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## **Developing a Mental Health Strategy for Canada: Phase II Toward a recovery oriented mental health system**

**Workshop at the 11<sup>th</sup> Canadian Conference on Collaborative Care  
May 14-15, 2010, Winnipeg  
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Mental Health Strategy Team Members**



# Agenda

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- 1. Share highlights of conversations at two recent roundtables (Recovery & Wellbeing and Access)**
- 2. Input from you on how to achieve each of the two goals, especially in context of role of primary care and collaborative care.**



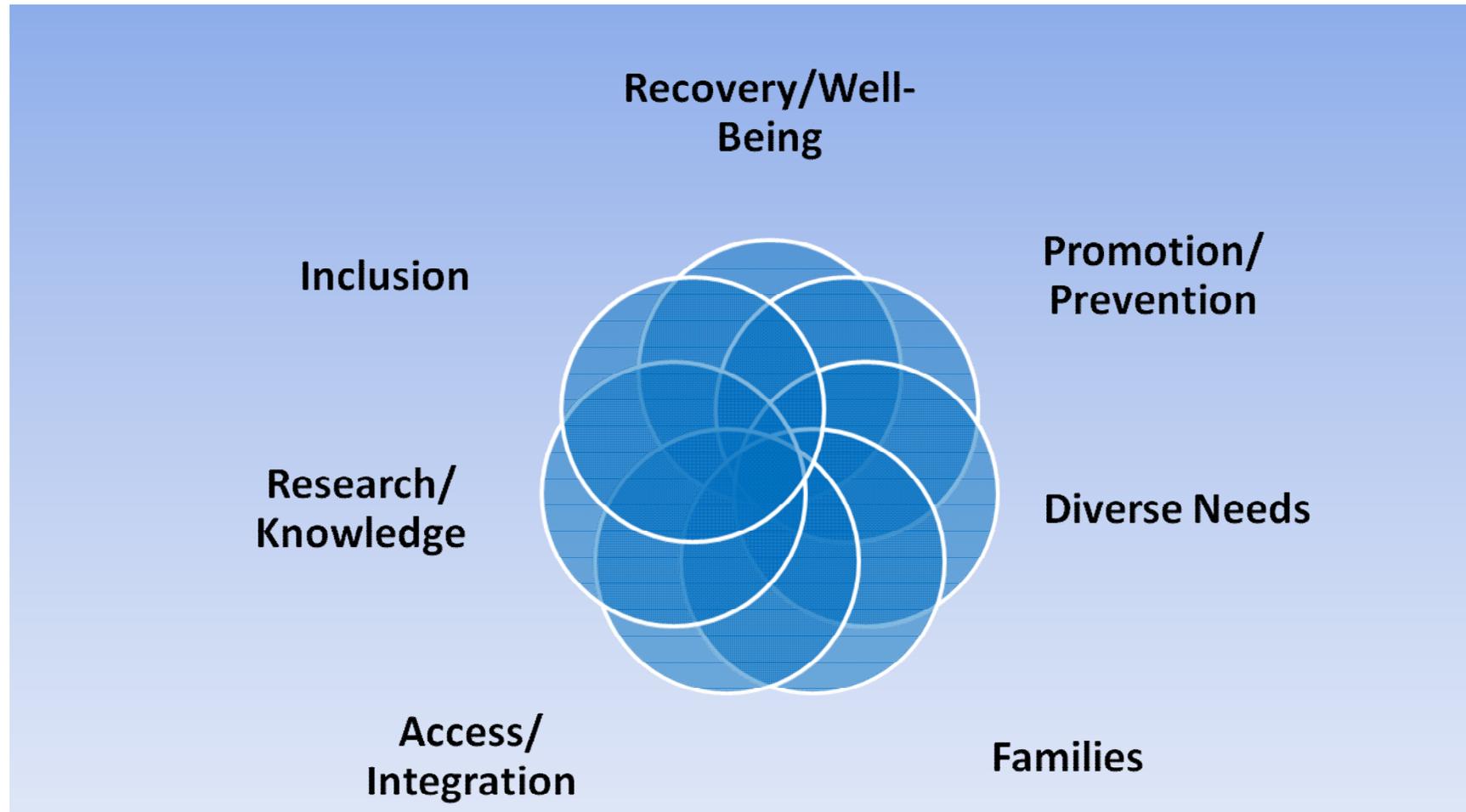
# MHCC Framework Vision

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*All people in Canada have the opportunity to achieve the best possible mental health and well-being.*



## Framework for the Mental Health Strategy anchored on 7 goals to transform the system.





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*We don't see things as they are, we see things as we are."*

Anais Nin



## Goal 1: Recovery and Wellbeing

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***People of all ages living with mental health problems and illnesses are actively engaged and supported in their journey of recovery and well-being.***

- Recovery principles apply universally but adapted across the lifespan. Encompasses two continua with well being
- For people with mental health problems and illnesses it means:
  - ❖ Hope, choice, responsibility, self-determination, dignity and respect.
  - ❖ A meaningful life in the community while striving to achieve one's full potential.
  - ❖ Partners in healing journey with service providers, family, peers..



