

# Internal Referral – Mindfulness-Based Cognitive Therapy

<b>SUBMISSION INSTRUCTIONS</b>	1. Complete the form in the software Adobe Acrobat and click the green <b>Submit</b> button - <i>Please ensure to review all sections of the form with the patient, including the 'Patient Consent'.</i>	<b>OR</b>	Print the referral form, complete and fax the form to ext. 6774
<b>TROUBLE SHOOTING</b>	<p>A. If the green <b>Submit</b> button does not respond, ensure the document is opened in 'Adobe Acrobat' by downloading the referral form and then opening the document in Adobe Acrobat (right click the saved file, select 'Open with' and select Adobe Acrobat).</p> <p>B. Follow Step 1</p> <p>Contact IT helpdesk at ext. 3805 or Wendy Murphy <a href="mailto:Wendy.Murphy@unityhealth.to">Wendy.Murphy@unityhealth.to</a> for technical assistance</p>		

Mindfulness-Based Cognitive Therapy (MBCT) is an evidence-based group therapy providing tools and strategies for preventing depressive relapse, as well as reducing depression, anxiety and stress. These sessions will allow participants to learn to manage anxiety & prevent the relapse of depression with a live facilitator online.

This program is being offered through the [Centre for Mindfulness Studies](#), it is being offered **free of charge** for St. Joseph's Health Centre patients **between the ages of 16 to 29 years old**. There will be a total of 8 weekly online sessions running for 2.5 hours each, the group sessions will take place from July 2021 to September 2021 on Tuesday Evenings. Additional sessions will be offered in the future.

Please note that there is a maximum capacity for each of the sessions, so we encourage those interested to speak to their psychiatrist. The psychiatrist can complete the referral below and click 'Submit' on the PDF.

For additional information, please see the attached MBCT Patient Group Poster as well as the Frequently Asked Questions.

<b>Please complete all the sections below</b>			
<b>Criteria Screener</b>	Patient is in the age range of 16 to 29 years of age		
	Patient is diagnosed with mild to moderate depression and/or anxiety		
	Patient has <b>no</b> active substance use issues/challenges		
	Patient has expressed a commitment to attendance and home practice activities. <i>Participants are strongly encouraged to attend a day long silent retreat but it is an optional part of the program.</i>		
	Patient is able to commit at minimum 7 of the 8 sessions		
	Patient is able to participate in the Intake Interview and Orientation		
	Patient <b>does not</b> have active psychosis		
	Patient <b>does not</b> have active self-harm or suicide risk		
	Patient <b>does not</b> have any other condition(s) that would be negatively affected by intensive meditation practice		
<b>Patient Information</b> Please complete the following details:	<b>Referring Physician's name:</b>		<b>MRP during group:</b> <i>(Ensure MRP is aware of referral)</i>
	<b>Patient's Full Name:</b>		<b>Date of Birth:</b>
	<b>Patient e-mail address:</b>		<b>Patient's Phone Number:</b>
	<b>St. Joe's MRN Number:</b>		
	<b>Diagnosis (please list all):</b>		
<b>Patient Consent</b> Please review with patient	<b>The patient consents to Unity Health providing their e-mail and/or phone number to the Centre of Mindfulness to complete the intake process for the Mindfulness-Based Cognitive Therapy Group.</b>		Yes
			No
	The patient is aware that there was specific donation money provided by the Keenan Foundation to waive the fees required to attend their Mindfulness-Based Cognitive Therapy Group.		Yes
			No
With the help of this donation Unity Health was also able to send two clinicians from the from the Mental Health & Addictions Program at St. Joseph's Health Centre to the Centre of Mindfulness to complete their training so in the future Unity Health can help facilitate Mindfulness-Based Cognitive Therapy Groups.		Yes	
		No	
<b>Additional Details:</b>			