

# 10 INDEX

## **Acknowledgements, i**

### **Acute Care, Admissions to, 3.83**

- Discharge Planning, 3.86
- Involuntary Admission Criteria, 3.84
- List of Designated Provincial and Regional Mental Health Facilities, 3.83
- Mental Health Certification (Form 4), 3.85
- Processes for Voluntary and Involuntary Admission, 3.83
- Successful Discharge Planning Elements, 3.86

### **Anxiety Disorders, 1.16, 3.34**

- Comorbidity, 1.16
- Epidemiology, 1.16
- Overview of Treatment, 1.16
- Table of Medications Indicated for Selected Anxiety Disorders, 3.34

*Anxiety Disorders* — See also:

- Cognitive Behavioural Therapy (CBT), 1.16
- Developmental Disabilities, Appendix 1: 6.1, 6.2 (anxiety)
- Diagnosing Anxiety Disorders, 2.8
- Diagnostic Decision Tree for Anxiety Disorders, 2.9
- Diagnostic Issues, 2.1
  
- INFORMATION AND SUPPORTS FOR INDIVIDUALS AND FAMILIES, 4.1
  - Resources for Anxiety Disorders, 4.12
  
- INFORMATION SHEETS, for Patient / Family Member, 5.1
  - Anxiety Disorders — Information for Patients and their Families, 5.31 – 5.59
  
- Psychotherapies and Other Non-pharmacological Interventions, 3.3
  - Anxiety Disorders, 3.8
  
- Risk Factors, 2.18
  
- Screening Tools, 2.21
  - Anxiety Disorders Screening Tool: Mini International Neuropsychiatry Interview (MINI), 2.25
  - Screening for Anxiety Disorders, 2.24
  
- Warning Signs for Onset or Relapse, 2.35
  
- Women’s Mental Health Issues, Appendix 2: 7.1
  - Anxiety Disorders in the Perinatal Period, 7.6

**Background and Purpose, ii****Benzodiazepine Use in Primary Care, 3.28****BIBLIOGRAPHY, 9.1****Building Alliances and Working Relationships, 4.5**

Quick Tips, 4.5

**Cognitive Behavioural Therapy (CBT), 1.16, 3.3, 3.6, 3.7**See also: *Psychotherapies and Other Non-pharmacological Interventions, 3.3***Crisis Management, 3.61, 3.62**

Crisis Management in the Office, 3.62

**Cross-cultural Psychiatric Assessments, Clinical Considerations in, 1.8**

Diversity Issues, 1.5

Formulating Cross-cultural Patients, 1.8

Mental Health History — Taking in Immigrant and Refugee Populations, 1.8

**Depressive Disorder, Major, 1.15, 3.29**

Bipolar Disorder: Prescribing Mood Stabilizers, 3.33

Comorbidity, 1.15

Epidemiology, 1.15

Overview of Treatment, 1.15

Principles of Pharmacological Treatment of Depression, 3.30

Therapeutic Doses and Costs of Commonly Prescribed Antidepressants, 3.31

Washout Recommendations for Switching Antidepressants, 3.32

*Depressive Disorder* — See also:

Bipolar Disorder, 2.5

Developmental Disabilities, Appendix 1: 6.1, 6.2 (depression)

