

Q & A

Adult Mental Health Strategic Plan

As part of the Erie St. Clair LHIN's Integrated Health Service Plan (<http://www.esclhinhsp2.ca/>), the LHIN identified the need to create a regional Mental Health Strategic Plan. To accomplish this, a Mental Health Strategic Plan Advisory Committee was formed.

What was approved at the ESC LHIN Open Board Meeting on Nov 27, 2012?

The ESC LHIN Board's motion was to receive the Adult Mental Health Strategic Plan (the plan). No decisions were made in regards to the opportunities listed within the plan.

Why was the plan created?

The plan highlights opportunities for greater integration, coordination, and service efficiencies within the adult (16+) mental health sector. The plan also specifically addresses the following issues:

- Many people with mental illness, family members, and health service providers do not have the level of knowledge they would like to have about service resources, service options and system entry points.
- Stigmatization still causes daily hardship for many people with mental illness, even in terms of their interactions with community helping systems.
- Suicide, particularly among young people, appears to have spiked in parts of Erie St. Clair.
- There appears to be less than fully equitable distribution of types and volumes of mental health services across Erie St. Clair.
- One-off decisions to change, curtail, or eliminate services are still sometimes made by individual service agencies with no requirement that their system partners play a role in such decisions
- The definition base, data base, and information base necessary to make many decisions about the mental health service system are not yet fully systematized, accurate, and comprehensive.

Who created the plan?

- The Agora Group/Shaw Consulting was the consulting firm successfully chosen through the procurement process.

- In December, 2011, the Erie St. Clair LHIN commissioned through a lead agency, a request for proposal procurement process for a consulting firm to undertake the development of an Adult Mental Health Strategic Plan for the Erie St. Clair region.
- The Mental Health Strategic Plan Advisory Committee acted as a “reference panel” and provided expert advice to the consultants.

Who is the Mental Health Strategic Plan Advisory Committee?

- The Mental Health Strategic Plan Advisory Committee is comprised of representatives from all sectors of mental health including: community, schedule one facilities, tertiary specialized care, consumer/survivors, family members, and Primary Care.
- The committee members were not asked to “vote” or to achieve consensus regarding proposed recommendations; however, committee members reached consensus regarding the overarching mental health vision statement.

Were consumer/survivors and family members included the development of the plan?

- Yes, family members and consumer/survivors were included in the community engagement process.

What were the deliverables of the Adult Mental Health Strategic Plan Advisory Committee?

- Develop a current state inventory of local services and programs including utilization rates and resources.
- Achieve consensus in developing a Mental Health Vision Statement for the Erie St. Clair LHIN through a comprehensive engagement process with consumers, providers, subject matter experts, and other sectors (i.e. Primary Care).
- Provide a three year road map highlighting opportunities for greater integration, coordination, and service efficiencies including a rationale for proposed changes.
- Identify strategic opportunities to reduce:
 - a. Repeat emergency department visits for mental health
 - b. Suicide attempts
 - c. Readmissions within 30 days to schedule one facilities, and
 - d. Wait times for community based mental health services

What is the Vision Statement for the Adult Mental Health System?

Vision: *“An effective, accessible, outcome-driven, comprehensive continuum of mental health services for adults with mental illness and their families, integrated among its own parts and with other health and community systems. The continuum helps people to achieve the highest possible level of health. The continuum is accountable, person centred and family centred, and it acts on the basis of commonly held principles of service excellence.”*

What community engagement took place during the development of the plan?

- The adult Mental Health Strategic Plan was informed by engagement activities, focus groups and surveys with a total of 496 individuals providing feedback.
- The plan includes a literature review of evidence based practices, provincial and national mental health policy documents.

What is included in the plan?

- The Adult Mental Health Strategic Plan includes 67 opportunities for change. These opportunities are clustered into nine strategic directions. The following 9 strategic directions are areas for concerted attention and resource investment /re-investment:

What are the 9 strategic directions listed in the plan?

1. Provide help early
2. Integrate the system and enhance community mental health service
3. Build an evidence-based and experience-driven service continuum
4. Mobilize to help people with complex or persistent problems
5. Further engage primary care in the mental health service system
6. Augment and support psychiatry and psychiatric extenders
7. Strengthen the consumer/survivor/family run part of the system
8. Reduce service disparities among areas, populations and programs
9. Get the right numbers and knowledge to shape the system

What are some examples of the opportunities in the plan?

- Implement a single 1-800 crisis line for Erie St. Clair coupled with “next day bookings” via Connex Ontario.
- Develop an Inner City Model to divert mental health emergency department visits.
- Greater integration between mental health providers and primary care.
- Integrate all Canadian Mental Health Associations (CMHA) in the Erie St. Clair LHIN region
- Develop of a “wait list clinic” for mental health clients at risk of falling through the system cracks.
- Complete a feasibility study for the divestment of ACT Teams from hospital to the community.
- Augment of a peer support and psycho-social rehabilitation model, Erie St. Clair LHIN-wide.
- Implement the five existing mental health committees under existing Erie St. Clair LHIN Mental Health and Addictions Advisory Network.
- Implement a Performance and Quality Improvement Network to support the need for reliable and valid mental health data.

Who will decide which opportunities from the plan are implemented?

- This will be the work of the Implementation Committee, which will be comprised of the original members of the Advisory Committee and will be reaching out for additional members

How can I find out more about the plan?

- Visit the ESC LHIN website at www.eriesclairhlin.on.ca

How much did it cost to develop the plan?

- \$64,990

What are the next steps?

- Expand the Advisory Committee membership (with an “action orientated” Terms of Reference) to become the charged with looking further at the opportunities contained within the strategic plan. This group will become the Implementation Committee responsible for examining the Opportunities in detail.
- Conduct feasibility and cost benefit analysis for hospital based divestments including realistic time lines.
- Identify opportunities that can be acted upon immediately, that will build upon successes, and maintain momentum for the initiative.
- Develop status reports on implementation.