



Mood Disorders Society of Canada
Société pour les troubles de l'humeur du Canada

www.mooddisorderscanada.ca | www.troubleshumeur.ca

Collaborative Approaches to Mental Health Care

Mood Disorders Society of Canada

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Mood Disorders Society of Canada (MDSC) is a national, not for profit, consumer driven, voluntary health charity committed to ensuring that the voice of consumers, family members and caregivers is heard on issues relating to mental health and mental illness and in particular with regard to depression, bipolar illness and other associated mood disorders.

Mission Statement

Collaboration is an MDSC operational principle. The Society fulfills its mandate through an active partnership approach that engages like-minded organizations in the public, private and voluntary sectors. The MDSC is engaged on an ongoing basis in a wide range of projects and initiatives designed to support the inclusion of persons with disabling mental illnesses in Canadian society and has taken a lead proactive role in public policy and program development in many capacities on the national stage



Organizational History

The Mood Disorders Society of Canada (MDSC) has evolved to become one of Canada's leading mental health NGOs with a demonstrated track record for forging and maintaining meaningful and sustained partnerships with the public, private and non-profit sectors throughout Canada.

The MDSC was formally launched and incorporated in 2001 with the overall objective of providing people with mood disorders with a strong, cohesive voice at the national level to improve access to treatment, inform research, and shape program development and government policies with the goal of improving the quality of life for people affected by mood disorders.



MDSC Priorities

Patient Centered Care

Quality of Care

Eliminating Stigma

Public Education

Research



Collaborative Projects

} Correctional Services of Canada: Front Line Mental Health Training;

} Canadian Medical Association: Anti-stigma CME – 77,000 Physicians and Specialists;

} PTSD *Out of Sight, Not Out of Mind* Event and Report to Government

} Pan-Canadian Defeat Depression Campaign



Correctional Services of Canada: Front Line Mental Health Training

Background

} Persons with mental health issues involved in the criminal justice system face multiple barriers in returning to employment. Ex-offenders with mental health issues are confronted by a myriad of challenges upon release. Many ex-offenders have multiple needs, including coping with mental illness, limited skill sets and an absence of family and community support. Employment, whether paid or unpaid volunteer work, is a crucial component of a healthy lifestyle and successful reintegration.



Front Line Mental Health Training

Objectives

- } To develop a complete one day (6 hour) training program that would provide CSC front line staff with an understanding of issues facing offenders with mental health issues who are seeking to obtain and maintain employment upon returning to society.
- } To develop and provide an offender toolkit to assist in their transition to employment.



Front Line Mental Health Training

Collaborative Approach

- } MDSC formed a project Advisory Committee with representatives from multiple departments within CSC to ensure their specific needs were addressed within the training program:
- *Community Planning, Resources and Partnerships*
 - *Correctional Operations and Programs (Institutional Reintegration Operations; Education & Social Programs; and Community Operations)*
 - *Employment and Employability (CORCAN)*
 - *Women Offenders Sector*
 - *Community Mental Health and Partnerships*



Improving Health Outcomes

Developing a National Anti-Stigma Training Program for
Family Physicians and Specialists

Reducing Stigma and Discrimination



Anti-Stigma Continuing Medical Education Program

Background

- } MDSC is actively engaged in a multi-year strategy to aimed at reducing the harm of stigma.
- } In October 2006, the MDSC held a 3-day national workshop to explore the issues around stigma and discrimination. The workshop attracted 90 participants which included: researchers, persons with lived experience, family members, politicians, advocates, policy makers, international specialists.



Anti-Stigma Continuing Medical Education Program

MDSC Research

- } Stigma – The Hidden Killer, MDSC, May 2006
- } Stigma and discrimination – as expressed by mental health professionals, MDSC, November 2007
- } National and International Stigma Research Workshops – 2006 and 2007
- } Wait Times for Psychiatric Patients in Hospital Emergency Rooms Across Canada – 2008
- } Stigma research and anti-stigma programs: From the point of view of people who live with stigma and discrimination everyday, March 2009



Anti-Stigma Continuing Medical Education Program

Objectives

- § Develop partnership with CMA who represent 77,000 physicians.
- § Create a set of standardized learning modules and provide an evidence-based anti-stigma program to educate family physicians and specialists in the recognition of stigma related to mental illness.
- § Provide learners with an opportunity to recognize attitudes and behaviours that could potentially lead to stigma, as well as provide an example of a practical clinical approach to helping doctors and patients overcome stigma.
- § Submit the program for accreditation by the College of Family Physicians of Canada and Royal College of Physicians and Surgeons of Canada.



Anti-Stigma Continuing Medical Education Program

Collaborative Approach

§ MDSC reached out and recruited partners and sponsors the Mental Health Commission of Canada, Bell, North Bay Regional Health Centre and AstraZeneca Canada collaborated with the Canadian Medical Association, the Canadian Psychiatric Association and Memorial University to develop the web-based program on understanding and combating the stigma of mental illness.

