



Adult Mental Health Practice Support Program (PSP)

The Mental Health Practice Support Program is an initiative that provides training and support for family physicians, nurse practitioners and their medical office assistants (MOAs) to improve clinical and practice management when working with individuals experiencing mental health challenges.

This program, which has been quite successful in both British Columbia and Nova Scotia, uses a quality-improvement approach and the Plan-Do-Study-Act (PDSA) cycle in which training is delivered in three half day interactive workshop-style sessions spanned over a 21-24 week period. Training sessions are interspaced by a 6-8 week implementation action period during which new learnings are applied to the day-to-day practice.

Learning Objectives:

1. Utilize the Adult Mental Health (AMH) hyperlinked algorithm to access all tools on your computer or EMR
2. Apply screening tools to identify adults who may have depression and anxiety or unhealthy styles. Screening results to be confirmed by the DSM5
3. Use non pharmacological Cognitive Behavioural Therapy (CBT) interventions, Cognitive Behavioural Interpersonal Skills (CBIS), Strongest Families, and Antidepressant Skills Workbook (ASW) as first line therapy for mild to moderate depression and anxiety
4. Engage, partner and share responsibility in the use of all tools and development of a care plan that utilizes AMH tools and resources including medications
5. Integrate AMH tools and resources into an effective work flow
6. Report increased comfort and confidence in dealing with depression and anxiety and all mental health problems.

The Learning Sessions are led by :

Dr. Bianca Lauria-Horner MD, MCFP
Sue Mercer BSc, MSW, RSW