EVIDENCE EXCHANGE NETWORK
The Annual Report

2012-2013

EЄnet
Evidence Exchange Network
for Mental Health and Addictions

Evidence Exchange Network (EENet) is a knowledge exchange network that aims to make Ontario's mental health and addictions system more evidence-informed.

IT IS WITH GREAT PLEASURE

that I introduce our inaugural EENet Annual Report, which offers an overview of network activities for the fiscal year April 2012-March 2013.

The network has come a long way in a short time. Once called the Ontario Mental Health and Addictions Knowledge Exchange Network – or "OMHAKEN" – the network began the process of rebranding itself in 2011. This meant a new name, a new logo, a new website—and a few new faces.

Back then, we were starting to support knowledge exchange (KE) for 10 Ontario Systems Projects, funded, like EENet, by the DTFP; but we were also still in the process of redefining ourselves as well. We began the April 2012-March 2013 fiscal year with an expanded team that included knowledge brokers in Toronto, regional KE leads across the province, a new communications associate, a sense of renewed purpose, and a lot of work on our plate.

We are proud of what we have been able to achieve. Beyond our KE work for the Ontario DTFP Systems Projects and SISC, we supported 14 Communities of Interest – forums for knowledge exchange and collaborative knowledge creation, on topics related to mental health and addictions – and also enhanced the capacity of organizations to access evidence. We created over 100 knowledge products, made available through our engaging new website and through the communications vehicles of our partners. We hosted webinars, attended conferences, brought people together, and bolstered our presence in the province. Our membership list has expanded to include over 1000 mental health and addictions stakeholders in the province. Our Twitter identity has gone from nothing to tweet about to having a healthy following of 400+. Our website continues to draw traffic. Our team lost a few great people—and gained a few more.

Last but not least, we launched EENet Connect to support some of the initiatives under the first three years of *Open Minds, Healthy Minds: Ontario's Comprehensive Mental Health and Addictions Strategy*. Drawing new members on a daily basis, this platform is already generating great discussions and interest. It is poised to be a valuable network resource as we move into the future.

Thanks to everyone who has made this such a positive year. We look forward to continuing to build on our work—and we cannot wait to see where we are in April 2014!

—HEATHER BULLOCK,
Director, Knowledge Exchange, CAMH

THE FIVE MESSAGES

ONE

EENet supported knowledge exchange (KE) for various large-scale provincial projects and initiatives, including the Ontario Drug Treatment Funding Program Systems Projects and Systems Improvement through Service Collaboratives.

TWO

EENet made the knowledge of persons with lived experience and family members more accessible to the mental health and addictions system in Ontario, broadening the evidence base.

THREE

EENet developed and disseminated over 100 knowledge products and tools – through its own platforms and through partner vehicles – supporting the uptake of evidence about mental health and addictions in Ontario.

FOUR

EENet supported 14 Communities of Interest—forums for knowledge exchange and collaborative knowledge creation, on topics related to mental health and addictions.

FIVE

EENet grew as a network by 55%, strengthening stakeholder connections, and increasing 'spread' for various projects and initiatives.

Ontario Drug Treatment Funding Program Systems Projects

In 2008, Health Canada developed the Drug Treatment Funding Program (DTFP) as part of the Treatment Action Plan under the National Anti-Drug Strategy. The DTFP is a federal contribution program designed to support provinces and territories in their efforts to strengthen evidence-informed substance use treatment systems; and address critical gaps in substance use treatment services, particularly for at-risk youth. Eleven Ontario Systems Projects and seven Service Level Projects were funded in Ontario.

