



GREY BRUCE
Health
SERVICES

Quality Health Care
Right Here!

Operational Stress Support Clinic

Meaford Site

Proposal developed in partnership with Canadian Armed Forces and community leaders to develop an *Operational Stress Support Clinic* at the Meaford site to provide timely access to mental health services close to home.



Why?

There is a long standing, unmet need in providing timely access to mental health care for public safety personnel, Canadian Armed Forces personnel, and their families whom are experiencing an Operational Stress Injury including Posttraumatic Stress Disorder in rural communities.

Grey Bruce is one of these rural communities that currently lack timely access to these services due to our geographical distance from the large city centers (London, and Toronto) who currently offer these excellent services.



Early Intervention

Studies indicate that early intervention is essential following a trauma to ensure long term mental health issues do not develop (Carleton, et al., 2018).



**MENTAL HEALTH
& WELL-BEING
FOR ALL**



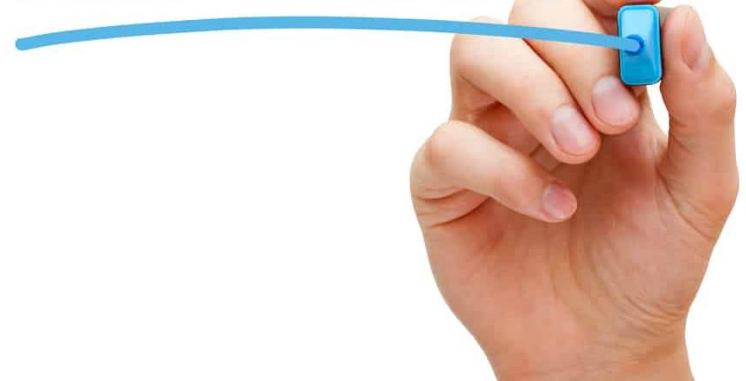
Project Goals

The goal of this project is to develop and implement an *Operational Stress Support Clinic* which will provide evidence informed practices for OSI and other trauma related Mental Health conditions.

The clinic aims to be a referral centre to St. Joseph's Health Care London; Operational Stress Injury Clinic, Homewood Health Centre's Program for Traumatic Stress Recovery and to develop linkages with other trauma programs in Southern Ontario.



REFERRALS



Target Population

Our target population will be individuals from:

CFB- Meaford

Police services

Paramedics

Firefighters



Individuals who have experienced an acute operational trauma

Sexual assault will continue to be addressed at the Sexual Assault and Partner abuse Care Centre: Grey Bruce Health Services.

The clinic's focus is to remove the barriers that often halt those seeking help and support the families of those individuals.



Operations

The clinic will operate out of the Grey Bruce Health Services- Meaford hospital 2 days per week and will be expanded as the need is determined.

It will provide individual OSI/PTSD therapy including EMDR and Exposure therapy as well as group therapy, family therapy, psychiatric assessment, skills building, mindfulness, anger management, grief and adjustment therapy, along with primary care support for those individuals outlined above.

The clinic will provide care in an inter-disciplinary approach so that trusting relationships are developed between the clients and multiple healthcare professionals.



Interdisciplinary Team

- Psychiatrist- for assessments, consultations and treatment
- Psychologist- to provide assessment, diagnosis and treatment
- Nurse Practitioner- to provide primary care for family members of active military and veterans and their families and to complete referrals to Psychiatry
- Registered Practical Nurse to assist NP and Psychiatrist
- Registered Social Worker - trained in EMDR, Trauma informed CBT, family therapy and to complete referrals to St. Joseph's Health Care London; Operational Stress Injury Clinic
- Addiction Counsellors
- Clinical Secretary – appointment bookings, scheduling & billing



Relationship Building

Canadian Forces 101: Presentation on October 1, 2018 at Meaford hospital to increase the community's knowledge of OSI's and to increase linkages from the base to the community.

Tours of the Canadian Forces Base Borden November 2, 2018 giving GBHS staff and St Joseph's OSI Clinic Staff insight into military life.



Action Items



Develop Mental Health resource guide of services/programs available within the community for clients. Educate GBHS and CFB-Meaford healthcare staff on how to use the guide and what each service/program offers.



Develop an algorithm for referral to St. Joseph's Health Care London; Operational Stress Injury Clinic for military clients.



Explore opportunities for St. Joseph's Health Care London; Operational Stress Injury Clinic to attend onsite to proposed Meaford clinic for military and RCMP clients.



Action Items Continued....



Network and collaborate with our community to increase capacity of area providers.



Develop presentations on compassion fatigue to provide to health care agencies and the community.



Continue evidence based practices to increase knowledge level of healthcare providers.



Outcomes

Short Term Outcomes

- * Increase access to mental health and primary care services
- * Increase referrals to St. Joseph's Health Care London;
Operational Stress Injury Clinic
- * Increase knowledge of community services available

Long Term Outcomes

- * Increase awareness of OSI and PTSD
- * Increase access of services resulting in better mental health

Decrease Suicides

- * Decreased stigma
- * Better health outcomes



Next Steps

Funding \$

Your Thoughts?

