



Shuswap North Okanagan Primary Care Network

Salmon Arm Hub

PRIMARY CARE MENTAL HEALTH NURSE

Bria Prokopchuk, RPN

Our Goal:

To provide proactive support, education, and community referrals for those experiencing mild mental health conditions.

Our Role:

PCN Mental Health Nurses offer 1-6 visits to support improvement in mental health literacy and wellbeing of individuals and families through:

- Provision of mental health assessments (PHQ-9, GAD7, MoCA, MMSE) for individuals with new mental health diagnoses or experiencing low to moderate symptoms
- Provision of cognitive assessments (MoCA and MMSE) and education around same
- Education around mental health diagnoses (depression, anxiety, ADHD, disordered sleeping and coping with chronic pain), treatments, and self-management techniques

Patient Eligibility:

- Resident of BC with MSP coverage
- Attached to a family provider (physician or nurse practitioner) within the Primary Care Network

Suitable Referrals:

- Referral to community resources
- Psychosocial support, assessment and education about health issues
- Mild depression and anxiety (GAD-7 or PHQ-9 scores below 12) requiring psychoeducation
- Medication/Treatment assessment and education
- Self-management education and support
- Mild cognitive concerns, requiring follow up assessment and education with or without family support

Non-Suitable Referrals:

- Patients who qualify or are on the wait list for Mental Health and Substance Use (MHSU) services
- Moderate to severe depression or anxiety (GAD-7 or PHQ-9 scores above 12)
- Severe and persistent mental health concerns or requiring specialized treatment (i.e. psychotic disorders, bipolar disorder, PTSD, eating disorders)
- Active risk of harm to self or others

How to Refer:

Please fax a referral using your clinic's EMR. We will contact the patient to book an appointment.

Hours

Monday – Friday
8:00AM – 4:00PM



Phone 250-833-3645



Fax 250-833-3646

Contact (for Providers Only)



E-mail DoNotReplySalmonArmPCNHub@interiorhealth.ca



Shuswap North Okanagan
Division of Family Practice
An FPSC initiative



Interior Health