

Social work and behavioral health referral pathways – Farrell Family Medicine_2.2.22

We want to make referring to social work and IMP easier. Please refer to the below instructions:

- o For psychopharm consult → not currently available
- o For Behavioral Health Consultation (BHC) → provider sends inBasket to Dr. Natalie Pilipenko – need to provide diagnosis/describe problem and request for consultation (more information on BHC below).
- o For all other BH referrals (referral to community clinics, Dr. Bilboul, higher level of care) → provider sends an InBasket message to Farrell SW Pool
- o For urgent or time-sensitive matters → provider sends secure chat to Rachael and Wan

Avoid referring to BHC and SW concurrently – refer to BHC only, unless patient meets Exclusion Criteria (see below).

The IMP/SW team works together and will ensure patient receives a referral if not appropriate for the selected service.

General: BHC can provide a broad range of services including assessment, education, and brief intervention. BHC is not a psychotherapy service, however it can provide brief interventions which are appropriate for many patients. The overarching goals of the service: 1. Help patients develop practical knowledge and skills to promote and improve overall health 2. Assist with physician-patient communication 3. Promote patient-centered care. **Examples of BHC goals:** Symptom clarification, Improved adjustment to illness, Improvement of adherence to medical treatment, Symptom reduction, Improved health behaviors, Improved illness understanding, Stress management, More proactive participation in treatment/self-management of symptoms **Conditions:** Depressive disorders, Anxiety disorders, Somatic symptom disorders, Adjustment or stressor-related difficulties, Insomnia and sleep-related disorders, Chronic pain, Tobacco use disorder, Obesity, Physical inactivity, Chronic medical conditions

Service Information:

- Initial BHC: 45-60 minutes. Follow up BHC: 20 - 30 minutes
- This service is limited to adult patients only
- Outreach will be made to patients who miss initial or follow up appointment (phone or Connect) but service does not track patients over time (i.e. no registry, no follow up unless planned/scheduled or re-referred)
- Until further notice, BHC are conducted via telehealth or phone
- Please do not send request for BHC scheduling to the PFA team

Exclusion criteria:

Patients who are not appropriate for BHC:

- Patient has active SI, HI, AVH
- **Any psychiatric emergencies should be referred to Social Work**
- Patient is a minor

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- Patient is unable to provide consent or participate in the consultation
- Patient is interested in long-term mental health care only

What will happen when the patient is referred?

- Patients will be contacted to discuss interest/ determine appropriateness for BHC by provider

- Upon initial contact, patients will be informed that:

BHC is a consultation service:

- After the initial consultation, recommendations will be provided
- Additional services will be recommended if BHC is not deemed to be appropriate.
- Follow up BHC appointments may be scheduled, if indicated and appropriate
- Follow up appointments do not require additional referral by the physician
- Referring physician will receive an update to ensure coordination of care

Psychology Extern – (2021-2022 – Ms. Keryn Kleiman) – psychology extern is graduate student who is completing PhD in psychology and working at Farrell part-time as part of their clinical training. **Psychology extern is supervised by Dr. Pilipenko and accepts referrals for brief (12 session) therapy directly from BHC.** Extern utilizes evidence-based therapy approaches to help patients address concerns in time-sensitive manner.