



Improving the Health of Canadians: Mental Health, Delinquency and Criminal Activity

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Presentation Outline

1. Overview of the Canadian Institute for Health Information (CIHI) and the Canadian Population Health Initiative (CPHI)
2. Highlights from *Improving the Health of Canadians: Mental Health, Delinquency and Criminal Activity* (April 2008)



Canadian Institute for Health Information (CIHI)



- **Who:** an independent, not-for-profit organization providing essential data and analysis on Canada's health system and the health of Canadians
- **What:** comparable information; databases supported by standards; pan-Canadian analyses
- **When:** opened its doors in 1994
- **Where:** Victoria, Edmonton, Toronto, Ottawa, Montréal and St. John's
- **How:** through partnerships with stakeholders



CPHI Mission

- To foster a better understanding of factors that affect the health of individuals and communities
- To contribute to the development of policies that reduce inequities and improve the health and well-being of Canadians



CPHI's Key Themes 2007–2010

Mental Health & Resilience



Reducing Gaps in Health



Place and Health



Promoting Healthy Weights



Improving the Health of Canadians Report Series on Mental Health

Series of three reports on the theme of mental health and how mental health is linked to the determinants of health

- Two reports will focus on segments of the population often identified as ‘vulnerable’
- Final report will focus on the construct of positive mental health

Report	Release Date
Report #1: <i>Mental Health and Homelessness</i>	August 30, 2007
Report #2: <i>Mental Health, Delinquency and Criminal Activity</i>	April 29, 2008
Report #3: <i>Promoting Positive Mental Health</i> (working title)	February 2009



Improving the Health of Canadians: Mental Health, Delinquency and Criminal Activity

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Section One

- ***Looks at what mental health–related factors at the individual, family, school/peer and community levels are risk factors for or protective factors against delinquency among youth***



Section Two

- Looks at people with a mental illness who were or are involved with the criminal justice system (that is, in a mental health bed with a criminal history or in a correctional facility with a mental illness)



Delinquency Among Canada's Youth

What Does the Data Tell Us?



Self-reported Aggressive Behaviour Among Youth Aged 12-15, 2004-2005

<p>Aggressive Behaviour: A score based on responses to the following six items:</p> <ul style="list-style-type: none"> i. I get into many fights, ii. I react to accidents with anger, iii. I physically attack people, iv. I threaten people, v. I bully or am mean vi. I hit others my age. 	Often	10%
	Some	34% *
	None	56% *

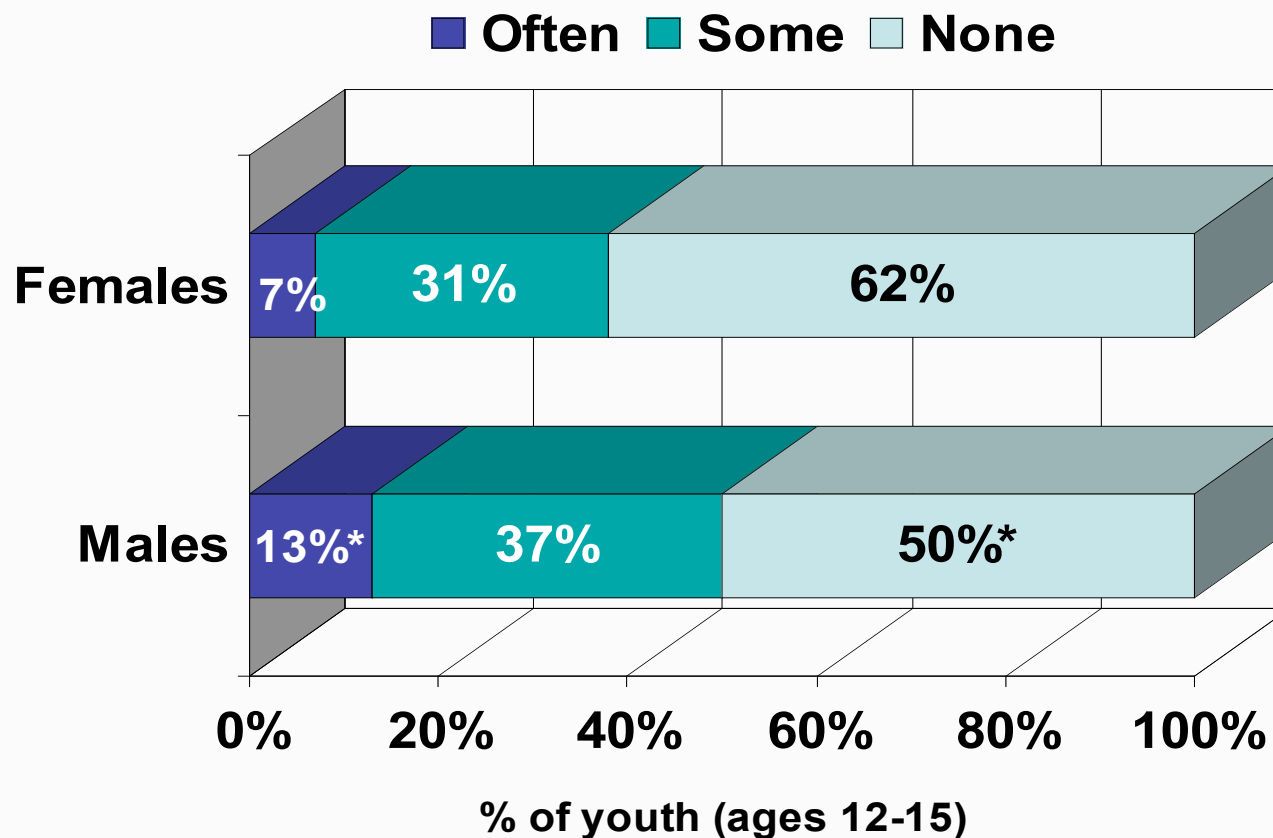
Source: CPHI Analysis of NLSCY (cycle 6, 2004-2005).

