

ASSOCIATION OF FAMILY HEALTH TEAMS OF ONTARIO

BRIGHT LIGHTS AWARDS

2019

Nomination

Access to care: improving access to team-based care

Windsor Family Health Team

Dramatic improvements in access to team-based mental healthcare in the Burlington region.



The B-CAP Program (Burlington Community Access to Psychotherapy, part of the Burlington FHT) is providing timely access to psychotherapy in the Burlington region to patients experiencing anxiety and/or depression, which represents the highest volume of mental health referrals in our community. In collaboration with Joseph Brant Hospital (JBH), we have created a streamlined single point of access to mental health and addictions services. With B-CAP focused on low-intensity psychotherapy and JBH focused on higher intensity, the two teams can collaborate to ensure seamless transitions between levels of care as needed.