

Why Bother With Shared Mental Health Care?

Collaboration in Action

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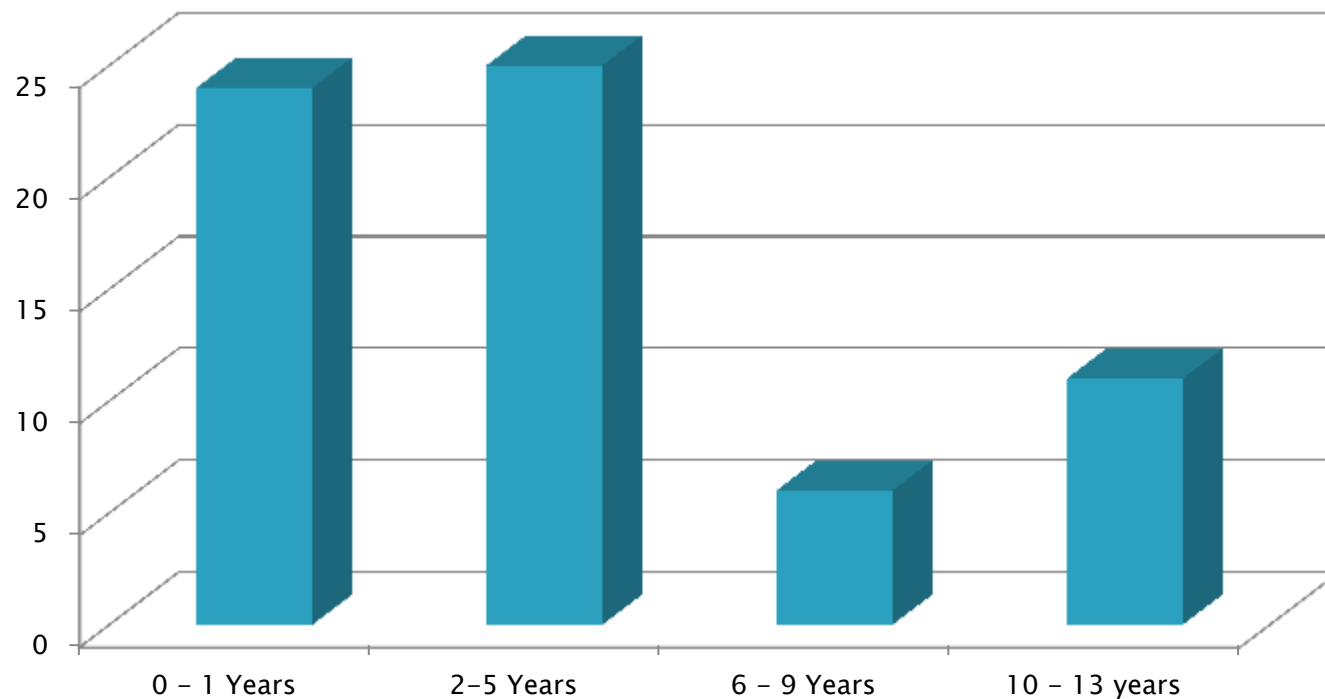
Calgary Model

- ▶ Mentoring / consultation model
- ▶ Education is a major focus
- ▶ ‘Physician in the Room’
- ▶ Two prong approach – benefits to physician and patient
- ▶ 150 physicians, 11 clinicians

