



- 🕒 ZERO REFERRAL REQUIREMENTS (OTHER THAN AGE)
- 🕒 FIRST VISIT SCHEDULED WITHIN TWO WEEKS

A new concept in mental health service delivery for children and youth aged 12-25.

- 🕒 Are you frustrated by long waitlists for mental health services for a child or youth?
- 🕒 Are you sometimes unsure which mental health services you should access?
- 🕒 Do you feel overwhelmed by the extent of mental health complications experienced by someone you know?
- 🕒 Could you or someone you know use help with day-to-day impacts of mental health issues?



OUR MISSION

To introduce an innovative concept in mental health service delivery for children and youth aged 12-25.

We have mobilized a professional team of psychiatric nurses to work to address symptoms and complications resulting from mental health challenges in a timely manner.



PSYCHIATRIC NURSING SERVICES INCLUDE:

Mental Health Nursing Needs Assessment:

The nurses at our clinic will utilize a number of tools including:

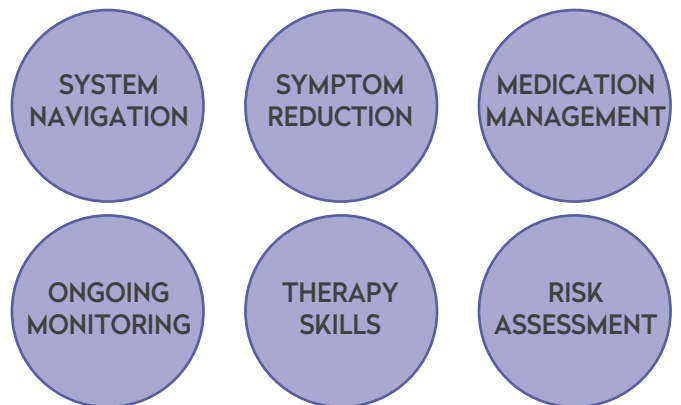
- Mental Status Exams
- Evidence-Based Screeners
- Intensive Psychosocial Assessment
- Suicide Risk Assessment

We will develop a tailored plan highlighting strengths in clients and families and look at all aspects of a youth's life.

Most importantly, we will walk alongside them on each step in their journey.

Integrated Care Planning

Possible post-assessment interventions:



WHAT MAKES US UNIQUE?

Cocoon Mental Health Clinic is our response to the well-documented growing need for mental health resources for children and youth in our province. We mobilize psychiatric nurses, a highly specialized role with a unique biopsychosocial lens, to assist in filling gaps in care provision in our community.

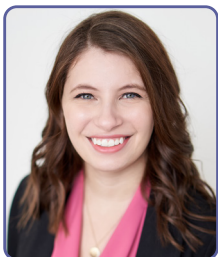
Cocoon Clinic aims to translate the quality of care patients receive in hospital to mental health services in the community.

Provider-client relationships will begin with a Mental Health Nursing Needs Assessment. A plan agreed upon by all stakeholders will emerge.

Our goal is to help ease clients into the mental health care system or come alongside existing care providers, building a client-centred team and providing supplemental care.

We can help to build a clinical picture to guide treatment using evidence-based assessment tools and experience. This can aid primary care providers and psychiatrists in establishing accurate diagnoses more quickly.

Fundamental to nursing care is the treatment of real-world impacts resulting from symptoms relating to illness. We plan to provide tangible tools for youth experiencing a wide range of mental health issues and their associated challenges such as struggles with **attention and concentration, isolation, impacts on appetite and energy, self-harm and suicidal thoughts**. The client will guide the planning with the intended goal of functioning better in their home, school and community day-to-day.

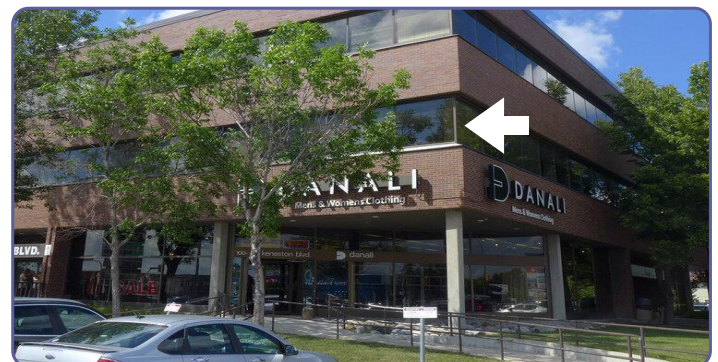


Our interventions can provide better quality of life for youth and caregivers struggling to regain control in their lives.

Shea Silva, RPN, BscPN
Executive Director

Fee-for-service:

At this time we are fee-for-service and charge \$150/hour. Families with extended health benefit plans or health spending accounts may be eligible to receive a portion reimbursed.



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Please find referral form on our website.

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