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of Canada

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la santé mentale
du Canada

Training in Collaborative Mental Health Care Workshop

Mental Health Commission of Canada

Presented by:

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Workshop Agenda

1	Overview of the CHEER Project	10 minutes
2	Experiences with Collaborative Mental Health Care Training Programs	10 minutes
3	Breakout # 1: Gaining Perspectives	30 minutes
4	Breakout # 2: Bridging the Gap	30 minutes
5	Summation and Wrap-up	10 minutes

Workshop Objectives

1. Improve participant's understanding of current collaborative mental health training for health professionals in Canada;
2. Provide an opportunity for participants from a broad range of backgrounds to engage in a dialogue to explore their experiences in working towards or delivering collaborative mental health care to identify common challenges and opportunities;
3. Identify opportunities to enhance training to promote inter-professional collaboration in mental health care that increases uptake of knowledge within training initiatives, and incorporates the knowledge of persons with lived experience in training programs.

The background features a series of overlapping, semi-transparent geometric shapes in various shades of green and blue. The shapes are layered, creating a sense of depth and movement. The colors range from a bright, vibrant blue to a deep forest green, with lighter lime green accents. The overall composition is modern and dynamic.

Overview of the MHCC

MHCC: Vision and Mission

Mission:

To promote mental health in Canada, and work with stakeholders to change the attitudes of Canadians toward mental health problems and illnesses, and to improve services and support

Vision:

A society that values and promotes mental health and helps people who live with mental health problems and mental illnesses lead meaningful and productive lives

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Knowledge Exchange Centre



KEC Goals

- To facilitate the development and mobilization of evidence-informed knowledge in the mental health community
- To increase the capacity of mental health stakeholders to routinely adopt and integrate knowledge exchange practices
- To explore potential pan-Canadian synergies and opportunities for collaboration
- To leverage existing best and promising practices across the country

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CHEER Project



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CHEER Governance

THE COLLEGE OF
FAMILY PHYSICIANS
OF CANADA



LE COLLÈGE DES
MÉDECINS DE FAMILLE
DU CANADA

CANADIAN
PSYCHOLOGICAL
ASSOCIATION



SOCIÉTÉ
CANADIENNE
DE PSYCHOLOGIE



CANADIAN
NURSES
ASSOCIATION



Centre for Addiction and Mental Health
Centre de toxicomanie et de santé mentale



Canadian Psychiatric Association
Dedicated to quality care
Association des psychiatres du Canada
Dévouée aux soins de qualité



