



Canadian
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Canadian Collaborative Mental Health Initiative

A View from the Finish Line

May 2006
Scott Dudgeon



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What is CCMHI?

12 national associations representing consumers, families, caregivers and health care providers came 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.

Funded through Health Canada's Primary Health Care Transition Fund



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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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CCMHI has met its goal -

1. Strengthened the case for collaborative mental health care.
2. Clarified the key barriers to collaborative mental health care.
3. Developed tools for getting at these barriers.
4. Built the foundation for continued strengthening of collaboration – *the Canadian Collaborative Mental Health Charter*



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Strengthening the case for collaborative mental health care.

(2) We have assembled the **evidence** of what works and we have developed a number of research papers that document the barriers to collaborative mental health care and what is happening across Canada to grow this important trend.



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Developing the tools

- (3) We have developed practical and credible [toolkits](#) to help health professionals, mental health consumers and their caregivers, and their organizations to work together to build collaborative practices (including practices focused on such special populations as children, aboriginals, people in remote communities, people with serious mental illnesses and others); toolkits to help consumers participate as partners on their own care teams; and toolkits to help health professionals from a variety of disciplines come together with consumers and learn how to become effective collaborative teams.



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Building the foundation

- (1) It has delivered a **Canadian Collaborative Mental Health Charter** which sets out the principles that characterize effective collaborative mental health care and the specific commitments the signatory organizations will undertake to continue strengthening mental health care beyond the project's time frame. *This Charter has been endorsed by all twelve member organizations.*



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What CCMHI has achieved

- (4) Finally, we have engaged governments across Canada and a broad spectrum of mental health stakeholders to build and strengthen the case for collaborative mental health care.



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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
- 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





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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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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 companion 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

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 disadvantaged populations
- Individuals with an addiction problem
- Individuals with a severe mental illness



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*Collaborative Mental Health Charter
ensuring momentum through consensus
building*

12 national association 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
- 2,200 people were reached through these efforts
- These activities culminated in a 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 interest, beyond the Charter consultations, CCMHI:
 - Presented at 60 conferences and national meetings
 - 200 face-to-face meetings
 - Had 18 exhibits at conferences
- To generate partnerships, CCMHI:
 - Created a database for researchers on our web site
 - 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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The project is over...
is the job done?





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What remains to be done...

1. Strengthen education directed at CMHC.
2. Incorporate toolkits in policy and in curricula – evaluate.
3. Transfer knowledge about the factors which comprise best practices and facilitate their application in practice settings.
4. Develop and test model programs of integrated care.
5. Develop a program of research into outcomes associated with improved integration of mental health and primary health care.
6. Integrate CEQM measures in evaluation of best practices.
7. Monitor progress on implementation of the Charter.
8. Maintain clearing house for best practices.

and...



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Potential research activities -

- We need to learn more about:
 - Best ways to detect mental health problems by a wide range of providers
 - Which providers can work together most effectively in the primary health care setting
 - How the roles of various providers can be optimally defined through education, training, practice
 - Whether some sub-populations are more likely to benefit from collaborative mental health care than others
 - How to enhance self-management practices



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Immediate Next Steps -

- The f/p/t governments, RHAs, national provider and consumer associations, and the research community¹ have agreed that mental health in primary health care is a priority.
- CCMHI is seeking bridge funding to be in a position to help the mental health commission get off to a good start.

¹ Rémi Quirion, Scientific Director of the Institute of Neurology, Mental Health and Addictions (INMHA), advises that forty briefs received from provincial authorities, voluntary organizations, scientists, private sector, and others were reviewed by a team of experts from Canada and Europe. CCMHI's proposal was ranked #1 by all 3 experts, these briefs may be included in their 2006-2011 strategic plan, leading to special requests for applications and funding for research projects on these topics.



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Contact information:

Scott Dudgeon
Executive Director
(416) 525-5136
sd@cfpc.ca

Marie-Anik Gagné
Project Manager
(416) 918-7942
mag@cfpc.ca

www.ccmhi.ca