Diagnostic Decision Tree for Mood Disorders, 2.6

Diagnostic Issues, 2.1

Diagnosing Major Depressive Disorder, 2.4

DSM-IV or DSM-IV-TR Criteria: Major Depressive Episode, 2.4

**INFORMATION AND SUPPORTS FOR INDIVIDUALS AND FAMILIES, 4.1**

Resources for Depression, 4.12

**INFORMATION SHEETS, for Patient / Family Member 5.1**

Depression — Information for Patients and their Families, 5.3 – 5.27

Major Depressive Disorder, 3.5

Brief Intervention for Depression, 3.6

Psychotherapies and Other Non-pharmacological Interventions, 3.3

*Depressive Disorder, Major, continued...*

- Risk Factors, 2.18
- Screening Tools, 2.21
  - Patient Health Questionnaire — PHQ 9, 2.23
  - Screening for Major Depressive Disorder, 2.22
- Warning Signs for Onset or Relapse, 2.35
- Women’s Mental Health Issues, Appendix 2: 7.1
  - Bipolar Affective Disorder and Psychoses in the Perinatal Period, 7.6
  - Depression in the Perinatal Period, 7.4
  - Table 1: Treatment Modalities for Postpartum Depression Versus Symptom Severity, 7.5
- Pharmacotherapy in the Perinatal Period: Specific Medications, 7.16
  - Table 3: American Food and Drug Administration Risk Categories, 7.16
  - Table 4: SSRIs (Selective Serotonin Reuptake Inhibitors) in the Perinatal Period, 7.17
  - Table 5: Atypical Antidepressants in the Perinatal Period, 7.18
  - Table 6: Tricyclic Antidepressants in the Perinatal Period, 7.18
  - Table 7: Benzodiazepines in the Perinatal Period, 7.19
  - Table 8: Mood stabilizers and Neuroleptics in the Perinatal Period, 7.20
- Screening for Post-Partum Depression, 7.21
  - Edinburgh Postnatal Depression Scale (EPDS), 7.22
  - How to Use the Edinburgh Postnatal Depression Scale, 7.21

**Developmental Disabilities, Appendix 1: 6.1**

- Basic principles of Mental Health in Developmental Disability, 6.2
- Dedicated Health and Mental Health Services Available, 6.6
- Depression, Early Psychosis, Anxiety, and Substance Use Disorders in People with Developmental Disabilities, 6.2
- Frequent Psychiatric Disorders in People with Developmental Disabilities, 6.3
- References and Resources, 6.7
- Treatment Principles for Mental Health in Developmental Disability, 6.2
- Syndromes Associated with a High Incidence of Mental Health Disorders, 6.5
  - Autism Spectrum Disorder (ASD)/ Pervasive Developmental Disorder, 6.6
  - Down Syndrome, 6.6
  - Fragile X Syndrome, 6.6
  - Fetal Alcohol Spectrum Disorder, 6.5

**Diagnostic Issues and Diagnostic Decision Trees, 2.1**

- Bipolar Disorder, 2.5
- Diagnosis, 2.2
- Diagnosing Anxiety Disorders, 2.8
  - Diagnostic Decision Tree for Anxiety Disorders, 2.9
- Diagnosing Early Psychosis, 2.11
  - Diagnostic Decision Tree for Psychosis, 2.12
- Diagnosing Major Depressive Disorder, 2.4
  - Diagnostic Decision Tree for Mood Disorders, 2.6
  - DSM-IV or DSM-IV-TR Criteria: Major Depressive Episode, 2.4
- Diagnosing Substance Use Disorders, 2.13
  - DSM-IV or DSM-IV-TR Criteria: Substance Abuse and Dependence, 2.14
  - Glossary of Substance Use Terms, 2.15
- The Psychiatric Interview, 2.2
- Suicide Risk Assessment, 2.3

**Diversity Issues, 1.5**

- Aboriginal People’s Mental Health, 1.6
- Gay, Lesbian and Bisexual Community, 1.6
- Immigrant and Refugee Populations, 1.7
- INFORMATION AND SUPPORTS FOR INDIVIDUALS AND FAMILIES, 4.1
- Women’s Mental Health, 1.6
- Women’s Mental Health Issues, Appendix 2: 7.1
- Visible Minorities, 1.6

**Early Detection, 2.17**

- The Family Physician’s Role in Early Detection, 2.17
- Risk Factors for Anxiety and Depressive Disorders, Early Psychosis, and Substance Use Disorders, 2.18

**Early Psychosis, 1.17, 3.35**

- Comorbidity, 1.17
- Epidemiology, 1.17
- Evaluating Medication Response, 3.36
- General Principles of Starting Antipsychotic Medication, 3.35
- Overview of Treatment, 1.18
- Pharmacotherapy Flow Chart for Psychosis, 3.37
- Side Effects, 3.35

**Early Psychosis** — See also:

Developmental Disabilities, Appendix 1: 6.1, 6.2 (early psychosis)