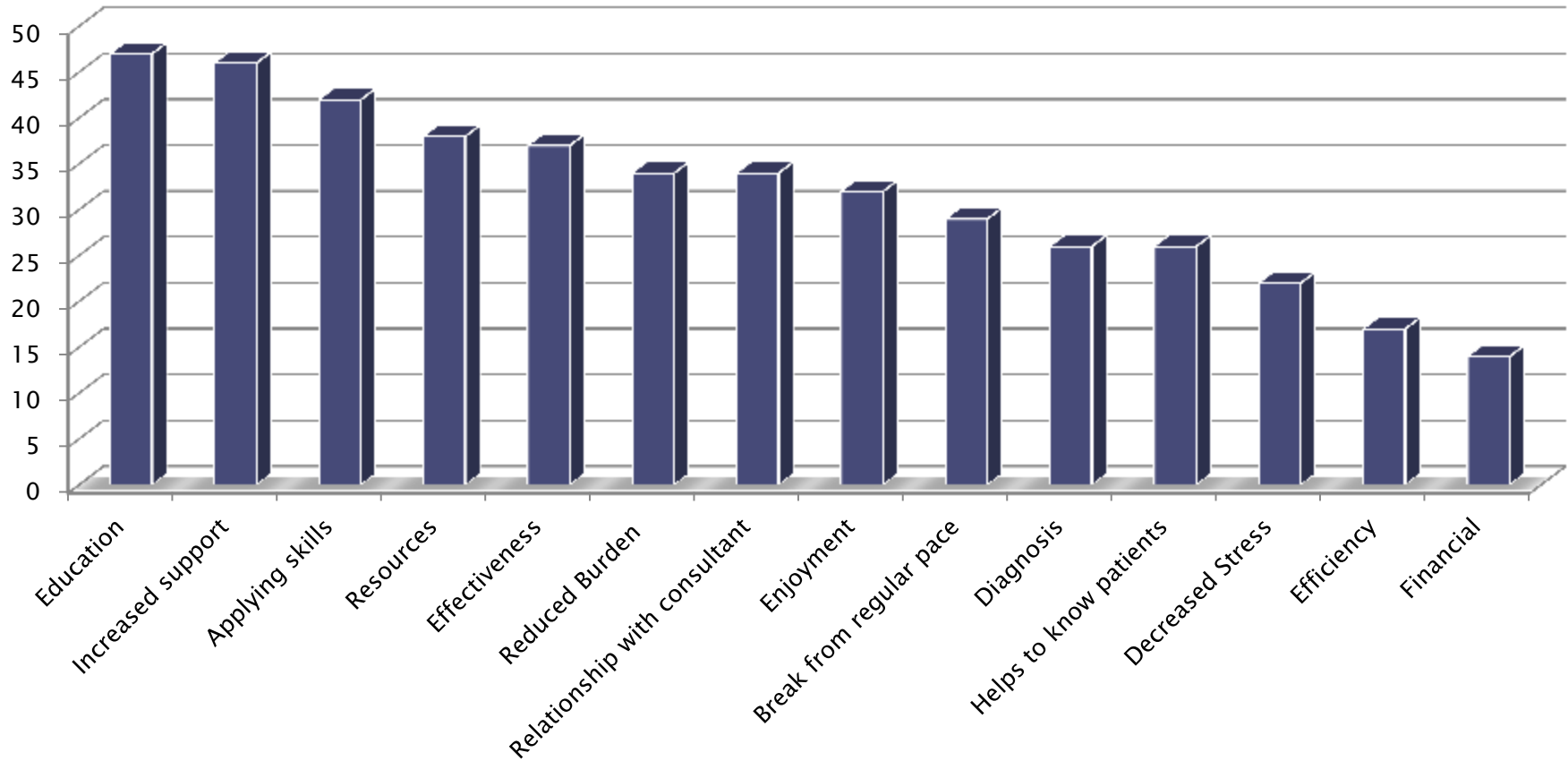
Survey

- ▶ Assess the impact of Shared Care (Calgary Model) on physician's practice
- ▶ 150 surveys were distributed
- ▶ 73 responses
- ▶ Surveys were anonymous
- ▶ Qualitative and quantitative questions

How long have you had Shared Care in your practice?

