

ASSOCIATION OF FAMILY HEALTH TEAMS OF ONTARIO

# BRIGHT LIGHTS AWARDS



2019

## **Nomination**

### **Comprehensive team-based care**

#### **Family First FHT Mental Health Team**

#### **Increasing Access to DBT skills to Underserved Patients in Primary Care**



Patients with severe mental health problems often have to wait for up to two years to access intensive hospital-based programs. Our program provided evidence-based group interventions to patients in our community most at need of learning to regulate their emotions and reduce self-harm behaviours. The program was launched in September 2018 with a flexible format allowing patients to enrol in one of the three 4-week modules responding to their individual treatment needs. The structure of the program was modified for a primary care setting to allow patients to implement practices between modules. This resulted in a significant reduction in emotion dysregulation and increased patient empowerment and interpersonal functioning. We have successfully reduced the barriers and stigma to access specialised services.