



IWK Health

Multisystem Adaptations for Climate Change on Child & Youth Mental Health

Presented on July 30, 2024, by:

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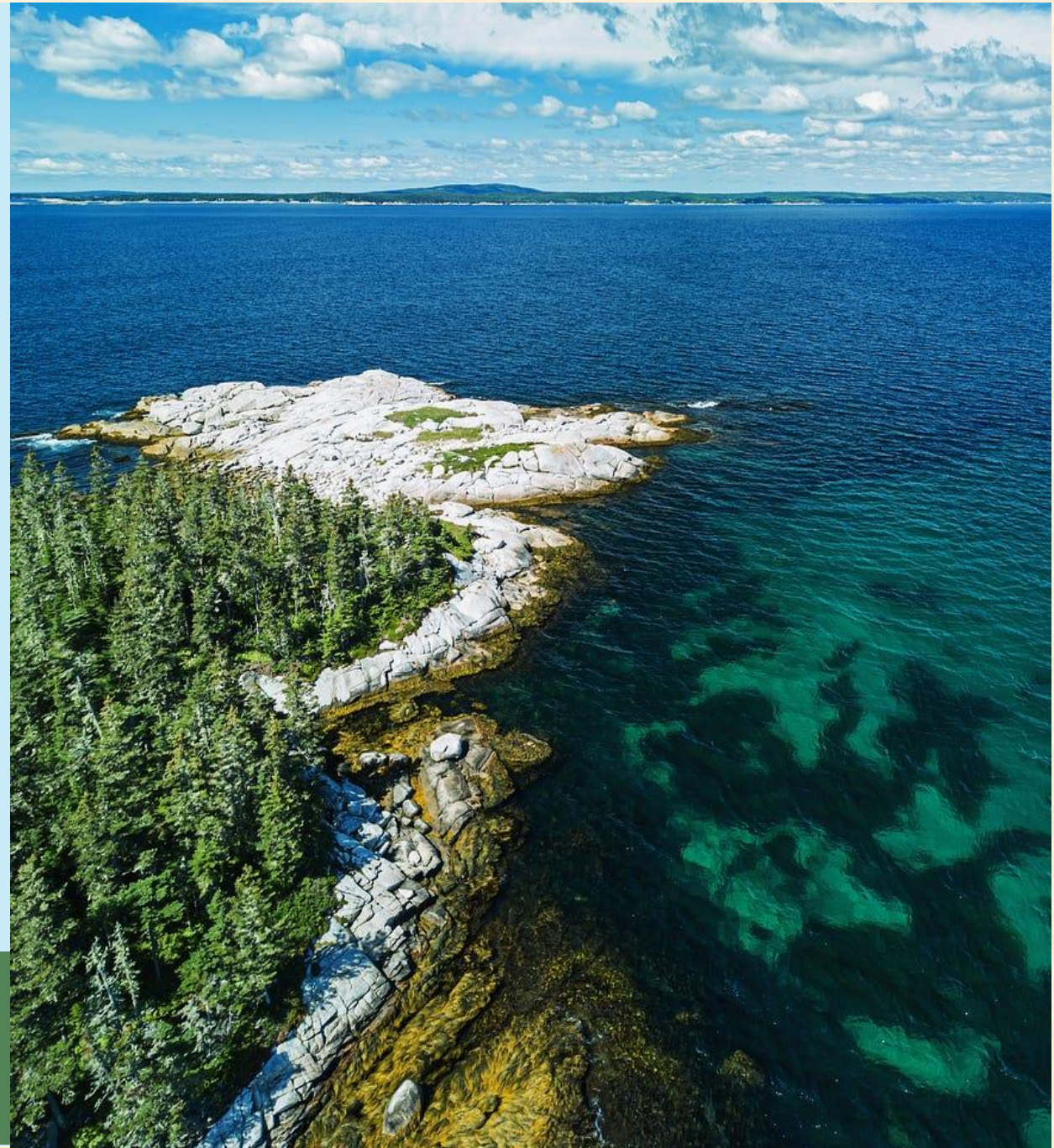
MI'KMA'KI

Seven districts of Mi'kmaq



Tajikeimik: to be healthy

Elukuti'kw wjit Naji-Wlo'Itinenew Utanminal.
We are working toward better health for all in our communities.



Land Acknowledgement

McGill University is on land which has long served as a site of meeting and exchange amongst Indigenous peoples, including the Haudenosaunee and Anishinabeg nations. We recognize and respects these nations as the traditional stewards of the lands and waters on which we meet today.





Project Team

Samayaa Seepaul – MPH Candidate, McGill University

Sarah Blades - Health Promotion Specialist, IWK MHA

Lila Pavey – Health Promotion Specialist, IWK MHA

Dr. Brittany Barber – CIHR Health System Impact
Postdoctoral Fellow IWK Health & Dalhousie University

“WHO’s” All Here?



In the chat we invite you to share:

- Your name
- Your organization & role:
- Does your work involve:
 - Children and youth
 - Health or Mental Health
 - Climate Change
 - Policy/Advocacy

Session Overview

- Welcome, Introductions, Framing (Lila) 10 mins
- Presentation of Scoping Review– (Samayaa) 40 mins
- Introducing the Collaborative Working Groups – (Sarah) 5 mins
- Working Group Session – (Lila/Samayaa, Sarah/Brittany) 40 mins
 - 3 questions x 10 mins each
 - Regroup
- Final Thoughts & Next Steps – Samayaa/All– 10 mins

IWK – MHA Health Promotion Team

IWK Health Mission

To passionately pursue a *healthy future* with women, children, youth and families in all their diversity through excellence in care, research and innovation and applied learning

MHA Health Promotion Vision

To influence, create and strive for equitable conditions for healthy, thriving and engaged communities *that result in positive mental health and wellbeing for children, youth, and families*

- Social Determinants of Mental Health
- Children's Rights
- Built Environment
- Health Equity

Why are we here today?

Have you thought about this....

