



Mental Health
Commission
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du Canada

Consensus Conference on the Mental Health of Emerging Adults

Making Transitions a Priority in Canada

The Mental Health System

What needs to change?

Tuesday November 3, 2015

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LET'S PUT INTO PLACE WHAT WE
ALREADY KNOW WORKS – REALLY
and let's stop thinking about a
MENTAL HEALTH SYSTEM and focus
on meeting health needs of Youth

Theme and policy question(s)

What needs to change?

- What is needed at each tier, and across the continuum of mental health care, to ensure appropriate services are available to support emerging adults?
- How can the system's capacity issues be addressed in a way that works across the country?
- What needs to be done to ensure professionals have the competencies to provide the best care to emerging adults?

Since the dawn of history we have always had “emerging adults”. What is different now is not the biology/neurobiology but the duration of the emergence that is dependent on the predominant economic activity of the epoch: hunter-gatherer; agricultural; pre-industrial; industrial; post-industrial; E-society. We are entering an E-society phase but our institutional structures are still based on industrial society frameworks. This mismatch is causing us problems.

Objectives

WHAT: To improve rapid access, and effective mental health care resulting in better clinical, social, economic and general health outcomes for emerging adults who are experiencing mental health problems, mental disorders, substance misuse and substance use disorders.

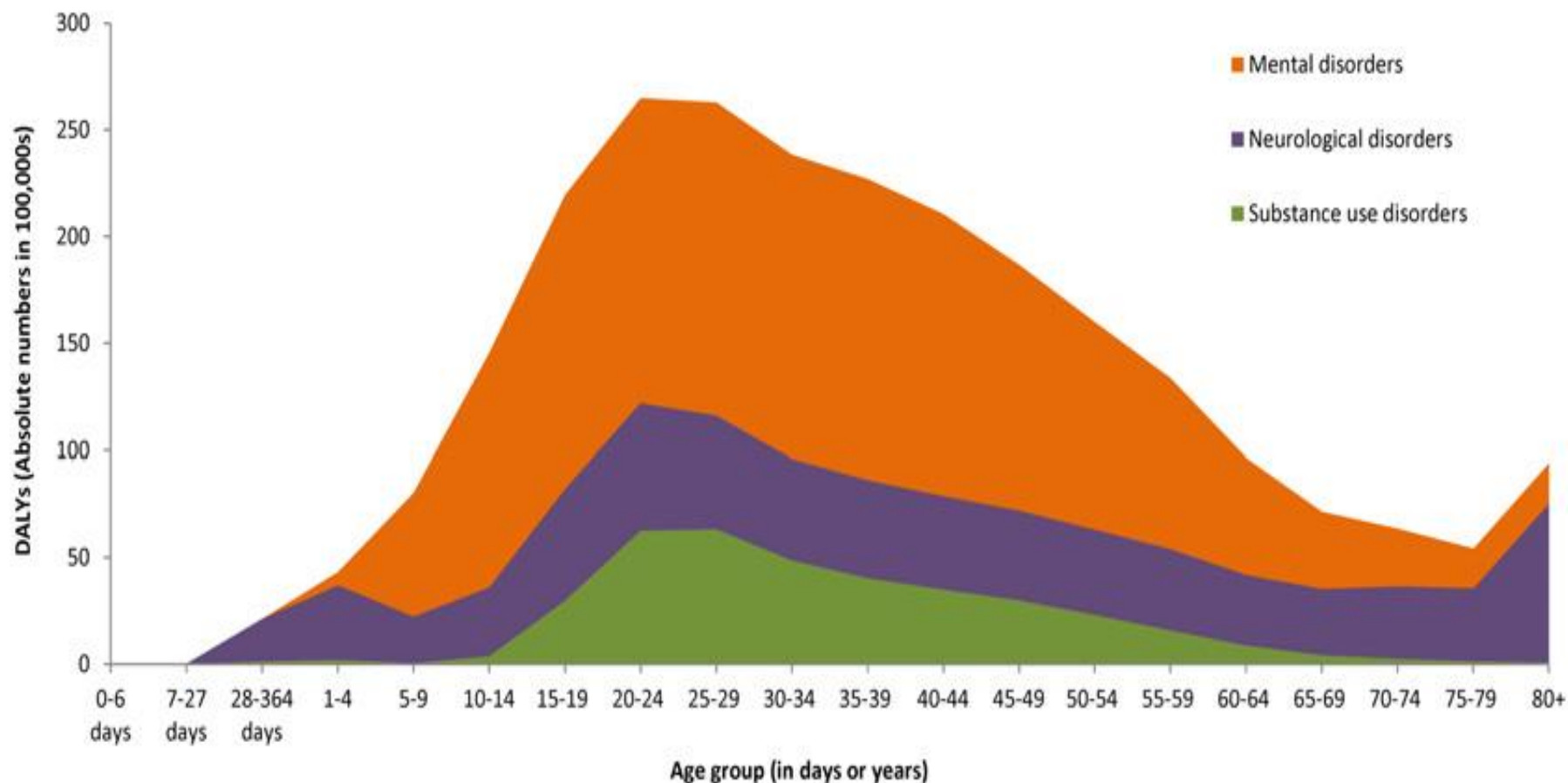
HOW: Create, implement, evaluate and continuously improve a horizontal pathway to youth mental health care that strengthens existing systems and links them together effectively to meet needs of youth and their families –
REPLACE SILOS WITH INTEGRATION

