

# wellns Nova Scotia Mental Wellness Survey

WellNS Research Team:

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*The Nova Scotia Mental Wellness Survey is made possible through support from the Nova Scotia Government, Office of Addictions and Mental Health.*

# Who is WellNS

- A dedicated group of researchers on a shared journey to enhance mental wellness and substance use health within Nova Scotia communities.
- Through research, partnership and community engagement, WellNS aims to provide valuable insights to help develop effective solutions and strategies for a resilient, inclusive, emotionally thriving Nova Scotia.



# Background

- Since 2016, Nova Scotia has relied on a needs-based planning framework, informed by national surveillance data sets.
- While helpful, this data has a few limitations that must be address to ensure policy makers have current, relevant, and compete data to plan and implement care and support services in NS.

## Data currency

- Renewed at 10-year intervals. This limits the opportunity to assess trends and future planning.

## Data sample

- The NS sample size is too small to allow credible analysis at the community level.

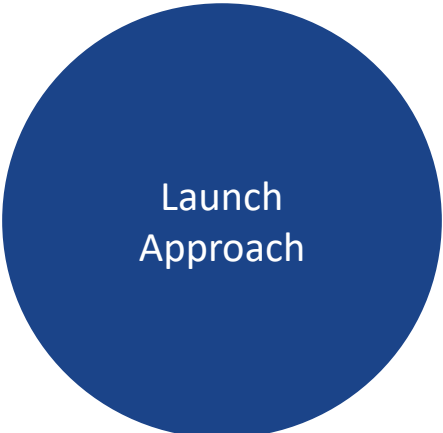
## Data gaps

- Does not include people under 15, and therefore provides no insight into child and adolescent needs.

# Nova Scotia's Mental Wellness Survey

- A population-based survey designed to identify the prevalence, incidence, and specific service needs of Nova Scotians, aimed at further supporting the Universal Mental Health Care system in effectively meeting those needs
- Survey Modules:
  - Adult (Main Module), ages 18+
  - Youth (Self-Reported), ages 13-17 (Coming Soon!)
  - Youth (Parent Reported), ages 13-17
  - Child (Parent Reported), ages 4-12
- WellNS will measure:
  - Sociodemographic and Social Determinants of Health (SDoH)
  - Screening for self-report mental health, substance use, and gambling concerns
  - Positive Mental Health
  - Access to services and challenges experienced





Data collection through the Nova Scotia Community Clusters.



Circulated through social media, community partners, and other networks.



Grassroots community engagement, and development of a **Student Research Network** to provide on the ground mobilization and support.

# Project Partners & Contributors

