WELLBEING:
Redefining the Ounce of Prevention

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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

Healthy Brain
This PET scan of the brain of a normal child shows regions of high (red) and low (blue and black) activity. At birth, only primitive structures such as the brain stem (center) are fully functional; in regions like the temporal lobes (top), early childhood experiences wire the circuits.

An Abused Brain
This PET scan of the brain of a Romanian orphan, who was institutionalized shortly after birth, shows the effect of extreme deprivation in infancy. The temporal lobes (top), which regulate emotions and receive input from the senses, are nearly quiescent. Such children suffer emotional and cognitive problems.
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 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.
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

Social-Emotional Learning Fortification
for Children and Youth
Impact of C-SELF on Students

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

Social-Emotional Learning Fortification for Children and Youth
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
References

• Antigua Observer: https://antiguaobserver.com/youth-stabbed-to-death/
• UN Global Health Observatory: http://gamapserver.who.int/gho/interactive_charts/mental_health/suicide_rates/atlas.html
• WHO Adolescent Health: http://www.who.int/news-room/fact-sheets/detail/adolescent-mental-health