

# Addressing the Other Pandemic: A Multidisciplinary Approach to Mental Health

Aurora Newmarket  
Family Health Team

## Aim

To address the mental health needs of the ANFHT patient population through tailored and specific programming, which is accessible, low-barrier, and patient friendly.

## Authors

Tara Peel, PHC-NP  
Alessia Petrella, MSW, RSW  
Mallory Rotman, OT

\*Please note: the statistics included in this study likely underestimate the number of patients managing symptoms of anxiety, depression and ADHD as these figures only represent those with a formal diagnosis.



## Abstract

Across the province, there is a growing need for increased mental health services and supports. Patients lack access to services to address needs such as adult ADHD symptoms, caregiver burnout, depression and anxiety.

Our primary care goal is to provide time efficient and patient-centered care to patients that is accessible and comprehensive. Our vision is to utilize the inter-professional resources to continue developing programs that will address mental health concerns and close the gaps in services that our health care system faces.

## ADULT ADHD PROGRAM

Team members: Nurse Practitioner, Social Worker and Occupational Therapist

### Program highlights:

- Assessment and diagnosis
- Medication management options
- Psychosocial and non-pharmacological support

## CBT PROGRAM

Team members: SW and OT

### Program highlights:

- 8-week skills training group to address anxiety & depression symptoms
- Supportive and safe environment
- Reduction in wait times for mental health support

## CARING FOR THE CAREGIVER SERIES

Team members: SW and OT

### Program highlights:

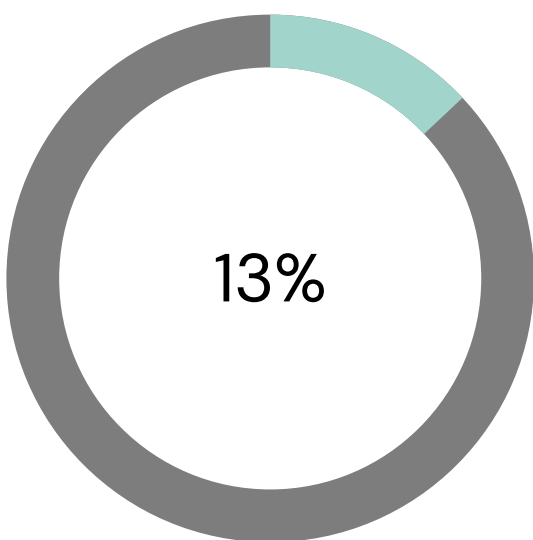
- 3-week supportive counselling group for caregivers
- Information, resources, coping skills, and peer support provided

## Current Evidence

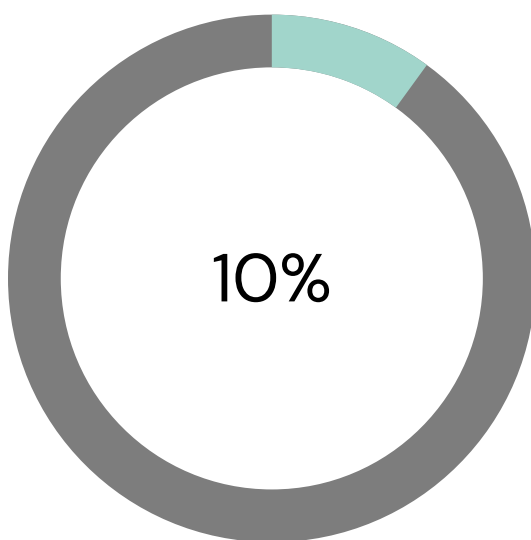
Based on the data and information collected at the ANFHT, patients are in need of mental health services that are timely, comprehensive and accessible.

By offering patients the opportunity to participate in our programs, we hope to see:

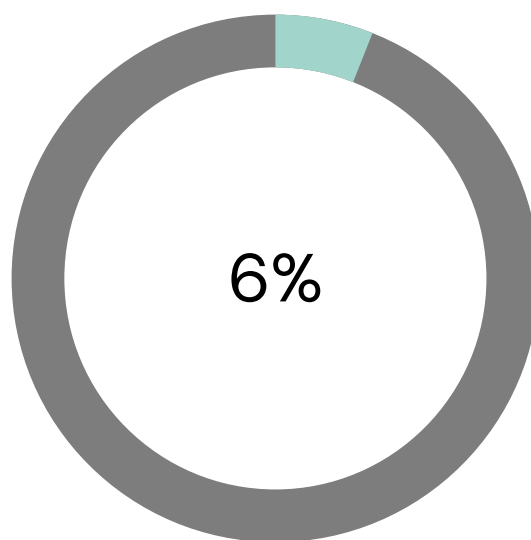
- 1) an increase in their understanding of their diagnosis,
- 2) the use of specific tools and resources to manage their symptoms, and
- 3) quantitative and qualitative evidence of symptom reduction following their participation in the program of their choosing.



of our adult population has a diagnosis of anxiety



of our adult population has a diagnosis of depression



of our adult population has a diagnosis of ADHD

(ANFHT, 2023)



## Outcome Measures

**Adult ADHD Program:** Adult ADHD and QOL Self Report Measure, Weiss Functional Impairment Scale, Executive Skills Questionnaire, Canadian Occupational Performance Measure, Patient Health Questionnaire – 9 (PHQ-9), General Anxiety Disorder-7 (GAD-7)

**CBT Program:** PHQ-9, GAD-7, Patient Satisfaction Survey

**Caring for the Caregiver Program:** Patient Satisfaction Survey

## Conclusion

- By providing access to these programs within our FHT, patients and team members will work collaboratively to address patient goals and treatment needs.
- Patients do not require a specific diagnosis to participate in these programs, thus reducing barriers to community support.
- Programs will be offered in various formats (in person, virtually, 1:1, group setting) with the goal of increasing accessibility.