

# Innovation For Mental Health

## Integrated Care Program

### What is the Integrated Care Program

- A Mental Health Program that integrates physical reconditioning and behavioural activation with both self-paced psychoeducational content and individualized psychological treatment with a program-dedicated Psychologist/RCC
- The Client RX schedule is structured to optimize the integration of physical and psychological interventions

### Why refer to the Integrated Care Program

- ▶ Integrated care model is emerging as gold standard in health care
- ▶ Evidence-based integrated care incorporates physical and psychological interventions to provide comprehensive treatment
- ▶ Inclusion of self-paced psychoeducational platform that was designed specifically for the LTD population allows for more efficiency of one to one service delivery
- ▶ Program-dedicated clinicians allow for focused, efficient delivery of care
- ▶ Team Approach – Kinesiologist and Psychologist/RCC work together exclusively, allowing for consistency in service delivery and enhanced care outcomes
- ▶ Program developed to promote collaboration between the treatment team, client, and Rehab consultants
- ▶ Having more points of client contact in a week supports client engagement, motivation, and adherence
- ▶ Ease of referral – One referral rather than multiple referrals

### Where

- Mental Health 1-1 Rx is delivered remotely
- Activate! Sessions can be delivered remotely or at all BIM Locations



## Included in Program

Integrated Care Program includes:



## Example of Program Schedule

<b>Week 1:</b> Psych/RCC Intake, ResilientU Orientation	<b>Week 8:</b> 1 Psych/RCC session, 1 Activate! session
<b>Week 2:</b> ResilientU follow-up, Activate! Intake	<b>Week 9:</b> Team Conference, 1 Psych/RCC session, 1 Activate! session
<b>Week 3:</b> 1 Activate! Session; Joint Intake report	<b>Week 10:</b> 1 Psych/RCC session, 1 Activate! session, Joint Report
<b>Week 4:</b> 1 Activate! Session	<b>Week 11:</b> 1 Psych/RCC session, 1 Activate! session
<b>Week 5:</b> Psych/RCC Tx starts, 1 Activate! Session	<b>Week 12:</b> 1 Psych/RCC session, 1 Activate! session
<b>Week 6:</b> 1 Psych/RCC session, 1 Activate! session	<b>Week 13:</b> GRTW, Activate! RTW support, Psych/RCC as needed
<b>Week 7:</b> 1 Psych/RCC session, 1 Activate! session	

## Integrated Care Program Cost

- ResilientU: \$350
  - Activate Initial Session and 11 Activate! Sessions: \$1032
  - Psych Ax and 8 Psych Sessions: \$1548 (RCC) or \$2070
  - Team Conference: \$130 (RCC) or \$180
  - Joint Reports (intake, progress, discharge): \$775 (RCC) or \$960
- Total: \$3835 with RCC and \$4592 with Psych**

## Contact Us - Central Referral

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