



Project at a glance

Canadian Collaborative
Mental Health Initiative

www.ccmhi.ca

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From Consortium to CCMHI

In 2003, twelve national health organizations came together and formed a Consortium to embark on a shared vision: *making mental health care work – new places, new partners, new hope.*

Upon submission of a funding proposal to Health Canada, and receipt of funding from the Primary Health Care Transition Fund, the Consortium formed the Canadian Collaborative Mental Health Initiative (CCMHI) and began its two-year journey.

“Our vision for mental health care in Canada is to be integrated in a public health system with health care providers from a variety of backgrounds working in partnership with consumers and their families, communities and each other, to enable consumers to access prevention, health promotion, treatment/ intervention and rehabilitation services from the most appropriate provider, when they need it, in a location that is accessible and with the fewest obstacles.”

Dr. Nick Kates, CCMHI Chair

STEERING COMMITTEE

Joan Montgomery, Phil Upshall
*Canadian Alliance on Mental Illness
and Mental Health*

Terry Krupa, Darene Toal-Sullivan
Canadian Association of Occupational Therapists

Elaine Campbell, (Jake Kuiken),
Eugenia Repetur Moreno
Canadian Association of Social Workers

Denise Kayto
Canadian Federation of Mental Health Nurses

Keith Lowe, Penny Marrett, (Bonnie Pape)
Canadian Mental Health Association

Janet Davies
Canadian Nurses Association

David Gardner, Barry Power
Canadian Pharmacists Association

Nick Kates [Chair], Francine Knoops
Canadian Psychiatric Association

Lorraine Breault, Karen Cohen
Canadian Psychological Association

Marilyn Craven, Francine Lemire
The College of Family Physicians of Canada

Linda Dietrich, Marsha Sharp
Dietitians of Canada

Robert Allen, Barbara Lowe, (Annette Osted)
Registered Psychiatric Nurses of Canada

EXECUTIVE DIRECTOR

Scott Dudgeon

Led by a 21-person Steering Committee representing consumers, families and caregivers, dietitians, family physicians, nurses, occupational therapists, pharmacists, psychologists, psychiatrists and social workers, the CCMHI focused on three deliverables:

First – a **series of papers** that document the state of collaborative mental health care in Canada.

Second – a **Charter** expressing the continued commitment of the Steering Committee organizations to work together and strengthen the delivery of mental health care.

Third – **tools** tailored to providers, educators and consumers, families and caregivers to help them establish and participate in a collaborative care network in their community.

The issue at hand

Mental illnesses are highly prevalent chronic conditions and a major source of disability. One in five Canadians experience mental illness at some point in their lives, often with devastating impact on the individual and on the individual's family, friends, and colleagues. Mental health concerns can include a number of issues from addictions and substance use, depression and anxiety, to psychosis – and they can co-exist with, or be related to, physical problems. Unfortunately, many people who could benefit from mental health services do not receive the care they need.

Belief in change

The CCMHI organizations believe that the people of Canada are entitled to a health system with the capacity to help meet both their physical and their mental health needs – whether those mental health needs are illness prevention, early detection, treatment, rehabilitation or recovery. The organizations acknowledge the importance of integrating mental health care in primary health care to improve access. And furthermore, they are encouraged by the growing body of evidence which shows that health outcomes are improved when health professionals, consumers, families and caregivers collaborate on the care team with a view to attain the goals set by the consumer.

Series of Papers

The CCMHI prepared a series of papers that look at the state of collaborative care from a variety of perspectives. These papers are available at: www.ccmhi.ca

#1 Advancing the Agenda for Collaborative Mental Health Care

Reviews the barriers that keep people from accessing mental health services in primary health care. Describes collaborative mental health care and how this approach can alleviate some of these barriers.

#2 What is Collaborative Mental Health Care? An Introduction to the Collaborative Mental Health Care Framework

Identifies four key elements of collaborative mental health care and the fundamentals that influence collaborative mental health care.