- ❖ Placing an emphasis on children as a vulnerable population
- ❖ Opportunities for increased advocacy of children's health in NS policy

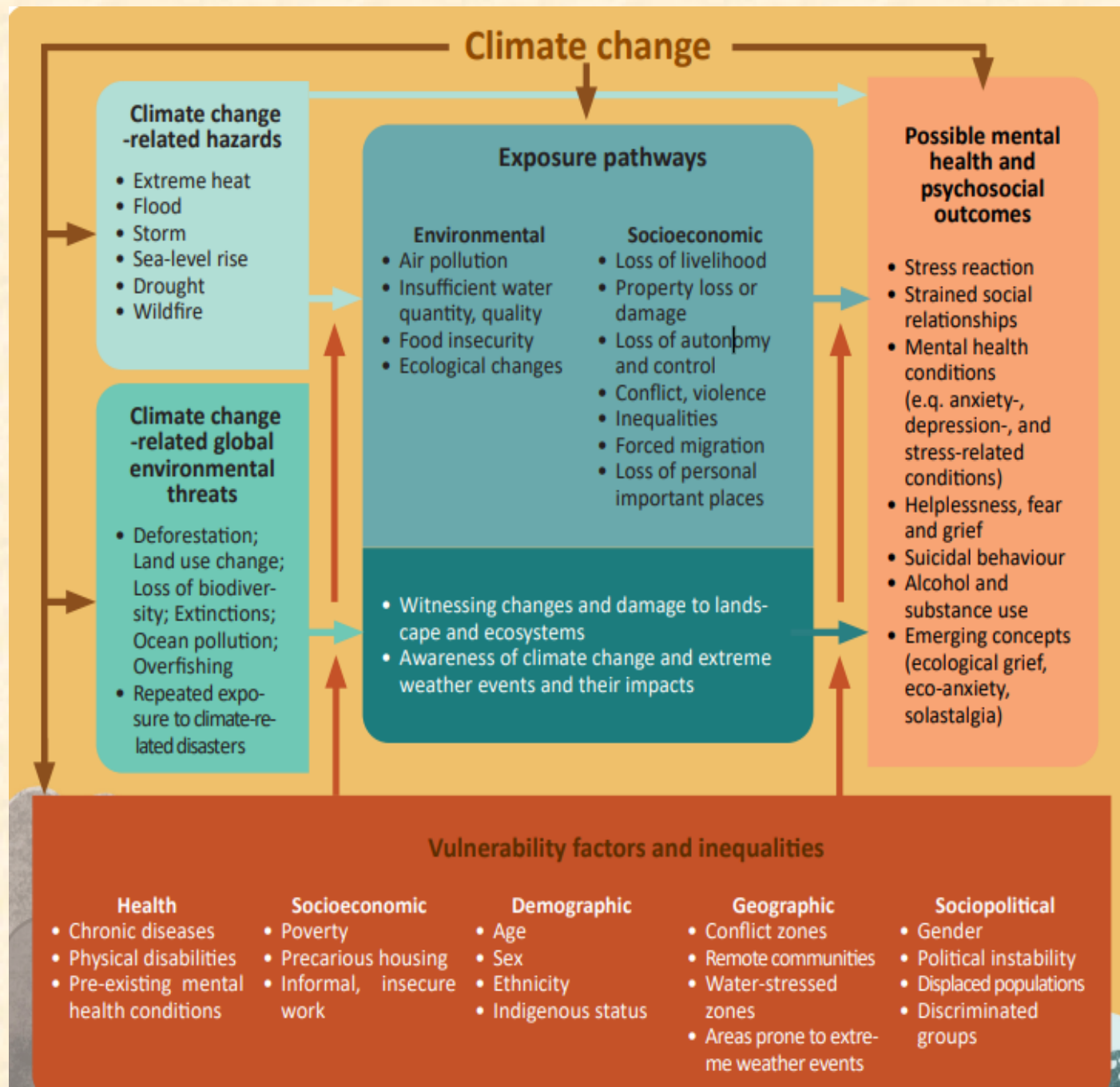
We want to....

- ❖ Bring an awareness of possibilities of the application children's rights lens to Influence on future policy/ Inspire action

What can this look like?

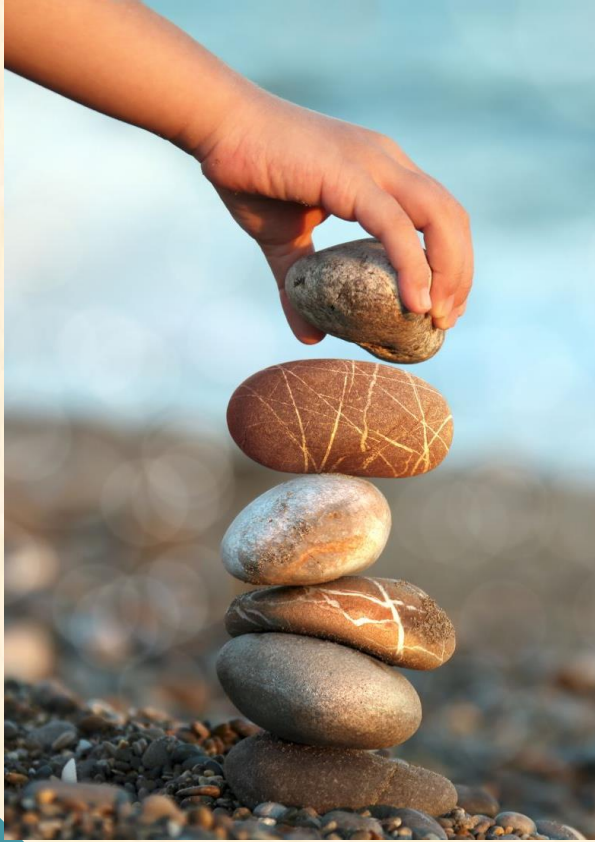
- ❖ Increase in partner awareness, reduction in poor mental health outcomes for children and youth
- ❖ Enable this research to influence climate work in Nova Scotia





Vulnerability factors and inequalities

Health	Socioeconomic	Demographic	Geographic	Sociopolitical
<ul style="list-style-type: none"> • Chronic diseases • Physical disabilities • Pre-existing mental health conditions 	<ul style="list-style-type: none"> • Poverty • Precarious housing • Informal, insecure work 	<ul style="list-style-type: none"> • Age • Sex • Ethnicity • Indigenous status 	<ul style="list-style-type: none"> • Conflict zones • Remote communities • Water-stressed zones • Areas prone to extreme weather events 	<ul style="list-style-type: none"> • Gender • Political instability • Displaced populations • Discriminated groups



