



Canadian
Collaborative
Mental Health
Initiative

Initiative
canadienne de
collaboration en
santé mentale



No 5

OVERVIEW

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

Are you interested in connecting with and learning from other health care partners who are working to improve the quality of mental health care in Canada?

Several approaches to providing collaborative mental health care in primary health care settings are being implemented across Canada. Health care partners, including a broad range of primary and mental health care providers, consumers, families and caregivers, are working together to provide exceptional and seamless services that meet the mental health needs of consumers.

This paper offers a comprehensive resource to support providers, planners and policy makers in the development and/or enhancement of collaborative mental health care initiatives. The analysis is based on descriptions collected from over 100 collaborative mental health care initiatives across Canada. These initiatives include community health centres in urban centres, programs focused on children and adolescents, geriatric outreach teams, teaching programs, programs supporting the transition to primary care from psychiatric hospitals, clinics of psychotic disorders, and programs focused on Aboriginal communities.

Key Findings

- Approximately 90% of initiatives surveyed have conducted evaluations of their activities and included measures of provider and/or consumer satisfaction and/or clinical outcomes.
- A typical collaborative mental health care initiative involves a physician, psychiatrist and/or social worker or nurse. Many initiatives seem to be moving toward co-location of health care partners and expanding the range of health care partners on the collaborative team.
- Consumer needs are met by including their preferences and values in the development of their treatment plan and in evaluating the initiative's services. There is a trend toward more involvement of consumers at the initiative development and governance levels.

This document provides an overview of the paper: *Collaborative Mental Health Care in Primary Health Care: A Review of Canadian Initiatives*.

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

The CCMHI Secretariat
Tel: (905) 629-0900
E-mail: info@ccmhi.ca

The opinions expressed in this publication are those of the CCMHI secretariat and do not necessarily reflect the official views of the CCMHI's member organizations or Health Canada.

Funding for the CCMHI is provided by Health Canada's Primary Health Care Transition Fund.