Note: These rates are based only on the 86% of youth who responded.

* Significantly different from “often” at $p < 0.05$.



Self-reported Aggressive Behaviour Among Males and Females Aged 12-15, 2004-2005



Source: CPHI Analysis of NLSCY (cycle 6, 2004-2005).

Note: Only among n = 3,768 responses (excludes non-response).

* Significantly different from "females" at $p < 0.05$.

Mental Health, Delinquency and Criminal Activity:

Relationships at the Level of Individual, Family, School/Peer and Community

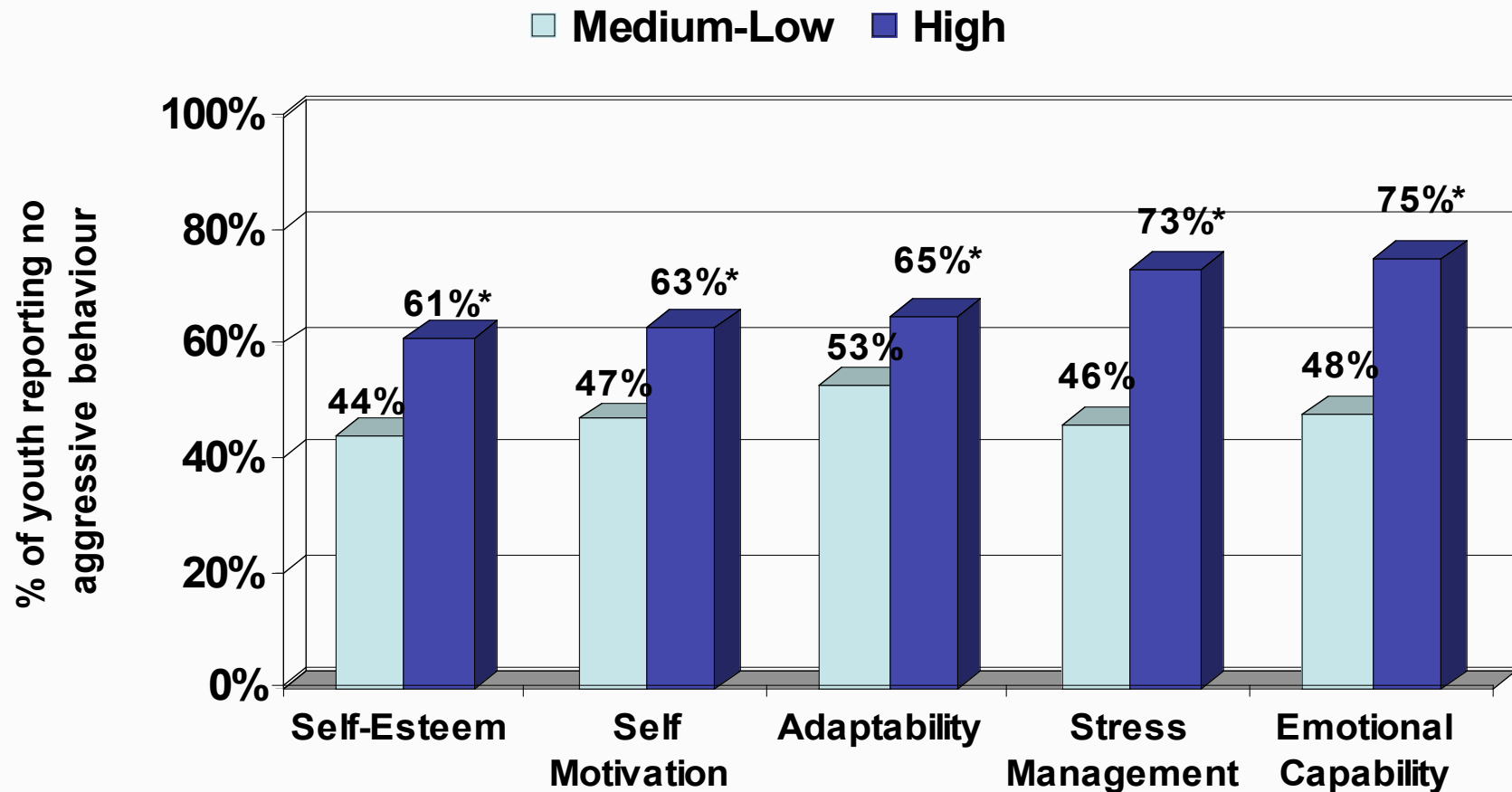


Mental Health, Delinquency and Criminal Activity: Individual Level

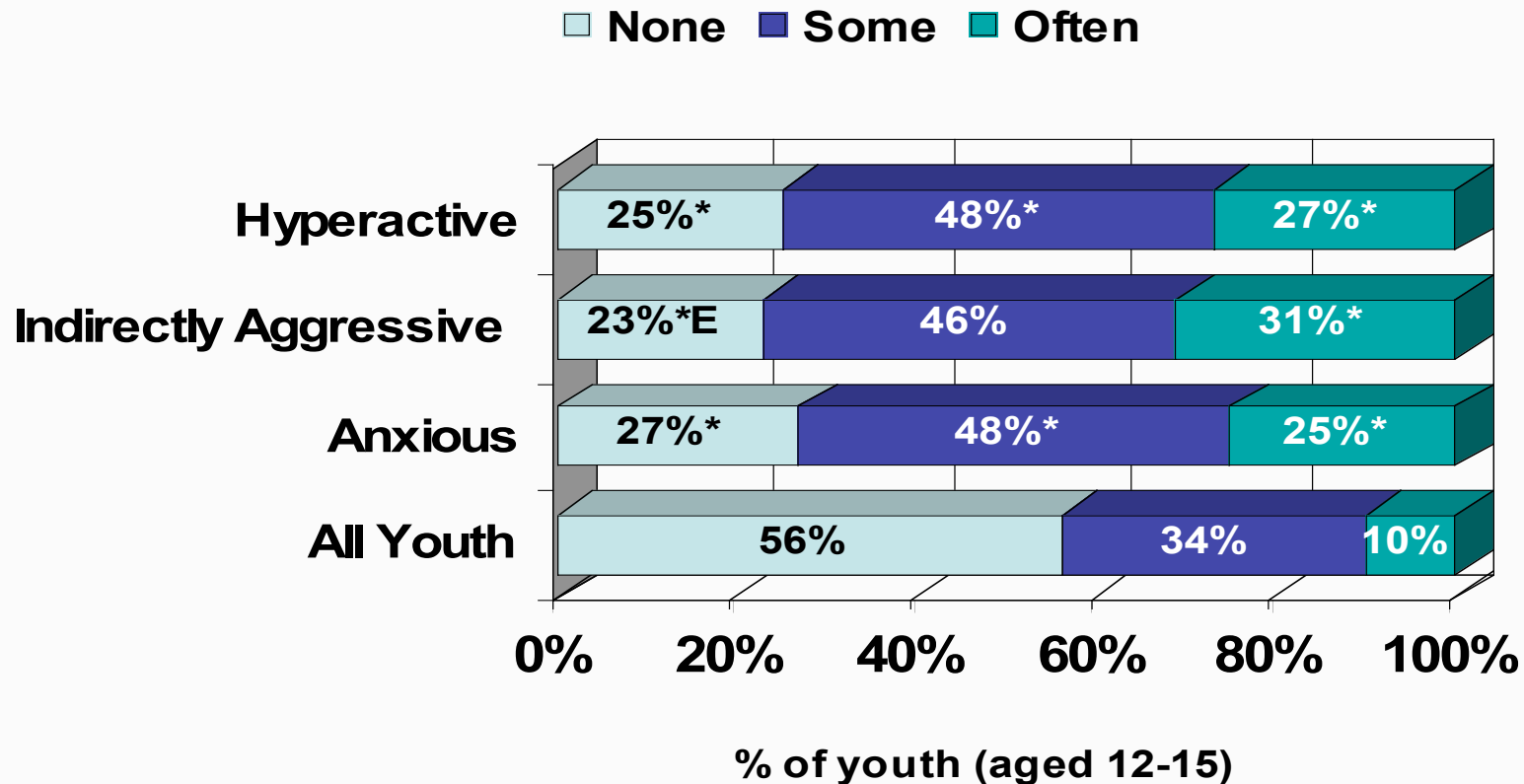
INDIVIDUAL LEVEL	
Protective Factors	<ul style="list-style-type: none">• High levels of optimism, life satisfaction and emotional capability• Trustworthiness• Sense of belonging• Greater self-efficacy / High self-esteem
Risk Factors	<ul style="list-style-type: none">• Low self-worth• Hyperactivity• Depression• Victim of bullying, assault, threats, theft