Children's Rights Lens

Child Policy Lens

A Tool for Parliamentarians



United Nations

unicef 
for every child

How we're experiencing Climate Change:

ATLANTIC | News

Halifax warns against swimming at several beaches due to high bacteria levels

Exams at North Queens Community School moving due to heatwave

Bridgewater, NS, Canada / CKPW

[Evan Taylor](#)

Jun 18, 2024 | 3:13 PM

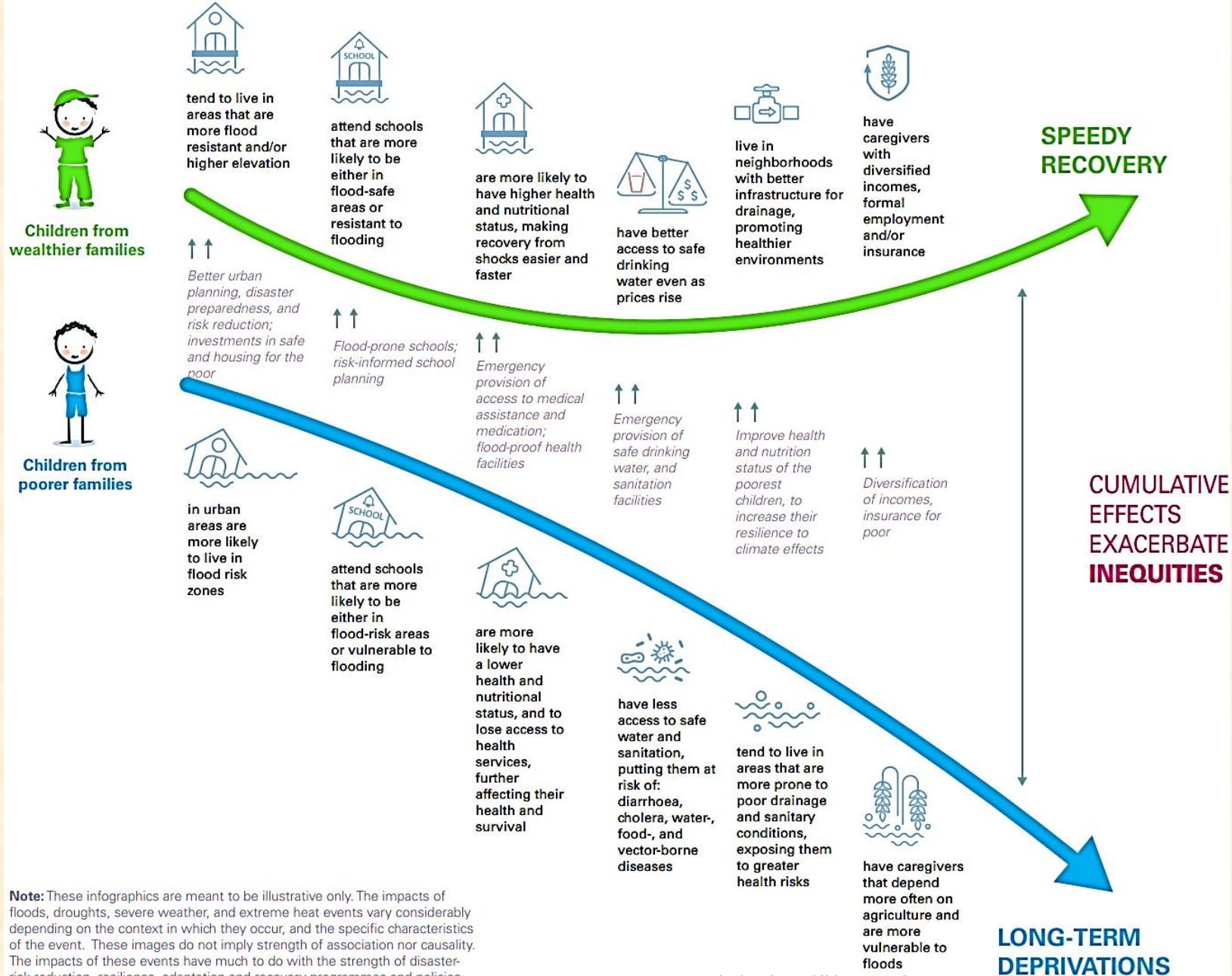
Canada

Extreme heat days are overheating schools more often – and experts say it needs our attention

Kids suffer when their classrooms get too hot, and climate change means that'll happen more often

[Jessica Wong](#) · CBC News · Posted: Jun 18, 2024 5:00 AM ADT | Last Updated: June 19