The DALY's REALITY – ESSENTIAL!



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Note: DALYs = disability-adjusted life years.

Mental Health Journey: Steps to the Destination

Mental Health
Awareness

Mental Health
Literacy

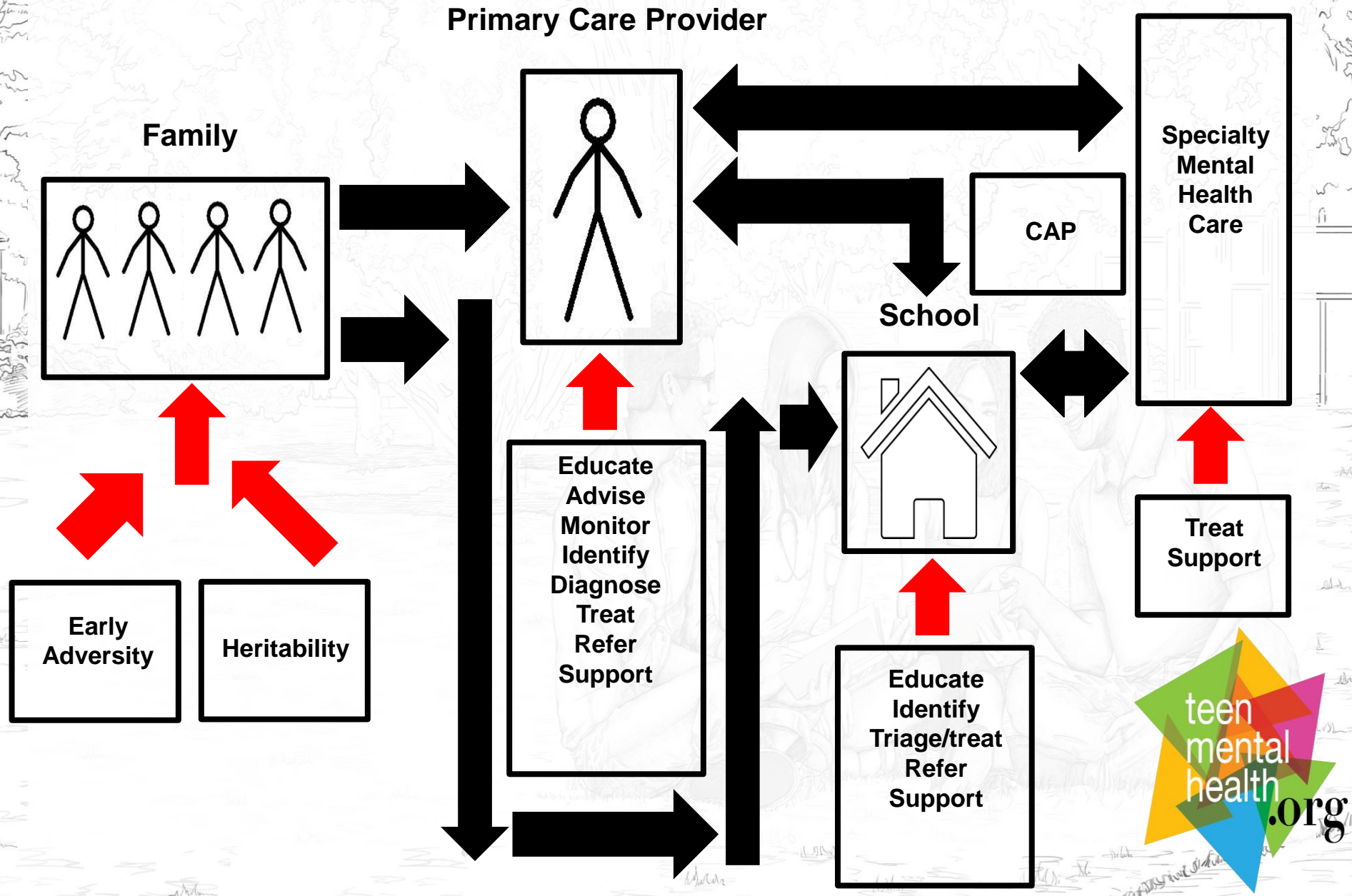
Identify ,
and Self-care
Access to
Care

Effective
Treatments

Good
Outcomes

teen
mental
health
.org

HORIZONTALLY INTEGRATED PATHWAY TO MENTAL HEALTH CARE



LETS USE WHAT WORKS

- 1) Enhancing Mental Health Literacy in Junior High and Secondary Schools (obtain and maintain good mental health; understand mental disorders/treatments; decrease stigma; enhance help-seeking efficacy) – DONE; EVIDENCE VERY STRONG
- 2) Enhancing Mental Health Literacy in Post-Secondary Settings – DONE: EVIDENCE STRONG
- 3) Integrating Community Access Points within School Settings: DONE; EVIDENCE VERY STRONG (need to study CAP outside schools for unique populations)
- 4) Creating effective linkage capacity between Schools and Health/Mental Health Care Providers: DONE; EVIDENCE STRONG
- 5) Enhancing capacity in Primary Health Care Settings to identify, diagnose and effectively treat youth with low acuity and high volume mental health care needs; DONE; EVIDENCE STRONG (need education institution changes also)
- 6) Creating national clearing house for search for and effective dissemination of what works well based on best available evidence: NOT DONE: NEED HUGE
- 7) Investing in high quality research to improve outcomes at each step: NOT DONE: NEED HUGE
- 8) Holding Provincial/Territorial authorities accountable (eg: Transfer payments): NOT DONE: NEEDS TO BE DONE

Recommendations

