**Integrated Stepped Care Model Services – Planning – [Insert Community Here]**

**Drop-in Services**

**Proposed hours:**

Goal: [Insert community’s goals for hours, with reference to general FCO standard: minimum evenings and 20 hours per week of drop-in services]

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Service** | **Primary Care** | **Sexual Health**  **2 afternoons a week** | **Walk-in Counselling** | **Youth Peer Support** | **Family Peer Support** |
| Provider(s)  Agencies | MDs – # sessions a week  NPs – FTE  Nursing - FTE |  |  |  |  |
| Supervision/  Leadership |  |  |  |  |  |
| Funded by |  |  |  | Foundry core funds? | Foundry core funds? |
| Scope | Full medical care, including OAT? Gender care? |  |  |  |  |
| Limitations |  |  |  |  |  |

**Assessment/Referral Process**

**Proposed hours for other appointment-based Foundry services:**

Include five service streams and times:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Primary care |  |  |  |  |  |
| Mental health |  |  |  |  |  |
| Substance use (combine with MH if concurrent) |  |  |  |  |  |
| Youth peer support |  |  |  |  |  |
| Family peer support |  |  |  |  |  |
| Social service |  |  |  |  |  |

**Integrated Stepped Care Pathways with Services**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Service** | **Mood/Anxiety/Distress** | **Substance Use** | **Disordered Eating** | **Early Psychosis** |
| **Step 1 Active Engagement** | | | | |
| Active Monitoring | *Active monitoring provided by* ***Primary Care*** *or Intake clinician, low intensity engagement group facilitated by peer or social services*  Groups: | | | No Step 1 services |
| Information/Education | *Internet based (Foundry Online), written material – general mental health and substance use information and self-care*  Groups: | | |
| Peer Support | *Youth Peer Support Worker – provide peer support, information, monitoring and active follow-up*  Groups: | | |
| Family Services | *Family education*  Groups | *Family substance use education* | *Family education* |
| Primary Care | *General wellness & prevention* | *Harm Reduction* | *Media literacy training?* |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Step 2 Low Intensity** | | | | |
| Self-care | *Self-care/guided self-care – online, written* | | | |
| e-Health | *Foundry Online – direct to apps, Youth BounceBack*®*, interactive online modules, eCBT*  *Foundry Virtual* | | | |
| Group Intervention | *Wellness Group* | | | |
| *Eg. Y Mind*  Groups: | *Eg. SMART Recovery*  Groups: | *Build promotion of healthy eating attitudes and behaviour into wellness group* | Groups: |
| Brief Therapy | *SFBT – 4 sessions* | *MET/MI* | *SFBT or MI* | *N/A* |
| Family Services | *Family education*  Groups: | *Family education*  Groups: | *Family education*  Groups: | *Family education on UHR*  Groups: |
| Primary Care | *Follow up* | *E.g,. Smoking cessation* |  | *Active monitoring of psychosis* |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Step 3 Moderate Intensity (short-term)** | | | | |
| Group Intervention | *CBT* *(e.g., MindShift, RAD)*  *DBT Informed?*  Groups: | *Therapeutic/psychosocial group (e.g., MBRP, CBT, Recovery skills?)*  Groups: | *Incorporate DE elements into mood/anxiety CBT group*  Groups: | *Needs based pathway and/or group education for UHR*  Groups: |
| Individual Therapy – up to 12 sessions | *CBT* | *MI, CBT, ACT* | *CBT for DE* | *EPI informed psych-ed or needs based intervention* |
| Family Services | *Family education,*  *EFFT, EFFT Caregiver Workshop*  Groups: | *Family intervention*  Groups: | *EFFT, EFFT Caregiver Workshop*  Groups: | *Family education and support*  Groups: |
| Primary Care Services | *Initial medication as indicated* | *Monitor physical and mental health, risk assessment and response* | *Screening or active monitoring for eating disorder* | *Shared care with psychiatrist* |
| Psychiatric Consultation | *Psychiatric assessment, shared care with family physician/nurse practitioner* |  | *Consider psychiatric assessment, shared care with family physician/nurse practitioner* | *EPI psychiatrist consult, shared care with family physician/nurse practitioner* |
| Other |  |  | *Nutritional support* | *Active monitoring of psychosis* |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Step 4 High Intensity, Specialist Services** | | | | | | | |
| Primary Care Services | *Shared care with psychiatrist* | | *Addictions medicine - OAT for OUD*  *Tx for AUD* | *Monitor long-term medical concerns* | | *Comprehensive physical exam at entry to EPI and annual exams; info on prevention and treatment of relevant health issues* | |
| Specialist MHSU Services | *Evidence-based/informed interventions specific to diagnosis provided by multi-disciplinary team – group, individual, family and psychiatric services offered by local Health Authority MHSU, CYMH teams and specialist programs (e.g., EPI, Eating Disorders) – on site and off site*   * Referral pathways to CYMH * Referral pathways to Adult MHSU | | | | | | |
| Group Intervention | *CBT (e.g., Mindshift, RAD)*  *DBT Informed?*  Groups: | *Therapeutic/psychosocial group (e.g., Seeking Safety, contingency management?)*  Groups: | | | *EFFT or attachment based*  Groups: | | *Needs based pathway and/or group education*  Groups: |
| Family Services | *Family education,*  *EFFT, EFFT Caregiver Workshop*  Groups: | *Family intervention*  Groups: | | | *EFFT, EFFT Caregiver Workshop*  *FBT*  Groups: | | *Family education and support* |
| Case Management, referrals for longer term counselling |  |  | | |  | | *EPI informed therapy*  *psych-ed* |

**Acronyms:**

ACT – Acceptance and Commitment Therapy

AUD – Alcohol Use Disorder

CBT – Cognitive Behavioural Therapy

CYMH – Child & Youth Mental Health

DBT – Dialectical Behaviour Therapy

DE – Disordered Eating

eCBT – Electronic Cognitive Behavioural Therapy

EFFT – Emotion-Focused Family Therapy

EPI – Early Psychosis Intervention

FBT – Family Based Therapy

MBRP – Mindfulness-Based Relapse Prevention

MET – Motivational Enhancement Therapy

MHSU – Mental Health and Substance Use

MI – Motivational Interviewing

OAT – Opioid Agonist Therapy

OUD – Opioid Use Disorder

RAD – Reducing Anxiety and Depression

SFBT – Solution-Focused Brief Therapy

SMART – Self-Management and Recovery Training

UHR – Ultra-high Risk

**Social Services on site:**

Refer to Centre Service Composition.

**Core Foundry staffing:**

Refer to Staffing Model.