

Collaboration across theories:

Local, professional knowledg(es)
and their interactions in Ottawa,
Ontario



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Agenda: Collaboration Across Theories



- Defining Collaboration
- Why collaboration?
- Models in Practice:
 - Collaborative Mental Health Care
 - Collaborative Therapies
 - The Chat Project
 - Community Collaborative Practice Groups
 - Research findings
- Proposed research: Collaboration between theories



Defining collaboration



Collaborative practice:

- With other mental health professionals for support and ideas (Paré, 2009)

Collaborative mental health care:

- “Delivered by providers from different specialties, disciplines, or sectors working together to offer complementary services and mutual support” (Kates et al., 2011, p.2)

Collaboration in therapy

- Clinical Psychology (Kazantzis & Kellis, 2012)
- Family Therapy (Strong & Sutherland, 2011; Zimmerman, 2011)



Why Collaboration?



- Young people are experiencing increased rates of suicide and mental health difficulties.
- Access to mental health specialists is limited (Geist, 2004)
- Practitioners who serve young people report being isolated and underprepared (Casey Foundation, 2003; Fredheim et al, 2011; Thomasguard & Collins, 1998).

Models in Practice: Collaborative Mental Health Care



- Theory: Diagnosis as a disease entity (e.g. Paris, 2000)
- Physician as hub to broader services and focus on evidence based practice (Kates, 2011; Spenser et al., 2009)
- Similar, consistent practices and treatment strategies



Models in Practice: Collaborative Practice



- Theory: Diagnostic labels are one discourse amongst many (e.g. Gergen, 1985, 2010)
- Seeking multiple perspectives on problems, opening up possibilities (Andersen, 1991; Paré, 2005)
- Focus on contextual concerns, location as an “appreciative ally” (Madsen, 2007)

The CHAT project



- Developed in a hospital setting in collaboration with community paediatricians.
- Teaching events catering to the unique needs of staff in different positions (e.g. mental health workers and paediatricians).
- Flexible scheduling of events, didactic style.

Collaborative Practice groups (CCPGs)



- Developed by a professor at the university of Ottawa in collaboration with community based social service agencies (Paré ,2009).
- Groups consist of peer supervision and knowledge sharing.
- Use of Reflecting team processes





Research findings: CCPGs (Paré, 2009, 2010)

- Up to six groups have run, or continue to run, in the Ottawa area.
- Both managers and practitioner-participants rated their participation in these groups as helpful in:
 - Less fear of making mistakes
 - Improved clinical skills
 - Improved agency culture.
- Client perspectives not taken into account.

Research Findings: CHAT project



- Participants from multiple professional backgrounds found interventions helpful
- High proportion of participants reported:
 - Willingness to participate in future events
 - Increased feelings of competence
 - A desire for further sessions
- Recommendation of finding ways to gauge effect on clinicians' participation in CHAT on client treatment experience.



PROPOSED RESEARCH:

Collaboration between theories: Families' experiences of childhood Attention Deficit Hyperactivity Disorder treatment by different professionals.



Rationale for Research



- Multiple definitions of collaboration exist in parallel
- Policy initiatives are encouraging collaboration between multiple services and practitioners (e.g. Kutcher and McLuckie, 2010)
- Clients' care is often shared between multiple services.

ADHD: A case of collaborative care?



- ADHD is increasingly accepted as a chronic condition requiring long-term treatment (Molina et al., 2009).
- Long-term treatment shared between community and hospital based services (e.g. Weist et al., 2001)
- ADHD Frequently cited as a controversial diagnosis (e.g. Mayes et al., 2009; Rafalovich, 2005)



A clash of cultural worlds ?



Hospital-Based services (e.g. CHEO ADHD clinic)

- Informed by diagnosis
- Focus on symptom reduction.

