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Initial Referral for Marathon Family Health Team Mental Health Programs

Please complete the following information:

Referral Date:	First Name:
Last Name:	Preferred Name:
Gender: Female Male	Senior Adult Youth/Teen Child
Date of Birth DD: MM: YY:	Age: Address: Box #:
Street: House/Apt#	Town: Postal Code:
Home Phone #:	Work #: Contact at work? Y N
Cell #:	Family Physician:
OHIP#	Preferred Language:

Presenting Concerns: (Tick all that apply)

<input type="checkbox"/> Depressed Mood	<input type="checkbox"/> Self-esteem/body image issues	<input type="checkbox"/> Separation /Divorce	<input type="checkbox"/> Post traumatic Stress
<input type="checkbox"/> Disturbing thoughts/thinking	<input type="checkbox"/> Eating Disorder	<input type="checkbox"/> Gambling/ Drug/Alcohol Addiction	<input type="checkbox"/> Anxiety
<input type="checkbox"/> Suicidal thoughts /actions/behaviours	<input type="checkbox"/> Family/relationship Difficulties	<input type="checkbox"/> Memory impairment/confusion	<input type="checkbox"/> Grief/loss /bereavement
<input type="checkbox"/> Abuse/assault	<input type="checkbox"/> Unexpected pregnancy/termination		<input type="checkbox"/> Legal/housing /ODSP/WISB/EI matters

Other: _____

Referred by:	Organization:
Referral Date:	Phone#: Fax:
Fax#:	Email:

Program referred to: (please check one)

<input type="checkbox"/> Cognitive Behaviour Therapy Program	<input type="checkbox"/> Psychiatry “Shared Care” Program
<input type="checkbox"/> General Social Work Program	<input type="checkbox"/> Geriatric Care Program
<input type="checkbox"/> Brief Supportive Counseling Program	<input type="checkbox"/> Smoking Cessation Program
<input type="checkbox"/> Urgent Care Program	
<input type="checkbox"/> Reproductive Care Program	

Referral Signature _____

MFHT Social Work Program Descriptions

- **Cognitive Behaviour Therapy Program** - The MFHT CBT program is a short-term (8-12 sessions), focused, goal-orientated, patient-centered treatment that requires collaboration between the patient and the therapist. Patient motivation and feedback are important to the success of CBT. While it requires a great deal of hard work, the gains can be extraordinary and the new skills are associated with mental health improvement and reduction of relapse. The program outline consists of a thorough initial evaluation, setting goals, and focus in each session on new thinking skills. Patients are given many “homework assignments” to transform the new strategies into daily life. There is ongoing assessment during the program, and communication with the primary health care provider once the sessions are completed.
- **General Social Work Program** - The General Social Work Program offers assistance and support to patients for completion of forms, medication coverage, treatment programs, education resources, and other aspects of system navigation for patients and their families. Consistently, local health resources are championed.
- **Brief Supportive Counselling Program** – The MFHT Brief Supportive Counselling uses a solutions-focused, client centered approach to assist individuals with issues of day to day mental wellness. While it is understood that in Marathon, North of Superior Counselling Programs is provincially mandated and funded to provide supportive mental health counselling and addictions support to our catchment area, it is also known that in the field of mental health, choice and flexibility can be very important. The MFHT Brief Supportive Counselling Program is delivered by the social worker to patients in transition to a trusted therapeutic relationship with NOSP, Dilico, PRHC, PMHC, EFAP, or other Thunder Bay therapists such as Julie Voit, PhD or, Sullivan and Associates. These sessions are maintained according to patient need, and the total number of sessions is kept small in order to facilitate transition.
- **Urgent Care Program** - The MFHT Urgent care program offers urgent supportive counselling for patients in crisis. One appointment slot is set aside daily at 2pm for crisis appointments to be booked by front desk staff. The program outline consists of assessments to determine patient risk to self or others, and is responsive to the patient’s need after assessment. Consultation with a family physician, completion of a psychosocial assessment if the patient is not high risk, and booking follow-up appointments are included.
- **Reproductive Care Program** – The MFHT Reproductive Care program offers pre- and post- abortion counselling, as well as sexual health counselling sessions for patients who have experienced sexual trauma. Supportive counselling is available to patients in an abusive situation, or who are experiencing post-partum depression or anxiety related to a high-risk pregnancy. Peri-menopausal counselling is also available.
- **Psychiatry “Shared Care” Program** - The MFHT Psychiatry “shared care” program involves access to psychiatry consultation with the goal to support the family physician with their treatment plan. This takes place via the Ontario Telemedicine Program, and in collaboration with the Wilson Memorial General Hospital for OTN appointments. The MFHT social worker offers triage, intake and preparation of the referral to the consultant psychiatrist, and will participate in the patient’s OTN appointments for patient support during the session. Social Work will arrange follow up appointments and support local service access as discussed during the consultation.
- **Geriatric Care Program** - The MFHT Geriatric Program remains in development stages. Currently Social Work assists with coordination of referrals, identification of resources available, and access to services for other community geriatric programs, such as, end of life planning tools. The current program also offers grief support, system navigation and support for geriatric issues/concerns such as, but not limited to, supportive housing, home safety, elder abuse, pain management, etc.
- **Smoking Cessation Program** – The MFHT Smoking Cessation Program offers smoking cessation individual and group therapy. MFHT health care providers operating the program may refer to Social Work when underlying mental health/wellness issues are discovered during the cessation process.