



## IIMHL 2019 Washington DC Leadership Exchange

### Match HOST\* Information Pack

#### **2019 Theme:**

#### ***“Leading the Way Forward: Access, Accountability and Action”***

The overarching theme reflects current US and international priorities around leadership in the mental health and addictions field. *Leading the Way Forward: Access, Accountability and Action* - was chosen to reflect the horizontal work being undertaken in the US by the Interdepartmental Serious Mental Illness Coordinating Committee (ISMICC) established in 2017 in accordance with the 21st Century Cures Act. The first ISMICC report to Congress in December 2017 was titled: *The Way Forward: Federal Action for a System That Works for All People Living With Serious Mental Illness and Serious Emotional Disturbance and Their Families and Caregivers*.

#### **About the Theme:**

Each of the words in the theme is meaningful in the both the US context as well as in the broader international context.

- *Leading the Way Forward* was chosen to reflect the ISMICC Way Forward and the IIMHL/IIDL focus on leadership

Many Match topics and the current international dialogue fit within at least one of the three headings. For example:

- *Access* is about ensuring availability of high quality services and a focus on people with lived experience of mental health distress and disability
- *Accountability* addresses systems and supports to ensure effectiveness and outcomes for people, families and communities
- *Action* speaks to engaging all partners in all sectors and across the lifespan, in enacting meaningful change in creating healthy people in healthy environments.

***\*A “host” is the person who will be hosting visitors and who will lead the co-production of the agenda/program for the two-day Match.***

***Visitors will come from many countries and primarily from the nine IIMHL member countries: Australia, New Zealand, USA, Canada, England, Scotland, Ireland, Sweden and the Netherlands.***

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### ***1. The IIMHL 2019 Washington DC Leadership Exchange***

Date	Activity
Monday 9 & Tuesday 10 September 2019	Matches between visiting leaders and hosts on specific topics throughout the US and Canada
Wednesday September 11	Travel day, optional meetings, and welcome to Washington DC at the Network Meeting reception on Wednesday evening for the two-day Network Meeting among leaders
Thursday 12 & Friday 13 September	Network Meeting in Washington DC for leaders attending the full week-long Leadership Exchange

### ***2. IIMHL Background Information***

Since its inception in 2003, IIMHL has undertaken thirteen week-long Leadership Exchanges. Many hosts and visitors from prior IIMHL Leadership Exchanges have developed partnerships whereby participants maintain an ongoing connection. This has resulted in several types of information exchange all aimed at improving mental health and addictions outcomes and services:

- Staff exchanges
- Implementation of service improvements and best practice
- Peer reviews of mental health and addictions services
- Collaborative projects and research
- Problem solving

Further information about IIMHL and past activities is available on the website [www.iimhl.com](http://www.iimhl.com).

***The potential of these collaborations is limitless and it starts with each leader's involvement in a Leadership Exchange.***

### **3. Overview of the Match Process**

IIMHL is delighted that you are able to host mental health and addictions leaders as part of the 2019 IIMHL Leadership Exchange and we thank you for being willing to share your wisdom, knowledge and experience. 2019 will be IIMHL's 14th Leadership Exchange.

IIMHL works to prevent illness and improve outcomes by improving leadership, innovation and best practice among countries. IIMHL seeks to achieve this by:

- Developing leaders who influence the conditions for positive mental health in all sectors across the life span
- Developing leaders who deliver the best possible outcomes for people who use mental health and addictions services and their families.

#### **Match Topics**

Matches are two-way learning events where hosts and visitors share innovations and challenges. IIMHL uses a set "topic" approach and encourages the establishment of ongoing learning collaboratives among countries (for example the child and youth group have been connecting for several years).

Leaders choose the topic-based match they wish to attend. These matches often develop into return visits where visiting leaders travel to see leaders that they hosted in prior exchanges. Or they may involve new or emerging leaders matched with the more experienced leaders.