LETS STOP:

- 1) REINVENTING THE WHEEL**
- 2) SUPPORTING THE STATUS QUO (SILOS)**
- 3) DREAMING IN TECHNICOLOR (NEW SYSTEM; NEW STRUCTURES)**

LETS START:

- 1) NATIONAL KNOWLEDGE SEARCH AND DISSEMINATE SYSTEM**
- 2) TARGETED TRANSFER PAYMENTS TO PROVINCES TO MAKE THE CHANGES NEEDED**
- 3) EVERY PROVINCE/TERRITORY ESTABLISHES A MENTAL HEALTH INNOVATIONS ADVISORY COMMITTEE REPORTING DIRECTLY TO THE MINISTER – 5 YEARS – WITH ANNUAL SCORECARDS FOR PUBLIC TRANSPARENCY**
- 4) MORE INVESTMENT IN RESEARCH TO IMPROVE OUTCOMES ALONG THE ENTIRE PATHWAY**
- 5) USING WHAT WE ALREADY KNOW WORKS!**

ACTIONS:

- 1) National SEARCH and DISTRIBUTE best evidence – National: PHAC**
- 2) Targeted health transfer payments to Provinces for implementation of best evidence based interventions: National/Provincial; PM/Premiers**
- 3) Increased CIHR investment for Youth Mental Health research: National; CIHR – Cabinet Vote**
- 4) Independent Ministerial Youth Mental Health Advisory Committee: Province/Territory; MOH and Premier**
- 5) Improved collaboration and less my shit my pail: EVERYBODY**

Follow-up Readings

Stephan et al. A learning collaborative ... mental health treatment. Children and Youth Services Review. 35 (2015); 1970-1978

Stephan et al. Strategies for ... of Support. Child Adolesc Psychiatric Clin N Am. 24 (2015); 211-231.

Kutcher et al. Mental Health ... Schools. Child Adolesc Psychiatric Clin N Am. 24 (2015); 233-244.

Wei et al. Comprehensive School Mental ... Schools. McGill Journal of Education. 46 (2011); 213-230.

Soleimanpour et al. The Role of ... Client Outcomes. American Journal of Public Health. 9 (2010); 1597-1603.