



Ontario Health

Mental Health and Addictions
Centre of Excellence

Breaking Free Online Digital Self-Management Solution: Q&A For Implementation Support Sites and Access Sites Health Service Providers

How will an addiction service provider get access to Breaking Free Online (BFO)?

Health Service Providers interested in adopting Breaking Free can contact them directly through email at nsmith@breakingfreegroup.com. Breaking Free will reply with a service code that the provider can give to their patients to enroll in the solution. Breaking Free will also forward a Self Starter Toolkit with helpful training and orientation resources as well as digital marketing materials.

How does BFO add value to an addiction services provider?

BFO is digital self-management intended for clients who are motivated to take charge of their own recovery. Every health service provider (HSP) that adopts the solution can determine where it adds value in their own care process. Examples include:

- Pre-Treatment: Waitlist support
- Treatment: Adjunct support after hours
- Post-Treatment: Transitional support to prevent relapse.

Breaking Free can be effectively used in multiple settings including:

- Inpatient and outpatient-based services
- Clinics
- Intake services
- Virtual treatment programs
- Day treatment programs
- Residential Treatment Programs

What resources are available to help an addiction service provider adopt BFO?

A Self-Starter Toolkit will be made available to all HSPs in Ontario that adopt BFO to facilitate rapid adoption. The toolkit will contain important training and orientation materials for clinicians about the solution. In addition, included will be a comprehensive digital toolkit (e.g., descriptive text, logos, example screenshots, videos highlighting key features of BFO) for use in social media campaigns.

What is the model of implementation? How does it work?

The implementation will work similar to a Hub and Spoke model, certain HSPs are designated as lead organizations called Implementation Support Sites. These organizations will provide support to other HSPs called Access Sites to help them launch BFO, collaborate on regional promotions, provide training and support where necessary, troubleshoot problems and participate in scheduled meetings with Ontario Health as well as BFO to communicate progress and report on any issues that require addressing.

Is there funding for Implementation Support Sites?

Yes, there is one time funding available to help offset administrative costs. In order to receive compensation, a transfer payment agreement (TPA) will be set up between the Implementation Support Sites and Ontario Health in order to flow the funds. There will be some deliverables that the Implementation Support Sites will be required to meet in order to receive a recovery.

How will Implementation Support Sites be selected?

Implementation Support Sites were selected by Ontario Health in consultation with the Mental Health and Addictions Leads from the 5 Interim Regions and 14 LHINs. Implementation Support Sites were selected based on their influence in their community relative to addictions treatment as well as their infrastructure in order to support other service providers. This is not a power-based model as the Implementation Support Site does not allocate licenses. The primary role of the Implementation Support Sites is to support other HSPs and help them adopt and promote the solution.

How long a commitment is required of Implementation Support Sites to support Access Sites?

The project is front loaded meaning that the majority of the lift for the Implementation Support Sites takes place during the first few months after launch where Hubs will be actively helping other HSPs adopt, promote and launch BFO. Once Access Sites are able to sustain themselves then less support will be required from the Implementation Support Sites

How is this project different than Ontario Structured Psychotherapy (OSP)?

This project is distinct from OSP which is geared towards individuals struggling primarily mood and anxiety problems. Eventually a pathway will be developed to direct patients in OSP with co-morbid substance problems into BFO and vice versa.

How long will this project be funded by the Ministry of Health?

COVID-19 funding has been allocated to support this project for a one-year term with the possibilities of a two and three-year extension. In the event that funding stops after one year, clients who enrolled in the solution will be able to continue using the solution for 12 months however no new enrollments will take place.

How will the project be evaluated?

Client satisfaction surveys will likely be the main source of evaluation. They will be initiated at select points throughout the year to measure performance.

How can an addictions service provider measure their own performance using BFO?

Each HSP will get their own dashboard which can demonstrate important trends which can inform program development as well as measure performance.