From April 2012 to March 2013, EENet continued to support the knowledge exchange (KE) needs of the eleven Ontario Systems Projects. Among other things, EENet:

- •Collaborated to develop a KE plan for each project;
- •Facilitated more than a dozen webinars in the DTFP Health Canada Webinar Series, which connected Ontario DTFP stakeholders with stakeholders in other provinces;
- •Organized and hosted KE events for individual projects and the Ontario Systems Projects as a whole;
- •Through knowledge brokers, provided ongoing KE support for the projects, while also supporting linkage and exchange across projects;
- •Created content for the Ontario Systems Projects website (www.ontariodtfp.ca) and a quarterly e-newsletter;
- •Continued to grow an e-mail list of over 1000 stakeholders;
- •Developed and shared presentations, one-pagers, and other materials;
- •Provided KE seed funds to support end-of-year KE activities;
- •Convened and hosted the Persons with Lived Experience and Family Member Panel; and
- •Produced a video that tells the story of the Ontario DTFP Systems Projects

IMPLEMENTATION OF EVIDENCE-INFORMED PRACTICE

STRENGTHENING EVALUATION & PERFORMANCE MEASUREMENT

LINKAGE & EXCHANGE

Ontario **DTFP**
Drug Treatment Funding Program
Ontario Systems Projects

Systems Improvement through Service Collaboratives

Systems Improvement through Service Collaboratives (SISC) is one initiative encompassed within *Open Minds, Healthy Minds: Ontario's Comprehensive Mental Health and Addictions Strategy*. The goal is to create 18 Service Collaboratives that will improve services for Ontarians experiencing mental health and addictions issues by focusing on transitions: between hospital and community settings; health and justice systems; and youth and adult services. The Centre for Addiction and Mental Health is sponsoring the project, and has established advisory and consultant bodies, as well as panels of experts to oversee the project's implementation.
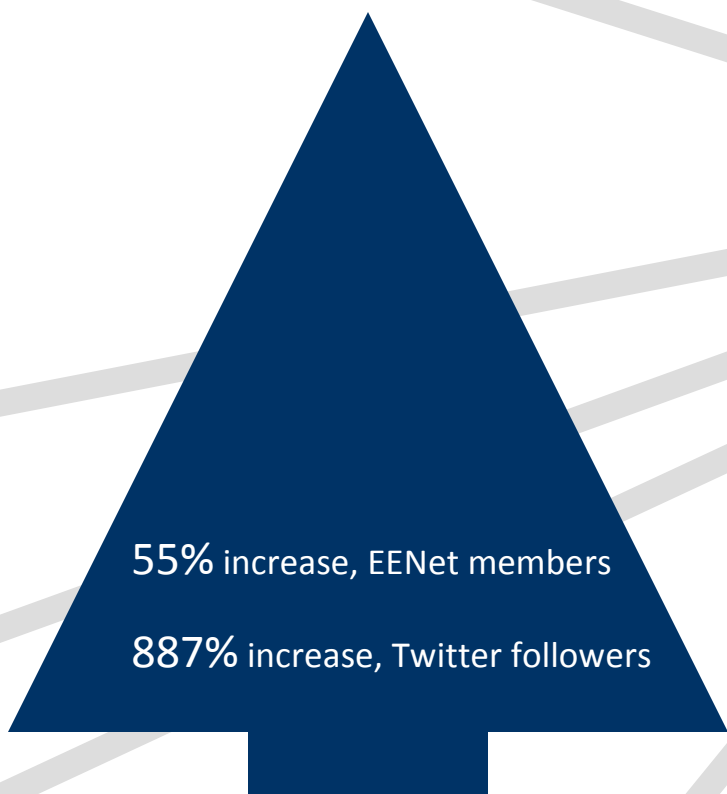

This year, EENet provided knowledge exchange (KE) support for SISC. In particular, EENet:

- •Developed four evidence briefs;
- •Developed ten evidence-informed intervention summaries;
- •Shared evidence specific to the needs and interests of each Service Collaboratives to support their decision-making processes;
- •Collaborated on the development of EENet Connect (www.eenetconnect.ca), an online community that supports SISC; and
- •Shared knowledge about SISC with EENet stakeholders.

EENet's KE leads and communications staff are poised to continue to support SISC work. EENet Connect – an online community where members of Ontario's mental health and addictions system can create profiles, share knowledge, and collaborate more effectively with one another – offers SISC stakeholders a platform throughout the length of the project. www.eenetconnect.ca

a) Act as a Central Point for Accessing Relevant, Timely, and Appropriate Evidence

55% increase, EENet members

887% increase, Twitter followers

EENet maintained a strong web presence through various websites. EENet continued to develop content for the Ontario DTFP Systems Projects website (www.ontariodtfp.ca), which was launched in 2011. The network also launched its own website (www.eenet.ca) in July, which has served to unify and enhance the network's previously diffuse web presence. Between the launch and March 2013, www.eenet.ca drew 7570 unique visitors, while www.ontariodtfp.ca drew 2389 visitors. EENet membership grew 55%, from 669 in April 2012 to 1041 in March 2013. Twitter followers expanded from approximately 45 to 400, an 887% increase.

