



REFERRAL FORM

Primary Health Care Providers complete Parts 1, 2 & 3 of this 2-page form.

Send it to the CRD Perinatal Counselling Program **by fax at 250-472-6762** or email at perinatal@tracimcgee.ca

download this fillable form: www.tracimcgee.ca/form/perinatal-referral.pdf

get more program info: www.tracimcgee.ca/perinatal

1. PATIENT INFO

*Date of Referral: _____

*Name: _____

Address: _____

*Patient's DOB: _____

*Baby's DOB or Due Date: _____

*Cell or Main Phone: _____

*Email: _____

Relevant Medical & Referral Info: _____

2. PROGRAM ELIGIBILITY **Check applicable boxes in either section A or B confirm that all program eligibility requirements are met.** Otherwise, use section C to refer your patient for private counselling.

A: Perinatal Counselling The patient:

- is in the perinatal period (pregnant to 9 mos. postpartum)
- lives in the Capital Regional District
- is experiencing at least one of the following: depression; anxiety disorder; **or** adjustment disorder
- has not received counselling for this pregnancy or birth **and** does not have extended health insurance
- seeks counselling and has agreed to the referral

B: Perinatal Grief Counselling The patient:

- experienced perinatal loss in past 9 months due to:
 - still birth; infant loss; late-term miscarriage **or** a miscarriage after multiple miscarriages †
- lives in the Capital Regional District
- is experiencing at least one of the following: depression; anxiety disorder; **or** adjustment disorder
- has not received counselling for this loss **and** does not have extended health insurance available
- seeks counselling and has agreed to the referral

C. Private Referral Option (eligibility is not fully met in A or B):

- This is a referral for private counselling, not for the CRD Perinatal Counselling Program.

* Information is required for referral to be complete.

† The Program does not provide counselling on decisions respecting unplanned pregnancies or complex pregnancies.



CRD PERINATAL COUNSELLING PROGRAM

Email: perinatal@tracimcgee.ca

Fax: 250-472-6762

Web: www.tracimcgee.ca/perinatal

Program administered by McGee Therapy & Consulting Inc.

1516 Winchester Road, Victoria, BC, V8N 2B5

Phone: 250-885-6760 (leave voice mail)

3. REFERRAL INFO: Primary Care Practitioner

*Name: _____

*Check One: Physician Nurse Practitioner Naturopath Midwife Psychiatrist

Practice or Agency: _____

*Email, Phone and/or Fax: _____

Additional Info: _____

About the CRD Perinatal Counselling Program

The CRD Perinatal Counselling Program is funded and operated privately in the Capital Regional District (CRD). It broadens access to perinatal counselling for parents in our community who face a depression, anxiety disorder or adjustment disorder in their prenatal or postpartum period, and when counselling is unaffordable. The program provides funded perinatal counselling provides clinical mental health support to parents at a time that is foundational for the long-term health and well-being of the family and baby. The program also provides perinatal grief counselling when a recent perinatal loss is experienced (e.g. still birth, infant death, late-term miscarriage).

The program combines specialized intake services with counselling that Registered Clinical Counsellors provide from their private offices in the Greater Victoria area. The program is administered by McGee Therapy & Consulting with deep gratitude for the generous funding of a private donor in the Greater Victoria community, and for the knowledgeable and supportive program governance of the Westshore Primary Care Society.

Q&As

Who can refer a patient to the program? Physicians, midwives, naturopaths, nurse practitioners & psychiatrists. Clients cannot self-refer.

Who can be referred? Anyone can be referred for funded perinatal counselling when they meet all criteria in section A or B of the "Program Eligibility" on page 1. A person who does not meet all criteria can be referred for private counselling that the client pays for. In this case, check the "Private Referral Option" (section C), or your patient can call the office of their choosing to book a private counselling session.

Who should not be referred to the program?

- A person who does not meet all "Program Eligibility" criteria (either section A or B)
- A person with low motivation or desire to improve their health through counselling
- A person who mostly needs a service that the Program does not provide (see the next list).

What services are not provided by the program?

- Common conditions such as postpartum blues.
- Emergency mental health services such as postpartum psychosis.
- Counselling on decisions respecting an unplanned pregnancy or complex pregnancy.

Is this form required to make a referral? Yes. If we do not get a completed form, we cannot confirm a person's eligibility for counselling, or we cannot reach the person to book an appointment and email confirmation.

What happens after I send the referral? An Intake Specialist will confirm eligibility, contact your patient by phone, and book a counselling session. The person's first counselling session will conclude with an assessment of need for additional counselling and whether additional funded sessions will be provided by the program.

Where can I, or the person I am referring, get more information about the program?

- Online at www.tracimcgee.ca/perinatal or call program intake at 250-885-6760.