

BRIGHT LIGHTS AWARDS

2023

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

Georgian Bay Family Health Team

myDAWN (Depression, Anxiety Wellness Navigation) and is integrated into a service pathway to enable coordinated access to most appropriate, least intensive service.



MyDAWN is supported by the South Georgian Bay Ontario Health Team. It is designed to support primary care providers (PCPs) in the assessment and diagnosis of children and youth with depression and anxiety. The clinical pathway has informed the creation of an EMR tool which is accessible to all primary care providers using the Telus PS Suite EMR in our region. It uses evidence-based, clinical practice guidelines and tools (RCADS and HEADS-ED) to guide assessment, diagnosis and coordinated access to the most appropriate, least intensive service for therapy. Measurement-based care allows parents/youth and care providers to monitor progress and make important treatment decisions together. Our vision is that young people with depression and anxiety have better access to mental health and addictions support at the population level across South Georgian Bay and beyond. The myDAWN project is led by the Georgian Bay Family Health Team in partnership with a multidisciplinary, interagency team of representing primary care, community agencies and specialized mental health services, along with implementation and evaluation experts. We plan to scale to other agencies and regions coping with increased demand for mental health services.

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