

Mental Health & More: Team Care Centre's Approach to Mental Wellness

At Team Care Centre, our Mental Health Program can support patients that present at your office with mild to moderate symptoms of mental illness. Ranging from individuals who have been managed well on medication and are beginning to struggle, or those who have never been on medication and are showing a decline in their activities of daily living.

Patients being referred will receive an intake appointment with a trained RPN. A treatment plan aligned with the patient's goals will then be made based on information you have provided in your referral and from what is gleaned from patient screening and interviewing. Patients will then be linked to:

Counselling/Psychotherapy

with a MSW using a multi-model approach including CBT, DBT, Solution Focused Therapy, Narrative Therapy, Mindful Based practice and stress reduction

and/or

Medical Management

In-depth assessment, medication management, treatment recommendations and/or establishment of a plan of care. Individuals are monitored and supported for up to 1 yr. Provided by Nurse Practitioners & consulting psychiatry.



We are here to support your patient's physical and psycho-social needs. For example, we may recommend kinesiology to assist a patient's goal of physical activation through an internal referral or we may make external referral recommendations.

As a support to your practice and your patient care we commit to regularly communicating with you at checkpoints in care, recommendations and request to initiate care. In rare circumstances we may organize case conferences where the complexity of the patient's situation requires an "all hands on deck" approach to determining next steps.

Education Opportunities for Primary Care Providers

**Approaches to Addictions in
Primary Care**
With Psychiatrist Dr. K. Levang
Wed. Dec. 8, 2021
8:30-9:30 am Virtual

register at:
addictionsinprimarycare.eventbrite.ca
or call or email
Diane Quadros at 519-250-5524 ext 311
dquadros@windsorfht.ca

Feet: Where the Rubber Hits the Road

As we rebound from COVID-19 and your clinics are seeing greater foot traffic, it's a good opportunity to give some love and attention to the body part that is the proverbial rubber hitting the road - feet. So why is foot care important? Research has shown that regular foot examinations by healthcare professionals, along with appropriate foot care education can reduce amputations by a rate of up to 45-85%. (Al-Wahbi, 2010; Goetti and Keast, 2005).

Foot care is available for your patients through the Team Care Centre in collaboration with the Windsor-Essex Community Health Centre.

Our program can offer patients, who do not have extended benefits, assessment and treatment, along with education and health teaching on preventative care.

Patients with bunions, corns, calluses or other foot care issues causing pain or impeding their ability to walk are eligible for our free foot care services when referred by you, their Primary Care Provider.

Patients receive up to three general foot care treatments or four if diabetes related.



What's New at the Team Care Centre:

Coming Soon to TCC: Low Back Pain Assessment

Ontario is expanding Rapid Access Clinics (RAC) across the province to provide people age 18+ with lower back pain faster access to the most appropriate treatment. RAC will ensure patients who require treatment for pain can get this specialized care in a clinic setting, reducing unnecessary medical procedures. The Team Care Centre will be working with Windsor Regional Hospital as an assessment site to the Lower Back Pain RAC as that rolls out in early 2022.

Stay tuned for future updates.

Ocean eReferrals Accepted

Join our growing number of referring Primary Care Providers using Ocean eReferral.

If you are interested in learning more please contact our practice facilitator

Diane Quadros 519-250-5524 ext. 311.

Next OTR Session Starts Jan. 11, 2022

Our One Team Recovery program's next 5-week education session is scheduled to start Jan. 11, 2022. Your patients also have access to one on one addictions counselling support through our program. You can send us a referral or instruct the patient to call our office directly.