



***OMHAKEN works with researchers and stakeholders of research to create and share the knowledge that will build a better mental health and addictions system***

### **What is OMHAKEN?**

OMHAKEN is the Ontario Mental Health and Addictions Knowledge Exchange Network, a network which supports and promotes interaction between mental health and addiction researchers and research stakeholders across the province of Ontario. OMHAKEN's goal is to create and share knowledge about services and supports in order to build a better mental health and addictions system.

OMHAKEN works to:

- Support research and policy by linking and engaging consumer/survivors, families, service providers, planners, researchers, decision-makers and policy-makers in knowledge creation and exchange across all levels of government and the health care system; and
- Improve the quality of mental health and addictions services.

The network builds on the work of knowledge exchange leads in each Local Health Integration Network (LHIN) mental health and addiction planning group, and links in with existing and new networks resulting in a broad network of mental health and addictions stakeholders from across the province.

### **What are some OMHAKEN activities?**

OMHAKEN bridges the worlds of service provision, planning, policy and research through initiatives such as:

- Hosting knowledge exchange events which bring together stakeholders of research and researchers so that different kinds of knowledge (experiential knowledge and research) can be shared and incorporated into research, policy and practice as appropriate.
- Disseminating different knowledge exchange communications with stakeholders and researchers from across Ontario which focus on different aspects of research related to the mental health and addictions field. Examples include: ***Out of the Ivory Tower*** (academic research articles with translated findings for non-academic audiences so that research can be more easily and widely applied); ***Expanding the Reach of Research*** (articles on knowledge exchange/ research

events so that people unable to attend have a sense of what was discussed and can obtain further information if they wish); **Promising Practices in Employment and Education** (articles on promising practical approaches to employment and education for people experiencing mental health and/ or addictions challenges); and **Developing Research Capacity** (articles on student and consumer/survivor research initiatives in the area of mental health and addictions). OMHAKEN's website, newsletter and email list are the main vehicles for dissemination of OMHAKEN communications.

### Sign up for the OMHAKEN Newsletter:

If you are interested in reading about best practices in the mental health and addictions field and research happenings from across Ontario, please send an email to: [nandini\\_saxena@camh.net](mailto:nandini_saxena@camh.net) to start receiving OMHAKEN's electronic newsletter.

You can reach the OMHAKEN website by clicking [here](#).

### Relevant links:

- List of Ontario Researchers working in mental health and addictions – click [here](#) to see the list
- Mental Health Commission of Canada - [www.mentalhealthcommission.ca](http://www.mentalhealthcommission.ca)
- The Canadian Mental Health Association, Ontario, publishes a free biweekly newsletter, featuring mental health news and events. Please click [here](#) to sign up for this resource.
- Canadian Centre on Substance Abuse (CCSA) - [www.ccsa.ca](http://www.ccsa.ca)
- SAMHSA (Substance Abuse and Mental Health Services Administration) National Registry of Evidence-Based Programs and Practices - [www.nrepp.samhsa.gov/](http://www.nrepp.samhsa.gov/)
- Canadian Health Services Research Foundation (CHSRF) - [www.chsrf.ca/](http://www.chsrf.ca/)

### Key contacts:

If you want to learn more about OMHAKEN, or share your ideas on what would be useful to you, please contact:

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