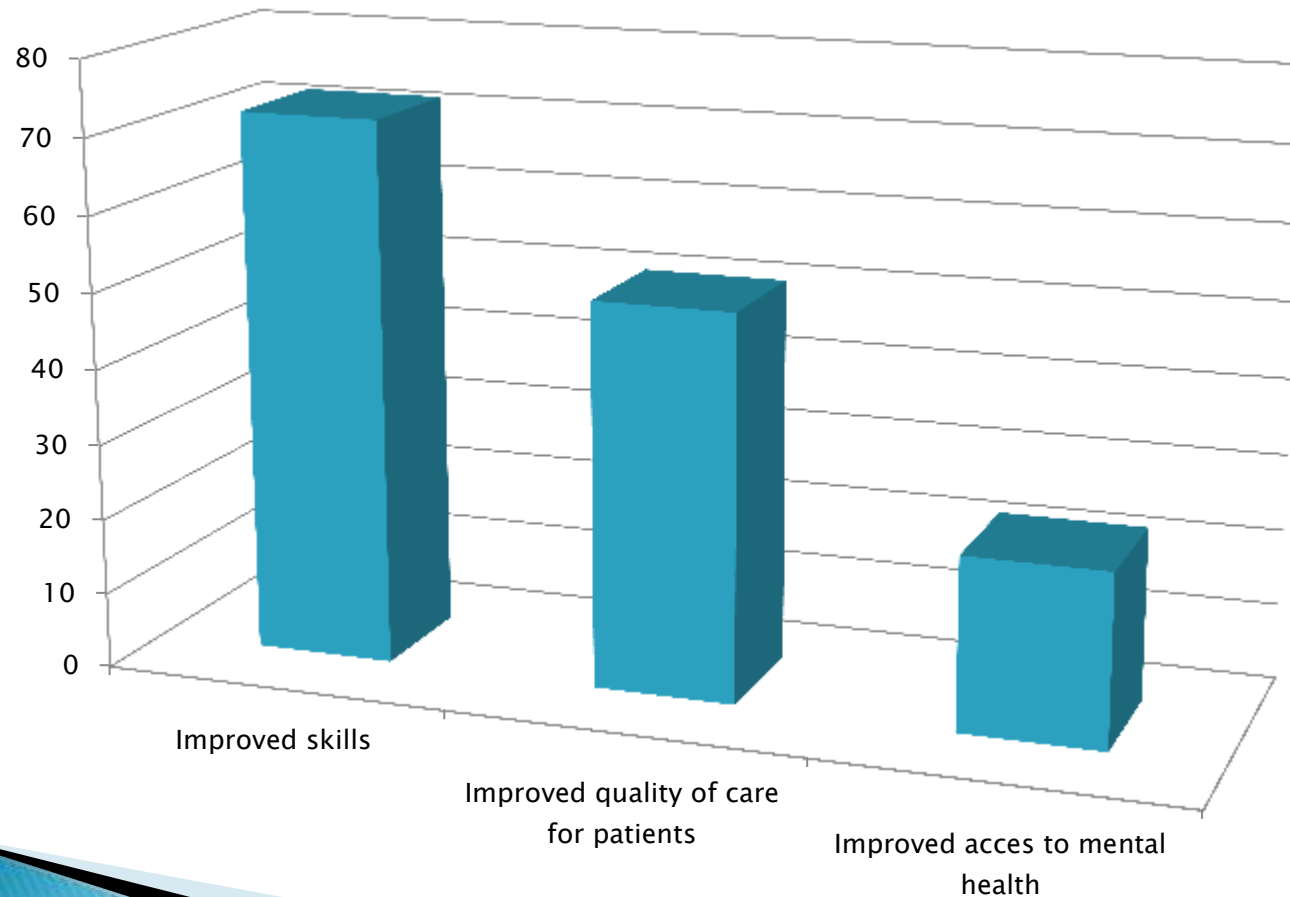


Why do you participate?



