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# Canadian Collaborative Mental Health Initiative





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## Key Messages

- The burden of mental illness is significant
- Primary health care is the ideal setting to focus our efforts and decrease the burden of illness
- Creation of CCMHI – its goal and activities
- Highlights of CCMHI's key deliverables



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## The burden of mental illness is significant

- One in five Canadians will experience a mental illness.  
(Bland et al., 1998)
- Most don't get the care they need.
- The economic costs of mental illnesses to the Canadian economy are profound with an estimated \$14.4 billion in lost productivity and health care costs.  
(Stephens and Joubert, 2001)
- Of those that do, most go to their primary health care provider.
  - *GP's provided MH care to 56% of the 9.4% of Canadians who were using MH services in 2001; 45% of this group worked with their GP exclusively*



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## Primary health care - the ideal setting to focus our efforts

- A significant proportion of visits to primary health care providers involve mental health problems. *25% of people visiting primary care have a significant mental health condition (Watson and Krueger, 2005); Mental Health affects other aspects of health care e.g. cardiovascular disease/diabetes.*
- Primary care is the appropriate place to go for many people.
- Primary care providers may not have knowledge, skills or time to provide mental health care. *Growing gaps between what we know works and what is funded/practiced.*
- Primary care providers have difficulty accessing mental health specialist assistance.



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# Primary health care - the ideal setting to focus our efforts

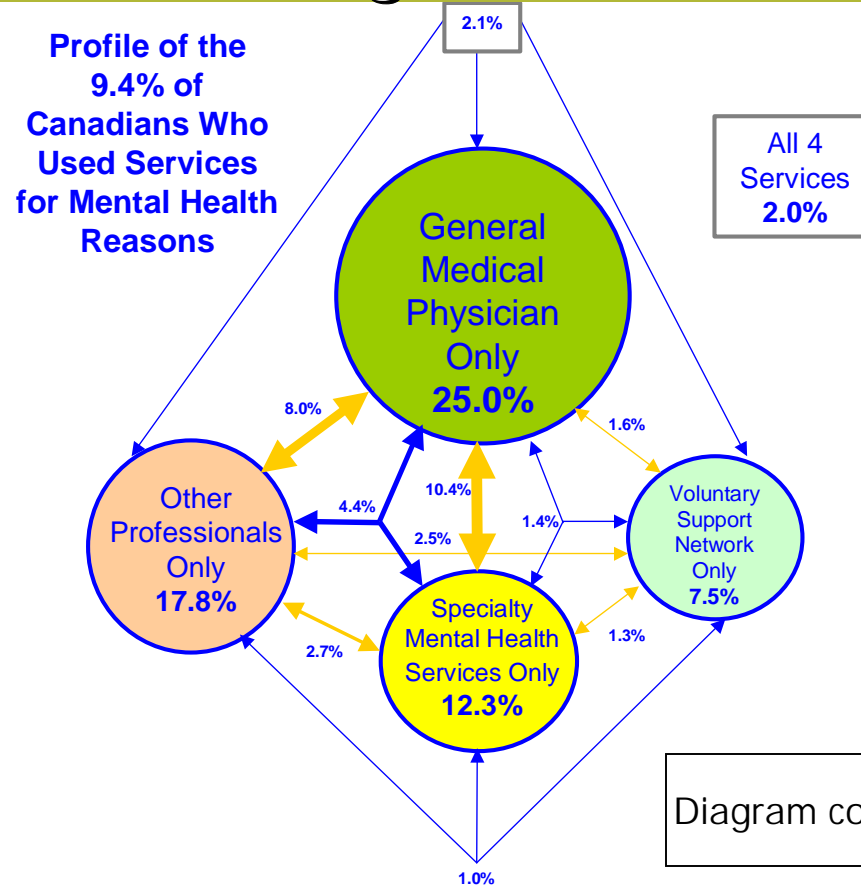


Diagram courtesy of Paul Waraich, CEQM



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## What is CCMHI?