Health
Canada

Santé
Canada

CANADIAN ALLIANCE ON
MENTAL ILLNESS AND
MENTAL HEALTH



Public Health
Agency of Canada

Agence de la santé
publique du Canada

CHSRF
CANADIAN HEALTH SERVICES
RESEARCH FOUNDATION

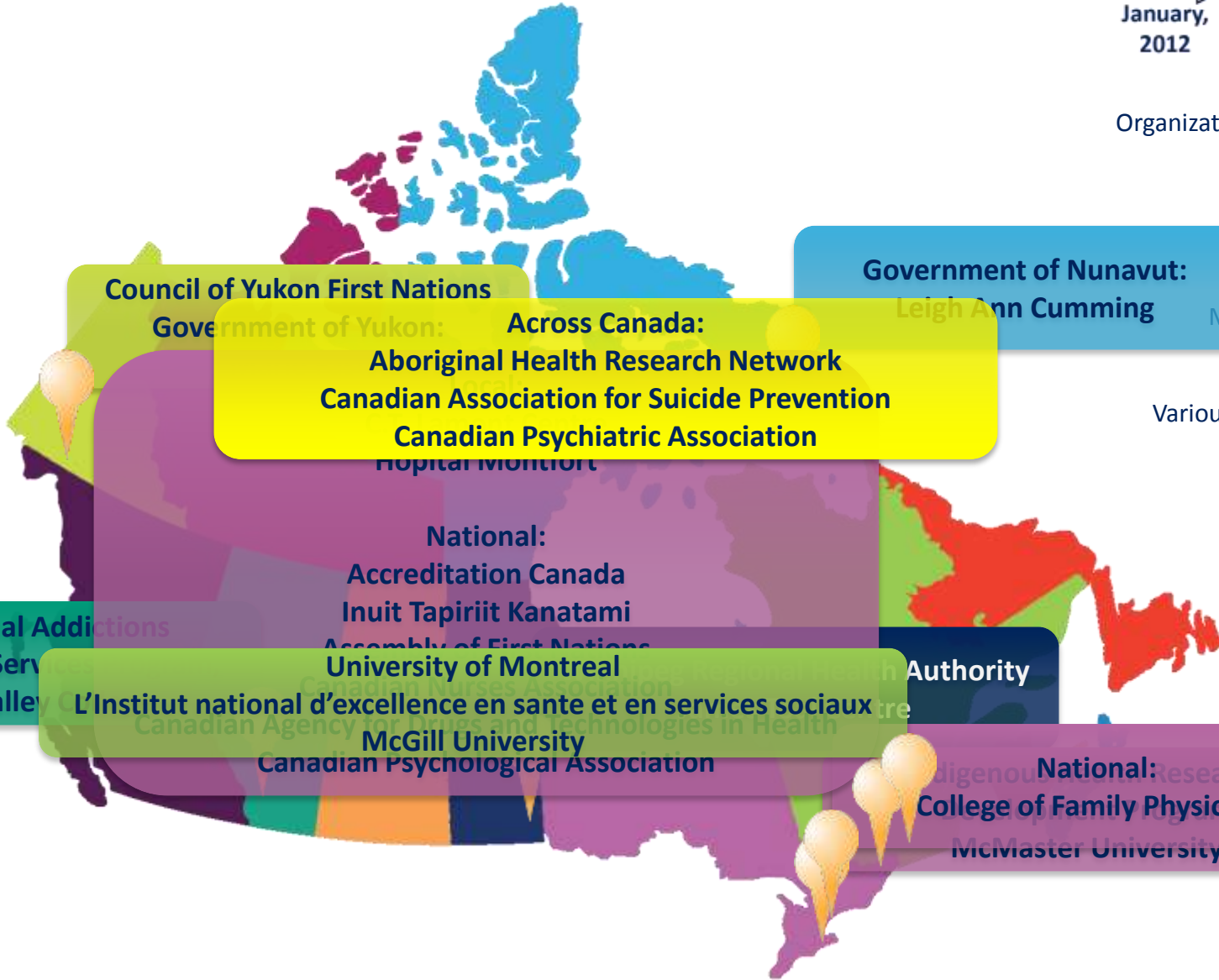
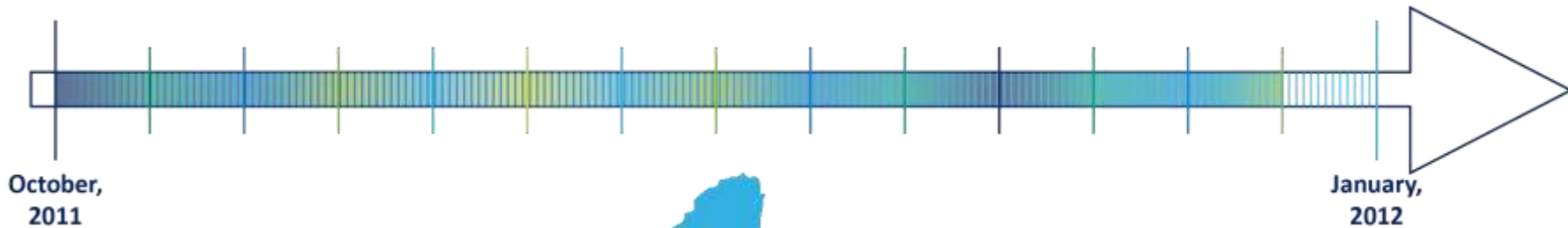




Stakeholder Engagement

The CHEER Project held consultations with 25 organizations across Canada between October 2011 and January 2012.

Consultation will remain **One of the KEYS** to identify and meet the needs of the community.



- Organizations by Location
- Yukon: N=2
 - Nunavut: N=2
 - Calgary: N=1
 - Winnipeg: N=2
 - Hamilton: N=2
 - Mississauga: N=1
 - Ottawa: N=9
 - Montréal: N=3
 - Various locations: N=3
 - Total: N=25**
 - National: N=10



Description

The CHEER Initiative aims to gather a wide range of stakeholders across the country including stakeholders with lived experience and expertise to identify, leverage and disseminate best practices.

