

Mental Health Research Agenda



Jitender Sareen MD, FRCPC

Professor of Psychiatry, University of
Manitoba

Chair of the Research Committee, Canadian
Psychiatric Association

Sareen@cc.umanitoba.ca

November 2014

ACKNOWLEDGEMENTS



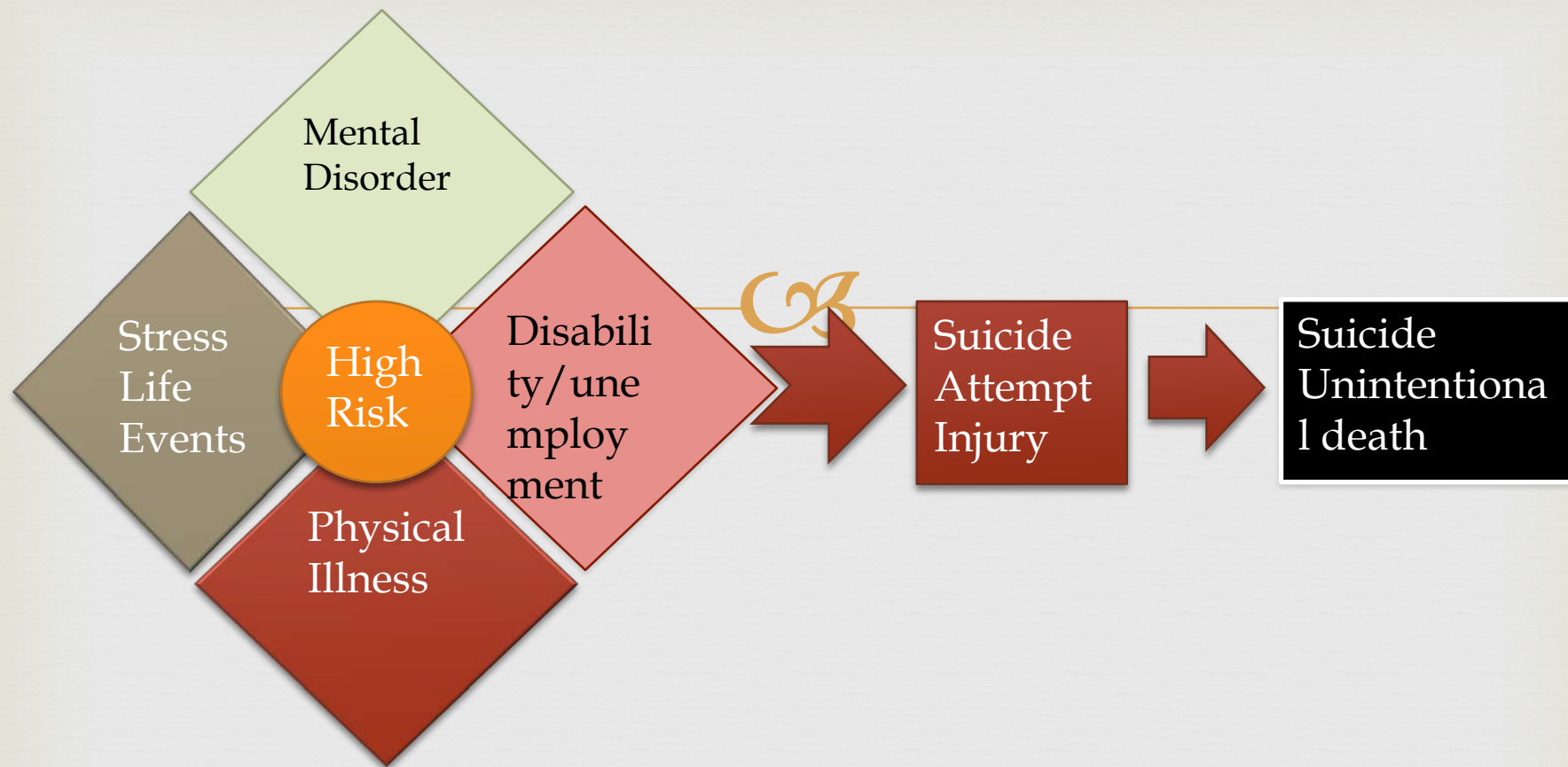
- ❧ Roger Bland
- ❧ IHE
- ❧ Canadian Institutes of Health Research
- ❧ Manitoba Health Research Council
- ❧ Swampy Cree Suicide Prevention Team
 - ❧ www.suicideresearch.ca
- ❧ Co-investigators, mentors, students, patients
- ❧ Family

