Evolution of Services in Quebec Province

Jean-François PELLETIER, PhD
Adjunct Professor of Psychiatry
University of Montreal, Department of psychiatry

Full time researcher
Institut universitaire en santé mentale de Montréal

Assistant Clinical Professor
Yale Program for Recovery & Community Health

Director
International Program for Participatory Action Research

Richard BRETON,
Person with the lived experience

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Lawn Club, New Haven, CT, USA
Plan of presentation

A. Province of Québec
B. Services
C. Evolution
Province of Québec

- Canada is a constitutional monarchy
- Québec is the largest Canadian province
- ± 80% French speaking
- Québec City is the capital
- Montréal is the largest city - metropole
Services in Québec Province

• In accordance with the Canadian Constitution, Education and Health are of provincial jurisdiction
• Education = ±40% of Québec budget
• Health = ± 40% of Québec budget
  ➢ Health **AND** Social Services (MHSS)
  ➢ Dr Delorme : dir. of the MHSS Mental Health Directorate
Evolution of Services in Québec Province

• Spring 2014
  ➢ Election of a new government in Québec = zero deficit

• Law 10
  ➢ Quebec government tables major overhaul of the health and social services network
Evolution of Services in Québec Province

• An Act to modify the organization and governance of the health and social services network, in particular by abolishing the regional agencies.
• Reduces the number of administrative levels in the health network, particularly the number of officers and boards of directors.
Evolution of Services in Québec Province

• To amalgamate the province’s 18 health and social services agencies and 182 health institutions into just 28 institutions for the stated purpose of optimizing network efficiency: one regional institution for each of the 24 regions of Quebec plus 4 supraregional institutions for the Montreal region.
Evolution of Services in Québec Province

• Integration of physical and mental health under the authority of a single local health authority: the Integrated Health and Social Services Centre of East-End Montreal:
  ➢ Montreal Mental Health University Institute + 3 former Local Health Centres + Youth Centre
  ➢ Pinel Institute remains on its own
East-End Montreal Integrated Health and Social Services Centre - CIUSSS
East-End Montreal Integrated Health and Social Services Centre - CIUSSS

• CEO:
  ➢ Yvan Gendron

• Adjunct CEO:
  ➢ Denise Fortin
    ▪ Former CEO of Montreal Mental Health University Institute
    ▪ Sold to citizenship
Translation: Civic participation, concertation with field actors, social-sanitary and economic, mobilisation of community organizations.

- See upcoming Panel *A Call to Action: Creating Systemic Change*, at 11:10.
Mental Health Action Plan 2005-2010 – recovery

• In 2005, the Ministère de la santé et des services sociaux du Québec (MHSS) released the Mental Health Action Plan 2005-2010 (MHAP).

• The MHAP was calling for a recovery-oriented transformed system.

• Dr Larry Davidson, from the Yale Program for Recovery & Community Health was invited in Quebec to introduce recovery.
Mental Health Action Plan 2015-2020 – recovery

• In 2014, the MSSS held a National Forum in preparation of the MHAP 2014-2020.

• The first chapter of the consultation document proposed by the MSSS is dedicated to the full exercise of citizenship.
Denise Fortin and patient partners: on citizenship

• In 2014, the MSSS held a National Forum in preparation of the MHAP 2015-2020.
• The first chapter of the consultation document proposed by the MSSS is dedicated to the full exercise of citizenship.
• Instead of focusing primarily on symptom relief and management, a second view casts a wider spotlight on restoration of self-esteem and identity and on attaining meaningful roles in society.
Meanwhile...: Patient Partnership

• In 2013, the British Medical Journal launched a special issue on **Patient Partnership**.

• The editorial was titled:
  - *Let the Patient Revolution Begin*

• At University of Montreal:
  - Collaboration and Patient Partnership Direction
  - Patient partnership as **THE** trademark of the whole Faculty of Medicine
The "Montreal Model"

- **PATERNALISM**
- **PERSON CENTERED**
- **PARTNERSHIP CENTERED**
Montreal Mental Health University Institute

• Patient Partner Committee
• International Program for Participatory Action Research
• Reprendre Pouvoir:
  – Richard Breton as a research patient partner (peer research assistant) for an innovative project:
  
  • the Avatar Therapy
The Avatar Therapy

• The hostile, frightening voices that often take command of people suffering from schizophrenia evoke feelings of frustration and helplessness.

• They erode the ability to concentrate, study, work and sustain social relationships, and they can lead to tragedy.
The Avatar Therapy

• Standard treatment for hallucinations consists of antipsychotic medication and/or cognitive behavioral therapy.

• Patients are often advised to ignore the voices or use distraction as a coping skill.

• Studies have shown that patients who have a dialogue with their hallucinated voices feel a greater sense of control, but it’s difficult to talk to an invisible entity, especially one that’s persistently abusive.
• Would it be possible to virtually include the persecutor in the patient partnership?
• Would it be possible for the therapist to have an influence on the patient’s self-perception of the omnipotence and the malevolent intentions of his persecutor?
• Can the therapist support the patient in better coping with his verbal hallucinations and to better self-regulate his emotional responses to their persecutors?
The Avatar Therapy

• Virtual Reality (VR), sometimes referred to as immersive multimedia, is a computer-simulated environment that can simulate physical presence in places in the real world or imagined worlds.

• VR can recreate sensory experiences, which include virtual taste, sight, smell, sound, and touch.
Virtual Reality
The Avatar Therapy


• We are replicating this experiment with a Participatory Strategy for Patient-Oriented Research at the Philippe-Pinel Institute of Montreal.
“Patients interact with the avatar as if it were a real person, but it’s their creation, so they know it can’t harm them” (Dr Leff).
The Avatar Therapy

- Avatars designed by participants
Talking to the persecutor

- **Therapist**: Defend yourself. Tell her you don’t want to hear this non-sense.

- **Participant**: I don’t want to hear this nonsense.

- **Persecutor**: Why do you say it’s nonsense?

- **Participant**: Because it’s not true.

- **Persecutor**: What do you think about yourself then? (…)

- **Therapist**: Tell her that you can work very well with your mind.
Role of the peer research assistant (PRA)

• The PRA is involved in team meetings to share his thoughts and reflect on the process.
• To anticipate and prevent possible unnecessary and unpleasant situations.
• Will accompany study participants from one step of the process to the other.
• Like a family member or like a friend, he will be awaiting the participant while in therapy, for him to come back from his immersion in the VR vault.
Role of the peer research assistant (PRA)

- The team will verify that the PRA has access to professional psychiatric and psychological expertise in any case of emotional distress that could be attributable to the experiment.
- In addition to professional expertise, he is supported by his colleagues of the International Program for Participatory Action Research.
  - For a future Citizens Project at Pinel Institute.
Plan of presentation

A. Province of Québec

B. Services

C. Evolution = Revolution?
   ➢ Consumers as agent of change
   ✓ Across all boundaries