



Canadian
Collaborative
Mental Health
Initiative

Initiative
canadienne de
collaboration en
santé mentale



No 3

OVERVIEW

Annotated Bibliography of Collaborative Mental Health Care

What does the research tell us about collaborative mental health care?

Interest in collaborative mental health care is growing world-wide. The available research specific to collaborative care and its effectiveness is also increasing. A review of research related to collaborative care is critical for informing collaborative mental health care in Canada.

The Canadian Collaborative Mental Health Initiative has produced a comprehensive annotated bibliography of research publications (2000 - 2004) related to the integration of mental health and primary health care. Over 800 relevant articles found in journals and grey literature were reviewed. The annotated bibliography provides a discussion and summary of key themes.

Key Themes

- The benefits of integrating primary and mental health care at the level of the person, the local system/community and the broader system have been identified.
- Numerous frameworks guide the different approaches to collaborative mental health care. When designing a collaborative model, it is important to select an approach that is appropriate for a given community and will effectively meet the needs of consumers.
- The involvement of consumers in directing their care is the standard for collaborative mental health care. Consumers are recognized as experts in their own care. Several strategies for strengthening the consumer voice have been identified.
- While there are a number of barriers to collaboration, the literature clearly describes the advantages to working in a team. Tools for collaboration help identify the interactive elements of collaborative care and facilitate improved interactions.
- Measuring, evaluating and monitoring collaboration are essential to the enhancement of collaborative mental health care. A variety of tools and practices have been recommended, including the increased use of information technologies.

This document provides an overview of the paper: *Annotated Bibliography of Collaborative Mental Health Care*.

The paper is available in English and French. Visit our Web site: www.ccmhi.ca, or contact:

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