

Shared Care Psychiatry

Now available to the VCH Primary Care Network for youth ages 18-24.

This service provides short-term access to:

- Mental Health Assessments
- Medication Review
- Gateway to Therapy Options (CBT, DBT, MBCT, etc.)
- Short-term Treatment Recommendations

NOTE: The referring provider must accept the patient back for ongoing care.

Due to limited availability, priority will be given to LGBTQ2, First Nations, Inuit, Refugee and youth who have experienced foster care.

Reason for Referral

- Suspected psychosis or bipolar disorder
- Moderate to severe depression (after SSRI/SNRI trial or concern for bipolar)
- Depression with psychosis
- Moderate to severe anxiety (incapacitating, isolating)
- Clarification of personality diagnosis
- Complex psychiatric medication regimes requiring specialist knowledge (e.g., Clozapine, antipsychotics, and mood stabilizers)

Eligibility Criteria

Youth must meet ALL the following:

- Age 18 - 24 years old
- Reside in Vancouver city limits
- Have not been seen by a psychiatrist in the last 6 months, nor under the care of a psychiatrist.
- Be referred by a family physician, pediatrician, or nurse practitioner who will remain the MRP.

Referral Guidelines

- **Uncomplicated Depression/Anxiety**
Initiate SSRI treatment first. Refer only if two adequate trials fail or significant side effects occur.
- **Treatment-Resistant Depression/Anxiety**
Refer if standard pharmacological interventions have been unsuccessful.
- **Suspected Bipolar Disorder or Depression**
Family History of Bipolar. Refer prior to initiating antidepressant monotherapy to avoid triggering mania.
- **Emerging or Suspected Psychosis**
Refer immediately. If urgent, direct the patient to VGH's Access and Assessment Centre or your local Emergency Room.

How to Refer

Complete Referral Form
(see QR code or our website)
fax to (604)-297-9671