Climate Change Exacerbates Inequities



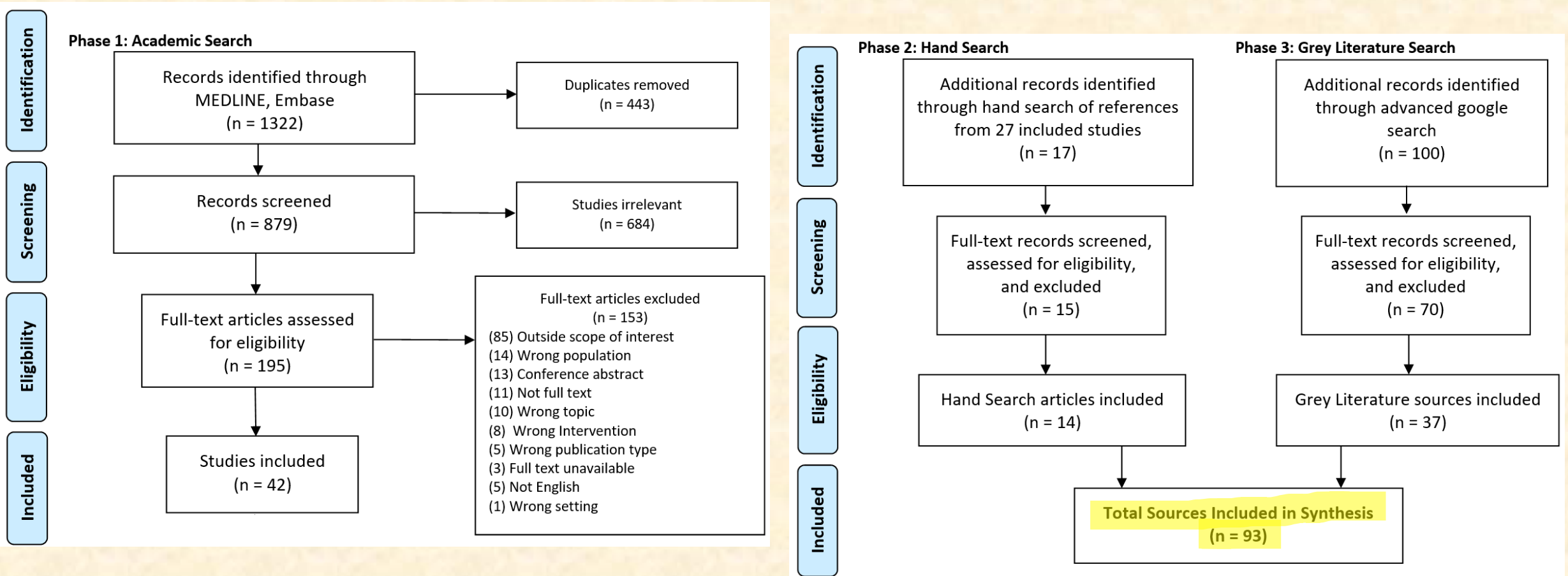
Note: These infographics are meant to be illustrative only. The impacts of floods, droughts, severe weather, and extreme heat events vary considerably depending on the context in which they occur, and the specific characteristics of the event. These images do not imply strength of association nor causality. The impacts of these events have much to do with the strength of disaster-risk reduction, resilience, adaptation and recovery programmes and policies.

A Rapid Scoping Review



- Partner engagement & refining research questions
- Mixed methods approach– Academic and Grey Literature
 - ❖ Search strategy
 - ❖ Screening
 - ❖ Data extraction
 - ❖ Data analysis & synthesis
 - Coding structure: Ecological determinants of health framework

PRISMA Diagram



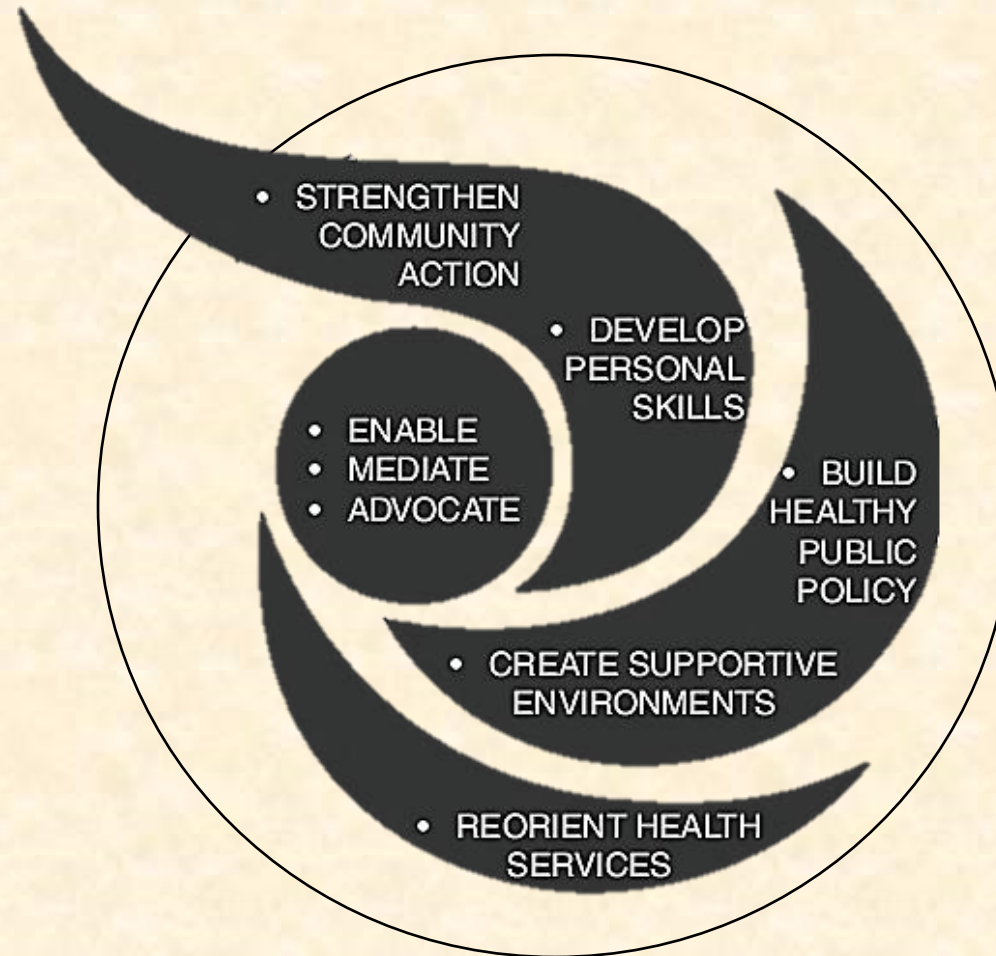
General Trends in the Literature

1. Climate change and children & youth research had an abundant focus on :
 - a. *Mitigating strategies*
 - b. *Climate impacts to health*
 - c. *engagement/empowerment*
 - d. *eco-emotions/climate anxiety*
 - e. *education, curricula and climate literacy*
2. Mental Health articles mostly cited the 2021 Intergovernmental Panel of Climate Change Report
3. Paucity of child and youth considerations in climate preparedness and adaptation.
4. Some of the literature did indicate **potential protective factors and positive outcomes**
5. Indication that **child rights lens and health equity approach to adaptation is needed**



Highlighted Climate Change Systems Adaptations for Children and Youth

The Ottawa Charter for Health Promotion Framework



Ecological Determinants of Youth Mental Health (Oswald and Langmaid 2021)

