

Best Practices in Primary Care for Mental Health and Addictions Problems

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Primary Health Care Rounds, MOHLTC

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Western



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“The views expressed are the views of the CSFM and do not necessarily reflect those of the Ministry.”

Overview

- International guidelines
 - best practice in Primary Care
 - mild to moderate mental health and addictions problems
- Ontario context
 - new prevalence data
 - environmental scan
- Potential Directions

Definitions

- Behaviour Problems in Children
 - aggression, defiance, oppositional behaviour, conduct problems
- Attention Deficit Hyperactivity Disorder (ADHD)
 - inattention, impulsivity, hyperactivity

Definitions

- Anxiety
 - separation, social, generalized, panic
- Depression
 - major depression, dysthymia

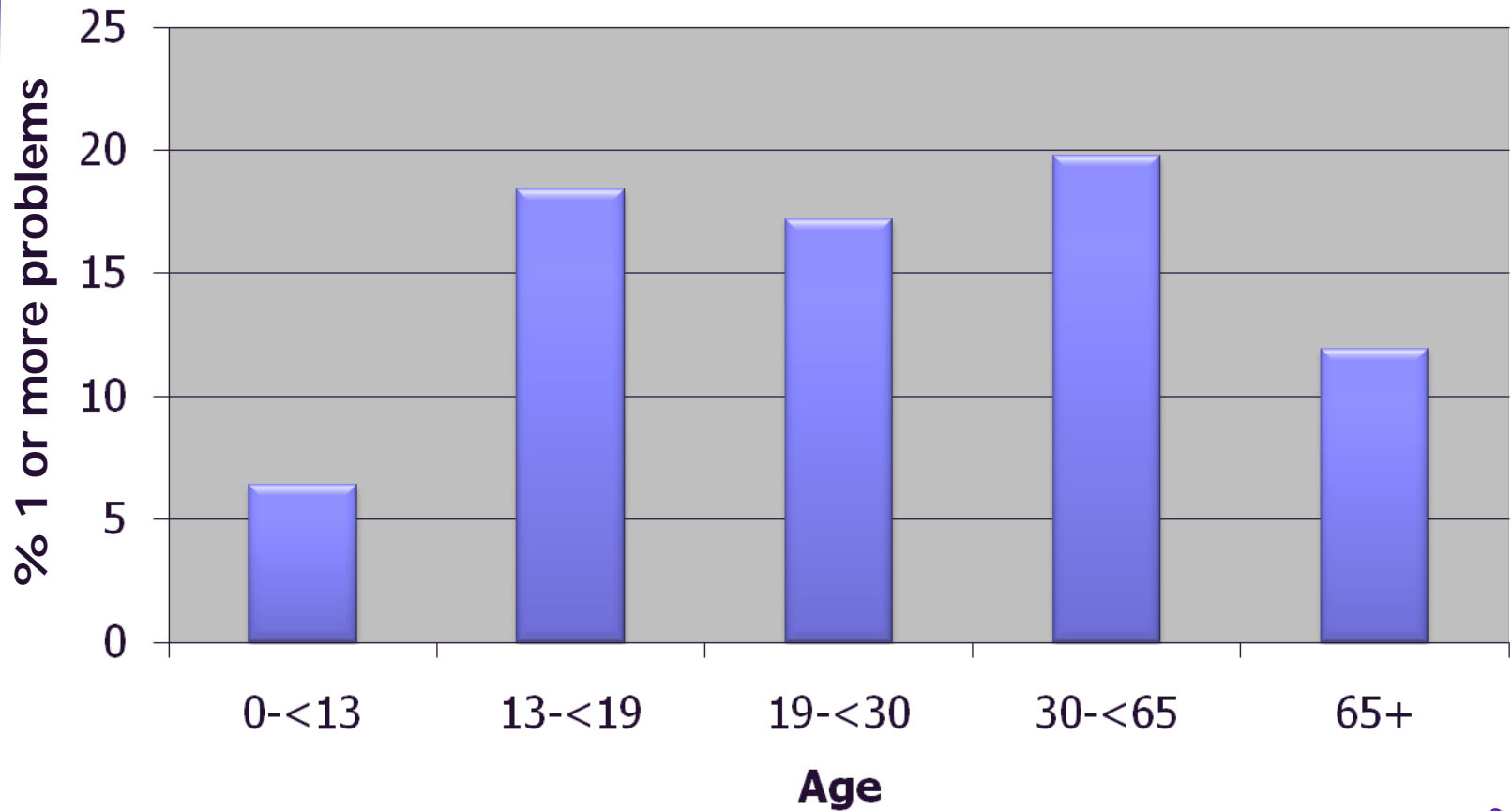
Definitions

- Alcohol
 - use, dependence, abuse
- Other Substance Use
 - use, dependence, abuse

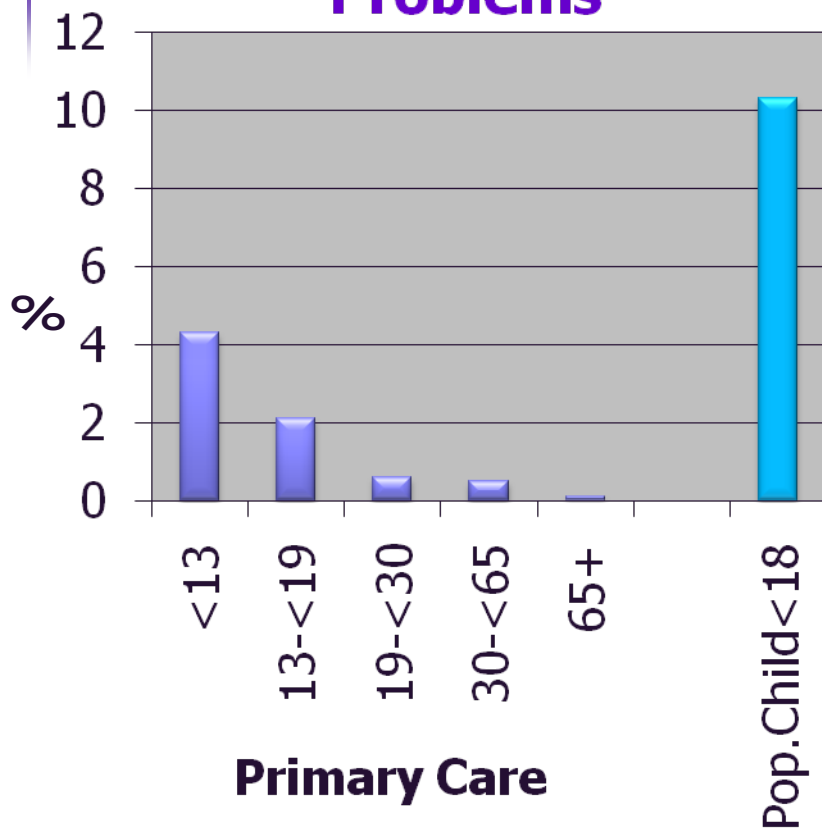


Ontario Context

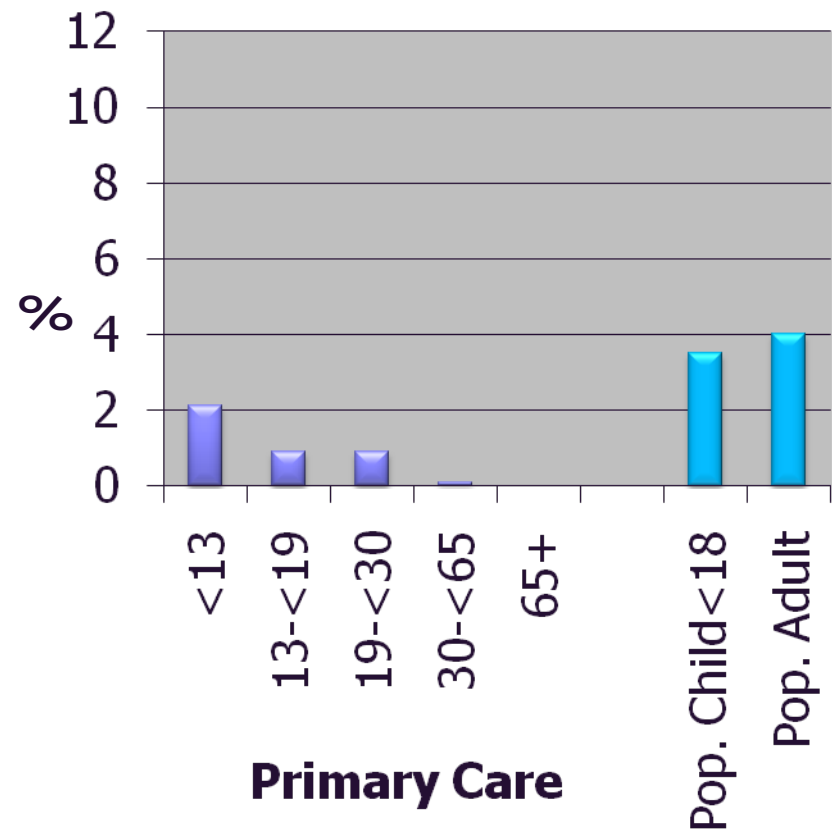
How Common are These Problems in Primary Care?