*Funded through Health Canada's Primary Health Care Transition Fund*

12 national associations representing consumers, families, caregivers and health care providers have come together:

To improve the mental health and well-being of Canadians by **strengthening the relationships and improving collaboration** among health care providers, consumers, families and communities.



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## CCMHI partner organizations

- Canadian Alliance on Mental Illness and Mental Health
- Canadian Association of Occupational Therapists
- Canadian Association of Social Workers
- Canadian Federation of Mental Health Nurses
- Canadian Mental Health Association
- Canadian Nurses Association
- Canadian Pharmacists Association
- Canadian Psychiatric Association
- Canadian Psychological Association
- College of Family Physicians of Canada
- Dietitians of Canada
- Registered Psychiatric Nurses of Canada



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## What CCMHI achieved -

CCMHI improved mental health promotion, prevention and access to mental health services in primary health care through:

- A series of **research papers**
- Three series of **implementation toolkits** for providers; consumers, families, and caregivers; and educators
- A **Charter** for collaborative mental health



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# *Enhancing research through collaboration and partnerships*

10 research documents



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## Enhancing research through collaboration and partnerships

### *Research Documents*

- 10 research documents were released; some summarized existing literature while others are original research
- 24 different authors from as many different organizations contributed to these documents
- Each document was reviewed by Steering Committee members representing a wide range of professional associations



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# Developing a framework for collaborative mental health care



This framework overarches the majority of the research documents and toolkits



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# Research Documents



## Collaborative Mental Health Care Framework

Key components of collaborative mental health care initiatives and the contexts influencing their implementation.

## Advancing the Agenda

Key barriers to collaborative mental health care and potential strategies to address these barriers.

## Policy Review

Primary health and mental health care reform in Canada in relation to the promotion of collaborative mental health care.

## Review of Canadian Initiatives

Description and analysis of collaborative mental health care initiatives in Canada.

## Interprofessional Education

Emphasis on collaborative mental health care approaches and skills in pre- and post-licensure programs and in consumer and family organizations.

## Health Human Resources

Challenges facing health human resources in collaborative mental health care.

## Annotated Bibliography

The extensive and growing literature on collaborative mental health care.

## Current State of Collaborative Mental Health Care

Overview of the research collected by the Canadian Collaborative Mental Health Initiative.

## Identifying Best Practices

Key components of successful collaborative mental health care initiatives based on evidence research.

## Review of Mental Health Service Utilization

A review of mental health services utilization, by profession, across Canada, using CCHSI data.



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## Research Documents



### Annotated Bibliography of Collaborative Mental Health Care

- comprehensive annotated bibliography of research published 2000 - 2004 related to the integration of mental health and primary health care.
- based on a review of over 800 relevant articles found in journals and grey literature.
- The annotated bibliography provides a discussion and summary of key themes

#### **Key Themes:**

- i. Benefits of integrating primary/ mental health care (person, system/community)
- ii. Involvement of consumers in directing their care is the standard for CMHC  
Consumers are recognized as experts in their own care.
- iii. While there are several barriers to collaboration, the literature clearly describes the advantages to working in a team.
- iv. Measuring, evaluating and monitoring collaboration are essential to the enhancement of collaborative mental health care.



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## Research Documents



### Collaborative Mental Health Care in Primary Health Care: A Review of Canadian Initiatives

- ❖ This analysis is based on descriptions collected from over 100 collaborative mental health care initiatives across Canada.
- ❖ These initiatives include community health centres in urban centres, programs focused on children and adolescents, geriatric outreach teams, teaching programs, programs supporting the transition to primary care from psychiatric hospitals, clinics for psychotic disorders, and programs focused on Aboriginal communities.



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# Research Documents



## Identifying Better Practices

### Methods

- ❖ Review of more than 900 articles
- ❖ 38 studies were identified which investigated the impact of collaborative mental health care in the primary care setting and using experimental methodologies.