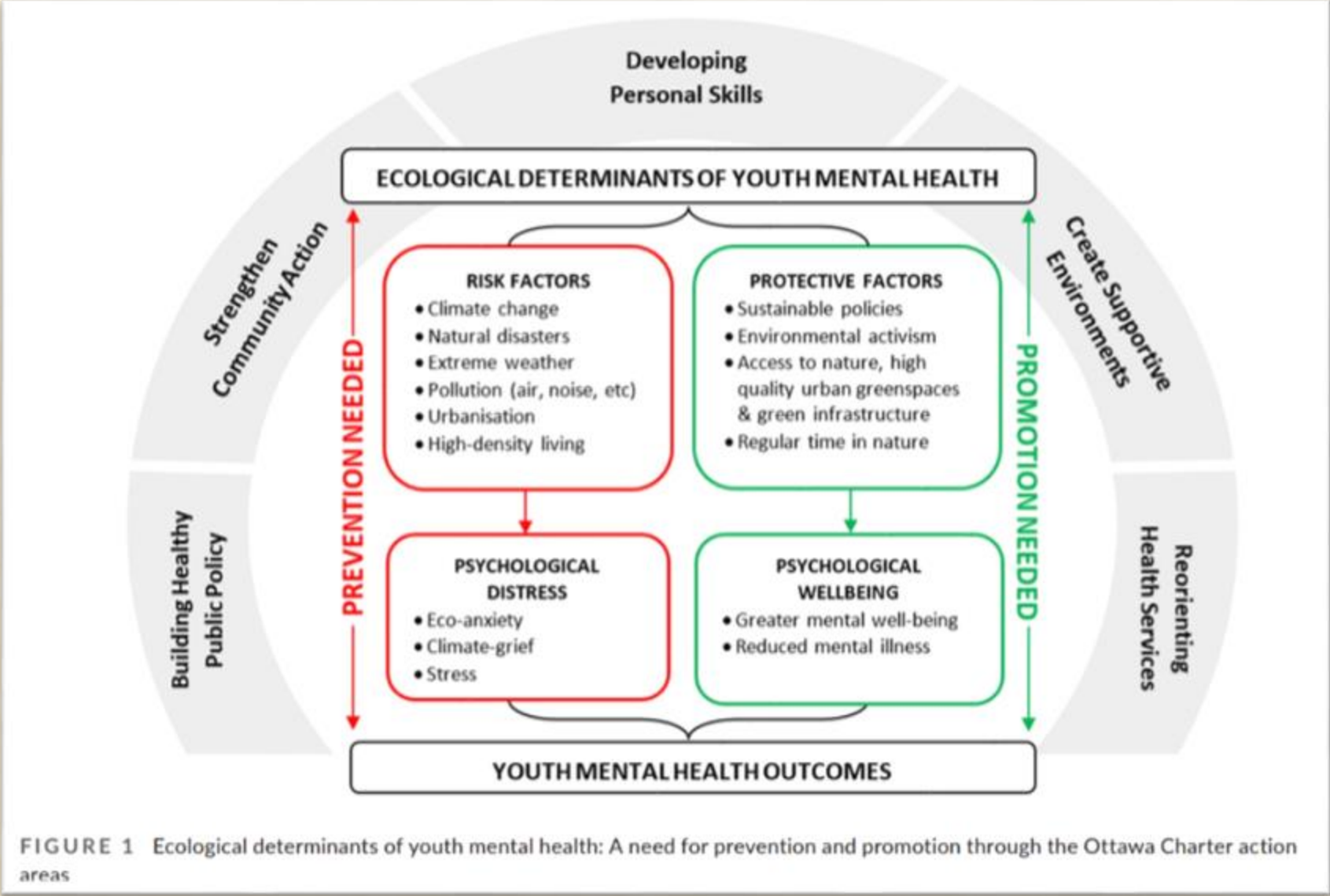
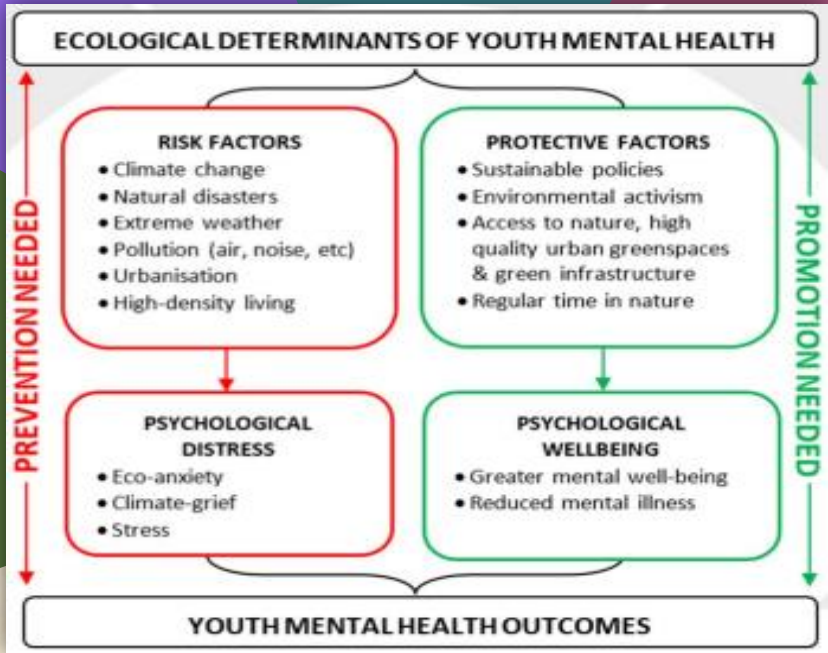
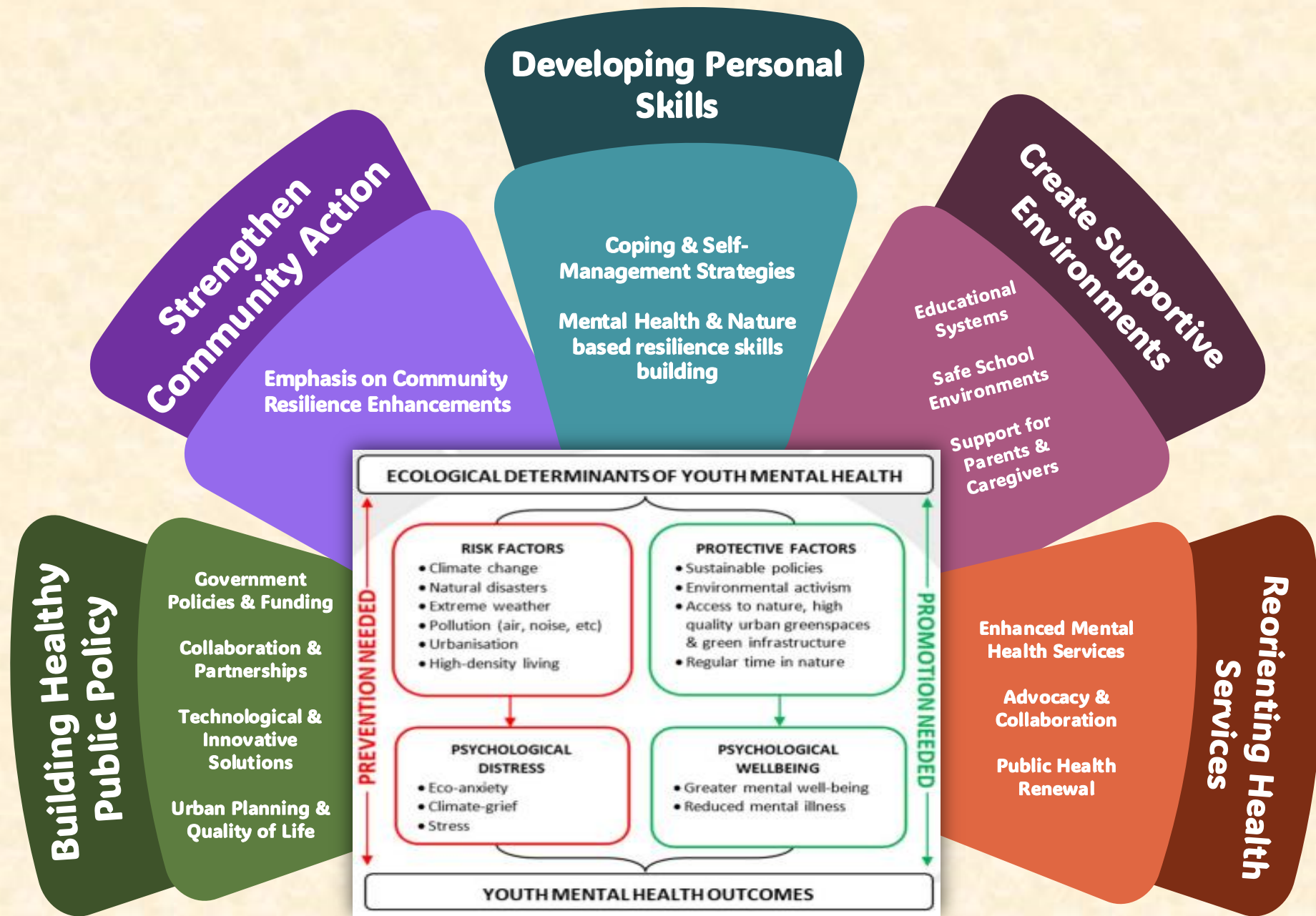