The US and Canada will have agreed on key topics that fit within the theme of **"Leading the Way Forward: Access, Accountability and Action"**. Up to 30 concurrent two-day meetings or "Matches" will be on these topics, some of which have been key topics in the past (e.g. child and youth promising practices, Indigenous mental wellness). Match sites will be across the US and Canada. The complete list is on [www.iiiml.com](http://www.iiiml.com) as of late February 2019.

#### **Learning Collaboratives**

IIMHL is committed to improving the quality and value of mental health and addictions prevention and care. There is often a gap between what we know that works and what we do to assure the most effective approaches are rapidly implemented. The match process is intended to build international partnerships between leaders to share creative and innovative approaches through active learning collaboratives. IIMHL encourages match participants to partner and move towards becoming members of a learning collaborative.

To maximize learning and sharing, past hosts and visitors have provided feedback that the ideal number of participants in a match is between 3 and 20. However, hosts should not be discouraged if they receive only one or two visitors as these small matches have often turned out to be excellent opportunities for in-depth knowledge exchange and relationship building for both the host and the visitor(s).

#### **4. Hosting**

When leaders sign up to your match, you and they receive automated emails indicating that they are now part of your match as a visitor. It is up to you as the host to make direct contact with your visitors and to co-produce with them an agenda for the two-day learning intensive. A unique feature of the matches is the co-production of the agenda/program with your visitors, as past evidence shows this to provide the best outcome for the match as well as setting the stage for on-going collaboration.

All hosts and visitors will have completed an IIMHL membership record and will have registered to attend the match, and in many cases, the full week-long Leadership Exchange.

Some visitors and hosts may have been involved in past Leadership Exchanges and others may not have. Those who are attending for the first time may need more information by email (from you the host) so that when they arrive they know what to expect. In addition, all visitors will need to know your recommendation for which hotel they should book while they are attending your match and any directions to help them reach the match venue on the first day.

Consistent feedback is that visitors really appreciate the hospitality and effort that hosts put into making the match a rewarding experience. (*“Visitors” are those leaders who travel – many from other countries - to take part in the two-day match. A Visitor Pack is provided to them with similar information as that found in this Host Pack.*)

**Effective and early email communication between hosts and visitors  
is the key to a successful match.**

#### **5. Host Tasks for 2019**

The core tasks of the host are documented in the three sections below: before, during, and after the match:

##### ***Before the Match:***

- If you are not already an IIMHL member, be sure to complete your IIMHL membership record at [www.iimhl.com](http://www.iimhl.com)
- Some hosts will have the opportunity to work with an international co-host, an innovation begun in Sweden in 2018. This will provide selected hosts with the opportunity to engage with a host from the 2018 match on the same topic, which will ensure continuity across the two matches. Other hosts will have the opportunity to engage with an upcoming host from New Zealand/Australia in 2021, which will allow for collaboration going forward.
- Also new in 2018 and being continued in 2019, was the opportunity for hosts to receive training in advance of their match. About six months prior to the matches in September, IIMHL will offer match host training via webinar. More details to come!
- Once you have begun to receive emails advising you of your visitors, connect with them by email to find out what roles they hold, in what sort of service, and where.
- Do not be discouraged if you only receive a small number of visitors. The ideal match size has been

found to be between 3 and 20 participants, however keep in mind that matches with only 1 or 2 visitors have often turned out to be excellent opportunities for in-depth knowledge exchange and relationship building for both the host and the visitor(s).

- Find out what your visitors want to see and learn - What do they want to discuss? Who would they like to meet? What site visits would really bring the match topic alive? What would they like to present? What are their expectations of fellow participants and the process? Are there particular ground-rules that are important to them?