In February 2013, EENet, in collaboration with the Provincial System Support Program, developed the online community EENet Connect (www.eenetconnect.ca). Systems Improvement through Service Collaboratives was among the first initiatives to take part and, in March, EENet Connect opened private forum spaces for other initiatives under the first three years of *Ontario's Comprehensive Mental Health and Addictions Strategy*. Membership in EENet Connect reached 465 by the end of March.

THE ACTIVITIES

b) Make Timely, High Quality, and Relevant Evidence Available in Useable Formats

T US   PRODUCTS & TOOLS   COMM

EENet created over 100 knowledge products and tools. EENet's products and tools translate findings into clear language and make evidence related to mental health and addictions in the Ontario context more accessible. From April 2012 to March 2013, we produced:

- 1 Evidence in Action
- 15 Meeting of the Minds (webinars)
- 3 Promising Practices
- 44 Research Report Round-ups
- 32 Research Snapshots
- 8 Student Spotlights

These products and tools were shared through www.eenet.ca as well as the communications vehicles of EENet's partners. The network also collaborated with Health Evidence (www.healthevidence.org) at McMaster University to develop a searchable database of quality appraised systematic reviews on substance use. A database on mental health is forthcoming.

c) Build, Coordinate, Facilitate, & Support New and Existing Networks & Partnerships

EENet launched 14 Communities of Interest (CoI): forums for knowledge exchange (KE) and collaborative knowledge creation, on topics related to mental health and addictions in Ontario (www.eenet.ca/communities-of-interest). Through financial, technical, and human resources, EENet supported the CoIs in their efforts to co-create and share knowledge on topics of interest to the mental health and addictions system. The network helped develop KE plans and user-friendly fact sheets, facilitated the use of the Health Equity Impact Assessment tool, created web content, planned and strategized for KE events, and co-hosted webinars.

Through partnership with the Ontario Federation of Community Mental Health and Addiction Programs and Addictions Ontario, EENet also co-piloted the CHSRF tool "Is Research Working For You?" with seven community mental health and addiction agencies in Ontario. The initiative helped these organizations build sector capacity for the uptake of evidence (such as findings from the Ontario Systems Projects) and evidence-informed decision-making.

EENet's facilitation of KE for the Ontario DTFP Systems Projects provides another example of how the network supported new and existing partnerships. See the previous section "THREE: PROJECTS" for more information. EENet's collaboration with Health Evidence (on previous page) provides yet another example.

More generally, EENet continued its relationship with long-standing partners. It co-hosted webinars with the Canadian Centre on Substance Abuse and the Hospital for Sick Children; contributed content to Mental Health Notes, the biweekly newsletter of CMHA Ontario; profiled the work of partners, including CAMH and the Ontario Peer Development Initiative; cross-promoted the Research Snapshots of partners like Research Impact and Ontario Education Research Exchange; and retweeted the tweets of its partners.

Finally, by convening a Steering Committee and the Persons with Lived Experience and Family Member Panel, EENet brought together expertise and perspectives from across Ontario's mental health and addictions system.

d) Contribute to the Broader Field of KE Using Traditional & Innovative Mechanisms

In the previous fiscal year, EENet developed an animated video to explain the concept of knowledge exchange (KE) and to offer a quick, engaging overview of the network. In 2012-2013, EENet developed a video to profile the story of the Ontario DTFP System Projects. The videos are available on YouTube, Vimeo, and other platforms.

e) Enhance EENet Governance and Organizational Processes

EENet made available numerous professional development opportunities for its staff members including team sessions on using the Health Equity Impact Assessment tool, clear language communications, and work planning. An ongoing, monthly KE Journal Club enables staff members of EENet to discuss the latest KE literature and to build KE capacity.

