

Video title                      CCRF Testimonial – Monique Aucoin 2019 CCRF Recipient  
Length of video                1:20

Hi. My name is Monique Aucoin and I'm one of the recipients of the 2019 CCRF award for a project on the design and pilot testing of an evidence-based clinical tool to facilitate dietary counselling in mental healthcare.

Dr. LaChance, a psychiatrist from McGill, Kieran Cooley, and I completed a scoping review of the literature on the relationship between dietary factors and psychotic disorders, but we were concerned that the findings were not going to have much impact. It is well known that dietary counselling is provided infrequently to individuals experiencing mental illness.

Using the funds that we were awarded from the CCRF competition, we completed a knowledge translation follow-up project to our review. We used the findings of our review to design a clinical tool meant to facilitate a conversation about diet within the context of existing mental healthcare. We also created a clinician guide; we completed an evaluation process where we gathered feedback from practicing psychiatrists and people all with lived experience with psychosis and used the feedback to revise the draft and create a final version of the tool.

If you are a mental healthcare provider, consider downloading the tool or share it with a healthcare provider that you know. It's available in both English and French as a supplemental document to the open access publication.

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