CPHI Analysis: Aggression and Individual-level Protective Factors



CPHI Analysis: Aggression and Individual-level Risk Factors



Source: CPHI Analysis of NLSCY (cycle 6, 2004-2005)

E: Coefficient of variation between 16.6% and 33.3%. Interpret with caution.

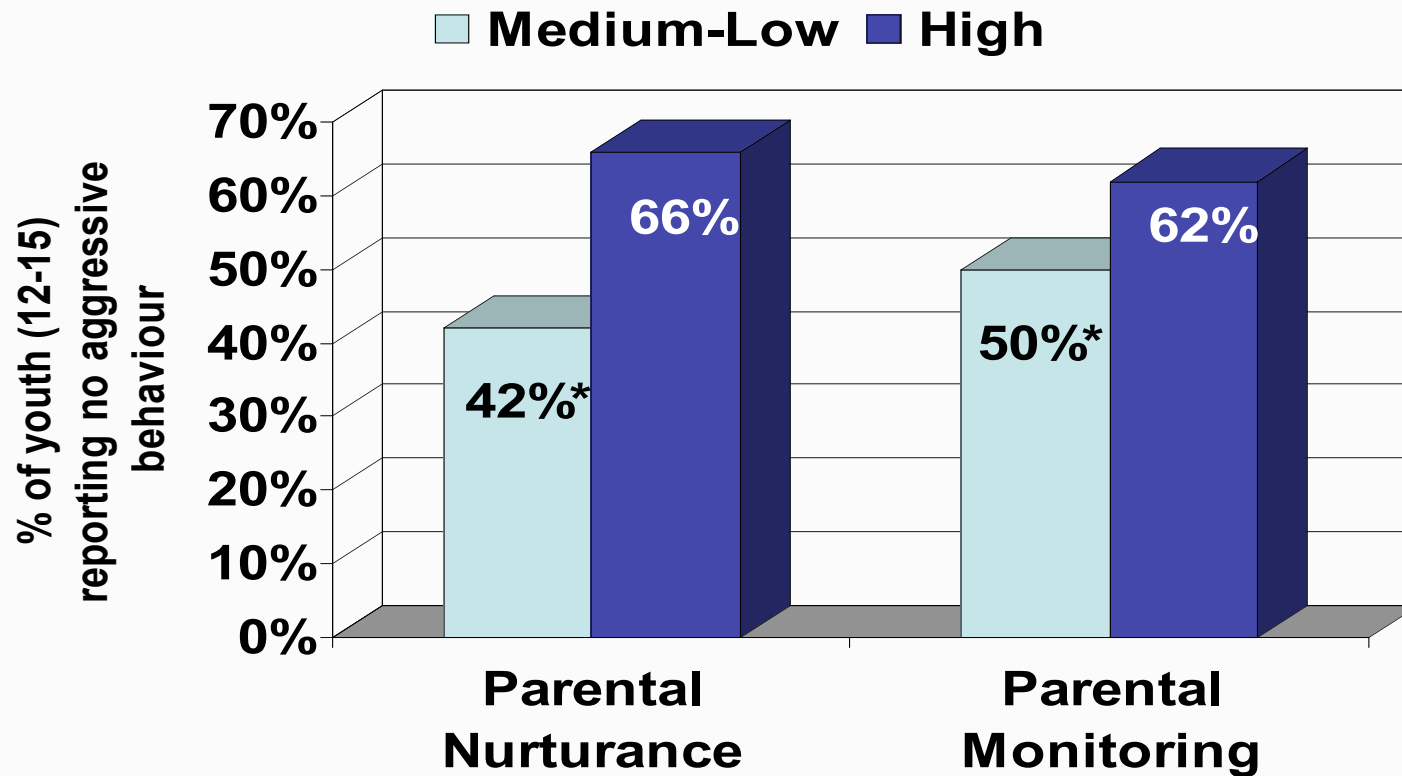
* Significantly different than same level of aggression for "all youth" at $p < 0.05$