My bias



- ❧ No Industry sponsorship
- ❧ Work for my family and patients
- ❧ Need a biopsychosocialcultural approach needed to understand mental health problems and addictions
- ❧ Need a team based approach in treatments and interventions
- ❧ Search for the truth





Main points



- ❧ Minimize Bias!
- ❧ Lots of evidence-based programs, we need to get evidence-based care across the country.
- ❧ Canadians have the right to have better access to evidence-based psychological treatments
 - ❧ Need to learn from military and veterans clinics
- ❧ Disability Assessment and Treatment Centers
 - ❧ Improve treatments for high risk groups (comorbid conditions, disabled).
- ❧ Biological studies that help us guide rational pharmacotherapy.

Who is this?



❧ The philosophies of one age have become the absurdities of the next, and the foolishness of yesterday has become the wisdom of tomorrow.



William Osler



✧ The philosophies of one age have become the absurdities of the next, and the foolishness of yesterday has become the wisdom of tomorrow.



Imagine that today is
1974



1974



œ Movies in the theatre

œ Best picture: The Sting

œ How many of you would be smoking?

œ How many of you would have cell phones?

œ How many of you thought that Mr. Spock was cool?

1974



- ❧ AIDS had not arrived
- ❧ Ulcers were related to stress
- ❧ Psychiatry
 - ❧ Asylums
 - ❧ ECT
 - ❧ Psychoanalyses
 - ❧ A Few psychotropics

2014



∞ Age of Technology

∞ GOOGLE/ APPLE

∞ Smoking a lot less!

∞ Star Trek is here through
SKYPE and FACETIME

Medical discoveries



- ❧ Discoveries of Helicobacter Pylori as relate to Ulcer
- ❧ Discoveries that have changed AIDS from immediately life threatening to a chronic illness
- ❧ Some cancers are recognized early and can lead to full recovery.

Advancement in Psychiatry over 40 years

- ❧ Recognition that Mental health problems have huge costs to the individual and society
- ❧ Explosion of medications, and evidence-based therapies in the treatment of common mental disorders

Current challenges



- ❧ In this era of GOOGLE, and needing to know the answer to any question immediately, our health care system is TOO SLOW!
- ❧ Medications readily available but evidence-based psychotherapies are not readily available
- ❧ Need to create a culture of change and quality improvement within our health systems

Statistics Canada Report



- ❧ Based on data from the 2012 Canadian Community Health Survey–Mental Health, an estimated 17% of the population aged 15 or older reported having had an MHC need in the past 12 months.
- ❧ Two-thirds (67%) of them reported that the needs were met; for another 21%, the needs were partially met; and for 12%, the needs were unmet.
- ❧ **The most commonly reported need was for counselling, which was also the least likely to be met.**

Consider novel ways to deliver psychotherapy

- ❧ Various levels of access to evidence-based
- ❧ Self-management – books, computer, mobile apps
- ❧ Telehealth based for remote communities
- ❧ Large group education classes
- ❧ Group Based treatments
- ❧ Family engagement
- ❧ Individual treatment

