

Psychological Services in Canada: Making what works work for Canada's mental health – How is it working so far?

Améliorer l'accès aux psychothérapies au Québec et au Canada. Réflexions et expériences de pays francophones.

October 29, 2014

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The reports...

- March 2013 An Imperative for Change. Access to Psychological Services for Canada (Peachey, Hicks, & Adams)
http://www.cpa.ca/docs/File/Position/An_Imperative_for_Change.pdf
- September 2013 The Efficacy and Effectiveness of Psychological Treatments (Hunsley, Elliott & Therrien)
http://www.cpa.ca/docs/File/Practice/TheEfficacyAndEffectivenessOfPsychologicalTreatments_web.pdf

Project deliverables...

- review national and international models
- environmental scan of p/t policies
- review of trends in federal and third party funding
- review of existing quantitative analyses of direct and indirect benefits
- cost projections for at least two models of enhanced access to psychological services

Engaged...

- Provincial and territorial associations of psychology
- Ministries of health and social services
- Ministries responsible for children and youth
- Federal departments that provide or support psychological services
- Private insurers

What they found...

\$356 million paid to family physicians (fp) in Canada for psychotherapy and counselling...despite the fact that fps are not typically trained in psychotherapy and counselling

...data taken from CIHI national physician database

Insurer of 9 million lives...

- 28.5 million paid to psychologists which was 1.1% of that spent on all health providers...this figure is less than that spent on psychologists across all funding sectors (4.6%).

Peachey, Hicks and Adams recommendations...

1. “That collaborative primary care models that include psychologists be an accepted fact in the evolution of collaborative care in Canada.”

Primary collaborative care elements...

- designated funding provided by RHA or MOH
- budgets based on patients served, number of FTEs and range of services provided

Primary collaborative care elements...

- budgets managed by the practices staffed in response to the health needs of communities served.
- administrative and funding models changed to support changed practice

Primary collaborative care elements...

- Incentives for innovation and improved patient outcomes
- Psychologists provide or manage care within primary care practices using stepped care approach

Primary collaborative care elements...

Psychologists roles on primary care teams:

- Assessment and diagnosis
- Consultation and education with team
- Program and service development and evaluation
- Treatment delivery for complex, chronic and co-morbid conditions involving mental health

Some collaborative care costing for psychologists...

10 physicians to 1 psychologist (higher for practices serving populations with higher mental health needs)
with 2000 patients per physician

“the incremental costs of including psychologist in a collaborative practice would be equal to \$205,000 for a population of 20,000 which would be equivalent to \$10,250 per 1,000 persons covered.”

Peachey, Hicks and Adams recommendations...

2. "That collaborative specialist care models be implemented in hospitals and other sites offering secondary and tertiary care for conditions where psychological services have been shown to improve outcomes such as cardiac care and pain clinics."

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Peachey, Hicks and Adams recommendations...

3. “That fee-for-service models continue to be the preferred funding method for insurers, social security funds (WCB and publicly funded liability insurance), and for individuals who prefer to use private practice psychologists’ services.”

...Peachey et al. estimate that employers could expect to recover \$6 to \$7 billion annually of the \$20 billion...” lost to mental illness and addictions

With timely and meaningful insurance coverage and with the delivery of effective psychological services, insurers stand to reduce disability costs

Recommend that insurers ...

- reduce conditions that limit treatment
- accept self referrals
- be eligible for government incentives for enhanced coverage of mental health care
- include mental health coverage to a minimum standard in order to be eligible to bid on government contracts

Costs of fee-for-service models ...

Assumptions...

- Insured population would use 5.5 services per person treated (consistent with UK and Australia program data)
- 50% of the 1/5 would obtain care (UK program targets)
- Average fee of \$150 per hour

Costs of fee-for-service models ...

- Cost per 1,000 insured persons \$82,500 or \$2.888 billion if entire Canadian population were covered

Peachey, Hicks and Adams recommendations...

4. UK's IAPT – could be adopted provincially/territorially when there is interest in providing comprehensive mental health care

Psychological treatments

- effective for wide range of mental health disorders, as well as for management of other chronic health conditions
- less expensive than, and at least as effective as medication for number common mental health conditions

Hunsley 2002

- People with depression treated with psychological therapy relapse less often than those treated with medication
- Successful treatment with psychological therapies results in decreased use of other health care services

- Psychotherapy works as well or better for severe depression as it does for milder
- When psychotherapy combined with medication for bipolar disorder, people function better and relapse less than when medication used alone

- Combining psychotherapy with medication enhances treatment compliance, reduces subjective burden of disease and associated with lower suicide rates
- Psychotherapy generally as effective as medication for anxiety disorders

So where have we taken
Peachey and Hunsley et als in
2013/14?

