

### Nurse Practitioners and Psychiatry Collaboration: A Recipe for Success

Where demands on psychiatrists continue to increase and waitlists are growing, the Team Care Centre model is able to provide a solution to timely access to psychiatric care. The secret to our success has been the collaborative model of specialized NPs working in consultation with psychiatry – maximizing scope of practice to assess, diagnose, medically manage, and coordinate ancillary care for individuals struggling with a mild to moderate mental illness (depression, anxiety, ADHD, stress, and other related conditions).



Left to right: Caitlin Haugh, NP; Dr. R. Abouhassan, Psychiatrist; Malikah Bader, NP

“I often say they’re like my junior psychiatry residents” says Dr. Abouhassan speaking of Caitlin Haugh and Malikah Bader, TCC Nurse Practitioners. “They have the skills and knowledge to effectively assess, diagnose and medically manage patients and when there are complexities that they need assistance with, I’m there to consult and make treatment and medication recommendations”. With psychiatry stretched thin across Windsor-Essex and the demand for services high, Dr. Abouhassan explains that “we need these types of collaborative models that spread access to specialty care – clients can’t wait on a list while their conditions worsen. TCC is meeting the needs of clients needs for better access, but without sacrificing quality or comprehensive care”.

In 2021/22 (Apr – Mar), TCC saw 922 clients for mental health care (**a 222% increase in volumes from 2020/21**). “We’re glad that we are filling a need for our patients and that we can also help our partners with the short-term services we provide” said Caitlin Haugh, TCC Nurse Practitioner.

Affiliated primary care providers can refer to the TCC Mental Health program through Ocean eReferral or by fax. Those not affiliated can connect with Diane Quadros (dquadros@windsorfht.ca) for more information.

**Note: Direct psychiatry referrals are not accepted. Patients experiencing symptoms of schizophrenia, bipolar disorder, or psychosis are not eligible for TCC and instead should receive care through the Transitional Stability Centre or the Canadian Mental Health Association.**

### Free Workshop for Primary Care Providers

**EATING DISORDERS DISCUSSED**

**Wednesday June 1st, 2022**

**8:30 -9:30 am (Virtual)**

Hosted By: Bulimia Anorexia Nervosa Association  
(BANA)

Register at:

**[eatingdisordersdiscussed.eventbrite.ca](https://eatingdisordersdiscussed.eventbrite.ca)**  
or call Diane Quadros 519-250-5524 Ext 311

**Topics will include:**

Review of various eating disorders

Risk factors

Causes

Screening

Signs and symptoms

Special considerations

# Postpartum Support for Patients

According to a Statistics Canada survey almost one-quarter of mothers experience either postpartum depression or an anxiety disorder in the months following birth, and that younger mothers are most at risk.

The symptoms of postpartum depression affect your patient's quality of life. These may include:

- Feeling sad or down often.
- Frequent crying or tearfulness.
- Feeling restless, irritable, or anxious.
- Loss of interest or pleasure in life.
- Less energy and motivation to do things.
- Difficulty sleeping, including trouble falling asleep, trouble staying asleep, or sleeping more than usual.
- Feeling worthless, hopeless, or guilty.
- Unexplained weight loss or gain.
- Feeling like life isn't worth living.
- Showing little interest in her baby or not feeling attached.
- Loss of appetite.

If you are an affiliated PCP working with a new mom who is experiencing symptoms, and they are interested in counselling (has no private coverage), please send us a referral. We will book an intake assessment within 2 weeks from the date the referral is received and connect the patient with Family Services Windsor-Essex through our partnership to ensure timely counselling support.



## Meet WFHT's new Executive Director: Margo Reilly

Margo has 18 years of experience in a variety of healthcare settings, with 8 of those years at another community family health team. She is a lifelong resident of Windsor-Essex County and she is resolute in her pursuit of service to her community.

Margo looks forward to building upon the strong foundation of our Centre and the trusted partnerships that have been cultivated over the years by her predecessor, Mark Ferrari. In addition to serving as our Executive Director, Margo will also join the executive committee of Windsor Regional Hospital, our affiliated partner and her joint employer.

## In-Person OTR Session Coming to Leamington

Begins May 31st, 2022

1:00 - 4:30 pm

Tuesdays and Fridays

In-Person County session will be held at:

Erie Shores Family Health Team  
197 Talbot St. W., Leamington, ON

In-Person sessions will continue to be available in Windsor at Windsor Family Health Team.

Virtual option available.



ONE TEAM RECOVERY

**FREE, 5-WEEK**  
**OUTPATIENT SUBSTANCE**  
**ABUSE PROGRAM**

IN-PERSON AND VIRTUAL DELIVERY 2 DAYS/WEEK 4 HRS/DAY  
ACCOMMODATES JOB, SCHOOL AND FAMILY OBLIGATIONS

**REGISTER TODAY!**



**Register Today: 519.250.5524**

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