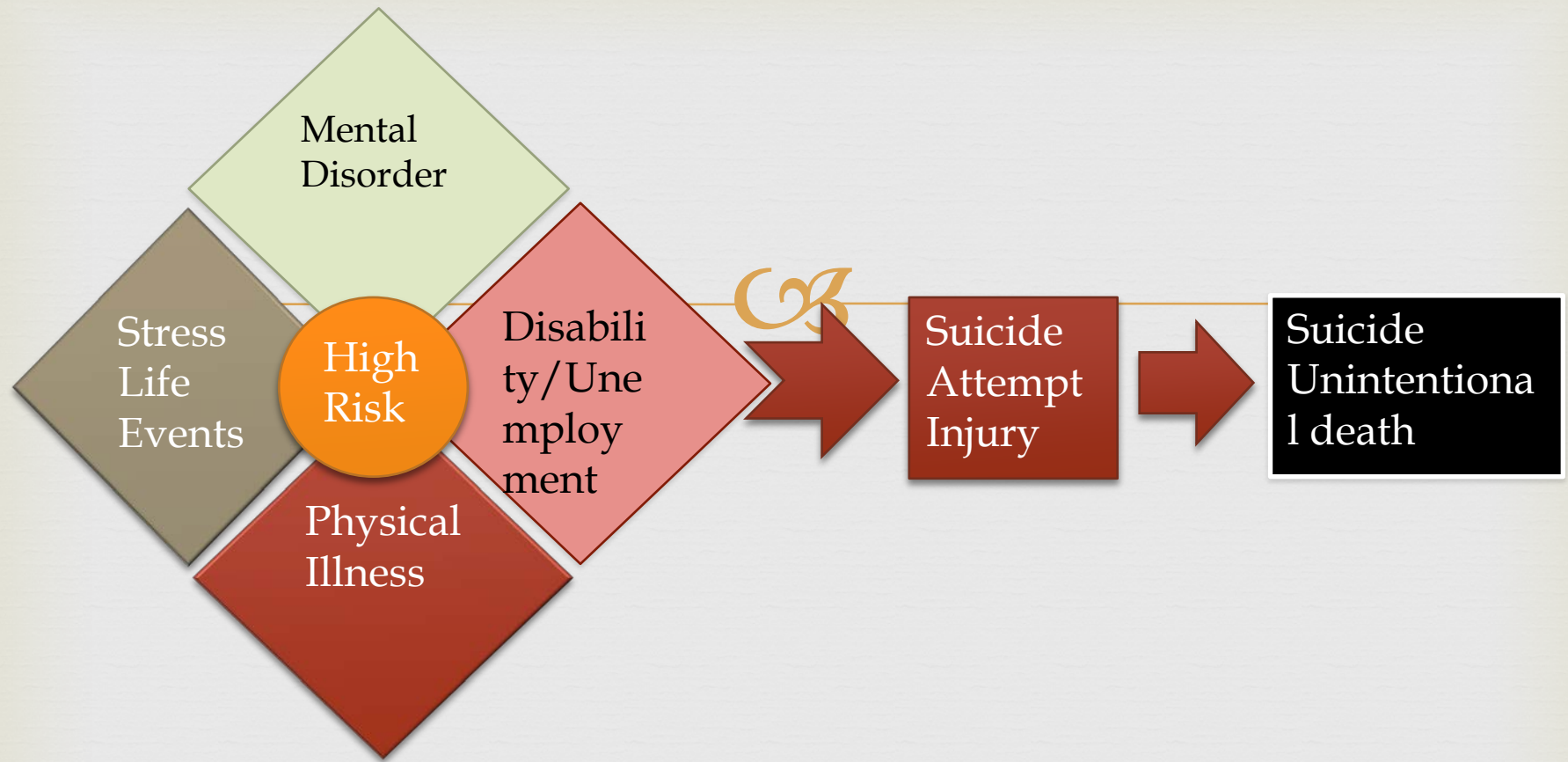
How long does it
take to change four
tires?



2.9 sec to change 4 tires

We need Interprofessional collaboration





Being disabled from work is a
psychiatric EMERGENCY!

Disability Assessment and Treatment clinics



- ❧ Learn from military and veterans clinics
- ❧ Joint funding from insurance companies and publicly funded systems.
- ❧ Interprofessional collaboration.
 - ❧ Psychiatry, psychology, social work, nurse, occupational therapy
 - ❧ Measurement based care

How long should I be on
this medication?



How long should I be on this medication?

- ❧ Simple but difficult question
- ❧ Drug companies have a bias.
- ❧ Patients and families have a bias.
- ❧ When meds work, patients want to come off the medication.
- ❧ When patients are on multiple meds and they are not better, they continue to stay on meds
- ❧ We need trials to examine both the impact of medications on the brain and longitudinal evidence of effectiveness

Main points



- ❧ Minimize Bias!
- ❧ Lots of evidence-based programs, we need to get evidence-based care across the country.
- ❧ Canadians have the right to have better access to evidence-based psychological treatments
 - ❧ Need to learn from military and veterans clinics
- ❧ Disability Assessment and Treatment Centers
 - ❧ Improve treatments for high risk groups (comorbid conditions, disabled).
- ❧ Biological studies that help us guide rational pharmacotherapy.

Questions

