse the Advisory Group's proposal to build on the MHCC's work in implementing more mental health promotion and anti-stigma best practices for children and youth providers, health providers, workplaces and senior providers," said MHCC Chair Michael Kirby. "I can see many potential areas of collaboration."

For example, the MHCC's 10-year anti-stigma/anti-discrimination initiative *Opening Minds*, is evaluating existing anti-stigma programs across the country to find out which strategies are the most effective in changing attitudes and behaviours. In Ontario, *Opening Minds* evaluated the Central Local Health Integration Network program called *Understanding the Impact of Stigma*, aimed at health care professionals. The preliminary results show that the program is having a positive impact in changing attitudes and behaviours, so it is now being replicated to support ER workers in six hospitals in British Columbia and Nova Scotia.

"We welcome the opportunity to partner with the people of Ontario to change attitudes toward mental health problems and improve services and support," said Louise Bradley, President and CEO, MHCC. "By working together, I know we will transform Canada's mental health system so that people who suffer from mental health problems can lead fulfilling and productive lives. This important Ontario report brings us another step closer to achieving that shared goal."

About the Mental Health Commission of Canada

The Mental Health Commission of Canada is a catalyst for transformative change. Our mission is to work with stakeholders to change the attitudes of Canadians toward mental health problems and to improve services and support. Our goal is to help people who live with mental health problems lead meaningful and productive lives. The Mental Health Commission of Canada is funded by Health Canada.

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