FIGURE 1 Ecological determinants of youth mental health: A need for prevention and promotion through the Ottawa Charter action areas

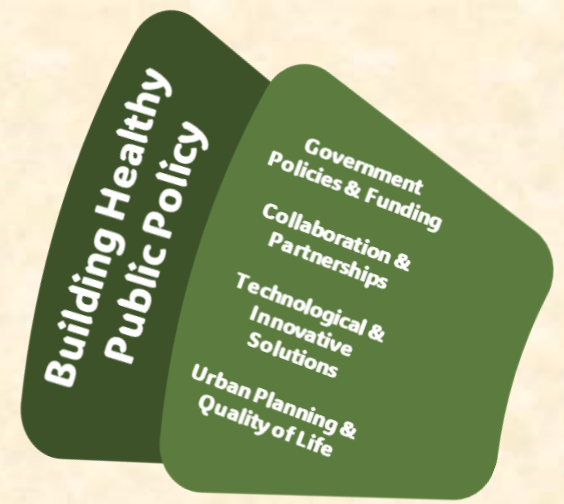


Adapted Framework



Examples of recommendations from literature

Building Healthy Public Policy



Government Policies, Funding & Systems

Recommendations:

- ✚ Adopt a Child Rights Impact Assessment (CRIA) for climate planning and strategy development
- ✚ Scale-up funding specifically for mental health services for children and youth in the context of climate change.
- ✚ Advocate for addressing energy poverty

Strengthen Community Action



Community Resilience Programs

Recommendations:

- ✚ *Building and Strengthening Community Networks*
- ✚ *Planning for disasters and heat*
- ✚ *Empowering youth in disaster planning and response*

Developing Personal Skills

Developing Personal Skills

Coping & Self-Management Strategies

Mental Health & Nature based resilience skills building

Coping & Self-Management Strategies

Recommendations:

+ *Incorporating Mindfulness Practices*




+ *Mental Health & Nature based resilience skills building*

Create Supportive Environments



Educational Systems

Recommendations:





-  *Climate Resilient Infrastructure*
-  *Invest in Third Space Places*
-  *Integration of Climate Education*

