

Dear Doctor or Nurse Practitioner:

→ **Your patient is interested in attending *Mental Health 201*. They need a referral to do so.** ←

MH201 is a small-group learning program I facilitate exploring topics like medications, therapy, lifestyle, etc. Total of 8 hours split over 4 weekly sessions, via Zoom. Covered by MSP; refundable \$100 no-show deposit. Like CBT Skills or BCalm, a referral is needed. Please use the attached form or your own (specify the referral is for the *Mental Health 201* program).

To learn more or refer other patients, don't hesitate to contact me or see

WWW.BCPsYCHIATRIST.COM/MH201

Yours sincerely,



Dr. P. Lysak, B.Med. MD FRCP(C)
Psychiatrist

MENTAL HEALTH 201: TAKE CONTROL OF YOUR MENTAL HEALTH

*Have patients scared of psych meds? Stopping them at the first sign of a side effect?
Getting questions about supplements, psychedelics, ketamine, or other treatments?*

Patients can learn and ask questions about treatments for mental illness, navigating the mental health system, and how to productively work with you to contribute to their care.

1. Reality, Expectations, Physical Health

- Understand the challenges accessing mental health care
- No silver bullet—why finding the right treatment is hard
- Why slow and steady improvement often wins out
- The importance of physical health and lab investigations
- Impact of diet, exercise, sleep, and substances

2. Medications

- How they can help and why they're used
- Myths, conspiracies, and reliable information
- Why not to stop antidepressant trials prematurely
- Understanding and managing side effects
- Longer-term use and discontinuation

3. Counselling, Therapy, Distress Tolerance

- Counselling vs. structured psychotherapy
- Types of psychotherapy and how to choose
- Therapy providers, costs, and alternatives
- Using therapy effectively in your overall treatment
- Managing emotions, distress tolerance skills, safety plans

4. Other Treatments, Managing Your Care

- Supplements—quick fix or expensive urine
- Complementary medicine, psychedelics, ketamine, rTMS
- Gaps in care, and how patients can help fill them
- Co-managing treatment plans—why, how, getting stuck
- Art of communication with health professionals

MENTAL HEALTH 201: TAKE CONTROL OF YOUR MENTAL HEALTH

Fax completed referral form to: (250) 483-7643

PATIENT INFO

NAME	
ADDRESS	DOB (D/M/Y) AGE 18+
	PHN
	TEL
EMAIL (REQUIRED)	

REFERRING CLINICIAN (MRP)

NAME	MSP
ADDRESS / TEL / FAX	
EMAIL	

PSYCHIATRIC DIAGNOSIS (REQUIRED) check all that apply, indicate primary if > 1

- | | | | |
|--|--|---|---------------------------------------|
| <input type="checkbox"/> Anxiety disorder 300 | <input type="checkbox"/> Bipolar/mood NOS 296 | <input type="checkbox"/> Personality disorder 301 | <input type="checkbox"/> _____ (ICD9) |
| <input type="checkbox"/> Depressive disorder 311 | <input type="checkbox"/> Adjustment reaction 309 | <input type="checkbox"/> ADHD 314 | <input type="checkbox"/> _____ (ICD9) |

SEEN PSYCHIATRY BEFORE?

- ER / PES
 Inpatient
 Followed as outpatient at _____
 One-time consult(s)

PHQ-9 (<19)

PSYCHIATRIC MEDICATIONS None

OTHER INFO

PATIENT IS APPROPRIATE FOR GROUP LEARNING

- | | |
|--|---|
| - Is not at risk to harm self or others | - Does not have symptoms of PTSD, personality disorder, substance use, or other disorder severe enough to interfere with group-based learning |
| - Is not cognitively impaired | |
| - Does not have active psychosis, mania, or dissociation | |

PATIENT APPROVES THIS REFERRAL

- Is aware of the commitment, fees, technology requirements to participate via Zoom

I (OR MY CLINIC) WILL PROVIDE ONGOING PRIMARY CARE AND THERAPEUTIC SUPPORT IF THE NEED ARISES

- Dr. Lysak cannot provide emergency or additional sessions or other individual support or treatment

DATE (D/M/Y)

SIGNATURE