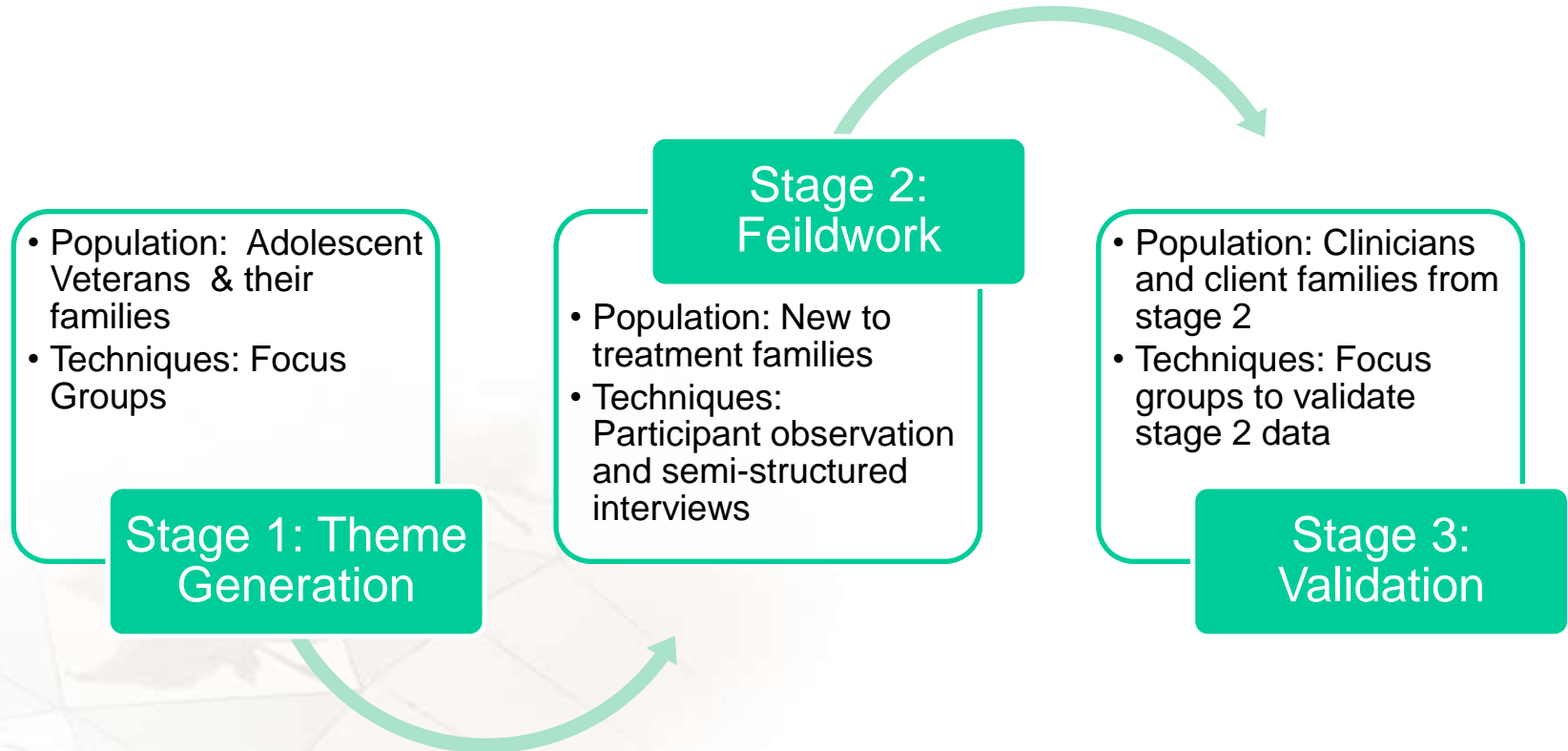
Community Based services (e.g. Youth Services Bureau)

- Informed by client experiences of social systems.
- Focus on social integration.

(Kutcher & McLuckie, 2010; Hall, 2005; Spradley & McCurdy, 1988)



Proposed Research Process





Questions?

THANK YOU



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