## The literature - on how to achieve a recovery orientation

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- ❖ Examples of what works well for recovery orientation
  - *Peer-support*
  - *Self-help/self-management*
  - *Support for a job, a home and a friend*
  - *Reducing seclusion and restraint*
- ❖ Policy and service delivery changes:
  - *Person-centred approach in governing policies*
  - *New approaches to funding that include choice*
  - *Seamless integration of the System/services around peoples' needs ,however complex*
  - *Responding to changing needs across the lifespan*
  - *The person as most knowledgeable and as responsible*



## Goal 5: Equitable, Timely Access, Person-centered, Integrated system

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- People of all ages have ***timely access*** to appropriate and effective mental health programs, treatments, services and supports ***in their community***, or as close as possible to where they live or work, regardless of their ***ability to pay***.
- The mental health system is ***centered on fostering people's mental health*** and meeting the full range of people's ***needs – however complex*** – in the least restrictive way possible.
- It is ***seamlessly integrated*** within and across the public, private, and voluntary sectors, across jurisdictions, and across the lifespan.
- ***The pressing needs in under-serviced areas such as the North- are addressed.***



## Tackling Goal 5: Proposed Characteristics of a Transformed System (5)

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- ***Person-centered:*** Centered on the person, their needs and strengths, within their family and cultural context.
- ***Comprehensive:*** Provision of a continuum of services, primarily community-based, with mental health promotion and mental illness prevention incorporated throughout.
- ***Integrated:*** System is integrated at the point of delivery, regardless of how services are organized and funded.
- ***Accessible:*** Programs, treatments, services and supports ensure timely and equitable access, and genuine choice.
- ***Accountable:*** Success is measured from the perspective of the person living with mental health problems and illnesses and their family.



## Features of an Integrated System

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- Ensure that “every door is the right door.”
- Coordinate across mental health, addiction, health and social services to make sure that people do not fall through the ‘cracks.’
- Take a holistic approach to mental and physical care.
- Ensure continuity of various services across the lifespan.
- Coordinate hospital, primary care and community-based services.



# Features of an Accessible System

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- ***Timely*** and ***equitable access*** to programs, assessments, treatments, services and supports.
- Addresses the ***needs of diverse populations***.
- Provides ***genuine choice*** among a range of treatments, services and supports.
- Addresses ***attitudinal*** and ***financial*** barriers to access.
- Supports ***ease of access*** to the system through multiple access points – every door the right door
- Supports individuals and their circle of support in navigating the mental health and broader systems (e.g. health, housing, income, victim services, etc.).



## Accessible

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“...If small tasks can seem insurmountable to a depressed person, finding help must seem nearly impossible. I can’t imagine how hopeless it must seem to the most isolated – those with little family support, disabilities and/or poor literacy skills.”

—Public, online participant



## What we heard during the Recovery and Wellbeing roundtable

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There was a shared vision for a true shift in the system that is:

- ❖ cohesive and integrated,
- ❖ person directed,
- ❖ easy to access,
- ❖ hope centred,
- ❖ safe,
- ❖ truly involves people with lived experience, including peer support,
- ❖ holistic taking into account social determinants of health,
- ❖ supported through education and training for professionals and families,
- ❖ offers choice

A large gap between the concept of recovery and on ground practice, especially

- ❖ Lack of inclusive decision making
- ❖ Limited choice in funded services



## What was said at the roundtables on developing strategic directions to achieve integrated system:

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- Focus on serving clients
- Ensure effective leadership (bottom up and top down)
- Provide appropriate services where they can be easily accessed
- Provide advocates for consumers
- Professional training and education to overcome fragmentation
- Provide system navigation support
- 'Change management'
- Involve consumers at all levels
- Change funding models



## What was said at the roundtable about strategies to improve accessibility

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- Focus on timely and flexible delivery of full range of services
- Better use of technology
- Fund innovation
- Adopt whole population approach
- Recognize diversity of communities: equitable not equal
- Engage communities to overcome stigma
- Inclusive bold leadership
- Increased and secure funding for person centered services
- Mental health literacy and education
- Set targets



## Transforming The Mental Health System Toward Recovery and Well-being

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*“With innovative thinking, creative initiatives and a true spirit of partnership throughout the system, it is absolutely realistic to expect that all Canadians should have access to service and supports in the communities where they live.”*

—Public, online participant



## Role of Collaborative Care for achieving a recovery and wellbeing oriented integrated & accessible system ?

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- Incremental advances in collaboration between primary care and mental health over past 15 years – *from Hamilton model, to CPA/cfpc paper, to primary care transition fund initiatives, to CCMHI*
- Driven at first by pressures for specialists to be more ‘accessible’ and ‘collaborative’ and for improved interdisciplinary care
- Underlying goals: improve access, clinical outcomes, consumer experience, and efficiencies/costs.
- Includes integration of mental health providers in primary care settings but involves many levels to implement – local community services, clinical practices, regional health authorities, academic, provincial policies etc.
- Has helped break down some silos



## Goal 5 and Collaborative care

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### Focus Questions

1. Thinking about the setting in which you practice collaborative care, how does or could collaborative care :
  - a. support a shift to a recovery orientation
  - b. improve integration
  - c. improve access
  
2. What would need to be included a mental health strategy to support this?



## Collaborative Care and Goals 1 & 5

Description of Specific Collaborative Care Strategy , Activity or Action that will :	What barriers or challenges could this address?	What is needed to make this work ?
<i>Support a shift to a recovery &amp; well being orientation</i>		
<i>Improve integration</i>		
<i>Improve accessibility</i>		



Thank you

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