### **New for 2019: Cross-Cutting Themes**

Match hosts are asked to consider the following cross-cutting themes as they work with their visitors to design their match:

- The voices of peers and people with lived experience, including as participants in the match
- The voices of youth leaders, including as participants in the match
- The voices and roles of families and carers, including in the match
- Prevention as well as treatment
- The role of financing and alternative payment models
- The potential for technology
- The idea of “gamechangers” for your match topic and the potential for disruption of the status quo

- Ask all participants to circulate relevant information about themselves among the group - their organizations and their work. This can be done as a closed Facebook or WhatsApp group for you and your visitors, or via email.
- Check out whether anybody has any special requirements (e.g. food, mobility, hearing, vision issues) that need to be factored in to your arrangements.
- Plan the venue and morning and afternoon breaks and lunch for both days. (Note that while the host is not required to pay for the food/refreshments, this is always appreciated by the visitors and can be a more efficient use of time if catered to the meeting location.) Dinners on Monday evening are always a great way to extend the networking time, with visitors picking up their own costs.
- Develop an agenda or program with the above information in mind and check it with your visitors to see that it meets their (and your) learning needs. Remember the theme: **“Leading the Way Forward: Access, Accountability and Action”** when putting together the program. Allow some breathing space and reflection time as part of the program, including at the end of the afternoon sessions.
- Part of the agenda is usually a brief presentation from each participant about their role/service/country. Ask visitors about any audio-visual requirements they may have.
- Hosts have often engaged their own staff to participate in the program as an added benefit to the host organization of having overseas visitors. Likewise, when appropriate, hosting leaders are encouraged to make their facilities and staff available for the visitors to observe and where possible participate in day-to-day activities, as an example of a site visit.

### **In the past, visitors have appreciated programmed activities like:**

- The opportunity to describe their work in a brief presentation (which may also include brief demographic and/or epidemiological information on their country/service and hearing about your role as above - i.e. your

work, demographics and challenges)

- Discussing particular challenges that they may require help with (e.g. a brainstorm with the group)
- To visit organizations that are similar to theirs
- To meet local experts in an area of interest (e.g. local expertise in consumer or peer-led services, academic areas, or Indigenous, clinical or family issues)
- Discussion of possible collaborative projects (e.g. writing a joint discussion paper or research or other forms of on-going learning)

**More informal social activities have included:**

- A shared meal (you may like to pay but the expectation is that visitors will pay for themselves)
- A visit to a local tourist spot - it is worth checking out what's happening on the two nights in your region, as there may be a great local event they could attend

**In the past, leaders have not found these activities useful:**

- "Death by PowerPoint"
- Lack of time to have general open discussions
- Over-scheduled days

***During the Match:***

- You could draft outcomes that leaders would like to achieve as you start (then check to see if they have been achieved at the end of Day Two). Check how participants feel at the end of Day One. Are they happy with how things are going? Are there any issues arising which might have to be taken into account the following day or at the Network Meeting? Any program changes that they might want? Are there any practical problems/queries that any of the participants want to discuss with you privately?
- Document/capture the main issues/ideas generated in the course of the match.
- Take some time to find out how participants would like to build this meeting into an on-going collaborative.

**New for 2019 – Match Reporting Requirements and Options**

**Required Reporting for IIMHL Website:**

- All matches will be asked to prepare a straightforward Match Summary Template, which will be placed on the IIMHL website after the Leadership Exchange

**Optional Reporting for the Network Meeting:**

- Many leaders who have not attended your match will want to know all about it!

- You will have these options to report into the Network meeting on the Thursday/Friday (Sept 12-13):

1. Record a two-minute video to be played in plenary
2. Make a one- minute presentation in plenary about the "gamechanger" for your match topic

3. Lead a 90-minute workshop about your match during the breakout sessions, possibly twice, should space and time allow.

Please consider which of these you would like to do, as you will be asked to select an option. Matches in high demand by leaders may undertake more than one option.

- You may also wish to undertake a more formal evaluation of the match.

***After the Match:***

- Circulate the match summary template which can serve as a draft record of the two days, including any action points, to all participants for comment/approval
- Ask for someone to take charge of following up on the action points. This is important as leaders often get tied up in their day-to-day work and may find it hard to re-focus on the action plan.
- You may have launched a learning collaborative – if so make a plan – people, actions and dates.
- If you have done an evaluation – circulate the results to the group.

**Enjoy your learning!**