



Canadian  
Collaborative  
Mental Health  
Initiative

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# Canadian Collaborative Mental Health Initiative





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## What is CCMHI?

*Funded through Health Canada's Primary Health Care Transition Fund*

12 national associations representing consumers, families, caregivers and health care providers have come together:

*To improve the mental health and well-being of Canadians by **strengthening the relationships and improving collaboration** among health care providers, consumers, families and communities.*



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## CCMHI partner organizations

- Canadian Alliance on Mental Illness and Mental Health
- Canadian Association of Occupational Therapists
- Canadian Association of Social Workers
- Canadian Federation of Mental Health Nurses
- Canadian Mental Health Association
- Canadian Nurses Association
- Canadian Pharmacists Association
- Canadian Psychiatric Association
- Canadian Psychological Association
- College of Family Physicians of Canada
- Dietitians of Canada
- Registered Psychiatric Nurses of Canada



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## What CCMHI achieved -

CCMHI improved mental health promotion, prevention and access to mental health services in primary health care through:

- A series of **research papers**
- Three series of **implementation toolkits** for providers; consumers, families, and caregivers; and educators
- A **Charter** for collaborative mental health



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# Enhancing research through collaboration and partnerships

## *Research Documents*

- 10 research documents were released; some summarized existing literature while others are original research
- 24 different authors from as many different organizations contributed to these documents
- Each document was reviewed by Steering Committee members representing a wide range of professional associations



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# Research Documents



## Collaborative Mental Health Care Framework

Key components of collaborative mental health care initiatives and the contexts influencing their implementation.

## Advancing the Agenda

Key barriers to collaborative mental health care and potential strategies to address these barriers.

## Policy Review

Primary health and mental health care reform in Canada in relation to the promotion of collaborative mental health care.

## Review of Canadian Initiatives

Description and analysis of collaborative mental health care initiatives in Canada.

## Interprofessional Education

Emphasis on collaborative mental health care approaches and skills in pre- and post-licensure programs and in consumer and family organizations.

## Health Human Resources

Challenges facing health human resources in collaborative mental health care.

## Annotated Bibliography

The extensive and growing literature on collaborative mental health care.

## Current State of Collaborative Mental Health Care

Overview of the research collected by the Canadian Collaborative Mental Health Initiative.

## Identifying Best Practices

Key components of successful collaborative mental health care initiatives based on evidence research.

## Review of Mental Health Service Utilization

A review of mental health services utilization, by profession, across Canada, using CCHSI data.



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## Implementation toolkits developed through collaboration and partnerships

### *Toolkits*

- Focus is on implementation: general toolkits with 8 compendium documents for special populations
- 2 consumer, family and caregiver toolkits
- 1 toolkit for educators, both at the pre-and post-licensure levels
- 90 researchers, practitioners, consumers and family members, and as many institutions collaborated to develop these 12 toolkits, creating a sense of pride and ownership across Canada



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## Collaborative Mental Health Charter ensuring momentum through consensus building

- CCMHI held 3 series of national consultations for the Charter, starting with consumers, families and caregivers
- An on-line survey was conducted
- 2,500 people were reached through these efforts
- These activities culminated in the Leader's Forum
- The Charter has now been approved by the 12 boards of the steering committee members





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# Collaborative Mental Health Charter Principles

- ∞ promotion and prevention
- ∞ holistic approach
- ∞ collaboration
- ∞ partnership
- ∞ respect
- ∞ information exchange
- ∞ resources



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# Collaborative Mental Health Charter Commitments

- provide leadership
- reduce stigma
- be consumer driven
- respect diversity
- collaborate
- enhance access
- embrace quality
- advocate for resources



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Contact information:

[www.ccmhi.ca](http://www.ccmhi.ca)