Diagnosing Early Psychosis, 2.11

    Diagnostic Decision Tree for Psychosis, 2.12

Diagnostic Issues, 2.1

INFORMATION AND SUPPORTS FOR INDIVIDUALS AND FAMILIES, 4.1

    Resources for Early Psychosis, 4.13

INFORMATION SHEETS, for Patient / Family Member, 5.1

    Early Psychosis — Information for Patients and their Families, 5.63 – 5.95

Psychotherapies and Other Non-pharmacological Interventions, 3.3

    Early Psychosis, 3.8

Risk Factors, 2.18

Screening Tools, 2.21

    Screening for Early Psychosis, 2.28

Warning Signs for Onset or Relapse, 2.35

Women’s Mental Health Issues, Appendix 2: 7.1

    Barriers to Care, 7.9

    Early Detection, 7.10

        Table 2: Early Identification Guide, 7.11

    Screening Tools, 7.12

    Treatment of Psychiatric Illness in the Perinatal Period, 7.9

**Electroconvulsive Therapy (ECT), 3.23**

    Contraindications for ECT, 3.24

    ECT Indications, 3.23

    ECT Providers, 3.25

    ECT Resources, 3.25

    Selection and Risk, 3.24

**Evaluation of Progress, 3.87**

    Cues for Evaluating Progress, 3.90

    Global Assessment of Functioning (GAF) Scale, 3.87, 3.91

    Goals of the Evaluation, 3.87

**INFORMATION AND SUPPORTS FOR INDIVIDUALS AND FAMILIES, 4.1**

- Access to Information for Patients & Families, 4.7
  - Benefits of Education, 4.7
  - Information Needs of Patients and Families, 4.7
  - Public Education Events — Mental Health and Addictions, 4.8
  - Using Multiple Sources of Information, 4.8
- Cross-cultural Resources, 4.17
  - Aboriginal Health Services, 4.17
  - Federal Resources, 4.18
  - Mental Health Resources for the Chinese community, 4.19
  - Mental Health Services Available to Refugees in British Columbia, 4.17
  - Mental Health Services for Gay, Lesbian, Bisexual, and Transgendered Individuals, 4.20
  - Multicultural Services, 4.18
- Resources for Patients and Families, 4.9 – 4.16**
  - Health Authorities — contact information, 4.10
  - Mental Health Support Teams for People with Developmental Disability and Mental Illness, 4.10
  - Resources By Phone, 4.9
    - Resources include: BC Partners Mental Health Information Line BC Nurse Line, BC Alcohol and Drug Information and Referral Service, Crisis Centres, 4.9
- Additional Supports for Patients and Families, 4.15
  - Other Helpful Resources, 4.11
  - Patient and Family Self-Care, 4.15
  - Professional Organizations, 4.14
    - Including:* BC Association of Social Workers, 4.14
    - BC Psychological Association, 4.15
    - College of Registered Psychiatric Nurses of BC, 4.15
  - Psychological Treatment Referral Services, 4.12
  - Resources for Depression, 4.12
  - Resources for Perinatal Depression, 4.12
    - See also: *Women's Mental Health Issues*, 7.61
  - Resources for Anxiety Disorders, 4.12
  - Resources for Early Psychosis, 4.13
  - Resources for Substance Use, 4.14
- Self-Management and Primary Care, 4.3
  - Self-Management Plan Checklist, 4.4
- Working Relationships, 4.5
  - Quick Tips: Building Alliances, 4.5

**INFORMATION SHEETS, for Patient / Family Member, 5.1**

- Depression — Information for Patients and their Families ENGLISH, 5.3
- Depression — Information for Patients and their Families CHINESE, 5.7
- Depression — Information for Patients and their Families KOREAN, 5.13
- Depression — Information for Patients and their Families PUNJABI, 5.17
- Depression — Information for Patients and their Families SPANISH, 5.23
- Depression — Information for Patients and their Families VIETNAMESE, 5.27
- Anxiety Disorders — Information for Patients and their Families ENGLISH, 5.31
- Anxiety Disorders — Information for Patients and their Families CHINESE, 5.37
- Anxiety Disorders — Information for Patients and their Families KOREAN, 5.43
- Anxiety Disorders — Information for Patients and their Families PUNJABI, 5.47
- Anxiety Disorders — Information for Patients and their Families SPANISH, 5.53
- Anxiety Disorders — Information for Patients and their Families VIETNAMESE, 5.59
- Early Psychosis — Information for Patients and their Families ENGLISH, 5.63
- Early Psychosis — Information for Patients and their Families CHINESE, 5.69
- Early Psychosis — Information for Patients and their Families KOREAN, 5.75
- Early Psychosis — Information for Patients and their Families PUNJABI, 5.81
- Early Psychosis — Information for Patients and their Families SPANISH, 5.89
- Early Psychosis — Information for Patients and their Families VIETNAMESE, 5.95
- Substance Use — Information for Patients and their Families ENGLISH, 5.101
- Substance Use — Information for Patients and their Families CHINESE, 5.105
- Substance Use — Information for Patients and their Families KOREAN, 5.111
- Substance Use — Information for Patients and their Families PUNJABI, 5.115
- Substance Use — Information for Patients and their Families SPANISH, 5.121
- Substance Use — Information for Patients and their Families VIETNAMESE, 5.125
- Coping with Suicidal Thoughts — Information for Patients and their Families, 5.129

