Dear partners,

Did you know that? Men are overrepresented in several of the main causes of death in Quebec: accidents, suicides, tumours, circulatory diseases, etc. They are also proportionally less likely than women (73% vs. 84% in 2010–2011) to have a family doctor. Finally, men are less likely than women to receive general psychosocial services at a CLSC.

For these reasons, and many others, the field of men’s health and well-being has gradually carved out a place for itself in clinical services in Quebec and is still developing.

On the occasion of Quebec Men’s Health and Wellness Day, the Public Health team would like to put its shoulder to the wheel by dedicating the theme of its newsletter to this topic.

Enjoy your reading!

The editorial team
For the past few years, organizations and entities have been focusing on the role of fathers, their importance in the family and their holistic health in order to better respond to their needs.

Here are some of the highlights of the survey conducted in March 2022 by SOM, for the Regroupement pour la Valorisation de la Paternité (RVP), among fathers in several regions of Quebec. The objective of the survey was to better define the notion of vulnerability among fathers, based on their background and experiences in this role.

The first result that emerged was that 17% of Montreal fathers had a high psychological distress index (PDI), compared to 13% of Quebec fathers. The higher the PDI, the more likely an individual is to be vulnerable, and therefore in need of support. In addition, 10% of Montreal fathers reported having had suicidal thoughts in the past year, compared to 7% of Quebec fathers overall. The percentage of fathers with suicidal ideation rises to 30% among fathers with a high PDI.

The COVID-19 pandemic highlighted the concept of resilience in individuals; the propensity to recover quickly or easily from an ordeal. In the survey, nearly 23% of Montreal fathers were low resilient, 57% were moderately resilient and 20% were highly resilient. In Quebec as a whole, 17% of fathers have low resilience, 62% normal resilience and 21% high resilience.

The survey also identified five factors related to greater distress, with rates even higher among Montreal fathers than those in the rest of the province:
- Being a victim of childhood violence
- An unsatisfactory co-parenting relationship
- A lack of confidence in one's parenting skills
- The absence of support from family and friends in their parenting responsibilities
- The low use of psychosocial support resources are all factors that increase vulnerability among Montreal fathers.

In conclusion, this survey has highlighted the fact that a large proportion of Montreal fathers are vulnerable in their role as fathers compared to all Quebec fathers. It is therefore necessary to focus on the availability and accessibility of support and accompaniment services for parenthood, but also on the importance of implementing targeted strategies to reach these fathers.

Source: Regroupement pour la Valorisation de la Paternité (RVP) - Montreal Survey on Vulnerability in the Context of Fatherhood: Highlights - SOM Survey, March 2022

Read the highlights (French)
TALK, IT FEELS GOOD.

By Annick Bellavance
Executive Director, Regroupement provincial en santé et bien-être des hommes (RPSBEH)

The theme of this year’s Quebec Men’s Health and Wellness Day (QMWHD) is “Talk is Good. This is the 9th edition of the QMWHD and is held in conjunction with International Men’s Day. It is celebrated since 1999 throughout the world. In Quebec, it is a campaign that is coordinated by the Regroupement provincial en santé et bien-être des hommes (RPSBEH).

Since 2011, the RPSBEH has been working to improve the health and well-being of men. The RPSBEH collaborates with organizations serving men, regardless of reason, age, background, or sexual orientation.

Men’s health and wellness issues are of concern for the following reasons:

- **Men are slow to seek help, even when they express concern about their own mental health.** Following the pandemic, only one in four men who experienced high psychological distress sought psychosocial counselling. (Source: SOM 2021 Survey)
- **Men have little knowledge of resources that can help them.** Approximately 69% of men are not aware of resources they could turn to in times of need. (Source: SOM 2021 Survey)

Thus, the campaign, which promotes the JQSBEH, takes place over 10 days and allows to normalize the request for help and to put the spotlight on the resources available throughout Quebec. Community resources are complementary to the health network and offer an alternative to men. These organizations are rooted in their environment and are well aware of the realities of men in their locality. Consult the microsite for a list of resources: https://alecoutedeshommes.com

Here is a link to one of our capsules broadcast during the campaign. This capsule presents statistics from a survey conducted among Regroupement members in 2020-2021. It illustrates the reasons and the theme of the campaign: Talking is good for you.