#3 Annotated Bibliography of Collaborative Mental Health Care

Reports the trends found in the literature between 2002-2004 on the integration of mental health care in primary health care. Reviews over 800 articles/chapters.

#4 Better Practices for Collaborative Mental Health Care in Primary Health Care: An Analysis of the Evidence Base

Identifies better practices as gleaned from 38 studies that help policy makers, providers and other key stakeholders develop collaborative activities in primary health care.

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

In two volumes, reviews over 90 collaborative mental health care initiatives in Canada. Each initiative is described and emerging trends are discussed. Volume I is the Analysis; Volume II is the Resource Guide.

#6 Collaborative Mental Health Care in Primary Health Care Across Canada: A Policy Review

Reviews relevant mental health and primary health care policies and legislation in each province and territory that

support or hinder the implementation of new collaborative mental health care initiatives.

#7 Collaborative Mental Health Care: A Review of Selected International Initiatives (UNPUBLISHED)

This internal background paper provides insight into the practices of collaborative care initiatives outside Canada.

#8 Health Human Resources in Collaborative Mental Health Care

Provides an understanding of the key health human resources issues and trends in collaborative mental health care along with approaches and solutions to overcoming various barriers.

#9 Prevalence of Mental Health Illnesses and Related Service Utilization in Canada: An Analysis of the Canadian Community Health Survey

Analyzes the Canadian Community Health Survey (2002): *Mental Health and Well-Being* to show which professionals that people with mental health problems consult in their treatment, as well as whether there is collaboration among professionals in treating individuals.

#10 Interprofessional Education Initiatives in Collaborative Mental Health Care

Reports on a survey of university departments, professional associations, and community organizations conducted to determine the extent to which courses in mental health were being offered in a collaborative fashion to a wide range of health care professionals.

#11 Providing Mental Health Services to Aboriginal Peoples through Collaborative Mental Health Care: A Situation Report (UNPUBLISHED)

This internal background paper provides insight into the mental health, mental illness and addiction needs of the Aboriginal people in Canada, which informed the Aboriginal Consumer Toolkit.

#12 Current State of Collaborative Mental Health Care

Summarizes what CCMHI has learned about the current state of collaborative mental health care.

Charter

Mental health is an integral component of primary health care. Signatories to the **Canadian Collaborative Mental Health Charter** commit their organizations to continuing to work together to improve access to good mental health services through collaboration among consumers, families, caregivers, and primary health care and specialized mental health care providers. They have determined the **principles** that characterize effective collaborative mental health care and the **commitments** required to ensure that collaborative mental health care is available to the people of Canada who can benefit from it.

The Charter was developed through extensive dialogue with consumers, families, caregivers, health providers, policy makers, educators and funders across the country. In total, the Charter has been considered and informed by nearly 2,500 people from coast to coast to coast. The consultation process included:

Consumer consultations – Involved consumers, families and caregivers from across the country to seek their feedback on draft Charter Principles. Their advice on the Principles set the stage for the rest of the consultations.

Health Professional Consultations – Invited input from members of the professional associations on the Steering Committee.

Expert Advisory Forum – Involved a mixed group of providers, consumers and caregivers for their feedback on the revised Principles and further refinement, and for advice on necessary actions.

On-Line Survey – Geared to reach a broader audience, the survey that was available from the CCMHI Web site gathered written feedback on the Principles and Commitments.

Leader's Forum – Involved sixty distinguished health care leaders, policy makers and innovators, including The Honourable Senator Wilbert J. Keon from the Standing Senate Committee on Social Affairs, Science and Technology.

Further information on the Charter Principles and Commitments, and the consultation process can be found at: www.ccmhi.ca

Toolkits

The CCMHI offers 12 toolkits that are tailored to: assist **providers and planners** in the implementation of collaborative initiatives; help mental health **consumers and their family members** understand mental illness and work with other members of the care team; and inform **educators** of the benefits of interprofessional education and provide tools to teach about collaborative mental health care.