**Introduction, 1.1****Management Issues, 3.1**

- Management Plan Worksheet (for Patients), 3.93

**Medical Service Plan (MSP) Mental Health Diagnostic Codes, Appendix 3: 8.1****Mental Illness Trajectories, Natural History of, 1.11**

- Acute Presentation, 1.12
- Comorbidity, 1.12
- Comorbidity and Trauma, 1.13
- Disorders, Overview of, 1.14
- Prodrome, 1.12
- Relapse, 1.12
- Remission, 1.12
- Residual Symptoms, 1.12

**Methamphetamine-related psychotic symptoms, 1.18**

See also: *Early Psychosis, 1.17*

**Pharmacare Benefits, Plan G, 3.59****Plan G Application Form, 3.60****Pharmacological Intervention, 3.27**

General Principles of Pharmacological Intervention, 3.27

**Psychological Treatment in B.C., Resources for, 3.5****Psychotherapies and Other Non-pharmacological Interventions, 3.3**

Antidepressant Skills Workbook, 3.6

Anxiety Disorders, 3.8

Brief Intervention for Depression, Five Steps, 3.6

Cognitive Behavioural Therapies (CBT) and Other Psychotherapies, 3.3

See also: *Cognitive Behavioural Therapy, 1.16*

Early Psychosis, 3.8

Eye Movement Desensitization and Reprocessing, 3.8

Interpersonal Psychotherapy (IPT), 3.3

Lifestyle Issues, 3.4

Major Depressive Disorder, 3.5

Psychodynamic Psychotherapy, 3.4

Relapse Prevention, 3.4

Stress Management Strategies, 3.4

Substance Use Disorders, 3.8

Stages of Change Model, 3.8

Brief Interventions for Substance Use Disorders, 3.10

BC Partners Problem Substance Use Workbook, 3.11

Supportive Therapy, 3.4

**Risk Factors, 2.18**

Disorder-Specific Risk Factors, 2.18

General Risk Factors, 2.18

Risk Factors for Anxiety, Depression, Early Psychosis, and Substance Use Disorders, 2.18

See Also: *Early Detection, 2.17*

**Screening Tools, 2.21**

General Screening Suggestions, 2.21

Screening for Anxiety Disorders, 2.24

Anxiety Disorders Screening Tool: Mini International Neuropsychiatry Interview (MINI), 2.25

Screening for Early Psychosis, 2.28

**Screening Tools, continued...**

- Screening for Major Depressive Disorder, 2.22
  - Patient Health Questionnaire — PHQ 9, 2.23
- Screening for Substance Use Disorders, 2.29
  - AUDIT (Alcohol), 2.31
  - CAGE (Alcohol), 2.30
  - CIWA-Ar (Alcohol Withdrawal Screen), 2.33
  - DAST (Drug), 2.32

**Self-Management, 4.3**

- Self-Management Plan checklist, 4.4

**Shared Mental Health Care, 1.2**

- Goals of Shared Care, 1.3
- Models of Shared Care, 1.3
- Potential Benefits, 1.3

**Substance Use Disorders, 1.19, 3.39**

- Comorbidity, 1.19
- Epidemiology, 1.19
- Overview of Treatment, 1.19
  
- Available Pharmacotherapy Medications, 3.39
  
- Principles of Substance Withdrawal Management, 3.39
  - by Substance Type — Alcohol, Benzodiazepine, 3.40
  - Opioids, Stimulants, Marijuana, Polysubstance Use, 3.41
  
- Relapse Prevention (by Substance Type), 3.41
  - Alcohol and use of Naltrexone, Disulfiram (Antabuse), 3.42
  - Nicotine, 3.42
  
- Maintenance Therapy for Opioids, 3.43
  - Methadone, 3.43

**Management of Concurrent Mental Health and Substance Use Disorders — precautions, 3.43****Serotonic Specific Reuptake Inhibitor (SSRI) Discontinuation Syndrome, 3.44***Substance Use Disorders* — See also:

- Developmental Disabilities, Appendix 1: 6.1, 6.2 (substance use disorders)
- Diagnostic Issues, 2.1
  - Diagnosing Substance Use Disorders, 2.13
- DSM-IV or DSM-IV-TR Criteria: Substance Abuse and Dependence, 2.14
- Glossary of Substance Use Terms (e.g., Blackouts, Uppers), 2.15

