

**WELLBEING:**  
**Redefining the Ounce of Prevention**

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# IntegratedHealthOutreach

## Disclosure

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On an island not long ago....



# Our Caribbean's Future





# Caribbean Youth



- Childhood obesity: 1/3 population
- Diet
- Physical activity
- Wellness activities



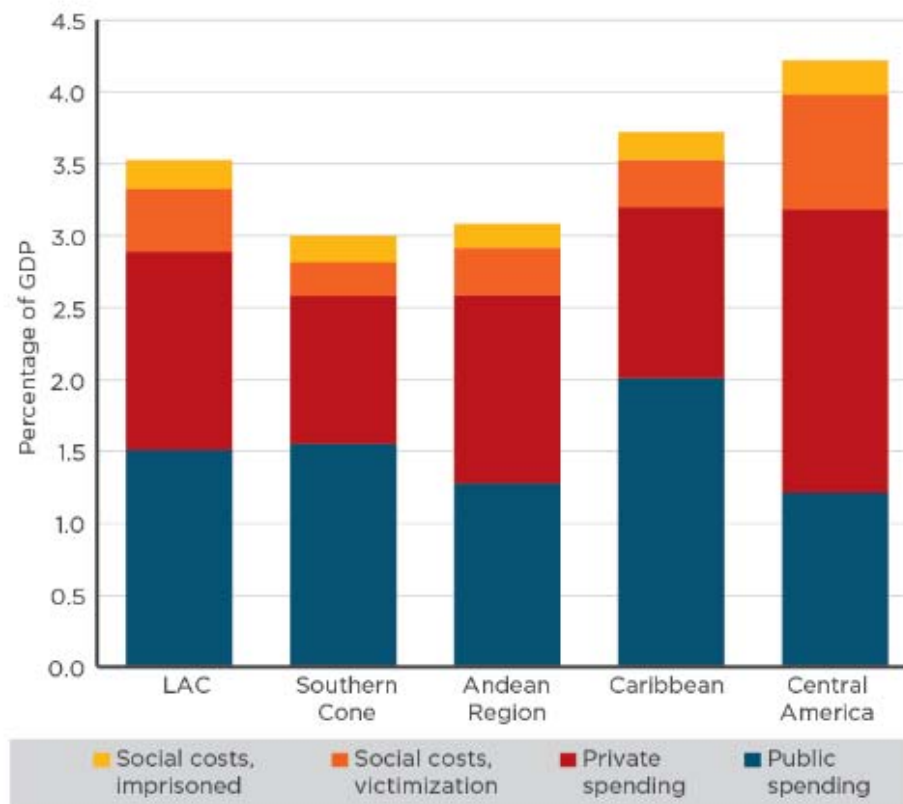
# Caribbean Youth

- Homicide
- Suicide
- Unemployment
- Truancy and School drop out
- Teen Pregnancy
- Climate change impact



# Cost of Crime

Overall Crime-related Costs, by Subregion, 2014 (percent of GDP)



**Source:** Authors' estimates based on sources listed in Part I Appendix.

**Note:** LAC = Latin America and the Caribbean.



# Suicide and Self Harm

- Increasing through out region
- Suicide attempts not counted
- Sense of worthlessness and hopelessness





# Teen Pregnancy

- Second highest region
- Lack of access to contraception
- Sexual violence vs girls
- Curtailed education and employment opportunities
- Cycle of poverty



# School Drop Out

- IDB
- 20% rise
- 50% incarcerated pop.
- Alcohol and drugs
- Unprotected sex
- Low academic performance
- Delinquency
- School Desertion
- Violence