Reorienting Health Services



Public Health Renewal

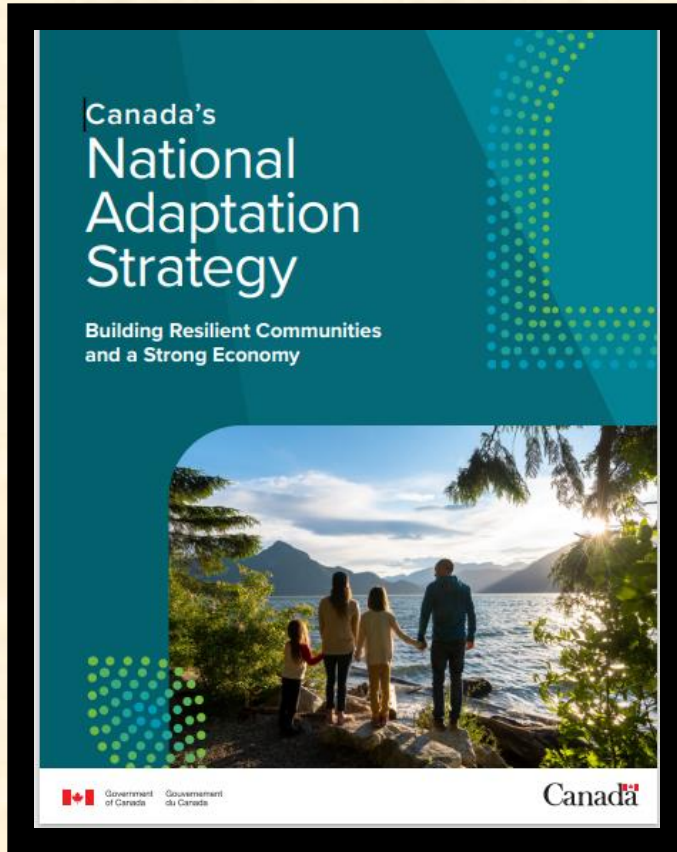
Recommendations

-  *Amplify Child Health Voices*
-  *Use Environmental Health Tools*
-  Promote health & wellness via Social Prescribing
-  *Conduct Equity-Informed Assessments*

A snapshot: across government levels

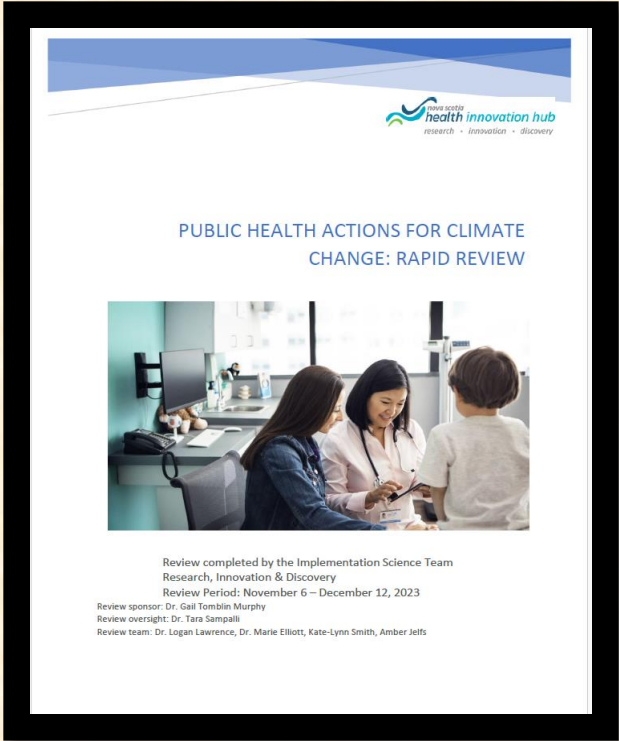
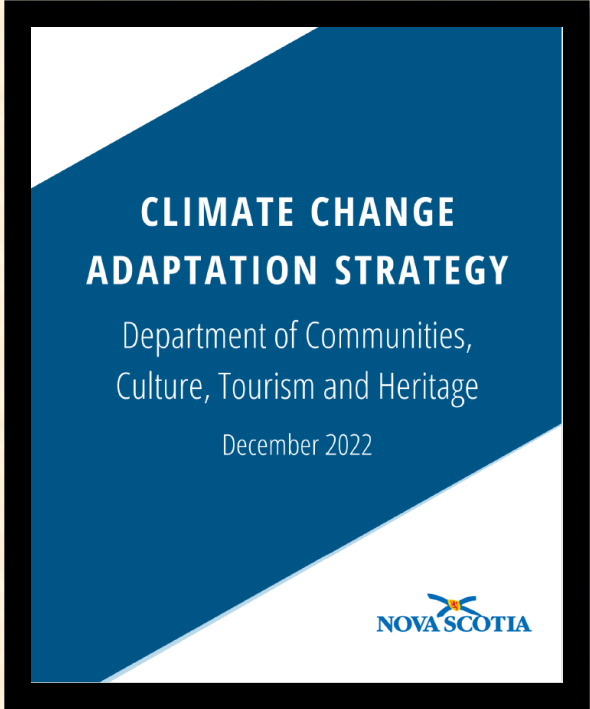
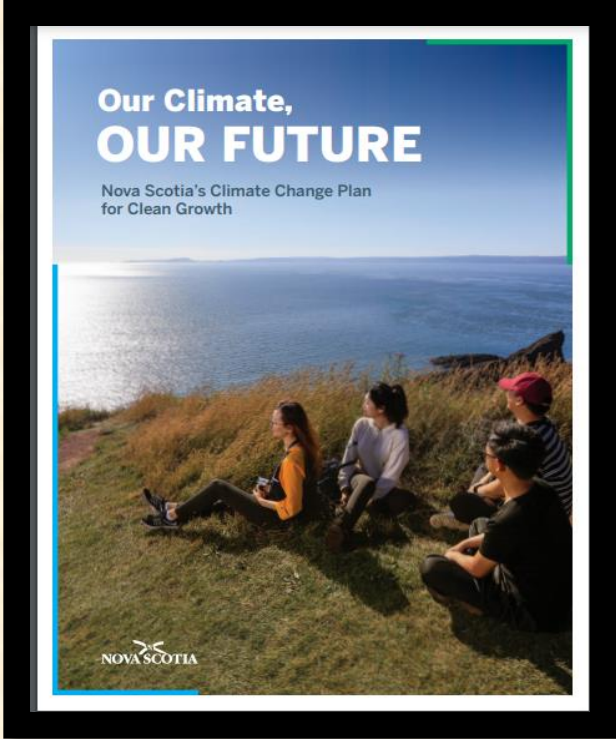
- A lot of strong climate related work happening federally, provincially, municipally
- Only a few documents highlighted for the purposes of a quick snapshot
- Many partners alluded to emerging work pertaining to climate adaptation strategy development

