

BRIGHT LIGHTS AWARDS

2023

Nomination: 4. Embedding mental health and home care in primary care

Prescott Family Health Team

Developing a unique model of care to provide mental health and addictions (MHA) support to our patients using MHA grant



Prescott FHT is a small FHT from the South Grenville area of Ontario. Being at the border of a rural area, it becomes difficult for our team to acquire the needed resources to care for our patients. By collaborating with our partners, PFHT developed a program that supported both individual and group mental health and addictions (MHA) counseling and case management services for the vulnerable population. The project addressed the long wait time and increased capacity need for MHA services resulting from COVID-19. Using an evidence-based approach, the project also provided barrier-free, high-quality services embedded in primary care with no wait times. The health status of the population served by this IPC team reflects a largely rural population (63%) below the average level of household income (compared to Ontario and Canada); therefore, access to health care services is adversely affected along with access to MHA services. There is limited access to specialized services based on race, culture, ethnicity, and/or language of origin, which causes these specialized populations to seek services in larger urban centers outside their home community. Currently, we have one full-time social worker. However, just having one person to provide services to a vast population is not enough. Thus, the project addressed the long wait time and increased capacity need for MHA services.