

Adaptive Mentoring Networks Initiative

What is Adaptive Mentoring?

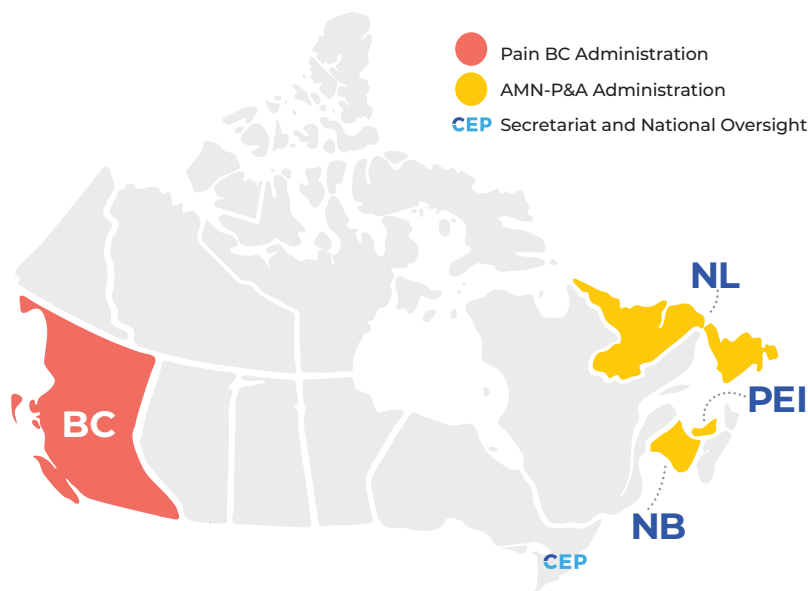
Adaptive Mentoring is a behaviour change intervention being used in Canada to improve access to high-quality and compassionate care for Canadians living with chronic pain, substance use disorders and/or mental health conditions. These networks aim to improve primary care capacity by building providers' clinical knowledge, confidence, and resilience, leading to changes in clinical behaviour that can mitigate issues with accessing specialist care, relieve pressure on the health care system, and ultimately result in improved patient outcomes.

To achieve this, Adaptive Mentoring Networks create mentoring relationships that connect primary care providers (e.g., family physicians, nurse practitioners, pharmacists, nurses, social workers, physiotherapists, chiropractors, occupational therapists) with experts in chronic pain, substance use and/or mental health. Together, mentors and mentees create a safe, non-judgmental community with opportunities for discussions about complex clinical challenges. These networks can leverage different mentoring environments (e.g., in-person, virtual), forms of mentoring (e.g., 1:1, small group, large group), and duration of interactions (e.g., a single clinical question, to discussions spanning years).

Adaptive Mentoring to Build Primary Care Capacity: Caring for Canadians Living with Mental Illness, Chronic Pain and Addictions

Guided by the [Centre for Effective Practice \(CEP\)](#), and with support from a diverse and experienced National Advisory Committee, the [Atlantic Mentorship Network - Pain and Addiction \(AMN-P&A\)](#) and the [Pain BC Society \(Pain BC\)](#) are in the process of building Adaptive Mentoring Networks in Newfoundland and Labrador, New Brunswick, Prince Edward Island and British Columbia, which will be operational in early 2022. The establishment of these networks is made possible through a four-year funding agreement from Health Canada's Substance Use and Addictions Program.

In addition to launching these new networks, all three organizations are committed to fostering a national community around Adaptive Mentoring. The materials and resources developed throughout this initiative can be used to support and build future adaptive mentoring networks. Furthermore, we invite questions about Adaptive Mentoring and its potential application in other regions of Canada. For such inquiries, and for those who are interested to participate in these programs, please contact valentina.gnanapragasam@cep.health to connect with the CEP.



The views expressed herein do not necessarily represent the views of Health Canada.