At the Federal Level

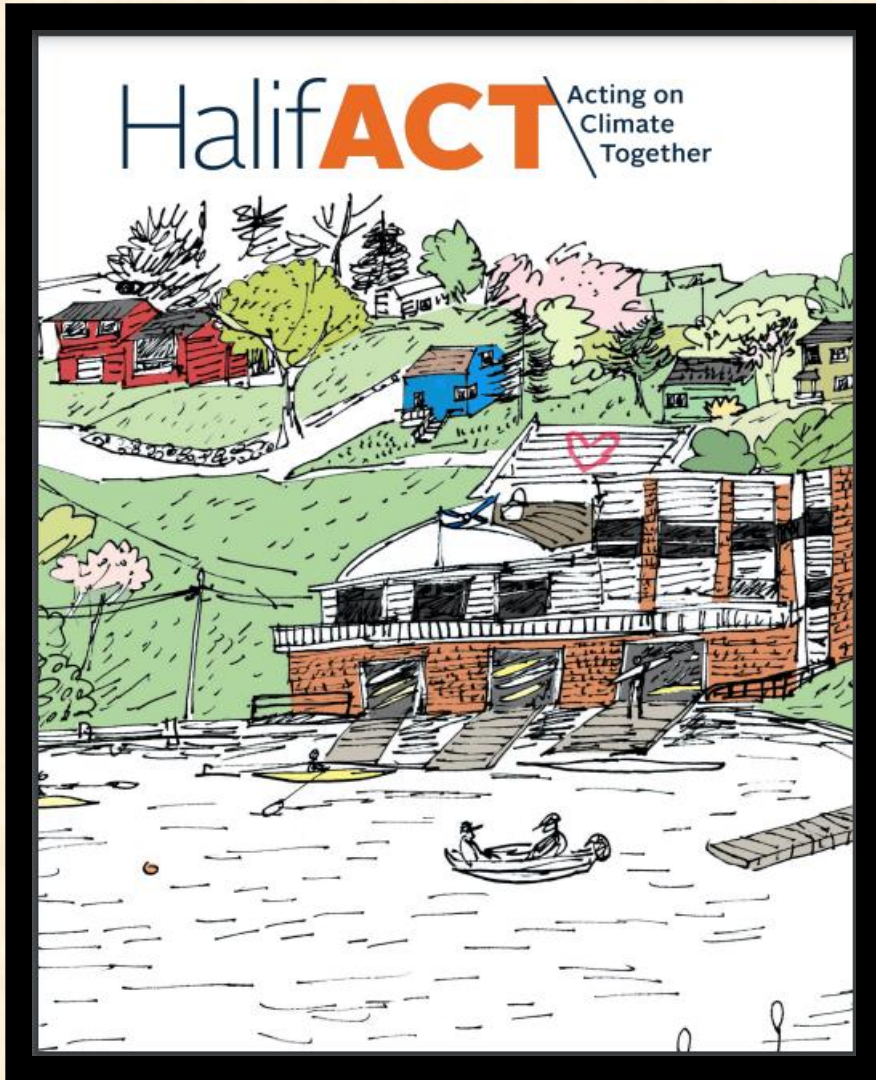


- ✓ Youth are mentioned in both documents
- ✓ Includes key points on impacts, vulnerability, equity, adaptations, health promotion, integration of ecological determinants

At the Provincial Level



At the Municipal Level



- ✓ Climate adaptation strategies for business units are in the works
- ✓ Identified children as vulnerable population with need to increase the resilience of infrastructure
- ✓ Youth mentioned for participation and engagement in developing the plan and to highlight youth employment opportunities.



CASE EXAMPLE:

Canada's first Climate Ready School

Irma Coulson Public School, Milton, Ontario

- Climate Resilience
- Learning
- Health and Wellbeing
- Community Engagement

Future Directions For Nova Scotia



-
- Increase a **health equity and child & youth mental health focus** at all levels of government, naming children and youth as a priority population
 - Integrate **Child Rights Impact Assessment Tools** to adaptation strategy planning and development to ensure a **consistent focus** that translates to **implementation action**
 - **Prioritize and invest** in systems and structures that support children and youth mental health in adaptations/resilience/preparedness

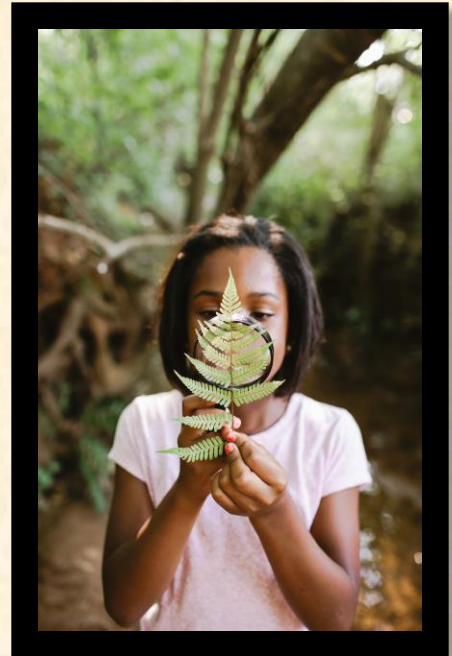
Conclusions and Recommendations

- Climate change has direct and indirect impacts on children and youth mental health
- Adaptations across multiple systems are possible and needed
- Child and youth and equity lenses to climate work required





Collaborative Working Session





**Is there anything
happening in your
work that includes
climate change and
child & youth mental
health?**



What are examples of barriers to advocacy for child & youth mental health in your work to address climate preparedness?



What steps or policies can we contribute to more effective support for child and youth mental health in the context of climate change adaptations?

3

**Do you have
additional resources
or ideas to share?**





Breakout Rooms

Cross pollination of ideas

- Key take aways
- General reflection



Next Steps for our project

- Provide a brief summary of today's working group discussions
- Finalize study and analysis
- Write an article aimed for academic publishing
- Develop a short policy brief/infographic to share
- Keep the conversations going

**Please share your suggestions
for knowledge exchange
opportunities in the chat!**



Thank you

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