



## Island Community Mental Health PSR Programs Referral

### GUIDELINES:

- You are an adult, 19 years and above
- You live in Vancouver Island's Capital Regional District, including Southern Gulf Islands
- You are experiencing concerns with your mental health and are seeking support in your recovery
- You are willing to participate in group or 1:1 mental health recovery work

If ICMHA programs are not a good fit for you right now we will help refer you to other community resources.

We would like all participants to receive the best possible experience. Unfortunately, you may have to miss group or 1:1 sessions if you are:

- Experiencing a deterioration of your mental health. We will support you to get the right help
- Actively suicidal or at risk of harm to yourself or others
- Actively using substances before, or during groups. We do not need you to be abstinent but you do need to be able to safely participate in programming

### Referrals can be submitted in the following ways:

Email: [Krysten.ocoffey@islandhealth.ca](mailto:Krysten.ocoffey@islandhealth.ca) or [reception@icmha.ca](mailto:reception@icmha.ca)

Fax: 250-389-1263

### For all inquiries about referrals or program details, please contact PSR Program Manager:

Krysten O'Coffey [krysten.ocoffey@icmha.ca](mailto:krysten.ocoffey@icmha.ca) 250.389.1211 Ext: 128

Please note: Wait times vary by program and current community need.

# PSR Referral Form



Date:

**What is your name?**

Last Name

First Name

Preferred pronoun:

DOB:

Phone:

Okay to leave a message?

Email:

Preferred method of contact: Text    Email    Phone    Other

Address:

Street

City

Postal Code

**Which programs are you interested in?**

(visit [IMCHA.ca](http://IMCHA.ca) for program details)

PEER Support

- Art
- Cooking
- Men's group
- Talk and step

Networks Education

- Accommodations/accessibility
- High school upgrading with Camosun Info re: grants, bursaries, funding options
- Info re: certificates, diplomas, degrees Study
- skills coaching

Networks Employment

- Resume/Cover letter building Job search support
- Interview prep
- Action-oriented career exploration
- Volunteering

Seniors Support Network

- Crafts and mending
- Coffee and conversation (seniors)
- Gardening
- Body movement

GROW

- Journaling
- Mindfulness
- CBT
- Emotional Wellness
- Anxiety group
- Goal Setting group (Virtual)
- Yoga
- 1:1 Goal Coaching



## Who is making this referral?

Self-referral    GP    Psychiatrist    Case Manager    Social Worker    OT  
Support Worker    Other

Referrers' details (if applicable):

Name    Role Clinic/Program Name

Phone:

Email:

Check this box if you consent for us to communicate with the above named person about your referral. You do not have to consent to receive services.

## Goals and Support

What are you hoping to get out of attending programming or working with a coach? Do you have recovery, employment, or educational goals you'd like us to know? The more you share, the better we can prepare for our work together.

How is your mental health right now? Is your mental health a barrier to you meeting your goals?

What does your support system look like? Do you attend other programs?



## Medical and Safety Information

*These questions speak to your current experience of safety and stability both personally and in group settings. It helps us better plan with you for a successful experience that meets your needs.*

Do you have any physical or cognitive concerns that may require accommodation in order for you to participate in programming at ICMHA?

Have you experienced a psychiatric hospitalization in the last year? What would you like us to know about this, if anything?

Is there anyone in your support system that you would like us to speak to with regards to your mental health, your needs, or how to best support you?

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Name      Role/Relationship phone number or email address

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Name      Role/Relationship phone number or email address

Are you currently at risk of suicide/self-harm?	Yes No	Details:
Are you currently at risk of harming others?	Yes No	Details:
Do you use substances? (past or present)?	Yes No	Details:

Is there anything else you'd like us to know that we haven't covered?

Thank you for your referral!