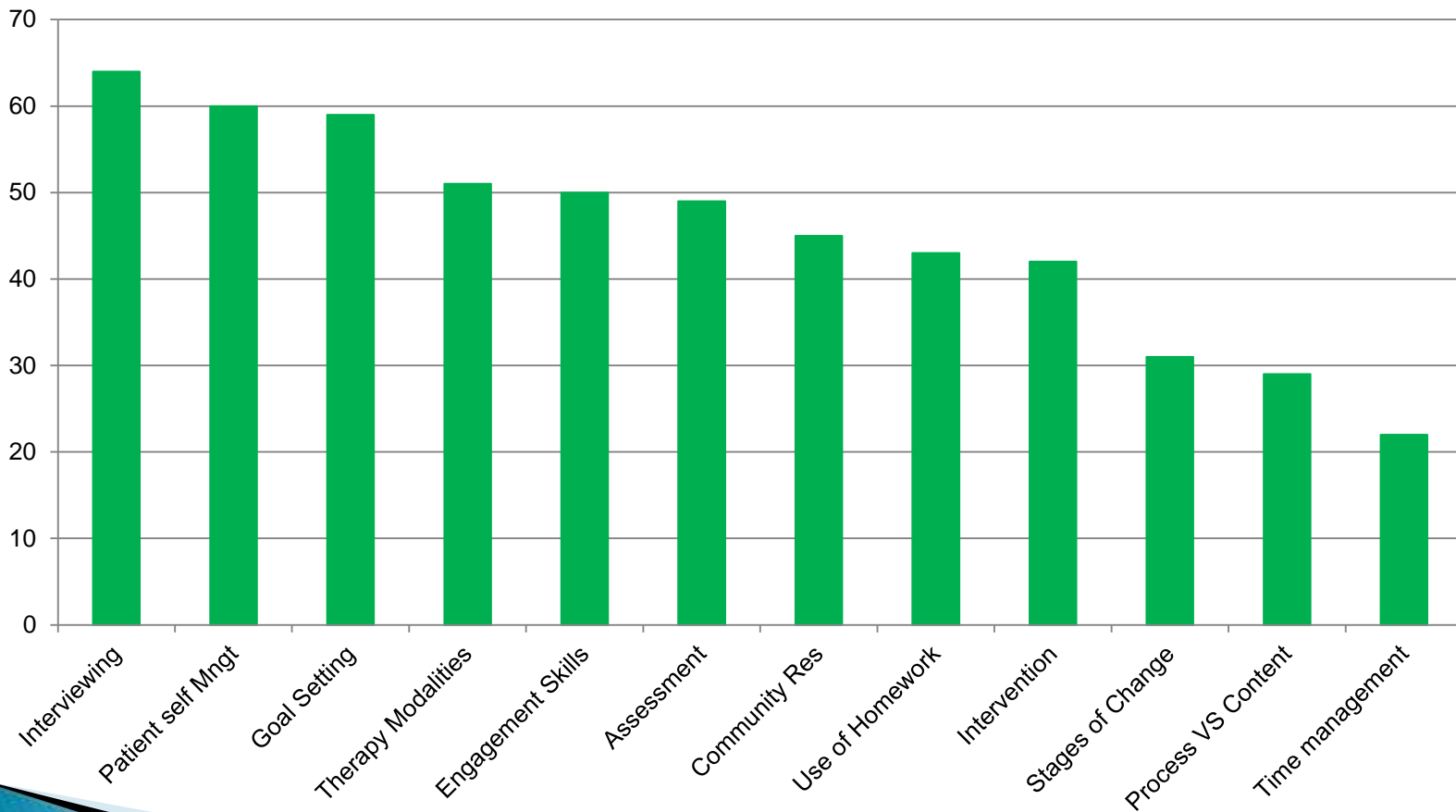
- ▶ *“I wish I had access to this program for my first 20 years of practice – it has been enlightening, incredibly helpful, and so educational. Great program. I feel privileged and lucky to be part of it.”*