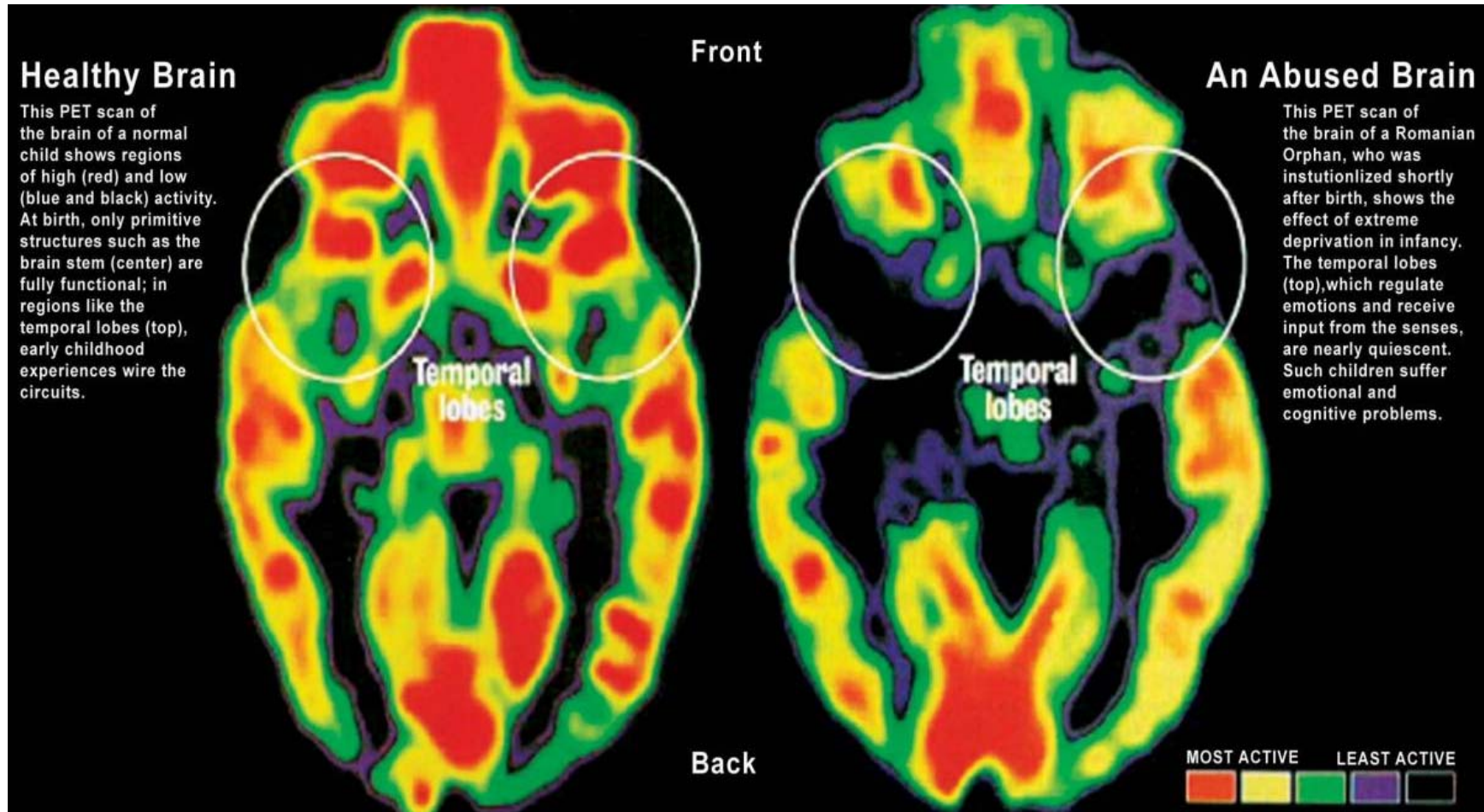


# Diagnosis of our Region



- Social environment
- Economic growth
- Justice system
- Parental supervision
- Climate change
  
- **Mental Wellbeing**

# Mental IS Physical



# Mental Health

- The link between the body and behavior
- Linked with physical health
- Impacted by culture
- Lack of MH services
- Culture and training of Healthcare providers
- Services target established disease
- **No/ few Mental Wellbeing programmes for prevention and control of risky behaviors**

# WHO MH determinants


- Sleep
- Physical exercise
- **Coping**
- **Problem solving**
- **Interpersonal skills**
- **Learning to manage emotions**
- **Supportive environment**

# IDB's Prescription

- Prevention and control of risky behavior among youth has become a fundamental component of the development agenda of governments in the region.
- “Factors that may reduce the onset of risky behavior, which are protective factors, include close emotional ties with at least one adult, a sense of safety and belonging to an educational institution, strong social skills, ability to solve problems, and a sense of purpose and independence.”



# Social Emotional Learning



Social and emotional learning (SEL) is a process through which children and adults learn to recognize and manage emotions, demonstrate care and concern for others, develop positive relationships, make good decisions, and behave ethically, respectfully, and responsibly.

# SEL Programs

- *improve*
- *learning outcomes*
- *social skills*
- *mental and behavioural health*
- *sustaining protective factors benefitting children in the long term.*



# Social-Emotional Learning Fortification for Children and Youth

## IHO C-SELF ©

- Social Emotional Learning Fortification for Children and Youth (C-SELF)
- Integrated Health Outreach
- Introduced to Antigua 2015
- Government funded
- Evidence Based

# IHO C-SELF in Antigua



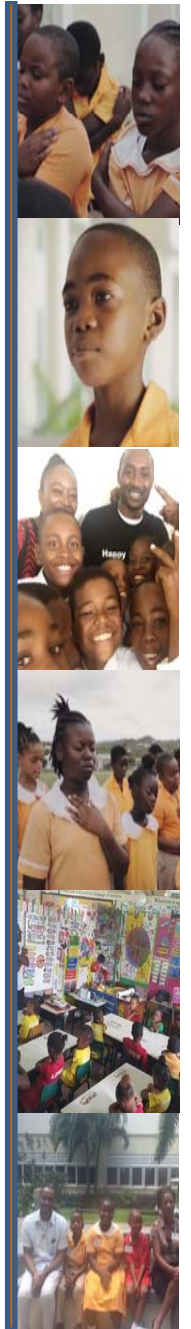
## SKILLS

- Mindfulness
- Self efficacy
- Self regulation
- Positive emotions
- Psychological resilience

# Impact of C-SELF on Students



- 🔥 Calmer
- 🔥 Happier
- 🔥 Less aggressive
- 🔥 More motivated
- 🔥 Greater self-control
- 🔥 Improved impulse control



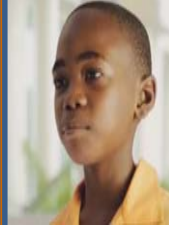
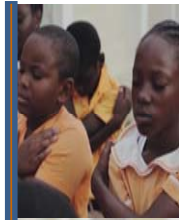


# C-Self Presence in Schools



- 6 primary public schools grades 3-6
- 9 secondary schools 2018-19 Level 3 & 4, forms 1-3

- Expansion to all schools
- Sustainability through curriculum integration



# C-SELF

## Ingredients for success

- Political will
- Ministry of Education
- Students & Parents
- Ministry of Health and the Environment
- Ministry of Social Transformation
- University of Antigua College of Medicine
- Indiana University
- International donor agencies: UNDP, SIRF Fund, CFLI (Canada Fund for Local Initiatives)



# Cost of the Ounce

- Ten week implementation
- C and A-SELF curriculum training
- Monitoring and evaluation
- Cost per child vs long term benefits



# The perfect pill?

- Low cost
- Easy to train and reproduce
- Well accepted by target populations
- Impact on children, teachers and parents
- Families and vulnerable populations
- Sustainable
- Nourishes the essence of overall health
- Critical need for a remedy in our region



**THANK YOU**

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