Mental Health, Delinquency and Criminal Activity: Family Level

FAMILY LEVEL	
Protective Factors	<ul style="list-style-type: none">• Nurturing parenting style• High level of parental monitoring• Feeling loved and wanted• Having at least one parent home during at least one of four times during the day• High sense of family connectedness; doing activities together as a family• Being able to discuss problems with parents
Risk Factors	<ul style="list-style-type: none">• Harsh or inconsistent parenting style• Lack of parental supervision• Having a parent who struggles with an addiction or a mental illness and/or had a criminal record



CPHI Analysis: Aggression and Parenting Style



Source: CPHI Analysis of NLSCY (cycle 6, 2004-2005).

* Significant difference between levels at $p < 0.05$.

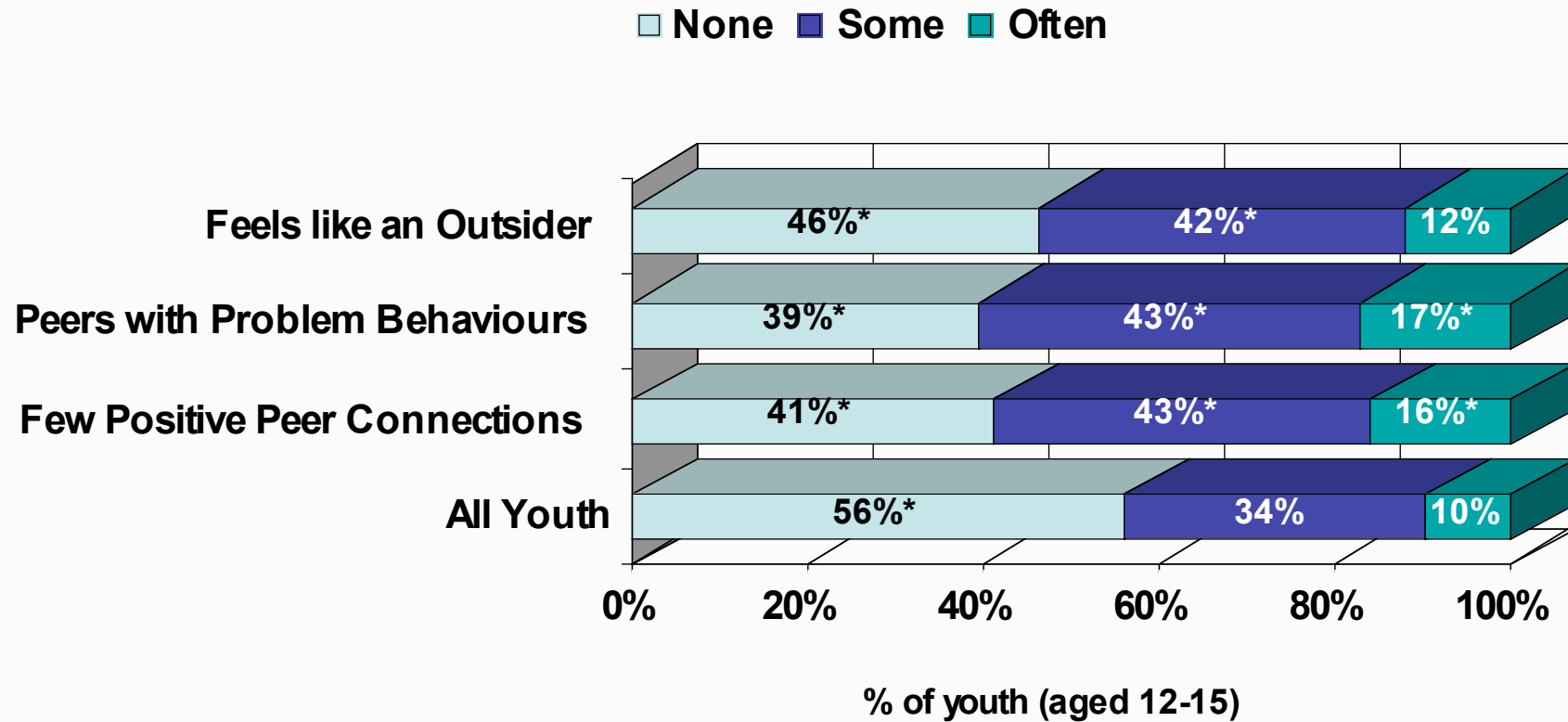


Mental Health, Delinquency and Criminal Activity: School and Peer Levels

SCHOOL AND PEER LEVELS	
Protective Factors	<ul style="list-style-type: none">• School environment in which youth feel involved• Feeling connected with one's peers• Feeling teachers are fair• Academic achievement
Risk Factors	<ul style="list-style-type: none">• Lack of school involvement• Poor academic achievement• Negative peer influences (older or delinquent friends, friends who committed or tolerated illegal acts)• Bullying• Truancy, suspensions



CPHI Analysis: Aggression and School/Peer Risk Factors



Source: CPHI Analysis of NLSCY (cycle 6, 2004-2005).

* Significantly different than same level of aggression for "all youth" at $p < 0.05$.

Mental Health, Delinquency and Criminal Activity: **Community Level**

COMMUNITY LEVEL	
Protective Factors	<ul style="list-style-type: none">• Feeling a positive bond to society• Strong pro-social values
Risk Factors	<ul style="list-style-type: none">• High turnover of neighbourhood residents• High rates of violent crimes• Feelings of hopelessness• High levels of marijuana availability• High numbers of youth in trouble with the law• Living in high-poverty neighbourhoods



CPHI Analyses: Conclusions