Top 3 Ways Shared Care has Made a Difference in Practice



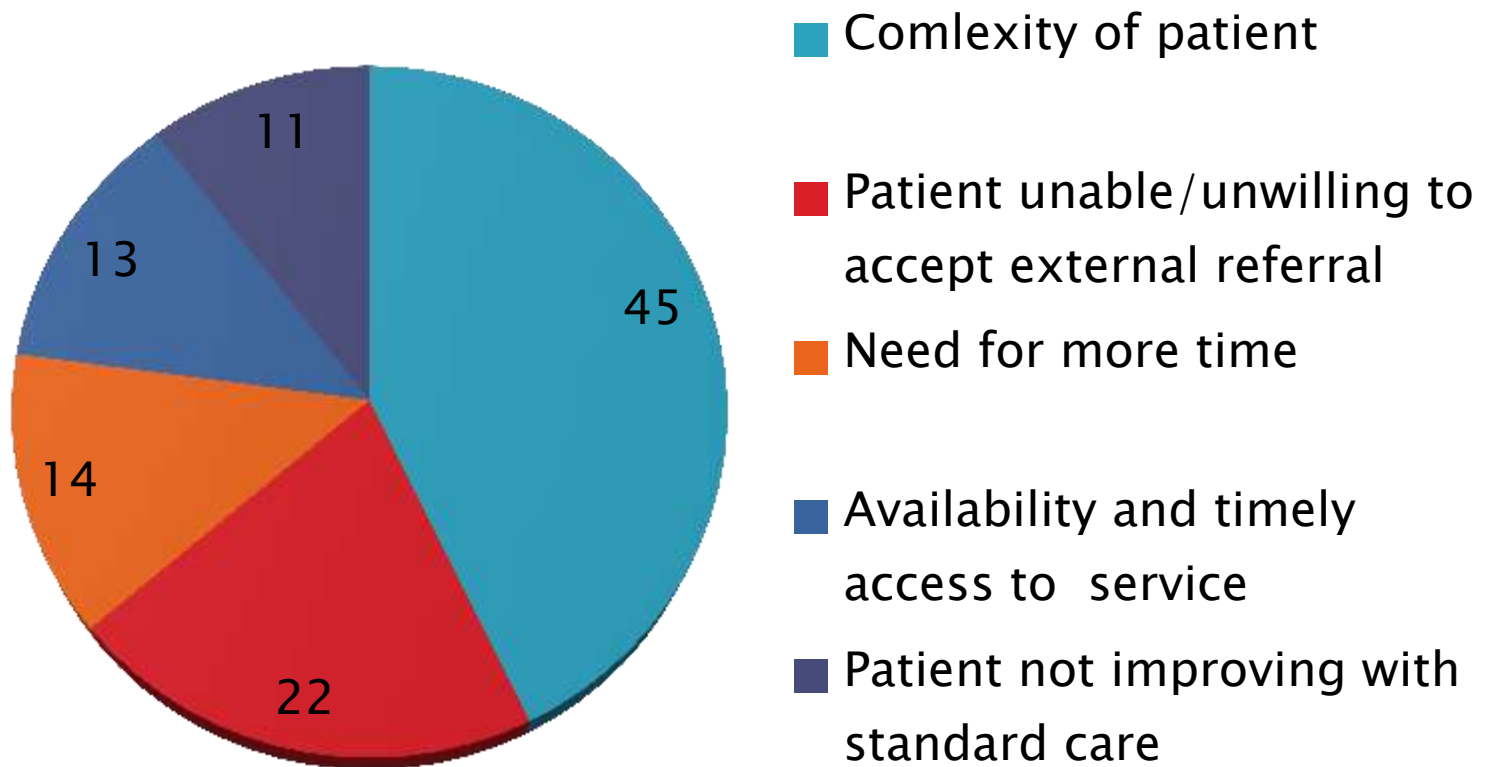
- ▶ *“ Being part of Shared Mental Health Care has given me confidence and skills to engage patients about mental health and to assess them appropriately for better management.”*

What have you learned about mental health and therapy?



