

# What is Stepped Care 2.0?



Developed by Dr. Peter Cornish, and championed by the Mental Health Commission of Canada (MHCC), **Stepped Care 2.0® (SC2.0)** is a **transformative model for the delivery of mental health and addictions services**. SC2.0's recovery-oriented approach provides quick and flexible access to a range of resources and services, including online options.

## MHCC and Stepped Care Solutions (SCS) provide:

- ✓ Solution Finding Support
- ✓ Implementation Expertise

### MHCC

- ✓ Stakeholder Engagement
- ✓ Project Management
- ✓ Communication & Knowledge Exchange Support

### SCS

- ✓ Training & Consultation
- ✓ Change Management

## SC2.0 is expanding across Canada.

In 2017-18, SC2.0 contributed to a **68% decrease in wait times** for mental health and addictions services in **NEWFOUNDLAND AND LABRADOR**



## What is SC2.0's impact?

### Helping service users



~70% rated the quality of e-mental health (e-MH) tools as "good" or "excellent."



~80% reported that e-MH tools met at least some of their needs.

### Helping providers



Increased their comfort and familiarity with online care options.



Supported the development of their practice.



Before Stepped Care 2.0, **"it was like waiting to get access to a backhoe when all you need is a shovel."**

– Person with lived experience



**I have more time and flexibility.** Clients come in or book a time with me when they want service [which] opens up my schedule."

– NL Care provider