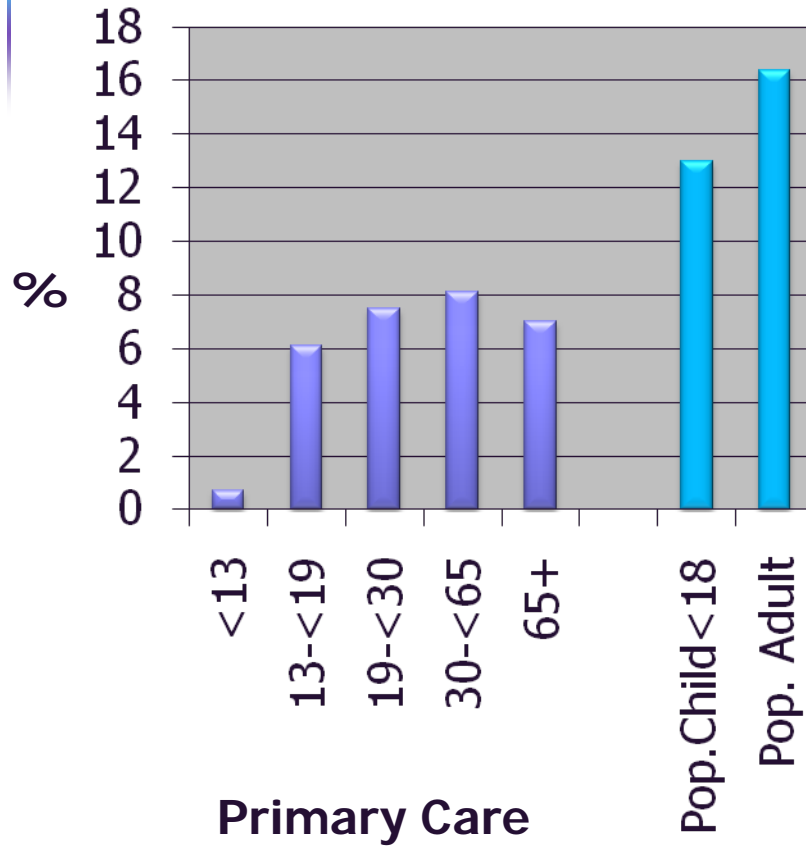
Child Behaviour Problems



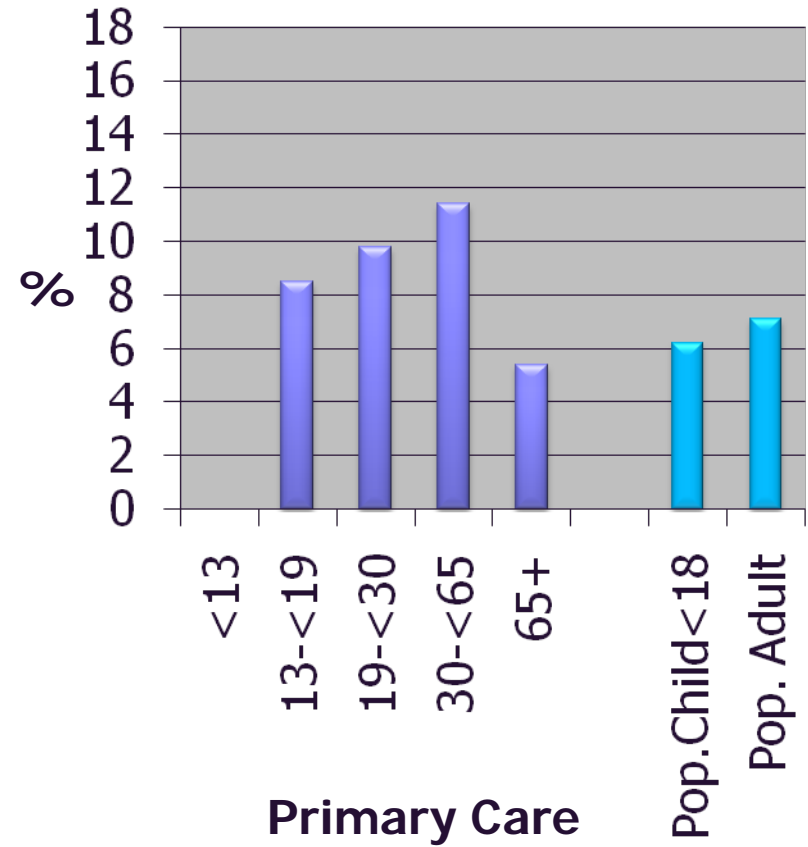
ADHD



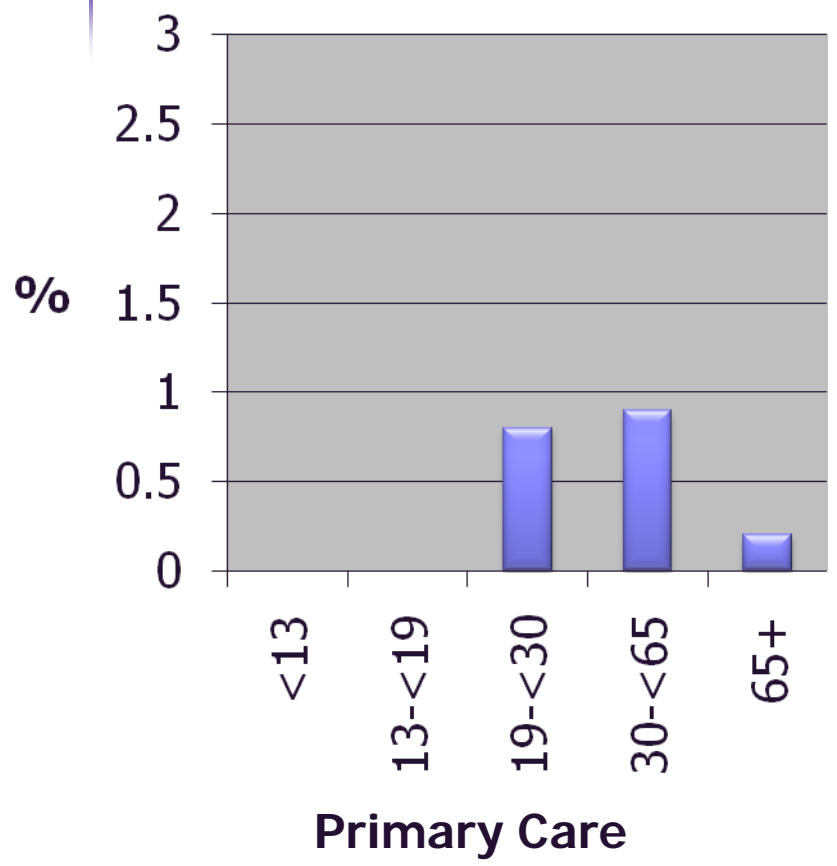
Anxiety



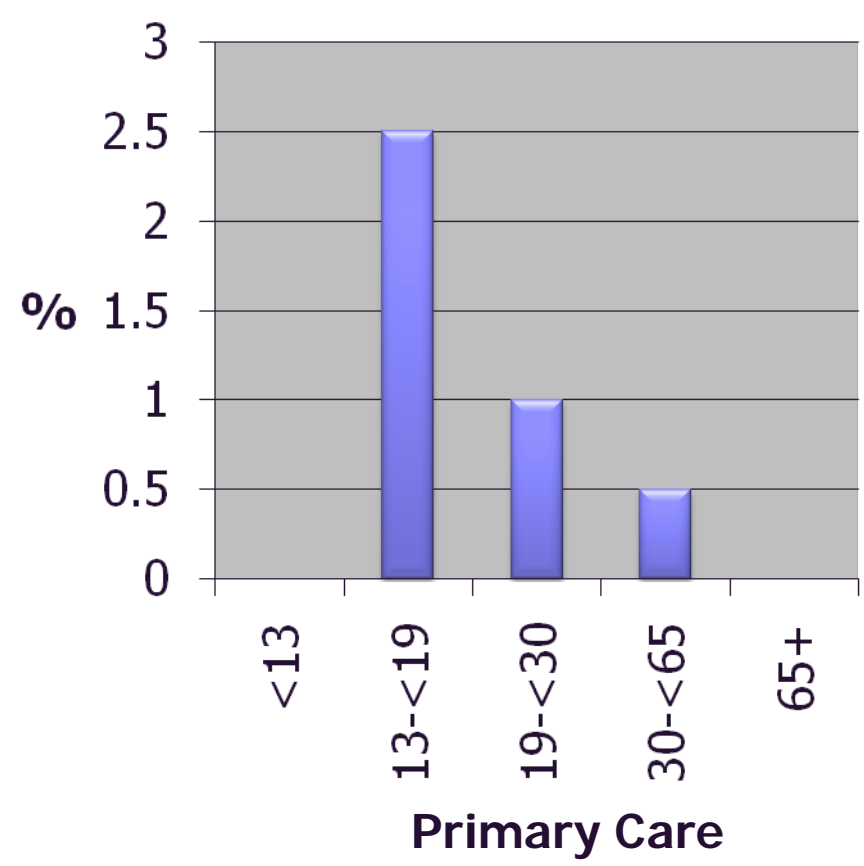
Depression



Alcohol Use

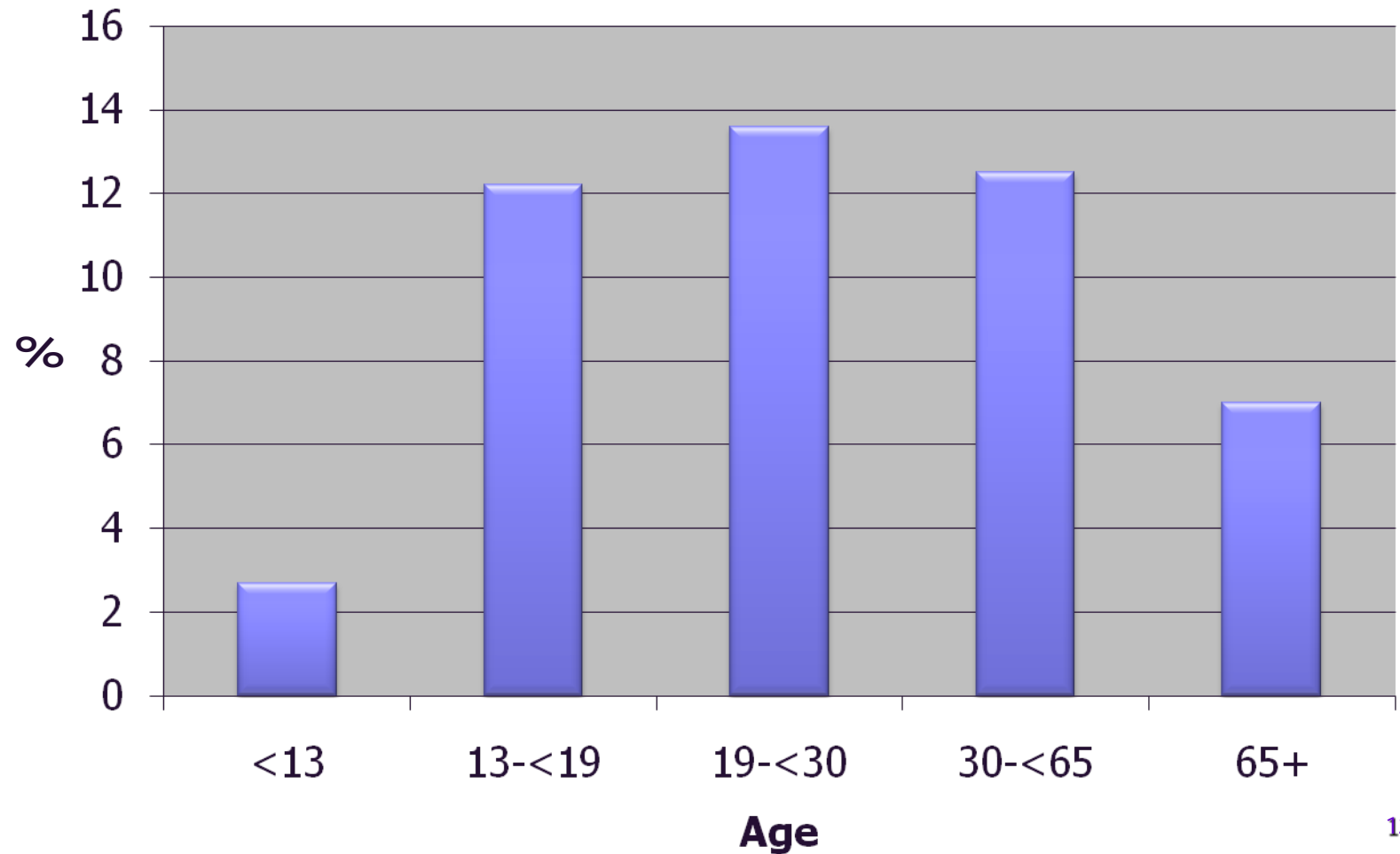


Other Substance Use



Mental Health Workload

Percentage of Visits Related to Mental Health





Ontario Context – Environmental Scan

Environmental Scan - Sample

- 12 health care professionals
 - 5 family physicians
 - 1 nurse practitioner
 - 2 social workers
 - 1 mental health counsellor
 - 1 pharmacist
 - 2 clinical mental health leads for FHTs