Course links:

- ✓ English: www.cma.ca/stigma
- ✓ French: www.amc.ca/stigmatisation



Anti-Stigma Advisory Committee

- Dr. Ted Jablonski (Physician, Calgary, Alberta)
- Mr. Micheal Pietrus (Director Opening Minds, MHCC)
- Dr. Manon Charbonneau (Canadian Psychiatric Association)
- Dr. Vicki Smye (University of British Columbia)
- Mr. Dave Gallson (Mood Disorders Society of Canada)
- Dr. Sam Shortt (Canadian Medical Association – ex-officio)
- Ann Loyst (North Bay Regional Health Centre)
- Richard Chenier (Senior Project Manager – MDSC)

} **Subject Matter Experts**

- **Thomas Ungar** MD, MEd, CCFP, FCFP, FRCPC, DABPN
Associate Professor of Psychiatry, University of Toronto Chief of Psychiatry and Medical Director Mental Health Program, North York General Hospital
- **Rivian Weirnerman** MD, BSc (Med), FRCPC
Associate Clinical Professor, University of British Columbia Regional Head Division of Collaborative Care Psychiatry, Vancouver Island Health Authority Collaborative Care Psychiatrist, Collaborative Care Services, Victoria, British Columbia



PTSD Out of Sight, Not Out of Mind Event and Report to Government

Background

- } On October 26, 2011, MDSC brought together over 70 experts, thought-leaders and parliamentarians to discuss the issue of Post-Traumatic Stress Disorder (PTSD) at the Canadian War Museum in Ottawa.
- } This innovative working dinner, entitled Post-Traumatic Stress Disorder: *Out of Sight, Not Out of Mind*, gathered some of the most experienced and involved stakeholders and focused them on critical issues such as system capacity, research, de-stigmatization and family supports.



PTSD Out of Sight, Not Out of Mind

Objectives

- } To bring together mental health leaders to stimulate discussion about PTSD, identify gaps, treatment and support needs, and discuss ways to reduce and eventually eliminate the societal stigma that currently surrounds PTSD, generate ideas on how best to educate the public on the causes and effects of PTSD.
- } Discuss 3-5 focal issues related to PTSD - all of which will be prompted by a short testimonial video, as well as brief remarks by a PTSD expert. Highlights from the conversations were noted by a recorder, follow up interviews were also conducted and all viewpoints and recommendations were eventually compiled into a report.



Stakeholder Attendees

Canadian Institute for Military & Veteran Health Research
Canadian Medical Association
Canadian Institutes of Health Research
Health Canada
Mental Health Commission of Canada
Canadian Forces, Health Services
The Royal Hospital and its research institute (the University of Ottawa Institute of Mental Health Research)
Mood Disorders Society of Canada
Bell Canada
Rx&D
University of Ottawa Institute of Mental Health Research
National Centre of Operational Stress Injuries
Queens University
McGill University
Brain Injury Association of Canada
Public Safety Canada
Correctional Service Canada
Aboriginal Affairs and Northern Development Canada
Human Resources and Skills Development Canada
Environment Canada
Lundbeck
Royal Ottawa Operational Stress Injury Clinic
Canadian Psychiatric Association
Canadian Association of Social Workers
Canadian Psychological Association
Family Services Employee Assistance Programs
Royal Canadian Mounted Police



Recommendations

Family Supports

- } The development of an aligned website with additional regional information for families, including locations of support networks and telephone numbers.

Research

- } The development of a national network of dedicated researchers specializing in depression and associated mental illnesses, to undertake a national PTSD research agenda.

Stigma

- } The development and implementation of a PTSD Anti-Stigma Campaign, jointly funded by the Health Canada and the Department of Veterans Affairs.

Healthcare Provider Education

- } The development / execution of educational seminars for front-line workers, including family physicians, on the prevention, identification and treatment of PTSD and the stigma associated with it.

Engaged Outreach

- } An annual PTSD Summit to allow opportunities for knowledge exchange and collaboration between researchers, innovators and policy makers.



Defeat Depression Campaign

Background

- } Currently there is no coordinated national awareness and fundraising campaign to support community non-profit mental health organizations in Canada; as are established for other major illnesses.
- } Defeat Depression is a coordinated effort to support community mental health organizations in providing the much-needed services required by persons with mental illness, their families, and caregivers. The campaign offers Canadians a great way to help their communities and each other.
- } Defeat Depression encourages community mental health organizations to work collaboratively on the campaign.
- } Community Events take place May 27th.



Defeat Depression Objectives

- } Educate and engage the public and offer encouragement and hope.
- } Reduce stigma.
- } Original goal was for 8-10 sites; (we have already exceeded that objective with 18 communities now engaged).
- } Key component: to provide Canadians a campaign to help raise revenue to support the work of local non-profit mental health organizations in tackling depression and stigma, and providing support for persons affected by mental illness and their families.
- } 75% of funds raised are provided directly to M/H organizations involved in the campaign in the community.



Defeat Depression: An Effort to Help Communities

- } The 25% of revenues going to the Defeat Depression national campaign would be assigned to develop resources and supports, (*the first year we are targeting developing student and youth resources*).
- } Funds would also go towards developing resources, managing and expanding the annual campaign, producing campaign materials, registration management, marketing, financial oversight and report development, website and technical management and overall administrative, shipping/ postage, and support for local sites needed to run the campaign.
- } Funds would also be used to develop further resources and materials for the campaign. All materials developed will be available to all Canadians, and for use by all mental health organizations.
- } www.defeatdepression.ca



Defeat Depression Collaborative Effort

Small sample of organizations involved

- } Community Addiction and M/H, Haldimand Norfolk Resource Centre
- } McMaster University (COPE Student Mental Health Initiative)
- } Consumers Health Awareness Newfoundland and Labrador (CHANNAL)
- } Muskoka-Parry Sound Community Mental Health Service
- } CMHA Annapolis County
- } Community Mental Health Initiative Inc
- } Foundation des Amis de la Santé/ Friends of HealthCare Foundation
- } The Empowerment Connection
- } CMHA NL.
- } Mind Your Mind



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