

ASSOCIATION OF FAMILY HEALTH TEAMS OF ONTARIO

# BRIGHT LIGHTS AWARDS

2019

## **Nomination**

### **Access to care: improving access to team-based care**

#### **Centre for Family Medicine**

#### **Centre for Family Medicine FHT (CFFM) Partnership for Mental Health Services (The Partnership)**



The Partnership is a CFFM program that supports Ontario's efforts to expand team-based care to non-FHT family health organizations (FHOs). The goal of the program is to increase access to mental health services for individuals living in Kitchener-Waterloo through effective collaboration with primary care providers. To do this, the Partnership works with three FHOs representing 52 physicians serving approximately 60,000 patients. The program enables participating FHO physicians to access dedicated clinical therapists for patients requiring short term individual therapy (8-10 sessions). As part of the program we have piloted access to psychiatry consultations (completed) and group-based DBT sessions (to be continued).