

Ministry of Health

Coping with COVID-19 Mental Health and Addictions Supports for Health Care Workers

August 2022

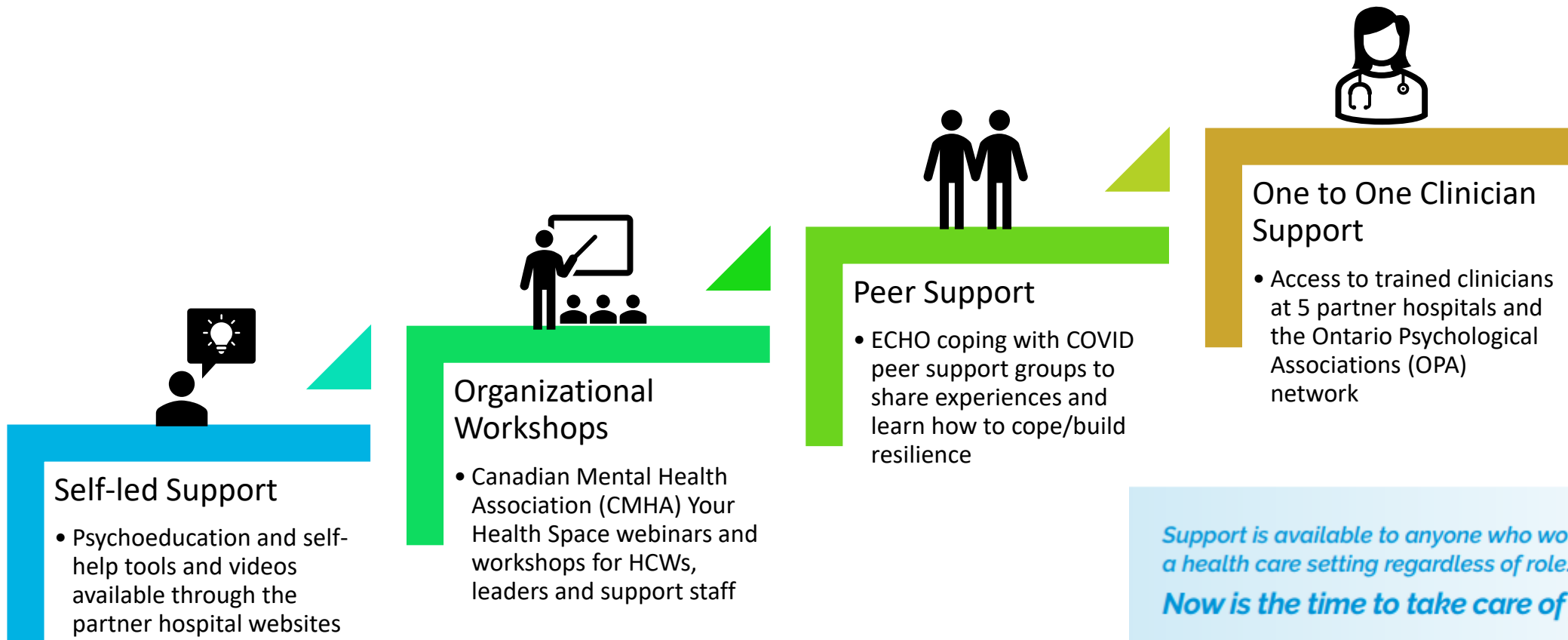
Mental Health Supports for Frontline Healthcare Workers



Program Objective: Provide rapid access to a range mental health and addictions supports to health care workers to match need.

- Recognizing that the Mental Health and Addictions (MHA) needs of healthcare workers have been disproportionately impacted by the COVID pandemic, in May 2020 the Ministry of Health and the MHA Centre of Excellence at Ontario Health launched a targeted program to provide much needed supports to frontline health care workers in partnership with five hospitals.
- Program expansion was announced as part of the 2021 Fall Economic Statement with \$3.8M in additional funding in 2021/22 and a further \$8.7M in 2022/23.
- This program offers a suit of MHA supports within a stepped care pathway in order to best meet the preferences and clinical needs of HCWs experiencing mental health and addictions impacts from COVID and beyond.
- Services include:
 - One-to-one psychotherapy (provide in person or via videoconference depending on client and provider preferences),
 - Online peer support (the CAMH ECHO program), and
 - Workplace mental health training and workshops for organizational leadership and staff.
- These services are available to anyone that identifies as a healthcare worker.

Mental Health and Addictions Support: A Range of Services to Match Need



Support is available to anyone who works in a health care setting regardless of role.

Now is the time to take care of yourself.

For fast access to free and confidential support, visit:

ontario.ca/healthcareworkersupport

Self-Directed Resources and One-to-One Psychotherapy with a Clinician through Five Partner Hospitals & the Ontario Psychological Association

Access to a psychoeducational resources and/or confidential support from a clinician, either online or via telephone at any of the access points below.

- Centre for Addictions and Mental Health (CAMH), Toronto
- Ontario Shores Centre for Mental Health Sciences, Whitby
- St. Joseph's Healthcare, Hamilton
- The Royal Ottawa Mental Health Centre, Ottawa
 - *Services available in French and English*
- Waypoint Centre for Mental Health Care, Penetanguishene
 - *Services for Indigenous clients available*
- Ontario Psychological Association (OPA)
 - one to one psychotherapy sessions with a clinical psychologist, developed in concert with MLTC

ECHO Peer Support at the Centre for Addiction and Mental Health

Online sessions with peers to learn about ways to build resilience and maintain wellness through lectures and case-based discussions:

- ECHO Coping with COVID, which is designed for health care providers and doctors responding to the COVID-19 pandemic (meets twice per week)
- ECHO Care of the Elderly for LTC: COVID-19, which is designed for those working in long-term care settings (meets once a week)

As of April 30, 2022

Number of Registrants: 1213 participants from 509 Organizations

19% RN, 28% Other

34% Central Region

13% Central

Sessions Delivered to Date: 100 sessions completed



Canadian Mental Health Association (CMHA) - Your Health Space

CMHA Ontario's Frontline Health Care Program

- Aims to empower organizations, teams and individuals to strengthen workplace mental health. The program supports organizations' existing resources to promote and facilitate a sustainable, positive shift towards workplace mental health in hospitals, long-term care and community settings.
- Trainers provide training to health care leaders (such as executives, human resources personnel, managers, supervisors, union stewards), and both clinical and non-clinical health care staff.
- The modular format can be customized to suit an organization's unique needs and includes virtual and live sessions.
- Program launched in March 2022

Number of Participants: 239

Number of Organizations: 9

- 4 hospital, 1 home care, 1 MHA, 1LTC, 2 Other

Number of Workshops Delivered as of April 30th: 11