Integration of Mental Health Services in Primary Health Care: Canadian Research Activities & Opportunities

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Committee

A committee is a group that keeps minutes and loses hours.

Milton Berle

How many committee members does it take to change a lightbulb? "This topic was resumed from last week's discussion, but is incomplete pending resolution of some action items. It will be continued next week."

Anon

If computers get too powerful, we can organize them into a committee -- that will do them in.

Anon
Objectives

• To provide an overview of some of the research being undertaken in Canada addressing the integration of mental health services in primary healthcare

• To describe some of the relevant research funding opportunities

Caveat Emptor:

1 Selective and not comprehensive
2 May not accurately represent information
The majority of individuals with mental disorders are treated within primary healthcare services with limited access to or support from mental health and addiction services


Methods: Analysis of Statistics Canada CCHS1.2 data
Obstacles need to be overcome in order to provide better quality mental health services


Methods: Analyzed Statistics Canada CCHS1.2 data
The majority of individuals with mental disorders are treated within primary healthcare services with limited access to or support from mental health and addiction services.


**Methods**: Admin database analyses
Opportunities exist to use various data sources in order to understand use of primary healthcare services


**Methods:** Comparison of CCHS 1.2 (self-report) and admin data
Obstacles need to be overcome in order to provide better quality mental health services


Methods: mixed-method approach with emphasis on qualitative investigation (60 family physicians)
Obstacles need to be overcome in order to provide better quality mental health services


**Methods:** Mixed methods
Innovations in the delivery of mental health services within primary healthcare settings


**Methods:** Case Study (mixed methods)
Innovations in the delivery of mental health services within primary healthcare settings


**Methods:** Case Study (mixed methods)
Collaborative mental health care models offer opportunities to improve service delivery


**Methods:** Quantitative analyses using chart reviews

**Results:** The shared care site offered services more than 40 days sooner and also helped to reduce wait time on the non-shared care sites.
Collaborative mental health care models offer opportunities to improve service delivery


**Methods:** Comparative quantitative analyses

**Results:** The median wait time was 6 days in comparison with 39.5 days for the comparison site
Collaborative mental health care models offer opportunities to improve service delivery


**Methods:** Case Study (two family practices in Eastern Ontario)

**Results:** Doctors felt mental health problems were diagnosed more rapidly, patient care improved as well as their own knowledge of psychological management and treatment
Transformed service delivery models offer opportunities to improve outcomes


**Methods:** Mixed methods (Project Dialogue)
Research in Progress
(example Dr. McCusker and colleagues)

• RCT of a telephone-supported self-management intervention for management of depression among older adults and those with chronic physical illnesses in primary care settings

• Patient experiences of collaborative care for depression: identifying the important attributes of care from the consumer perspective and potential measurement instruments
Research Opportunities

Current discussion limited to CIHR

May also be opportunities through provincial research funding organizations (e.g., FRQS, Alberta Heritage Foundation, Ontario Mental Health Foundation, Michael Smith Foundation) and through US funders (e.g. AHRQ - Agency for Healthcare Research & Quality, National Institute for Health, National Institute for Mental Health).
Research Opportunities

CIHR Open Operating Grants
All areas of health research including randomized controlled trials
Next competition anticipated to be announced June 2012
Research Opportunities

CIHR Community-Based Primary Health Care
The Canadian Institutes of Health Research has launched a Signature Initiative to fund research that supports the delivery of high-quality, Community-Based Primary Healthcare (CBPHC) across Canada

CBPHC Innovation Teams
CBPHC Health Professional Scientists
Patient-Oriented CBPHC Network
Research Opportunities

CIHR Community-Based Primary Health Care
• Chronic Disease Prevention and Management in CBPHC
• Access to Appropriate CBPHC for Vulnerable Populations

Team Grant: Letter of Intent (May 1\textsuperscript{st} 2012); Full Application October 15\textsuperscript{th} 2012
Research Opportunities

CIHR Partnerships for Health System Improvement (PHSI)

• new competition anticipated to be launched in 2012
• Generally requires matched funds from decision maker partners
Research Opportunities

Strategy for Patient-Oriented Research (SPOR) (Signature Initiative)

1) Improve the research environment and infrastructure

2) Set up mechanisms to better train and mentor health professionals and non-clinicians in health research

3) Strengthen organizational, regulatory and financial support for multi-site studies

4) Support best practices in health care
Research Opportunities

Strategy for Patient-Oriented Research (SPOR)

• First SPOR Networks will be mental health and primary health care

• ‘SUPPORT’ units will provide resources and infrastructure for day-to-day research activities, including data management, biostatistics support, knowledge translation
Research Opportunities

**Strategic Training Initiative in Health Research (STIHR)**

Individual training programs receive funding primarily targeted towards supporting research trainees through stipends. Funding for these training programs is provided by CIHR and its partners in the government, voluntary and private sectors.
Research Opportunities

Transdisciplinary Understanding and Training on Research - Primary Health Care (TUTOR-PHC)
a one-year, national interdisciplinary research training program hosted by the University of Western Ontario
Research Opportunities

CIHR Training Awards (Masters, Doctoral, Fellowship, Clinician-Scientist Training)

New Investigator Awards

Clinician Scientist Salary Awards
North American Primary Care Research Group (NAPCRG)

www.napcrg.org

40th NAPCRG Annual Meeting in New Orleans, Louisiana

December 1-5, 2012
Primary Health Care Research & Innovation Network (CPHCRIN-RCRISSP)

www.cphcrn-rcrissp.ca

a newly established organization of researchers from all primary healthcare (PHC) research disciplines and experts from all stakeholder groups interested in primary healthcare
Mental Health Commission of Canada
Collaborative Healthcare: Exchange, Evaluation & Research (CHEER)

The Commission, in partnership with key stakeholders is undertaking a 5-year pan-Canadian initiative to contribute to measurable improvements in the field of primary mental health care and substance use in Canada.
For a copy of these slides: egoldner@sfu.ca

FOR INFORMATION ON CHEER

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