- ▶ *“The importance of integrating meaningful mental health care management into the medical model of health care. This leads to more functional management of mental health issues, leading to reduced patient visits for medical and psychological care...”*

How do you decide which patients to bring to Shared Care?

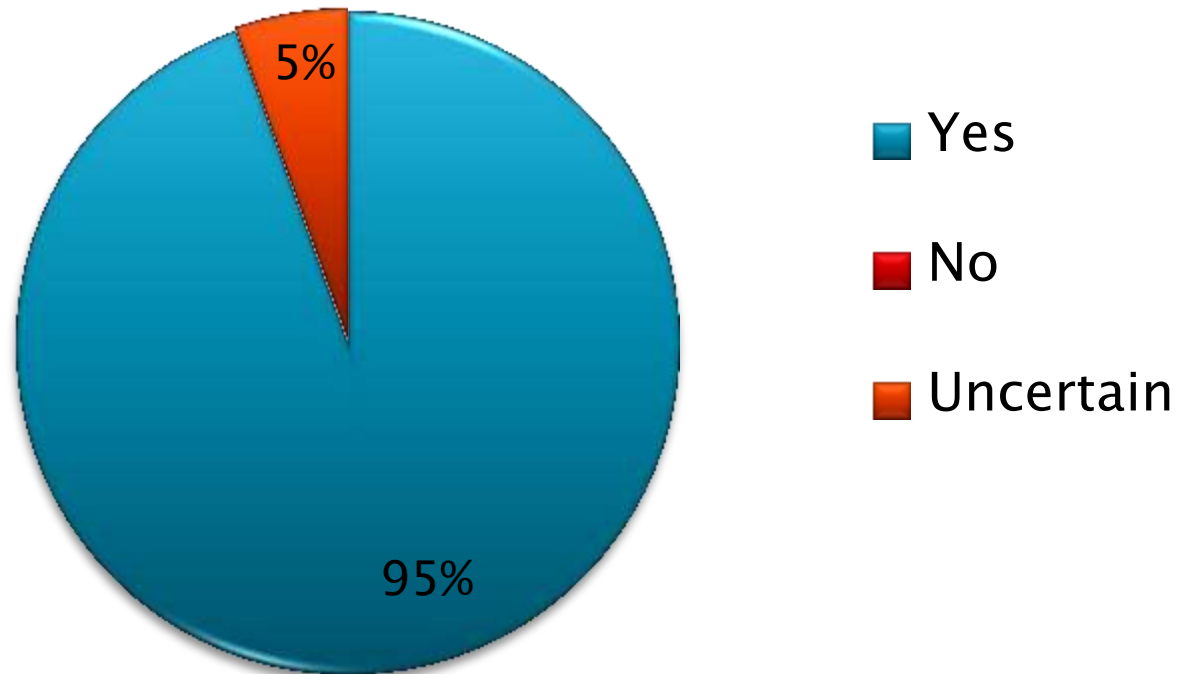


External Referrals

- ▶ Physicians estimated on average:
 - 51% of patients seen in Shared Care would not have accepted a referral elsewhere.