EENet also convened and drew on the expertise of two bodies: the EENet Steering Committee and the Persons with Lived Experience and Family Members Advisory Panel. Both provided the network with invaluable advice, evidence, and guidance.

f) Increase the Profile of EENet

EENet enhanced its profile "offline" by attending various events and conferences throughout the year. EENet representatives made presentations, manned exhibit booths, answered questions, distributed promotional materials, and engaged new network stakeholders.

See below for a list of events and conferences.

MAY 2012

JULY 2012

SEPT 2012

OCT 2012

NOV 2012

FEB 2013

- **CIHR Child and Youth Health Strategic Planning Consultation,** CIHR

- **44th Annual Addictions Conference**, Addictions Ontario, Toronto

- **International Knowledge Exchange (KE) Network for Mental Health**, Mental Health Commission of Canada (MHCC), St. John's

- **DTFP KE Event**, Federation-AO-OPDI AGM, Toronto

- **The Many Faces of Addiction: 4th Annual Addiction Symposium**, Bellwood Health Services, Toronto

- **Knowledge Exchange Fair**, RNAO, Niagara Falls

- **CMHO 40th Anniversary Conference: Partnering and Leading in Innovation and Transformation**, CMHO, Toronto

- **Spotlight on KT Methods and Tools Webinar: SKTT KT Planning Template™**, National Collaborating Centre for Methods and Tools

- **Knowledge Transfer and Exchange Community of Practice**, Toronto
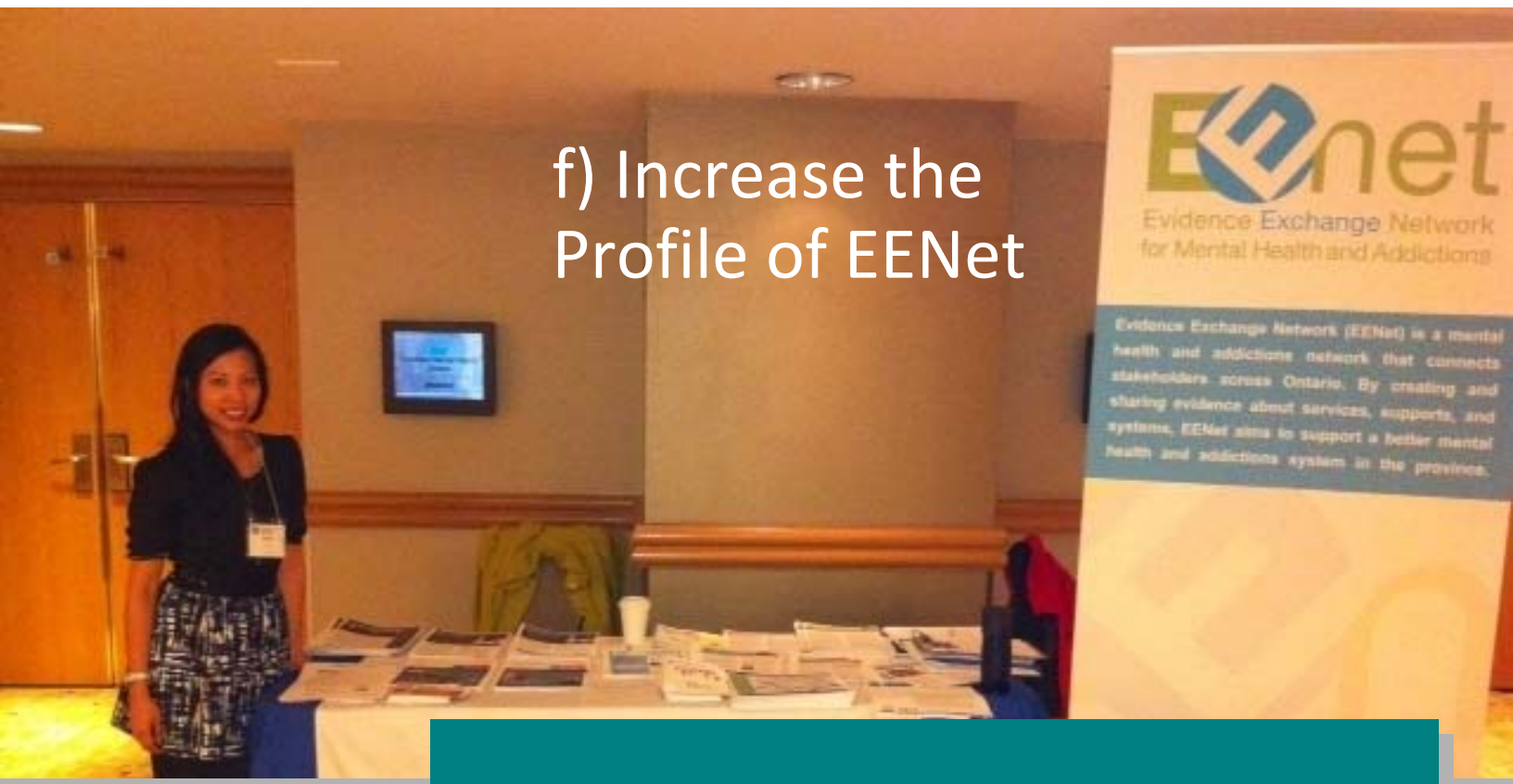
- **BEST Start Health Nexus Conference**, Toronto

