

Counsellors in Primary Care: Benefits and Lessons Learned

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Objective: To describe a program that integrates mental health counsellors within primary care settings, to present data on the program's impact, and to discuss lessons learned that may apply in other communities.

Methods: This paper describes a Canadian program that brings counsellors and psychiatrists into the offices of 87 family physicians in 36 practices in a community of 460 000 in Southern Ontario. It describes the goals and organization of the program and the activities of counsellors when working in primary care. In addition, it summarizes data from the program's evaluation, including demographic data and the individual problems seen and services delivered (all from the program's database) as well as data on patient outcomes using the General Health Questionnaire (GHQ), the Centre for Epidemiological Studies Depression (CES-D) Rating Scale, and consumer-satisfaction questionnaires.

Results: Each counsellor sees an average of 161 new cases yearly. The major problems are depression, anxiety, and family problems. In fact, over 70% of individuals who are seen show significant improvements in outcomes. The program has led to a significant increase in access to mental health services, a reduction in the use of traditional mental health services, high levels of satisfaction with counsellors and family physicians, and significant improvements in symptoms and functioning of individuals seen.

Conclusion: This program has effectively integrated counsellors within primary care settings, increasing the capacity of primary care to handle mental health problems, strengthening links between providers from different sectors, and making mental health care more accessible.

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See page 861 for funding support and author affiliations.

Clinical Implications

- This approach significantly increases access to mental health care for primary care patients.
- This approach improves communication among providers from different sectors and enhances continuity of care.
- This approach increases family physicians' skills and comfort in managing the mental health problems of their patients.

Limitations

- Treatment delivered by the counsellors is not standardized.
- Outcome evaluation did not include a control group.

Key Words: counselling, primary care, family physician, shared care, accessibility, communication, clinical outcomes

Op79 Counsellors In Primary Care

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Op79 Counsellors In Primary Care:

The book delves into Op79 Counsellors In Primary Care. Op79 Counsellors In Primary Care is a vital topic that must be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Op79 Counsellors In Primary Care, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to Op79 Counsellors In Primary Care
 - Chapter 2: Essential Elements of Op79 Counsellors In Primary Care
 - Chapter 3: Op79 Counsellors In Primary Care in Everyday Life
 - Chapter 4: Op79 Counsellors In Primary Care in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, the author will provide an overview of Op79 Counsellors In Primary Care. This chapter will explore what Op79 Counsellors In Primary Care is, why Op79 Counsellors In Primary Care is vital, and how to effectively learn about Op79 Counsellors In Primary Care.
 3. In chapter 2, the author will delve into the foundational concepts of Op79 Counsellors In Primary Care. The second chapter will elucidate the essential principles that need to be understood to grasp Op79 Counsellors In Primary Care in its entirety.
 4. In chapter 3, the author will examine the practical applications of Op79 Counsellors In Primary Care in daily life. The third chapter will showcase real-world examples of how Op79 Counsellors In Primary Care can be effectively utilized in everyday scenarios.
 5. In chapter 4, this book will scrutinize the relevance of Op79 Counsellors In Primary Care in specific contexts. The fourth chapter will explore how Op79 Counsellors In Primary Care is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, this book will draw a conclusion about Op79 Counsellors In Primary Care. The final chapter will summarize the key points that have been discussed throughout the book.
- This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Op79 Counsellors In Primary Care.

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Op79 Counsellors In Primary Care Introduction

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