“New data confirms that mental health needs of Canadians are not being met”

<http://www.cpa.ca/docs/File/Media/2013/Press%20Release%20New%20data%20confirm%20that%20the%20mental%20health%20needs%20of%20Canadians%20are%20not%20being%20met.pdf>

“Psychotherapy’s Image Problem”

<http://www.cpa.ca/mediarelations/psychologyinthenews/>

“Exposing Canada’s ugly mental-health secret”

http://www.cpa.ca/docs/File/Media/2013/ExposingCanadasUglyMentalHealthSecret_GandM.pdf

“Growing awareness boosts demand for psychologists”

http://www.cpa.ca/docs/File/Media/2013/Growing_awareness_Edmonton_Journal.pdf

“Psychological treatment is more effective for mental health problems, according to a new study”

<http://www.660news.com/2013/11/19/psychological-treatment-is-more-effective-for-mental-health-problems-according-to-a-new-study/>

“More awareness boosts demand for psychologists”

http://www.cpa.ca/docs/File/Media/2013/LeaderPost_MoreAwarenessBoostsDemand.pdf

“Canada’s mental health: time to commit to what we value” http://www.cpa.ca/docs/File/Media/2013/HillTimes_pg25.pdf

“Moving the mental health agenda from awareness to action” http://www.cpa.ca/docs/File/Media/2013/MediaPlanet_Winter2013.pdf

- “There’s a lot more to treating mental illness than pills” <http://www.ipolitics.ca/2014/09/30/theres-a-lot-more-to-treating-mental-illness-than-pills/>
- “Tackling mental health issues: How effective is your workplace strategy”
http://www.cpa.ca/docs/File/News/2014/daily_business_buzz_e_kevin_kelloway.pdf/

- “The complexity of closing gaps in Canada’s healthcare system”

http://www.huffingtonpost.ca/karen-r-cohen/mental-health-cpa_b_5715519.html

- “No easy answers to Robin Williams suicide”

<http://www.theglobeandmail.com/life/health-and-fitness/health/no-easy-answers-to-robin-williamss-suicide/article20066580/>

Engaging Stakeholders

- Mental Health Commission of Canada
- Canadian College of Family Physicians
(and other provider and client associations)
- Canadian Life and Health Insurance
Association
- Canada's top 50 employers (Shoppers,
Loblaws, Great West Life, Bell Media,
Bombardier)
- Government

Engaging Stakeholders

- Ministry of Health Manitoba
- Minister of Health and Longterm Care Ontario
- Minister of Health, Canada
- House of Commons of Canada – access to services for eating disorders, best practice and practice barriers
- CPA Lobby Day May 2014 – House of Commons and Senate of Canada

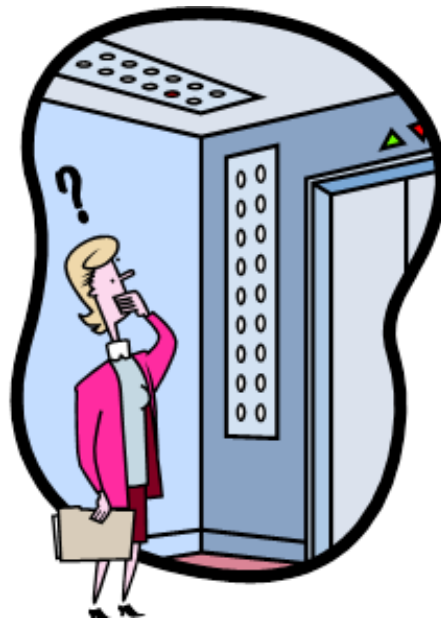


Some substantive wins...

MHCC, Kirby recommendation and Treasury Board announcement!

Where to from here?

Keep going and press all the buttons!



Engage your provincial/territorial elected and appointed officials

- Meet with your MPP or MLA
- Use CPA's access advocacy tool kits and government relations guide, call CPA for assistance if you get a meeting or invite us to go with you!
- Encourage your provincial/territorial association of psychology to take the access report and message to government