

The Manitoba TRAM Team: An Innovative Shared Mental Health Care Model in Primary Care to Improve Access and Quality of Mental Health Services for Youth

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

Our team's proposed initiative is to implement and evaluate an innovative **Shared Mental Health Care** model in primary care aimed at improving access and quality of mental health care services for youth. By means of a **Stepped Care Intervention Program** integrated within a **Shared Mental Health Care** model, the focus will be on ensuring a continuum of sustainable and cost-effective mental health care services from the period of early symptoms, to diagnosis to treatment, and to the process of recovery and onward.

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

We plan to implement our initiative in Winnipeg and in selected primary care site(s) in rural and northern Manitoba. We believe our biggest challenge will be the expansion of the initiative in rural and northern Manitoba.

Who is who in the team here at the workshop?



Dr. Roberta L. Woodgate is a Professor at the University of Manitoba. Roberta was recently awarded a new CIHR research Chair in Reproductive, Child and Youth Health Services and Policy Research for her program of research entitled "A Child and Youth Centred Approach to Applied Health Services and Policy Research." In all her research, Roberta strives to ensure that the voices of young people and their families are accurately represented by adopting innovative research approaches including the use of photovoice.

What **skills, resources, connections or other inputs from potential partners** are you looking to find at the workshop to strengthen your proposal?

We feel the workshop is a great opportunity to network and potentially develop new collaborations. We are looking at how to embed the Manitoba Team and our project into a pan-Canadian network.

Which **organisations** are involved with the network?

Organizations involved but are not limited to: the University of Manitoba, Winnipeg Regional Health Authority (Primary Care Program, Family Physicians, and Child and Adolescent Mental Health Program), Manitoba Health, Healthy Child Manitoba, Louis Riel School Division, Canadian Mental Health Association-Winnipeg Region, Mood Disorders Association of Manitoba, Manitoba Institute of Child Health, and New Directions.

How will the network **achieve a transformation** in adolescent mental health in 5 years?

Developing a stepped care intervention into a more flexible and responsive primary care system will help to ensure that all youth receive the **right care** at the **right time** by the **right person**, which ultimately will lead to improved mental health outcomes for Canadian youth. Expected outcomes include:

- Timely access to psychiatric and mental health recommendations and information on medication management, differential diagnosis and treatment options.
- Timely access to a variety of effective interventions for youth.
- Increased utilization of best practices tools and self-management resources within primary care.
- Adaptability of services, resources, and tools to meet the needs of various youth and their families within primary care, and to be useful for various primary care practice styles.
- Increased youth and family satisfaction.
- Mental health services that are sustainable and cost-effective.



Teresa Jones has her Masters in Counselling Psychology. She is currently the Manager of Shared Mental Health Care at the Winnipeg Regional Health Authority. Teresa has expertise in leading collaborative care practice within primary care and mental health including the delivery of models that offer effective, efficient, and timely mental health services to people in the community.

What **other things** would you like people to know about the proposed network?

We believe our initiative will be successful as we have established a network that integrates individuals, resources, and organizations who are committed to transforming adolescent mental health. Through extensive collaboration and engagement, we developed an innovative mental health care model for youth that, once finalized, will be implemented, evaluated, and scaled-up through research and knowledge exchange.