

Psychotherapy Pilot Project for Adults

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- Whereas,** all Ontarians deserve accessible, timely and proven mental health therapy; and
- Whereas,** only a small number of Ontarians have the financial means to access psychologists for mental health challenges; and
- Whereas,** psychotherapy for adults is a successful evidence-based therapy for many mental health diagnoses offered by psychologists and other appropriately trained health care providers; therefore, be it
- Resolved,** Ontario provincial council of The Catholic Women’s League of Canada, in 72nd annual convention assembled, urge the Government of Ontario to fully fund and implement a community-based psychotherapy pilot project for adults, that provides psychologists and other appropriately trained health care providers, to determine the viability of a long-term program.

Gifted by Kingston diocesan council

Psychotherapy Pilot Project for Adults

Brief

Psychotherapy is a general term describing a form of treatment based on "talking work" done with a therapist. Cognitive Behaviour Therapy (CBT) is one type of psychotherapy that yields tangible results in a broad range of mental health diagnoses. According to the Canadian Association for Mental Health (2), CBT is "a structured, time-limited (usually 6-20 sessions), problem-focused, goal-oriented form of psychotherapy" (CAMH). CBT helps people learn to identify, question and change their thoughts, attitudes and beliefs that relate to the emotional and behavioural reactions that cause them difficulty.

In a 2013 report commissioned by the Canadian Psychological Association there is "extensive evidence that psychotherapy can be an effective healthcare service for a wide range of commonly experienced mental health conditions." (3) One core service that was recommended by the Mental Health and Addiction Leadership Advisory Council (Ontario) is that of "counselling and therapy services focusing on reducing the severity of and/or remedying the emotional, social, behavioural and self-regulation problems of individuals." (7)

In January 2017, in a joint letter to then federal Minister of Health, Jane Philpott, the Canadian Psychological Association and the College of Family Physicians of Canada argued that "Funding community-based mental health services ... is a prudent way to provide broad-based access to services that can be very effectively delivered in communities as compared to funding high-cost psychiatric hospitals and centralized treatment facilities." (4)

According to the Ontario Psychology Association, the recommended fee for service to a psychologist is \$225.00 per hour, well beyond the affordability of many Ontarians. (13) In the United Kingdom and Australia, cost-effective programs of psychotherapy are accessible, provided free of charge, and are community-based. (6) A study by Canadian economists has offered details on how such a program here can also exist and be cost-effective. (5). A report from the Canadian Alliance on Mental Illness and Mental Health also supports the adoption of this model. (1)

The Mental Health Commission of Canada supports a fully funded and community-based delivery system, employing psychotherapy and providing psychologists and other appropriately trained health care providers, who will help people make a swift and meaningful recovery from mental health issues. (8)

A pilot project providing free and accessible psychotherapy, much like that in the United Kingdom and Australia, would meet the needs of adults suffering from mental health issues.

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ACTION PLAN

1. Write letters to the Premier of Ontario, the Ontario Minister of Health and Long-Term Care with copies to your Member of Provincial Parliament (MPP) encouraging him/her to consider the introduction of a Pilot Project in Ontario providing free and accessible psychotherapy for Mental Health.
2. Educate League members on the rationale and need for providing psychologists and other appropriately-trained health care providers (HCPs), to serve the mental well-being of its citizens.
3. Monitor the provincial government's response to implement and fund a Pilot Project of Talk Therapy for adults, providing psychologists and other appropriately-trained health care providers (HCPs), to serve the mental well-being of its citizens as requested by this resolution.