

SAMPLE MENTAL HEALTH PROMOTION POLICY

PURPOSE

To establish the policies and procedures aimed at providing First Nations Health Organization clients with services to promote mental health.

POLICY

The First Nations Health Organization shall have in place a program designed to promote mental health for all community members.

Support and guidance shall be provided to those suffering psychological or interpersonal conflict or crisis. The focus of assistance is to provide clients with education and coping skills that will promote improved functioning, awareness and understanding of individual differences. Clients are encouraged and supported on their journey to healthy living. Referrals are made to and from local resources and surrounding resources.

POLICY APPLICATION

Some of the activities that will take place include:

1. Telephone Contact, Walk-In (Office Visit) or Referral Process (either by self, or by pertinent referring organizations).
2. Employees understanding and following mental health legislation - rights and responsibilities.
3. Using a Service Agreement- Consent for release of information (youth, parent/guardian, child and family services agency, adult).
4. Conducting client assessments: mental health assessment form (history of mental illness, age, gender, family, physician/doctors name, involvement with other resources).
5. Determining the nature of the problem or crisis, medication prescribed and diagnosis if applicable.
6. Crisis intervention: Offering support to individual and briefing, one-on-one counseling.
7. Referrals: Contacting appropriate resources including physician/doctor for assessment on mental health.
8. Upon completion of a physician assessment of individual, a plan and referral to other facilities is carried out as recommended by physician.
9. Briefing with mental health worker, client (youth or adult), intertribal child and family services, parent/guardian and physician of medical facility.
10. Making telephone contact with the mental health worker in the community before the client is discharged.
11. Making travel arrangements with the First Nations Health Organization, and the travel claim is handed in to the immediate supervisor and signed, then submitted for further approval to finance worker and is reviewed by Director of Health and signed off.
12. Release from Medical Facility (Discharge Summary).
13. After care and follow-up.
14. Monitoring the use of medication if prescribed to ensure that they are following directions and are taking their medication. The mental health worker will maintain contact with the mental health nurse and a debriefing should occur; ultimately it is the participant's responsibility to manage their

medication.

15. Mental health worker will inform and discuss the progress and well-being of client with the mental health nurse.