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.

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.

“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

Helping providers

- Increased their comfort and familiarity with online care options.
- Supported the development of their practice.

“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

MHCC and Stepped Care Solutions (SCS) provide:

- Solution Finding Support
- Implementation Expertise
- Stakeholder Engagement
- Project Management
- Communication & Knowledge Exchange Support
- 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.

Learn more about SC2.0:
https://mentalhealthcommission.ca/
https://steppedcaresolutions.com/

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