

Family Service Ontario agencies provide mental health services in Ontario

Network of 44 non-for-profit agencies who work in 125+ communities across Ontario.

Member agencies serve more than 250,000 individuals, couples, and families each year.

Provide counselling, psychotherapy, and psychoeducation services.

Agencies are referral hubs to local services for clients who need additional support.

Demo Project shows service quality and outcome measurement capacity

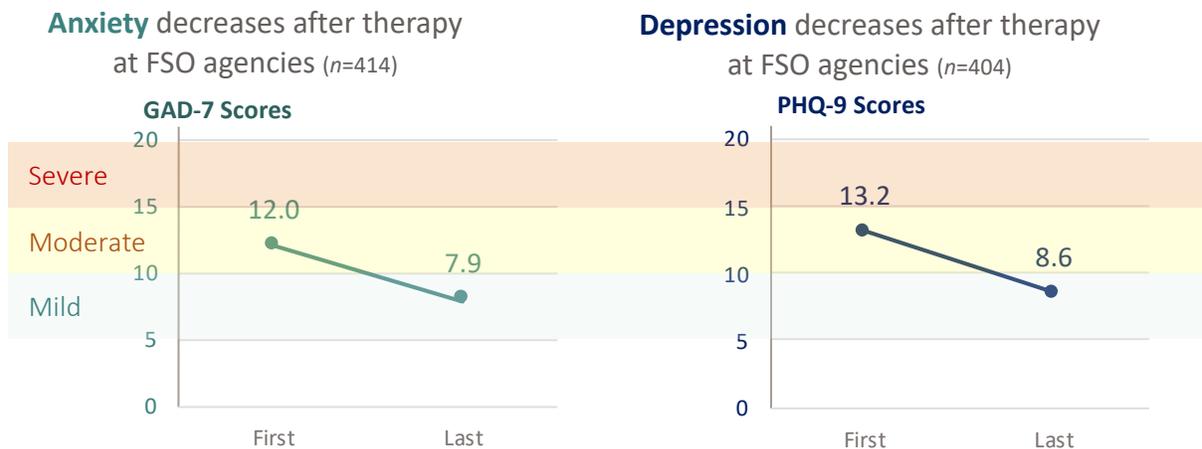
Demo Project designed to complement Ontario's *Increasing Access to Structured Psychotherapy (IASP)* project (similar measures and timelines)ⁱ.

Used the Greenspace platform to track psychotherapy progress and outcomes for adults seeking help for anxiety and depression.

Over 18 months, 28 participating agencies collaborated quickly and effectively to create a framework and data set to demonstrate the outcomes of our work.

Project focused on “therapy as usual” for Family Service Ontario agencies: multi-modal evidence-based interventions including CBT.

Client outcomes improve after Family Service Ontario psychotherapy



After psychotherapy, average client anxiety and depression decreased from moderate to mild severity.

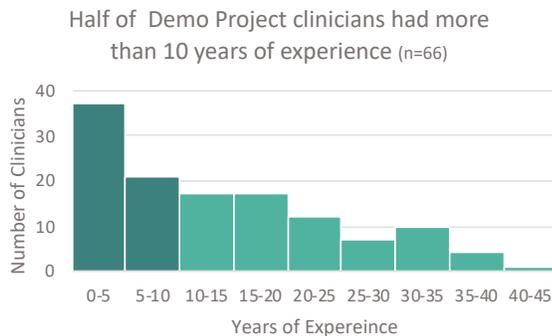
Demo Project produced comparable results to year one of the UK IAPT project for the treatment of anxiety and depressionⁱⁱ.

Of clients who completed psychotherapy treatment (average of 5-6 sessions):

- 61% showed reliable improvement in anxiety and depression (vs. 64% IAPT year one)
- 42% showed reliable recovery from anxiety and depression (vs. 43% IAPT year one)

Skilled clinical workforce for psychotherapy stepped care initiatives

200 Family Service Ontario clinicians participated in the Demo Project.



Family Service Ontario clinicians use multiple evidence-based approaches with clients (top 3 are solution-focused therapy, cognitive behavioural therapy, and narrative therapy).

The Family Service Ontario network is a highly qualified, organized and outcome-oriented workforce ready to take our place in the needed roll-out of psychotherapy stepped care initiatives.

Demo Project clinicians were registered social workers and/or registered to practice psychotherapy in Ontario (n=67)



Family Service Ontario clinicians attend regular clinical supervision (minimum monthly).

Clinicians can provide multi-language service delivery (based on needs of local communities).

Family Service Ontario agencies and clinicians are agile, committed to rapid improvement cycles, and working at the heart of Ontario community mental health.

For more details, see the Family Service Ontario Demo Project Report

Questions? Please get in touch:

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ⁱ The IASP and the Demo Project both use definitions and published comparison values from the decade-long *Improving Access to Psychological Therapies* (IAPT) initiative in England.

ⁱⁱ Gyani, A., Shafran, R., Layard, R., & Clark, D. M. (2013). Enhancing recovery rates: lessons from year one of IAPT. *Behaviour Research and Therapy*, 51(9), 597-606. <https://www.sciencedirect.com/science/article/pii/S0005796713001150>