

# Approaches to Integrate Mental Health Services in Primary Care: A Scoping Review of System-Level Barriers and Enablers to Implementation

**Research Question:** What are the system-level barriers and enablers to implementing collaborative care models to integrate mental health services in primary care?

**Methods:** Scoping review, Consolidated Framework for Implementation Research (CFIR)

**Results Themes:** Funding & Reimbursement, Health Practitioner Workforce & Training, Relationships with Organizations & Communities, Policy Implementation

**Funding & Reimbursement:** 1) Fee-for-services models (barrier) – low reimbursement rates, lost income, start-up expenses, same day mental and physical health visits, case discussion meetings, 2) Capitated models (enabler) – service delivery delegated at low costs, a broad range of professionals to deliver counselling

**Health Practitioners Workforce & Training:** Workforce shortages (barrier) – referral difficulties, non-availability of a workforce trained to provide mental health care

**Relationships with Organizations & Communities:** 1) Strong linkages across primary care and organizations/communities (enabler) (Canadian Collaborative Mental Health Initiative, Maine's Community Caring Collaborative), 2) Lack of strong relationships with organizations/communities (barrier) (challenges with service navigation/care coordination for shared patients, lack of social support)

**Policy Implementation:** Challenges when translating strategies and guidelines into policy programs in low-and middle-income contexts (barrier)

**Limitations:** 1) Analysis lacked exploration of interrelationships within and between CFIR domains, 2) Scoping reviews do not assess the quality/strengths of evidence, 4) Personal language limitations (only included articles written in English, 5) Resource constraints (grey literature search omitted)

**Future Directions:** 1) Systematic reviews of both peer-reviewed and grey literature of studies written in a variety of languages (compensation models, workforce development issues), 2) Comparative case studies using qualitative methods (investigate approaches across different regions in Ontario and other relevant jurisdictions), 3) Implementation research alongside effective knowledge translation strategies, 4) Ontario Health Teams a potential path forward for collaborative care implementation