

# What the Primary Care Mental Health and Substance Use Clinician can offer:

- Support and assistance to patients who are 18 years or older, voluntary and have mild to moderate concerns with Mental Health and/or Substance Use.
- Uses therapeutic interventions such as Trauma Informed Practice, Solution-Focused Therapy, Cognitive Behavioural Therapy, Motivational Interviewing, and Mindfulness

## Mental Health Clinician Referrals

### Mental Health

- Mild to moderate, per DSM-5 criteria, including new or existing diagnosis of mood, anxiety and/or eating disorders
- Safety planning for patients with suicidal ideation, without plan/intent
- Support and education for patients who are questioning their sexual and/or gender identity
- Other topics may include but are not limited to sleep hygiene, pain management, medication, grief and loss
- Support and provide education to families of people who have a mental health and/or substance misuse disorder including topics such as coping skills, education, boundaries, self-care
- Where appropriate, MHSU PCN Clinician will support patients who have stabilized from an acute episode to transition back into primary care

### Substance Misuse

- Mild to moderate substance misuse, per the DSM 5 definition of 2-5/11 criteria
- For patients who would like to decrease their substance misuse or whose substance misuse has become problematic
- Education and support for families of patients with substance misuse disorder
- May include, but not limited to, harm reduction, early intervention, education, coping skills, and identifying triggers

## vs. Social Worker Referrals

- Housing – Will support with navigating and completing Housing Applications as appropriate
- Food Security – Will help navigate food security programs
- Persons With Disability/Persons with Multiple Barriers – Will complete paperwork if clients are attached to a physician and physician is aware of the application in process; otherwise Social Worker will support with Financial Issues
- Financial Issues – Will help navigate financial assistance programs; review budgets; navigate Fair Pharmacare, Life Threatening Illness Subsidy etc.
- Social Supports – will support clients to ensure they have the services they need to connected to including volunteering, home care,
- Employment – will support clients to accessing resources for employment
- Overall health – clients may be overwhelmed by situational crisis including grief, trauma and may benefit from follow up that is in the realm of mild to moderate care, Social Workers can support clients get their lives back on track

## How to refer:

- Patients can be referred through the PCN hub by a GP/NP/Health Care Professional
- Fax the [PCN referral form](#) or a consult note to the PCN hub at 844-961-3410