The top five protective factors represent the presence of *positive* behaviours, such as:

- Emotional capability, stress management, parental nurturance, liking school and being easily adaptable

As opposed to the absence of these protective factors, the top five risk factors for aggressive behaviour represent the presence of a *negative* behaviour, including:

- Indirect aggression, hyperactive, reporting parental rejection or punitive parents and being anxious

Analyses highlight the value of both *promoting protective factors* and *reducing risk factors* as a means of addressing aggression in youth



The Link

According to WHO Report (2004):

- Mental health promotion and mental illness prevention can be associated with:
 - Improved overall health
 - Increased economic gain
 - Productivity
 - Social inclusion
 - Decrease costs to social welfare and the health system
 - Decreased risks for mental disorders
- Other research supports that many protective factors against criminal activity are also protective against mental health problems



Preventing Delinquency: Policies and Programs

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There is a link between various skills-training programs within the family and school contexts with improved mental health outcomes and reduced delinquency among youth.

- Project Early Intervention
- The Banyan Community Services SNAP™ Under-12 Outreach Project
- Syracuse Family Development Research Project
- Seattle Social Development Project
- Montréal Longitudinal Experimental Study



Conclusions

- There is value in providing appropriate services and programs in order to prevent criminal activity.
- Within the individual, family, school/peer and community contexts, various factors may protect against or increase one's risk for delinquency.
- Research suggests that no single program that targets only one risk or protective factor would be as effective as programming that targets the multiple factors associated with mental health, delinquency and criminal activity.



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