

SCREENING AND REFERRAL GUIDE



Yukon Collaborative Care
Mental Health and Addictions

STEP 1: PRIMARY SCREENING QUESTIONS

Ask all your adolescent and adult patients:

- Mental health best practices screening questions **and**
- Addictions best practices screening questions or use the CAGE-AID

STEP 2: FURTHER SCREENING AND ASSESSMENT

If the answer to any primary screening question is 'yes' you and your patient can involve:

- Alcohol and Drug Services (ADS)
- Mental Health Services (MHS)
- Yukon Family Services Association (YFSA)
- Use the Referral/Request for Services form and fax it to the agency you and your patient consider most appropriate

STEP 3: SHARING CARE

ADS, MHS and YFSA can share the care of people with mental health and addictions problems with you. This can include case conferences, consultation and joint care planning.

PRIMARY SCREENING QUESTIONS:

For Mental Health Screening Health Canada Best Practices recommends asking:

- Have you ever been given a mental health diagnosis by a qualified mental health professional?
- Have you ever been hospitalized for a mental health-related illness?
- Have you ever harmed yourself or thought about harming yourself but not as a direct result of alcohol or drug use?

For Addictions Screening Health Canada Best Practices recommends asking:

- Have you ever had any problems related to your use of alcohol or other drugs?
- Has a relative, friend, doctor or other health worker been concerned about your drinking or other drug use or suggested cutting down?
- Have you ever said to another person "No, I don't have (an alcohol or drug) problem", when around the same time, you questioned yourself and FELT, "Maybe I do have a problem"?

For Addictions Screening you can also use:

CAGE-AID (Cut-down, Angry, Guilty, Eye-opener)

- Have you ever thought you ought to cut down on your drinking or drug use?
- Have people annoyed you by criticizing your drinking or drug use?
- Have you felt bad or guilty about your drinking or drug use?
- Have you ever had a drink or used drugs first thing in the morning to steady your nerves or get rid of a hangover or to get the day started?

CONTACTING ADS, MHS AND YFSA



Yukon Collaborative Care
Mental Health and Addictions

ALCOHOL AND DRUG SERVICE (ADS)

Sarah Steele Building, 6118 6th Ave., Whitehorse, YT, Y1A 1M9

Counselling and Treatment:

Whitehorse:	(867) 667-5777
From communities:	1-800-661-0408
Fax:	(867) 667-8471
Drop in:	Tuesdays, 09:00-11:00

Detox: (collect calls accepted)	(867) 667-8473
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MENTAL HEALTH SERVICES (MHS)

Whitehorse:	(867) 667-8346
From communities: (collect calls accepted)	(867) 667-8346
Fax:	(867) 667-8372

YUKON FAMILY SERVICES ASSOCIATION (YFSA)

Whitehorse office (Carmacks) and Youth Outreach Program:	(867) 667-2970	Fax: (867) 633-3557
From communities (collect calls accepted)	(867) 667-2970	

Yukon communities: Dawson City Office (for Dawson, Mayo and Pelly Crossing)	(867) 993-6455	Fax: (867) 993-6456
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Haines Junction Office (for Haines Junction, Beaver Creek, Burwash Landing, Destruction Bay)	(867) 634-2111	Fax: (867) 634-2333
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Watson Lake	(867) 536-2330	Fax: (867) 536-7854
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