

## Thank you for referring to the CBT Skills Group Program!

As your colleagues, we are asking you to help us help you by ensuring the patients you refer are suitable and prepared for group-based learning. **We do not have an intake office or triage clinicians to screen patients; rather, we depend on you.**

The CBT Skills Program is physician-led and operated. This is what allows us to be a readily accessible resource for patients with mental health concerns. **The more skilled you become at selecting patients and completing the referral form, the better able we will be to quickly and effectively support patients within your ever-increasing panel.**

Please review our **inclusion and exclusion criteria** (below) to understand which patients will be likely to benefit from the program, as well as those who won't, and who may end up demoralized from trying to participate in the wrong kind of service. There is also a brief video on our website that completely explains the program and the referral process. As well, our administrative team is lean and we require referral forms to be filled out completely.



### **WE ENCOURAGE REFERRING PATIENTS WITH A PHQ9 SCORE OF 18 OR LESS WHO STRUGGLE WITH:**

- Anxiety or depression
- Chronic medical conditions with associated mental distress
- Insomnia
- Chronic pain
- Addictions
- Eating disorders
- Hormonal disorders
- Adjustment disorders (stress causing symptoms, and/or affecting ability to function in relationships, parenting, or at work/school)
- Problems with spending, overeating, or other out-of-control behaviours
- Attention regulation problems



### **WHO DOES NOT FIT WELL— INDIVIDUALS WITH:**

- Cluster B personality disorders
- High severity of any of the illnesses listed above
- Trauma history with high potential to destabilize
- Cognitive impairment
- Psychosis, mania, or impairing substance use
- Active suicidal ideation or behaviour
- Social anxiety that would prohibit group participation
- Individuals below 18 years of age

**Let's work together to support each other and our patients, recognizing how difficult it is within the current system**