### Themes

- ❖ Moved from purely descriptive accounts of collaborative models and enthusiastic reports of early program evaluation findings to more rigorous experimental studies.
- ❖ Another shift in the research has seen **collaboration** paired with **chronic disease management** and **quality improvement** initiatives.
- ❖ Collaborative interventions
- ❖ **targeted at specific patient populations**
- ❖ Involving professionals with different skill sets, different resource requirements and a range of implementation methods, including consumers, psychologists, social workers, occupational therapists, pharmacists.



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*Implementation toolkits developed  
through collaboration and partnerships*

12 toolkits



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## Implementation toolkits developed through collaboration and partnerships

### *Toolkits*

- Focus is on implementation: general toolkits with 8 compendium documents for special populations
- 2 consumer, family and caregiver toolkits
- 1 toolkit for educators, both at the pre-and post-licensure levels
- 90 researchers, practitioners, consumers and family members, and as many institutions collaborated to develop these 12 toolkits, creating a sense of pride and ownership across Canada

# Consumer, Family and Caregiver Toolkit



*Working together toward recovery:  
consumers, families, caregivers and providers*

# Working together towards recovery: Consumer, families, caregivers and providers

- **Getting the facts straight**
  - Some terms
  - General information
  - Getting help early
  - Other resources to consider
- **You are not alone**
  - Self-help and peer support
  - National Canadian self-help groups
  - Self-help, peer support and peer advocacy
  - Other resources to consider
- **Your team**
  - Health professionals and what they can do for you
  - What to expect from team members
  - Advocating for yourself or someone you love
  - Some information about medication issues

# Working together towards recovery: Consumer, families, caregivers and providers

- **Recovery**
    - Consumers and recovery
    - Families and recovery
    - Recovery resources
    - Trauma recovery resources
    - Thinking about work
    - Letting professionals know about recovery
  - **Complementary therapies and self-care**
    - Complementary therapies
    - Self care
    - To tell or not to tell
    - Spirituality
  - **Culturally competent and safe care**
    - Respect for diversity
    - Some resources offered in other languages
    - Some resources especially for Aboriginal peoples
- 
- A person is walking across a rustic wooden log bridge that spans a grassy field. The person is seen from behind, wearing a dark jacket and shorts. The background is a soft-focus landscape with trees and a bright sky, suggesting a peaceful outdoor setting.

# Working together towards recovery: Consumer, families, caregivers and providers

- **Caregivers and their needs**
  - Families' and caregivers' contributions
  - Signs you need to support yourself
  - Information and self care resources
  - Recommended books
- **Making a difference**
  - Things you will need to know
  - How government works
  - How Boards of Directors work
  - Why consumers and families should participate
  - "Big picture" issues
- **Crisis Plan**



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## General Toolkit

- *Collaboration between mental health and primary care services. A CCMHI Planning and Implementation toolkit for health care providers*
- General
- Special Populations



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## General Toolkit – steps in setting up a project

- Planning
- Staffing
- Clinical team functioning
- Organizational adjustments
- Other implementation issues to consider
- Evaluation links with the community
- Self-management
- Collaborative initiatives in primary care
- Other collaborative initiatives to consider



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## 8 Compendium toolkits – special populations

- Children and adolescents
- Seniors
- Aboriginals
- Ethno-cultural groups
- Individuals living in rural or isolated communities
- Urban marginalized populations
- Individuals with a substance use disorder
- Individuals with a severe mental illness

# Toolkit for Educators



*Strengthening collaboration through interprofessional education:  
A resource for collaborative mental health educators*

A person is seen from behind, balancing on a wooden beam in a natural setting. The person is wearing a dark long-sleeved shirt, dark pants, and dark shoes. The background is a soft-focus landscape with trees and a wooden fence. The overall tone is warm and natural.

