

Your Health Team

Family Doctor • CRPCN Nurse & Team • Patient Medical Home

Recognizing an Issue

Feeling anxious, irritable, hopeless, excessive worry

Sleep disturbances

Changes in eating patterns

Relationship strain

Loss of interest in activities

Headaches, tremors, unexplained pain, GI upset

COVID-19 has seen an increase in anxiety, depression, coping and other kinds of issues that impact mental wellness in our communities

Stepped Care

- What should residents do if they are not faring as well as they would like? – **Seek support!**
- What impacts are you feeling, who can help?
 - Apps (headspace, calm)
 - Online resources (owlpod.org, anxietycananda.ca)
 - Community or faith based organizations
 - Private counselling
 - CRPCN
 - Family doctors
 - Specialists

AHS Mental Health Helpline

1-877-303-2642

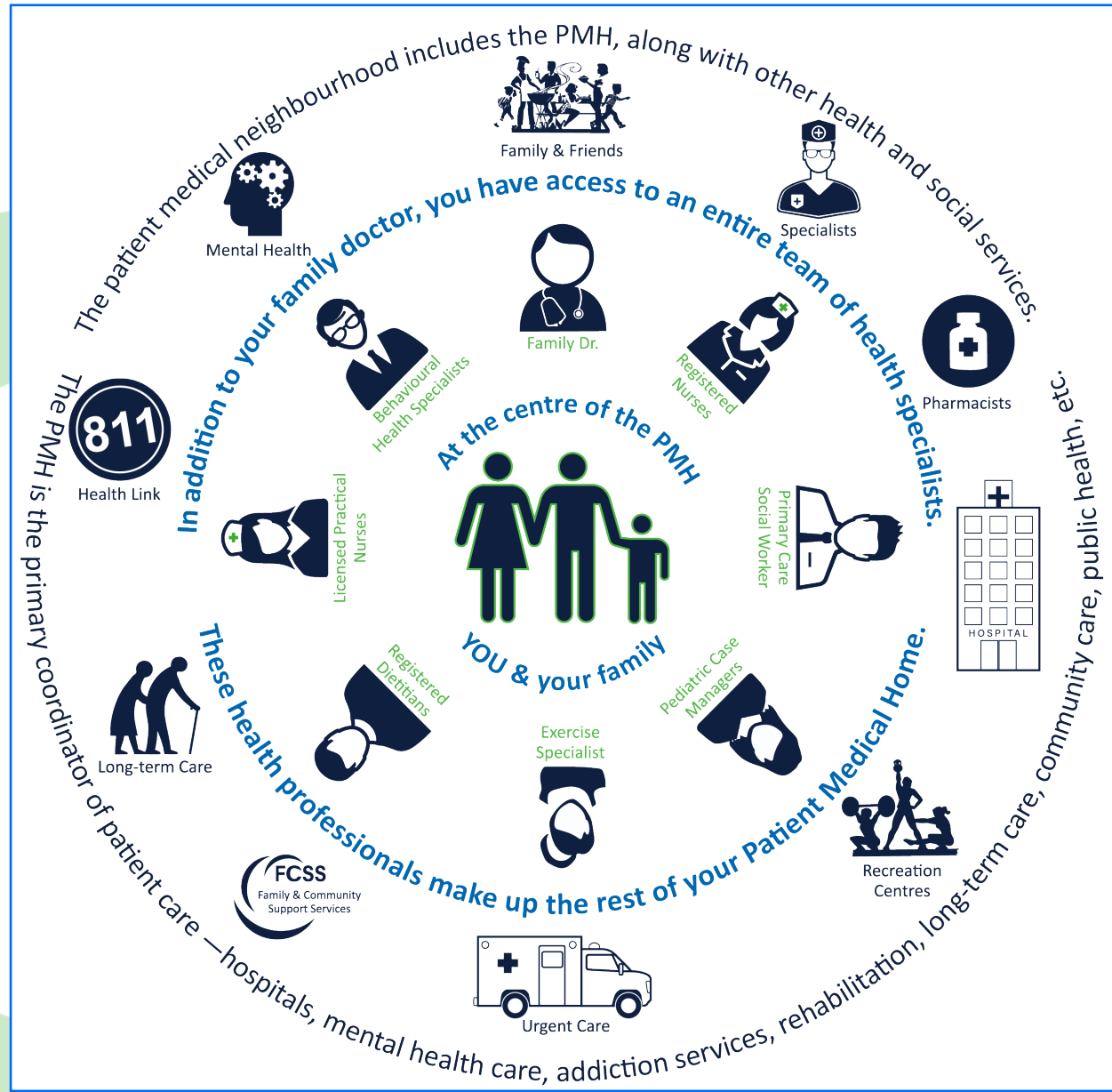
When more support is needed:

- The first step is to talk to your family doctor.
- At this point, your doctor may involve the CRPCN team, which could include visits with a nurse, a family counsellor, a social worker, an exercise specialist, etc.
- This multidisciplinary team will address your unique needs and concerns, so that you can start to see benefits in areas of your life that are most important to you.
- If further support is required, Alberta Health Services offers specialized Mental Health supports.