- **Collaborative Conversations: KE Event**, CAMH, Toronto

- **Manitoba Addictions Knowledge Exchange Symposium**, Winnipeg

- **Humanizing the Workplace: Approaches to Mental Health Literacy and Psychological Well-being**, George Brown College, Toronto

(continued)

f) Increase the Profile of EENet

MAR 2013

•**Symposium on Peer Support in Addictions and Mental Health**, Addictions Ontario, the Ontario Federation of Community Mental Health and Addictions Programs, the Self Help Alliance, and EENet, Toronto

•**Integrated KE in Substance Abuse and Mental Health**, EENet, CCSA, and MHCC, Toronto

•**CIHR Café Scientifique: Time To Talk About Teen Mental Health**, CAMH and EENet, Toronto

•**DTFP KE Event**, Toronto

•**The Specialized Geriatric Addictions KE Forum**, Toronto

•**Think Tank on Mental Health & Addictions-Related Emergency Department Use by Racialized Populations in Ontario**, Toronto

CONCLUSIONS AND LOOKING FORWARD →

From April 2012 to March 2013, EENet supported knowledge exchange for various projects, initiatives, and stakeholders, including the Ontario Systems Projects and Systems Improvement through Service Collaboratives. EENet supported broadening the evidence base from which some of these projects drew—but also helped enhance the capacity for evidence-informed decision-making in the mental health and addictions system. In other words, EENet did not just disseminate evidence; it helped inform projects with evidence while also supporting organizations in their use of evidence.

EENet also grew as a network, increasing 'spread' for various projects, initiatives, and stakeholders. The network developed and disseminated over 100 knowledge products and tools – through its own platforms and through partner vehicles – making evidence about mental health and addictions in Ontario more accessible.

Although EENet was busy with many activities this past year, the network also made sure to evaluate the impact of these activities. The Evaluation Centre for Complex Health Interventions looked at EENet, among other Ontario DTFP Systems Projects, and found "significant excitement in the system around what EENet is doing." The evaluation also noted that "EENet represents a unique project that has the potential to act as a KE platform for the DTFP projects as well as make broader connections within the addictions field." Five key questions were identified:

- **HOW** will EENet be able to establish more multi-directional communication in future activities?
- **WHAT** kind of impact does EENet expect to have on evidence uptake and evidence use in EENet members?
- **IS IT POSSIBLE** to develop a more systematic way of responding to evidence demands in the addiction treatment system through EENet?
- **HOW** can EENet engage most effectively with organizations that also have KE functions in the addiction treatment field to create synergy and avoid role redundancy? Who are the organizations that EENet needs to develop stronger connections with?
- **WHAT** are the key connections in the network through which most of the influence will be expected to happen?

These questions will help guide EENet as it moves into the next phase of its life as a knowledge exchange network aiming to make Ontario's mental health and addictions system more evidence-informed. It has been an exciting journey so far. We're looking forward to the future.

SEE YOU IN 2014

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