Each toolkit was developed with an *Interprofessional Expert Panel* and guided by a *Working Group* that represented a number of key stakeholder groups. It is hoped that readers of any of the toolkits in the series will spread the word and share them with others. These toolkits are available at: www.ccmhi.ca

Elements of the Collaborative Mental Health Charter

Principles

- ∞ Promotion and Prevention
- ∞ Holistic Approach
- ∞ Collaboration
- ∞ Partnership
- ∞ Respect
- ∞ Information Exchange
- ∞ Resources

Commitments

- ∞ Provide Leadership
- ∞ Reduce Stigma
- ∞ Be Consumer Driven
- ∞ Respect Diversity
- ∞ Collaborate
- ∞ Enhance Access
- ∞ Embrace Quality
- ∞ Advocate for Resources

The CCMHI is proud of the Charter that is endorsed by all 12 Steering Committee organizations.

Toolkits for Consumers, Families and Caregivers

☐ Working Together Towards Recovery: Consumers, Families, Caregivers and Providers

Tailored to consumers, families and caregivers wishing to know more about mental health and mental illness, how to access services and the type of professionals that can assist them in their recovery. This toolkit also offers an outline of complementary therapies and self-care as well as the contributions and needs of caregivers. Finally, this toolkit includes a guide to “getting involved”, describing self-management as well broader involvement.

☐ Pathways to Healing: Mental Health Guide for First Nations People

Offers a basic overview of mental health and mental illness along with a contextual section outlining the impact of historical, social, economic and political conditions on the mental health of these peoples. There are tools in this document to foster holistic care.

Toolkit for Educators

☐ Strengthening Collaboration through Interprofessional Education: A Resource for Collaborative Mental Health Care Educators

Serves as an educational resource to assist in the implementation of educational initiatives and programs that promote collaborative mental health care in primary health care settings. The toolkit is targeted to education program developers in regulatory agencies, professional associations, regional health authorities, family health teams, governmental departments, and educators within both academic (universities and colleges) and care delivery settings.

This toolkit highlights the importance of interprofessional education in promoting collaborative care. It offers four case studies and several activities accompanied by a

sample lesson plan and other useful tools to aid educators in the implementation of educational events.

Toolkits for Providers and Planners

☐ Collaboration Between Mental Health and Primary Care Services: A Planning and Implementation Toolkit for Health Care Providers and Planners

Created for providers wishing to establish or enhance the mental health services they provide through collaboration. This general toolkit offers readers a guide to all aspects of planning, implementing and evaluating a collaborative mental health care initiative, including assessing needs, setting goals and objectives, developing a budget, building a team, maintaining a well-functioning team, managing change and monitoring the initiative.

Companion Documents

There are eight companion documents designed to be used in conjunction with the general toolkit. They offer tips on adapting the general toolkit for the needs of particular communities. The general and population-specific toolkits are not intended as clinical guides but offer practical advice on different aspects of establishing successful collaborative initiatives.

Eight companion toolkits:

Establishing collaborative initiatives between mental health and primary care services for:

- ☐ Aboriginal Peoples***
- ☐ Children and Adolescents***
- ☐ Ethnocultural Populations***
- ☐ Individuals with Serious Mental Illness***
- ☐ Individuals with Substance Use Disorders***
- ☐ Rural and Isolated Populations***
- ☐ Seniors***
- ☐ Urban Marginalized Populations***

Where to go from here

The Canadian Collaborative Mental Health Initiative, along with other projects funded by the Primary Health Care Transition Fund, mark the beginning of a great deal of momentum to improve mental health services and primary health care in Canada. The original 12-member consortium is exploring transition options that will further the work that was started. The federal announcement to establish a new Mental Health Commission presents a promising opportunity. Visit www.ccmhi.ca for announcements and new developments in this area.

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