Supported Self
Management

Training
Programs to
Increase
Competencies

Chronic Disease

Rural and Remote



The CHEER Project Objectives

To utilize knowledge exchange strategies to improve access to primary mental health care and substance use services in rural and remote communities

To enhance existing training programs to increase the competencies of health professionals to work collaboratively in the areas of mental health and substance use

To improve the experience of receiving care by fostering inter-professional collaboration and addressing barriers to accessing care

To advance the field of knowledge exchange by evaluating and publishing new insights and relevant outcomes related to the CHEER Initiative




Supported Self Management: Key Goal




Adapt, implement and evaluate a validated Supported Self-Management Tool for mild to moderate depression, risky drinking, and anxiety in primary healthcare settings using an Avatar-based technology

Training: Key Goals

- 
- Develop and implement targeted knowledge exchange activities that will support collaborative care for MH and SU in Canada
 - Support rural and remote communities in Canada's North, beginning with the Yukon, by developing a sustainable network of existing agencies whose primary goal is to increase capacity
 - To increase awareness and competencies of health professionals to address mental illness by enhancing existing training programs

Training: Activities

- 
- Environmental Scan of current CME/CPD

- 
- National survey for both current trainees, and recently graduates to assess experience, challenges and gaps in training

- 
- Focus Groups, Workshop and Presentations aligned with National Conferences

- 
- National Symposium for all organizations who conduct training



Research: Key Goals


Synthesize knowledge and increase understanding of the role of Knowledge exchange in the advancement of collaborative care by producing 2 systemic research projects


Create funding partnerships with key organizations to create new knowledge in the field of collaborative care of MH and SU

Define the landscape of remote and rural communities for the CHEER Initiative deliverables



Chronic Disease: Key Goals

- 
- Improve the evidence base linking mental health and chronic disease

- 
- Partnerships: Build and work in partnership with stakeholders in the chronic disease and mental health fields to generate knowledge and enhance collaboration



Evaluation: Goal

- Evaluate the CHEER deliverables impact in the community of collaborative care for mental health and substance use and on people with lived experience



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My Inter-professional Educational Journey





University of Calgary Med School – Class of 1980



University of BC Psychiatry Residency – Class of
1984



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UBC M.H.Sc. - Epidemiology– Class of 1993



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Simon Fraser University – Professor Health Sciences from 2006– present

Why Learn to Use a Shared Care Model?

- Improve access
- Strengthen communication
- Increase capacity of primary care
- Reduce waiting times
- Enhance experience of seeking and receiving care

Kates et al., CJP, 2011

Requirements & Recommendations for Training

Royal College Requirements (2009)

- 2 months
- Longitudinal or discrete rotation
- Ideally in a primary care setting

Recommendations for training (Kates, 2012)

- Primary care rotations
- Collaborative care experiences (shared learning with FP residents)
- Seminars
- Collaboration with FP's in all rotations



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Opportunities & Barriers in Training

Rotations ideally located in primary care settings

Opportunities don't always exist

Large urban centers are better equipped

Most opportunities are longitudinal

Trainees often required to work in a discrete 2 month block



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My Experience

Pacific Spirit Health Unit

Cambie Older Adult Mental Health Team

Pilot Project

One year; 0.5 d/week

Primary care setting

Case conferences, educational seminars, assessment



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My Experience

Qualitative overview

Survey physicians, trainees and those with lived experiences

Hopefully a sustainable project!



Breakout Session One: Gaining Perspectives

Questions:

- 1) What were the strengths and weaknesses of your training in preparing you to work within a collaborative care model?
- 2) What educational strategies could be adopted to overcome challenges you have faced in delivering collaborative mental health care?

Breakout Session Two: Bridging the Gap

Questions:

- 1) What opportunities exist to enhance training to promote inter-professional collaboration in mental health care?
- 2) What are the best ways to transfer relevant knowledge from those already practicing collaborative care to those seeking to do so?



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Thank you

Contact us: info@mentalhealthcommission.ca

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*Les opinions exprimées aux présentes sont celles de la Commission de la santé mentale du Canada.
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