Environmental Scan – Sample (con't)

- Practice Types:
 - 8 Family Health Teams (FHTs)
 - 1 Family Health Group (FHG)
 - 1 Family Health Network (FHN)
 - 2 Community Health Centres (CHCs)
- 8 LHINs
- 7 urban; 5 rural sites

Environmental Scan

- Findings

- Most primary care practices treat most mild and moderate mental health problems in adults
- Most participants stated that children with mental health problems tend to be referred out more quickly
- The vital nature of the Mental Health Care Providers On-Site Working with Family Physicians
- Specific Challenges of Access to Mental Health and Addictions Services in Rural Ontario

Environmental Scan

– Findings

- Problems Getting Services for Patients with Co-Morbidities (i.e. Addiction + other mental health issues)
- Issue of Transitioning Patients from One Professional to Another, One Setting to Another
- Variability in relationships to specialty mental health services in the community

A decorative graphic consisting of a crosshair with a central intersection. The vertical line is purple and the horizontal line is blue, both with a slight gradient and a soft glow.

Best Practice Guidelines

Best Practice Guidelines

- Similar approaches across mental health & addictions problems:
- Stepped-Care Model:
 - Watchful Waiting
 - Self-help and Distance-based treatments
 - Psychological Therapy e.g. CBT, Problem-Solving or Interpersonal Therapy
 - Pharmacological Therapy

Potential Directions

– Ideas for Policy

- Recommendations include that the health care system:
 - increase the provision of evidence-based treatments;
 - develop support for self-help;
 - explore distance-based treatment methods;
 - provide training in evidence-based treatments;
 - consider expanding collaborations;
 - and evaluate the clinical- and cost-effectiveness of new methods of treatment delivery.