

## Improving Adolescent Mental Health Treatment by Integrating Outcome Measurement into Practice

What are the **objectives** of the proposed team?

- To provide community-based leadership for other interested organizations on how to effectively integrate outcome measurements in clinical practice.
- To train and coach staff of participating organizations on a best practices approach, from selecting outcome measures to implementing the practice change.

What are the **biggest challenges** your proposed team has to overcome?

- Resistance from mental health practitioners re: changing their traditional practice to incorporate a practice-based evidence approach using outcome measurement

Which **organisations** are part of the team?

Calgary Counselling Centre

University of Calgary, Faculty of Social Work

How will your team **contribute to a transformation** in adolescent mental health in 5 years?

- When used within a practice-based evidence framework, outcome measurement can help us effectively narrow the gap between knowledge, treatment and lasting change for adolescents accessing mental health services.
- Using validated, standardized outcome measurement tools, we can demonstrate the impact of new and known interventions on patient mental health.
- Using evaluation feedback to improve clinical practice and outcomes for adolescents in treatment as well as to improve services at a systems level.

**Who are the key leaders** in your team?

Dr. Robbie Babins-Wagner, CEO, Calgary Counselling Centre, has an appointment with the Faculty of Social Work, University of Calgary where she is also a part-time Sessional Instructor. Dr. Babins-Wagner has extensive experience in counselling, family violence, mental health, child welfare and health care, as well as in the training of counsellors and

clinical supervisors. She is an Approved Social Work Supervisor. Robbie is a recognized expert in evidence informed research and practice and has published research in family violence and counselling. In particular, CCC is a recognized leader in Family Violence, Children of Divorce, Eating Disorders, Child Welfare and Depression.

Sandy Berzins, Manager of Research and Outcomes, has a BSc in psychology, an MSc in health behavior, and is currently completing a Ph.D. in psychiatric epidemiology at the University of Calgary. She has 20 years' experience in health research and evaluation, primarily focused on mental health. Her thesis research explores the

determinants of depression in multiple sclerosis. As well, she has a long-standing interest in knowledge translation, developed through additional training with the Health Research Transfer Network of Alberta. Sandy has a special interest in childhood risk factors for mental illness, particularly in the effects of childhood trauma on depression.

What expertise, skills, resources, networks or infrastructure **could your team bring** as a network collaborator ?

- Outcome measurement in community clinical practice, leadership & organizational change, staff training/coaching, research design, program evaluation, a large outcome measures database (30,000 clients), population health & epidemiology.

Who should other interested groups **contact** to learn more about you? (include phone/ e-mail)

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