Patient Medical Home –PMH

What is a Patient Medical Home?

- Your main point of contact for medical care is usually your family doctor's clinic – “home base” for your health care, this can include other care providers as well
- Your health is also supported by the local community services in your health neighbourhood



Why the PMH?

- Primary care lends itself well to **system navigation**, coordinating care across health care providers and services within your health neighbourhood.
- System navigation assists with an increasingly complex health and social health care system by:
 - communication with multiple agencies, identifying and removing barriers to care
 - investigating the system and services, and facilitating access to care
 - promoting continuity

A few of our team PCN members

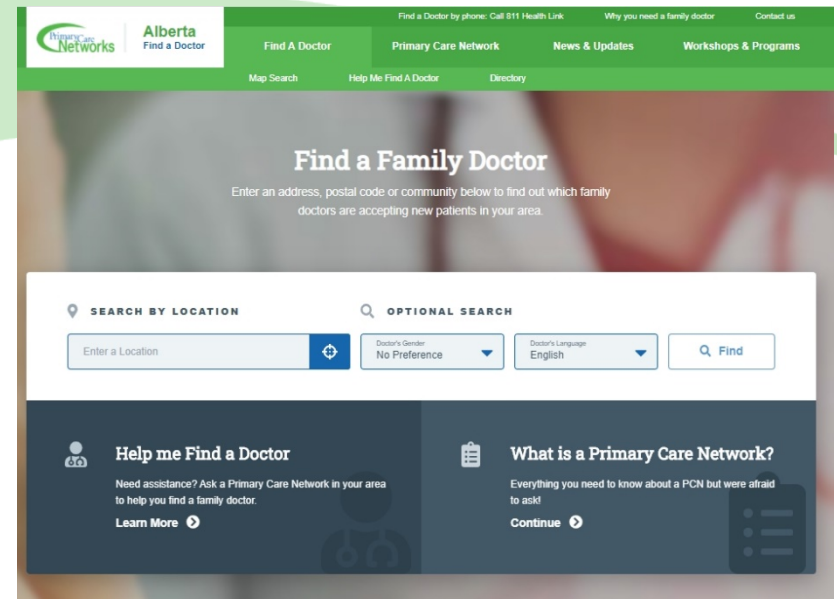
- Social Workers
- Providing assistance with emotional needs, finances, navigating government programs and a variety of other supports.
- Nurses
- Providing health advice, emotional support, system navigation
- Family Counsellors
- Providing therapy, advocacy and supports to children and families affected by stress and trauma

The best part of a team approach?

- You will not be alone in your journey towards wellness.
- Wrap around care to meet all your health needs.

What if you don't have a family doctor?

- The CRPCN is a strong supporter of Alberta Find A Doctor. albertafindadoctor.ca
- It's quick and easy to use the online self-search option.
 - Enter an address, postal code or community to find out which doctors are taking patients in that area.
 - Or, call us! We'll hook you up
 - [403-652-1654](tel:403-652-1654)



The screenshot shows the homepage of the 'Alberta Find a Doctor' website. The header is green with the 'Primary Care Networks' logo and 'Alberta Find a Doctor' text. Navigation links include 'Find A Doctor', 'Primary Care Network', 'News & Updates', and 'Workshops & Programs'. Below the header, there's a section titled 'Find a Family Doctor' with a prompt to 'Enter an address, postal code or community below to find out which family doctors are accepting new patients in your area.' The search interface includes a 'SEARCH BY LOCATION' section with a text input 'Enter a Location' and a 'Map Search' button, and an 'OPTIONAL SEARCH' section with dropdowns for 'Doctor's Gender' (set to 'No Preference') and 'Doctor's Language' (set to 'English'), followed by a 'Find' button. At the bottom, there are two dark blue boxes: 'Help me Find a Doctor' with a 'Learn More' link, and 'What is a Primary Care Network?' with a 'Continue' link.

The numbers prove the value

- Having a family doctor reduces the number of ER visits and hospital admissions.
- According to the Canadian Institute for Health Information, the average cost of a hospital stay in Alberta is \$8,112, equating to \$188 per patient, per month. By comparison, PCN services cost the system \$5 per patient, per month.

