

Interdisciplinary Collaboration: Creating Positive Synergy



Heather Lokko, BScN, RN
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Outline

- Best Practices for Collaboration
- Mother Reach London & Middlesex
- What We Have Learned



Best Practices for Collaboration

- ☞ Engage partners early on to establish shared values & alignment of purpose
- ☞ Identify & support a champion



Best Practices for Collaboration

- ✧ Establish concrete objectives & focus on visible results
- ✧ Invest in the alliance building process



Best Practices for Collaboration

- ↻ Share leadership, accountability & rewards among partners
- ↻ Generate political support & build on positive factors in the policy environment



PPMD Project at MLHU

- Received funding for Early Childhood Development PPMD project, 2002-2006
- Middlesex-London PPMD Internal Working Group
- Mother Reach London & Middlesex Coalition



Mother Reach London & Middlesex



Mother Reach PARTICIPANTS

Babeeze in Arms Doula Centre

Bethesda Centre

Canadian Mental Health Association

Child and Parent Resource Institute

Childreach

Children's Aid Society of London & Middlesex

Cross Cultural Learner Centre

Family Services Thames Valley

heartspace

London Health Sciences Centre

London Mental Health Crisis Service

Merrymount Children's Centre

Middlesex-London Health Unit

Ontario Early Years Centres

Regional Mental Health Care

St. Joseph's Health Care

Telehealth Ontario

Thames Valley Midwives

UWO / Health Zone

Womancare Midwives

Community members



Mother Reach London & Middlesex: VISION

Mother Reach London & Middlesex promotes a caring community that educates, treats and supports women and their families who are at risk for, or are experiencing, postpartum mood disorders.



Mother Reach London & Middlesex: MISSION

A team of community members and professionals whose purpose is to provide:

- ☞ Public/professional awareness of PPMD
- ☞ Improved access to services
- ☞ Dissemination of information & resources for all postpartum women, their families and caregivers



Mother Reach Activities

↻ Ongoing Education & Awareness

- presentations
- displays/health fairs
- media (TV, radio)
- pamphlets
- magnets
- mail-outs
- website (www.helpformom.ca)



Mother Reach Activities

- ↪ Standardized Universal Practices for Assessment & Intervention
 - protocol & decision tree
 - Inventory of Programs & Services
 - use of EPDS



Mother Reach Activities

↻ Ongoing Research & Evaluation to Promote Best Practices

- RNAO Best Practice Guideline
- evaluation projects



Mother Reach Activities

↪ Community Development & Advocacy

- funding proposals
- service agreements
- increased psychiatric services



Mother Reach Activities

- ↻ Accessible Multidisciplinary Family-Centred Support Services
 - HOPE line (519) 672-HOPE
 - Mother Reach Postpartum Drop-in



What We Have Learned...

- ↻ Ensure diverse representation
- ↻ Remember the dynamic nature of a collaborative
- ↻ Jointly create vision, mission & values



What We Have Learned...

- ☞ Embrace & respect what & who comes to the table
- ☞ Recognize that there are other agendas
- ☞ Think about sustainability from the start



What We Have Learned...

- ☞ Realize that advocating for higher level political/administrative support can be difficult
- ☞ Ensure the chairperson is a strong leader
- ☞ Value & encourage each participant as a champion in their own agency



What We Have Learned...

- ☞ Bring a draft to the table, if appropriate
- ☞ Remember that visible results are an excellent motivator – but be conscious of feasibility
- ☞ Ensure you revisit your objectives, and create new ones as needed



What We Have Learned...

- ❧ Consider whether you can simultaneously chair a collaborative & represent your agency
- ❧ Seriously consider developing a collaborative agreement (at the least, a work plan)
 - ❧ formalizes commitment
 - ❧ clarifies roles & responsibilities
 - ❧ better done earlier rather than later



Collaborative Agreement

- ✧ Name of collaborative
- ✧ Names of member groups
- ✧ Roles & responsibilities
- ✧ Purpose
- ✧ Time frame
- ✧ Decision-making process
- ✧ Management of funds



What We Have Learned...

- ↪ Share leadership & work

- ↪ Share rewards
 - ↪ Resources
 - ↪ Educational opportunities
 - ↪ Referral (to & from)
 - ↪ Networking
 - ↪ Recognition of participation



What We Have Learned...

- ☞ Have Terms of Reference
- ☞ Think about when to “push forward” & when to “step back”

process ⇔ outcome

- ☞ Have some decision-makers in the collaborative/coalition



What We Have Learned...

- ↻ Foster trust & effective communication
- ↻ Negotiate balance of power
- ↻ Consider the difference between equal & equitable participation





Think of the possibilities....

