

BRIGHT LIGHTS AWARDS

2023

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

Norfolk Family Health Team

Talk-In Clinic: Providing Equitable and Timely Access to Brief Counselling Services and Systems Navigation Supports for Unattached Patients.



Unattached individuals, couples and families were provided with mental health support and assistance with systems' navigation in a single-session therapy appointment when they needed it, without sitting on a waitlist. Participants requiring additional support were advised of external resources and/or referred to community services. Complex cases were allotted up to 3 sessions and all participants were provided with a written session summary for further reflection. A range of community partners/provider have been engaged in helping define target populations and inform the proposed program and service. Future goal with Talk-In will be a collaborative program embedded across Brant, Brantford and Norfolk.