**Title:**
The Cost Effectiveness of Brief Solution-Focused Counselling for Persons At Risk for Mental Health Problems with or without Collaboration Regarding Medication from the Primary Care Physician

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**Community Partners:**
The Canadian Mental Health Association—Durham Region.

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**Project Timeline:**
2004 - 2007

**Abstract:**
This research project, funded by the SLRU and the Trillium Foundation, continues into 2007. Data collection is complete. Analysis and reporting will be completed by the summer of 2007. The primary objective of this study is to determine the comparative effects and expense of Brief Solution Focused Counselling (BSFC) alone or BSFC combined with collaboration with the person's primary care physician for people at risk for mental health problems. It is hypothesized that Brief Solution Focused Counselling combined with collaboration from the primary care physician regarding medications will have more enduring cost effectiveness than Brief Solution Focused Counselling alone. The secondary objective is to determine who, with what characteristics most benefits from which of two approaches to counseling at what price? It is hypothesized that people with depression and situational problems will most benefit with lower expenditures for use of services from the Brief Solution Focused Counselling and collaboration with primary care.