Click here to watch the video

For more information, to become a member or to refer a member, contact the Executive Director of the RPSBEH, Annick Bellavance: 819-314-4497 or direction@rpbsbeh.com
THE ORGANIZATION OF SERVICES IN MEN’S HEALTH AND WELLNESS

By Annick Simard, Senior Clinical Advisor
Rehabilitation and Multidisciplinary Services
CIUSSS respondent for Men’s Health and Wellness

Men’s health and wellness (MHW) became a concern of the Quebec government when numerous research studies conducted in the 2000s showed that:

- Men use social services less than women (9.5% vs. 15.1% in 2010–2011) [1] and when they do, it is often as a last resort or in a crisis situation [2];
- Men are overrepresented in many of the leading causes of death (accidents, tumours, circulatory diseases, etc.);
- They represent three quarters of completed suicides in Quebec [3];
- They adopt risky behaviours and have poorer lifestyle habits [4];
- Perinatal and, more broadly, family or child services would benefit from being adapted to support fathers’ involvement [5];

Both in Quebec and elsewhere in the world, research has shown the importance of adapting services within organizations to better reach men and better meet their needs. Men’s health has been identified as requiring special attention.

The Ministère de la Santé et des Services sociaux (MSSS) mobilized the province’s institutions to ensure that the Men’s Health and Wellness (MHW) has a representative appointed in each CISSS and CIUSSS.

A provincial action plan (2017-2022-3) has been put in place with the following orientations:

- **Orientation 1**: Better reach the male population through promotion and prevention strategies
- **Orientation 2**: Adapt services to improve access and meet men’s needs
- **Orientation 3**: Improve understanding of men’s dynamics and practices to meet men’s needs.

The institutions built on this action plan to create their own local action plan.

In Montreal, the CIUSSS decided to collaborate with non-merged institutions and community organizations dedicated to men’s services to develop a regional action plan. Respondents from CIUSSS, non-merged institutions and community organizations meet four times a year to develop joint projects.
This collaboration was fruitful because the Regional Committee, with the budget allocated to it by the MSSS, was able to:

- Create or revise tools for intervention with men, available on the BHWP website:
  
  https://www.polesbeh.ca/diffusion/coffre-outils-pour-hommes

To fund research projects or surveys, including:

- Access to health care services for gay and bisexual (trans and cisgender) men in Montreal (Centre de Recherche en Santé publique)
- Portrait of Health and Social Services Utilization: Perspectives of Immigrant Men (SHERPA)
- Tool to raise awareness of the realities of immigrant men and to adapt practices with this clientele (SHERPA)

In order to adapt services to the different clienteles of men, each clinical directorate has its own sub-committee. This allows the directorates to better adapt their services to the men they serve. They also aim to become autonomous in terms of training by having trainers in their departments who will sensitize staff to the approach to be developed with men.

Facilitating and supporting the implementation of simple and concrete interventions for male clients can have a significant positive impact. Let's support men so that they use the services they can benefit from.

At the local level, the CIUSSS West-Central Montreal has a local SBEH committee on which each clinical directorate has a representative and on which a community representative is present. We have established an action plan whose priority for the moment is to train professionals in working with men. The “Intervening with men” training is 2 days long and is mainly aimed at psychosocial workers who follow-up men. Training sessions more adapted to other health professionals and of a much shorter duration are to come. The training is given by workers from the CIUSSS West-Central who have been trained as trainers.

The Local Committee also aspires to develop a strong partnership with community organizations. The CIUSSS West-Central Montreal is currently collaborating with the Men’s Resource Centre of Montreal (MRCM) by lending its premises so that the MRCM can offer workshops for men (life assessment and anger management). Other projects are to be developed.

References


INFO-SOCIAL FOR CHILDREN FROM 0 TO 17 YEARS OLD

An Info-Santé service is now available for children aged 0 to 17.

What to do if your child is sick?

Please contact Info-Santé by dialing 811 and selecting option 1. This is a priority line for parents of children aged 0 to 17.

A nurse will assess your child's situation and can advise you.

For more information and to know when to consult the emergency, click here.

The Public Health team wishes all our partners Happy Holidays!
OTHER RESSOURCES

Men's Health and Wellness Community Service Centre from the group of men's organizations on the Island of Montreal (regroupement des organismes pour hommes de l'Île-de-Montréal)
Click here

Resource Map from the Provincial Men's Health and Wellness Group
Click here to view

Hommes Québec : Click here
Guide de suivi des hommes : Click here

COMMUNITY ANNOUNCEMENTS

Office de protection du consommateur – Information and prevention tools for immigrants
- the opc.gouv.qc.ca/immigrants web page, which is full of useful tips and warnings on a variety of consumer-related topics;
- the brochure Être un consommateur averti au Québec promoting the Office's services that you can order free of charge and distribute to your clients.
- Stakeholder webinar on rules for specific consumer sectors

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