



What's happening in primary care?

- Ontario Health Teams (OHTs)** – With the passing of Bill 74, The People's Health Care Act, the Ministry of Health and Long-Term Care will begin accepting applications for Ontario Health Teams. So what are OHTs? The OMA has put together a document that provides some overview: www.oma.org/wp-content/uploads/OMAOntario-Health-Team-FAQs.pdf
Contact the Primary Care Network, at info@primarycarenetwork-mh.ca for information on Mississauga Halton LHIN specific news. For more information on OHTs, visit health.gov.on.ca/en/pro/programs/connectedcare/oht/default.aspx.
- Mississauga Halton LHIN Primary Care Advisors (PCAs)** – This spring, your PCA for Milton, Kristen Raiskums, will be sharing information on:

 - **MSK Central Intake:** The new Low Back Pain Rapid Assessment Clinics (formerly known as ISAEC), now accepting referrals
 - **Rehab Care Alliance Website:** A repository of rehab resources, including algorithmic pathways for providers and patients
 - **eConsult:** Onboarding for both Champlain BASE and the provincial OTN platform
 - **Centre for Effective Practice:** Earn MainPro+ credits by participating in academic detailing on Opioid Use Disorder in the convenience of your office.

If you would like more information or to set up an appointment with Kristen, email her at kristen.raiskums@lhins.on.ca or at [416-358-0387](tel:416-358-0387).
- Bounce Back and Big White Wall** – Two publicly-funded online mental health supports available to Ontario residents.

Bounce Back: Free CBT skill building for adults and youth 15+ with mild to moderate depression and/or anxiety: bouncebackontario.ca/

Big White Wall: 24/7 Online access to a peer support and self-management tool for youth 16+ and adults experiencing symptoms of mild to moderate depression and anxiety. Trained Wall Guides make sure the community is safe and supported: bigwhitewall.ca
- Have you heard about the “In 7” mental health resource?**
“In 7” are community based supports that your patients can reach out to independently, with service offered within 7 days, all in a handy, tear off pad format! The supports are specific to the geography you work in, with Crisis Outreach and oneLink contact information included as well. Contact your Primary Care Advisor to get a copy.

Upcoming Events

May 8th

Mental Health Day for Primary Care
Oakville Trafalgar Memorial Hospital

May 16th

ECHO Evening Session: Liver Disease in Primary Care, Approach to Hepatitis B

May 31st

LEAP Mini Learning Essentials
Approaches to Palliative Care

For more information & event listings, visit: primarycarenetwork-mh.ca/calendar

Doctors Day

On May 1, we celebrated National Doctors Day, a day to recognize the impact and contributions physicians have on individuals and whole communities. Thank you for the hard work you do every day to provide high quality care for your patients.

Mental Health Week: May 6 – 12

The **#GetLoud** campaign encourages everyone to speak up about mental health. For more information, and to access toolkits and social media shareables, visit: mentalhealthweek.ca/