



Your Wellness Partner Program

Answers • Guidance • Support

CAREpath Team

We provide two levels of intervention: navigation and psychotherapy. Navigation is provided by baccalaureate level registered social workers and nurses who are qualified to assess mental health concerns, and to deliver psychoeducation and supportive counseling and coaching with the goal of enhancing self-care strategies and management of concerns. The role of the navigator is to ensure smooth integration with your existing circle of health/ medical care, and provide assistance in navigating the mental health care system.

When navigation is not sufficient and psychotherapy is required for more complex needs, our navigators enlist the services of one of CAREpath's advanced clinicians; these are registered Master's or PhD prepared social workers, nurses, or psychologists. We also provide timely access to psychiatric assessments.

Program Process and Details

Our mental health program offers multiple levels of support to provide the right guidance at the right time for anyone experiencing mild to severe mental health concerns, using primarily distance technologies including telephone and virtual resources (e.g., internet, mobile app, email, and secured video chat).

- Initial assessment and navigation by a mental health nurse or social worker
- Access to psychiatric assessment and family physician consultation. A referral to Medaca Health Group (MHG) who provides the psychiatric service may occur at time of intake or at any time along the trajectory.
- Psychoeducation and coaching for self management strategies, supporting members to be active partners in achieving wellness.
- A facilitated CBT program called "Mind Zone" delivered by mobile application for iOS and android.
- Psychotherapy by Masters/PhD prepared social workers, mental health nurses, and psychologists (including Francophone).



Our program provides counseling/psychotherapy to individuals, couples and families. Our foundational therapeutic philosophy is informed by strengths-based/positive psychology theories.

Educational Materials

We offer a range of online educational tools/materials/modules to support you with emotional wellbeing through “Your Wellness Lounge”. These materials are accessible online. These include self-management / information tools and facilitated programs to be used in conjunction with counseling or psychotherapy.

Mind Zone Mobile CBT Application

Mind Zone is one resource available within Your Wellness Partner. It is a CBT program for anxiety and depression delivered using mobile technology (iOS and Android). The research is clear: facilitated, internet based CBT is cost-effective, accessible, convenient, and clinically effective.

CAREpath’s CBT mobile app was developed in collaboration with our digital development partner, QoC Health. QoC Health believes in evidence-based co-design practice, ensuring that end users of the solution are reviewing and designing the solution to

fit their specific needs. The program was validated by psychologists, psychiatrists, social workers, and advanced practice nurses. This team ensured the correct workflows for individuals with mental health problems, including pathways for people identified as having more severe symptoms or chronic illness.

Benefits for Members

Once connected to our Mental Health Program, our navigators provide support for you throughout your illness trajectory. We are experienced in working across and with large groups of health professionals and facilities who may be involved in your care. There are several ways in which CAREpath’s Mental Health Program stands out in this regard.

First, with your consent, we collaborate with your health



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care team and family doctor. We make sure these health professionals are aware of our involvement with you, and we work with them to ensure that an evidence-based plan of care is in place. While our intent is to complement any existing services or programs you are already accessing or wish to access. We also can fill any gaps, whether related to counseling or psychotherapy, timely psychiatric assessment and assistance with care plan design, or psychiatric consultation for physicians or other mental health care professionals.

A second benefit is that there are no predetermined number of contacts to access our program. We will maintain support and counseling **as long as is necessary**. Further, CAREpath supports our staff with mandatory clinical supervision. This ensures that the care delivered is in alignment with best evidence, is goal directed, effective, and efficient.

A third benefit is the timing of the program; there are no waitlists. If you are in need of mental health support, whether your first experience or if you have sought treatment before, you will speak with a navigator within 24-48 hours of contact. Early intervention is important to prevent escalation of symptoms and a more difficult recovery. With our Mental Health Program, you have prompt access to needed resources and care based on your needs.

Family member distress is common in the context of mental health difficulties. With your permission, we reach out to your family members early in the process to assess their needs for support. Family psychoeducation and counseling is also available and provided across the whole trajectory of illness with the same services and programs that are available to you.





Our program is designed to complement broad healthy-workplace strategies and community based mental health services, and to address gaps, improving the timeliness of service delivery. This is made possible by offering solutions that promote prevention and early intervention of mental health issues, acute mental illness, or chronic mental health conditions.

Our program provides support for members coping with any mental health issues. We also provide counseling to address chronic physical illness with mental health/wellness components.



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