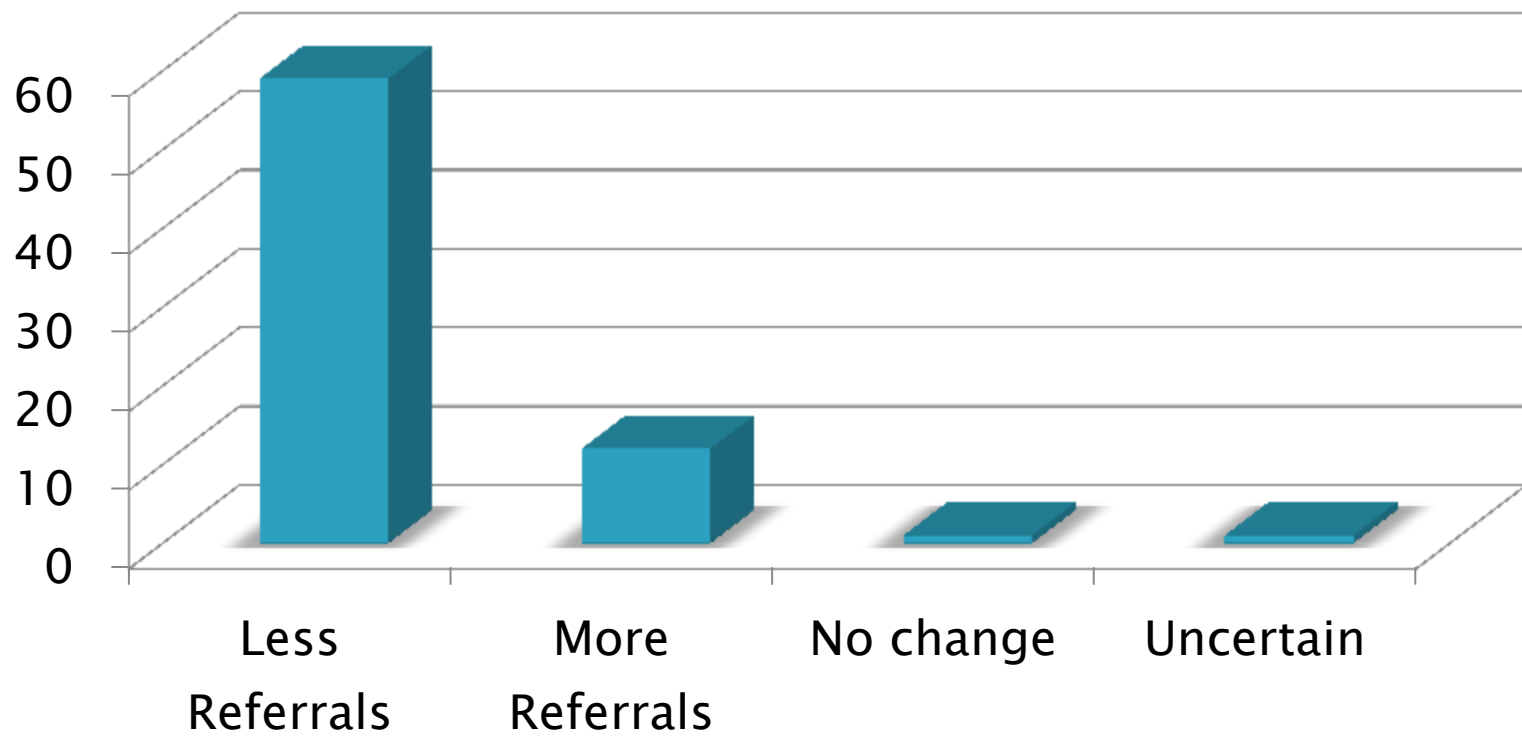
- ▶ *“Patient care is streamlined and much more efficient. Instead of referring people out and waiting for many months these individuals can return to see me in a familiar environment, I introduce them to the Shared Mental Health Consultant and we quickly move toward an accurate assessment with a treatment plan, I have seen peoples lives change for the better regularly.”*

Do you feel your patient outcomes have improved?



- ▶ *“I have seen peoples lives change for the better quite regularly.”*
- ▶ *“It has been very effective at improving my relationships with certain patients and illuminating the importance of good mental health in overall health.”*

Have your referral practices changed since involvement in Shared Care



Why Bother With Shared Mental Health Care?

- Education and skill development
- Support to physician and patient
- Decreased burden of care
- Improved patient outcomes
- Decreased referral rate to external services
- Physician enjoyment