

# Adult Mental Health Practice Support Program

Are you looking for guidance in supporting patients who are struggling with mild to moderate mental health concerns?

We can help.

The Adult Mental Health Practice Support Program is an initiative offered by the Primary Health Care and Chronic Disease Management Network, Nova Scotia Health. It provides training and support for family physicians, nurse practitioners and medical office assistants to improve clinical and practice management when working with individuals experiencing mental health challenges.

The program uses a quality improvement approach to deliver training in three half-day interactive virtual sessions spanned over a three-to-four-month period. Training sessions are interspersed by an implementation action period during which new learnings are applied to your day-to-day practice. The Adult Mental Health Practice Support Program has received an educational grant and in-kind support from the Mental Health Commission of Canada.

#### Learning Objectives:

- Apply screening tools to identify adults who may have mild-to-moderate depression and anxiety. Screening results to be confirmed by the DSM 5.
- Utilize the Adult Mental Health (AMH) hyperlinked algorithm to access tools on your PC or EMR.
- Use non-pharmacological cognitive behavioural therapy interventions, CBIS, BounceBack, MindShift and the Antidepressant Skills Workbook as first line therapy for mild to moderate depression and anxiety.
- Understand that listening and hearing is treatment.
- Engage, partner and share responsibility with patient in the use of all tools and the development of a care plan that utilizes AMH tools and resources including medications.
- Integrate AMH tools and resources into an effective work flow.
- Use appropriate tools to plan a management strategy and treat adult patients with mild to moderate depression and anxiety.
- Report increased comfort and confidence in dealing with depression, anxiety and patients with other mental health concerns.

*This Group Learning program has been certified by the College of Family Physicians of Canada for up to 31.5 Mainpro+ credits.*

Nova Scotia Health is pleased to offer the program in the spring of 2022, led by trained Adult Mental Health Program Practice Facilitators working in Nova Scotia. All sessions are mandatory and will be held virtually.



#### Upcoming program dates:

- *Learning Session 1:* May 4<sup>th</sup> from 1:00pm – 4:30pm
- *Learning Session 2:* May 25<sup>th</sup> from 1:00pm – 4:30pm
- *Learning Session 3:* June 15<sup>th</sup> from 1:00pm – 4:30pm

For more information please email [PHCPracticeSupport@nshealth.ca](mailto:PHCPracticeSupport@nshealth.ca), phone 902-229-4589, or visit us online at [PHCQuality.ca](http://PHCQuality.ca). You may register by completing the electronic [Registration Form](#). Early registration is encouraged as space is limited. \*Note: Before registering, please confirm with your Primary Health Care Manager or Team Lead if you are a Nova Scotia Health primary health care team member.