## *Strengthening collaboration through interprofessional education: A resource for collaborative mental health educators*

- **An educational resource**
  - To assist in the implementation of educational initiatives and programs that promote collaborative mental health care in primary health care settings.
- **Targeted**
  - To education program developers in regulatory agencies, professional associations, regional health authorities, family health teams, governmental departments, educators with both academic and care delivery settings.
- **This Toolkit**
  - Highlights the importance of interprofessional education in promoting collaborative care,
  - Offers our case studies and several activities accompanied by sample lesson plans and other useful tools to aid educators in the implementation of educational events.



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*Collaborative Mental Health Charter  
ensuring momentum through consensus  
building*

12 national associations sign-on



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## Collaborative Mental Health Charter ensuring momentum through consensus building

- CCMHI held 3 series of national consultations for the Charter, starting with consumers, families and caregivers
- An on-line survey was conducted
- 2,500 people were reached through these efforts
- These activities culminated in the Leader's Forum
- The Charter has now been approved by the 12 boards of the steering committee members



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# Collaborative Mental Health Charter Principles

- ∞ promotion and prevention
- ∞ holistic approach
- ∞ collaboration
- ∞ partnership
- ∞ respect
- ∞ information exchange
- ∞ resources



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# Collaborative Mental Health Charter Commitments

- provide leadership
- reduce stigma
- be consumer driven
- respect diversity
- collaborate
- enhance access
- embrace quality
- advocate for resources



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# Collaborative Mental Health Charter Commitments

## COMMITMENT: PROVIDE LEADERSHIP

- Advocate (federal, provincial, territorial governments) for the development of pan-Canadian mental health policies and implementation strategies that support the Charter Principles.
- Provide leadership and guidance and encourage practices that support collaborative mental health care.

## COMMITMENT: REDUCE STIGMA

- Advocate for a pan-Canadian education and public awareness campaign to better educate people about mental health and mental illness.
- Develop and implement strategies for reducing stigma and discrimination associated with mental illness that can be applied across various settings (e.g. health, community, workplace, school).



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# Collaborative Mental Health Charter Commitments

## COMMITMENT: BE CONSUMER DRIVEN

- Promote formal inclusion and involvement of consumers, families and caregivers and/or their associations in mental health service planning, policy development and evaluation.

## COMMITMENT: RESPECT DIVERSITY

- Establish common guidelines for the delivery of mental health services that respect individual differences and the context of culture in mental health and mental illness.



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# Collaborative Mental Health Charter Commitments

## COMMITMENT: COLLABORATE

- Promote interprofessional education to increase the collaboration skills of consumers and health care providers and to build knowledge about the expertise and potential contributions of other partners.
- Promote interprofessional competencies in collaborative mental health care within each health care provider profession through regulatory and accreditation standards.
- Work together as health care and consumer associations to inform, advise and support primary health care reform initiatives to include mental health and mental illness.



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# Collaborative Mental Health Charter Commitments

## COMMITMENT: EMBRACE QUALITY

- Continue to support research, evaluation and the implementation of effective practices in collaborative mental health care.

## COMMITMENT: CALL FOR RESOURCES

- Continue to work together as health care associations to advise and inform funding bodies about the financial and human resources needed to deliver effective and timely collaborative mental health care.



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## Getting the word out – generating partnerships

- To generate information exchange, CCMHI:
  - Created an informative Web site attracting over 4000 visitors/mo
  - Presented at 60 conferences/national meetings and had 18 exhibits
- To generate partnerships, CCMHI:
  - Posted a contact list of researchers on the Web site who wish to exchange information, 182 accessed the list in first 6 weeks
  - Provided opportunity for providers interested in collaborative mental health care to connect with the Review of Canadian Initiatives
- To facilitate the implementation and create buy-in, CCMHI:
  - Conducted regular outreach to RHA, provincial and federal policy makers and planners



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Contact information:

[www.ccmhi.ca](http://www.ccmhi.ca)