

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

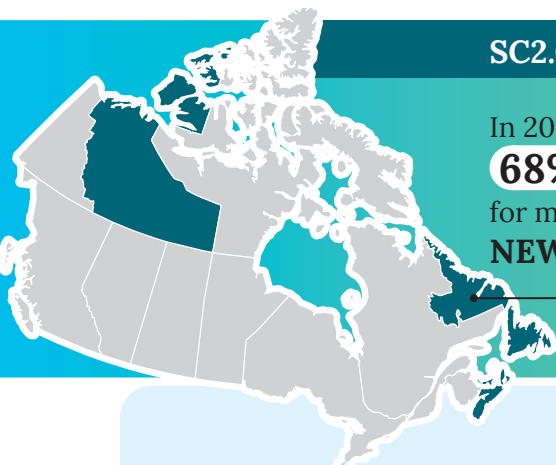
- ✓ Stakeholder Engagement
- ✓ Project Management
- ✓ Communication & Knowledge Exchange Support

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

Financial contribution from



Learn more about SC2.0:

<https://mentalhealthcommission.ca/>
<https://steppedcaresolutions.com/>



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