

SOCIAL WORK	SHARED MENTAL HEALTH CARE TEAM
FIRST STEP: Screen for Employment Assessment Program/private insurance plan	
SECOND STEP: Consider Indirect Consultation (<i>Access instructions on referral stamp</i>).	
<p>Indirect Consults for info about:</p> <ul style="list-style-type: none"> • Nichelle: ACT, mindfulness, LGBTQ2 (transgender assessment), sexual counselling, pet therapy, grief work, addictions • Antoine: psychogeriatric, elder care, grief work, immigration/refugee, addictions, men's sexual health • Shauna: open to any and all general practice questions 	<p>When an Indirect Consult might work:</p> <ul style="list-style-type: none"> • Medication consultation/optimization • Community or institutional resource information and availability • Any questions you have that might be answered without a pt. being seen by team
THIRD STEP: Referral	
<p>→ Ontario and Quebec pt's, 16+year; individuals → No couples/family counseling</p>	<p>→ Ontario patients only, 16+year; individuals → No couples/family counseling</p>
<p><u>REFERRAL PROCESS:</u></p> <ul style="list-style-type: none"> • Ensure patient consents to referral • Insert Social Work stamp • Bruyère: Msg. Antoine (ARO) &/or Shauna (SHR) • Primrose: Msg. Nichelle (NBL) 	<p><u>REFERRAL PROCESS:</u></p> <ul style="list-style-type: none"> • Ensure patient consents to referral • Insert Shared Mental Health stamp • Message Referrals Clerk (REF)
<p>APPROPRIATE REFERRALS</p>	<p>APPROPRIATE REFERRALS</p>
<ul style="list-style-type: none"> • Anxiety, Depression & Stress • Loss/Grief (including anticipatory grief) • Abuse by self or other (physical, sexual, financial or neglect) • Addiction (alcohol, drug, gambling/ other) • Limited family or social supports • Financial assistance (equipment, housing, transportation, medications). • Future planning (retirement, respite, Long Term Care placement, POA/legal issues) • Navigation of health care system <p>Those who might benefit from:</p> <ul style="list-style-type: none"> • Short Term individual therapy (up to 8 sessions) • Group therapy-- Mindfulness • Support with addiction issues <p>If patient is actively suicidal, direct to the ER</p>	<ul style="list-style-type: none"> • Psychiatric Assessment • Treatment and/or medication recommendations • Complex, entrenched mental health issues that severely affect functioning • Suicidal thoughts or urges without intent • Direct referral to one of the groups offered by SMH • Return to work guidance and plans→ assistance required with insurance forms <p>Those who might benefit from:</p> <ul style="list-style-type: none"> • Short Term individual therapy (up to 8 sessions) • Group therapy—1) CBT for Depression/Anxiety 2) Working with Emotions 3) CBT monthly booster group 4) Mindfulness • Gaining access to community resources i.e. TOH Day Hospital, some Royal programs • Support with addiction issues <p>If patient is actively suicidal, direct to the ER</p>

Timeline: Goal is initial assessment within 4 weeks—
varies depending on number of referrals
Can be up to 3 months

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