*Substance Use Disorders, continued...***INFORMATION AND SUPPORTS FOR INDIVIDUALS AND FAMILIES, 4.1**

Resources for Substance Use, 4.14

**INFORMATION SHEETS, for Patient / Family Member, 5.1**

Substance Use — Information for Patients and their Families, 5.101 – 5.125

**Psychotherapies and Other Non-pharmacological Interventions, 3.3**

Brief Interventions for Substance Use Disorders, 3.10

Stages of Change Model, 3.8

Substance Use Disorders, 3.8

**Risk Factors, 2.18****Screening Tools, 2.21**

AUDIT (Alcohol), 2.31

CAGE (Alcohol), 2.30

CIWA-Ar (Alcohol Withdrawal Screen), 2.33

DAST (Drug), 2.32

Screening for Substance Use Disorders, 2.29

**Warning Signs for onset or relapse, 2.36****Women’s Mental Health Issues, Appendix 2: 7.1**

Substance Use in the Perinatal Period, 7.7

**Serotonin Specific Reuptake Inhibitor (SSRI) Discontinuation Syndrome, 3.44****Suicidal Risk, Addressing, 3.63**

Coping with Suicidal Thoughts, 3.63, 3.71

Hope &amp; Healing: A Practical Guide for Survivors, 3.63

Working with the Client who is Suicidal, 3.63

Working with the Suicidal Patient: A Guide for Health Care Professionals, 3.63, 3.65

*Suicidal Risk* — See also:

Coping with Suicidal Thoughts (Information for Patients and their Families), 5.129

Diagnostic Issues, 2.1

The Psychiatric Interview, 2.2

Suicide Risk Assessment, 2.3

INFORMATION SHEETS, for Patient / Family Member, 5.1

INFORMATION AND SUPPORTS FOR INDIVIDUALS AND FAMILIES, 4.1

**Tobacco Reduction and Cessation in Mental and Substance Use Disorders, 3.47****Treatment Recommendations, General, 3.2**

**Urine Drug Screens — Pitfalls, 2.13**

See also: *Substance Use Disorders*, 1.19

**Warning Signs for Onset or Relapse, 2.34**

Disorder-Specific Warning Signs and Symptoms, 2.35, 2.36

General Warning Signs and Symptoms, 2.34

**Women’s Mental Health Issues, Appendix 2: 7.1**

Mental Health & the Female Lifecycle, 7.2

Peri-menopause / Menopause, 7.3

Overview of Treatment, 7.3

Pre-Menstrual Syndrome (PMS) & Pre-Menstrual Dysphoric Disorder (PMDD), 7.2

Overview of Treatment for PMDD, 7.3

Psychiatric Illness during Pregnancy and the Postpartum Period (the Perinatal Period), 7.4

Anxiety Disorders in the Perinatal Period, 7.6

Barriers to Care, 7.9

Bipolar Affective Disorder and Psychoses in the Perinatal Period, 7.6

Depression in the Perinatal Period, 7.4

Table 1: Treatment modalities for postpartum depression versus symptom severity, 7.5

Early Detection, 7.10

Table 2: Early Identification Guide, 7.11

Educational Tools, 7.12

Emotional Wellness during Pregnancy and the Postpartum Period

Information for Women and their Families ENGLISH, 7.25

Information for Women and their Families CHINESE, 7.31

Information for Women and their Families KOREAN, 7.37

Information for Women and their Families PUNJABI, 7.43

Information for Women and their Families SPANISH, 7.49

Information for Women and their Families VIETNAMESE, 7.55

Resources and References — Women’s Mental Health, 7.61

Health Canada Advisory, 7.15

Neonatal Management Issues, 7.13

Non-Pharmacological Therapies in the Perinatal Period, 7.12

Pharmacotherapy in the Perinatal Period, 7.13

Pharmacotherapy in the Perinatal Period: Specific Medications, 7.16

Table 3: American Food and Drug Administration Risk Categories, 7.16

Table 4: SSRIs (Selective Serotonin Reuptake Inhibitors) in the Perinatal Period, 7.17

Table 5: Atypical Antidepressants in the Perinatal Period, 7.18

Table 6: Tricyclic Antidepressants in the Perinatal Period, 7.18

Table 7: Benzodiazepines in the Perinatal Period, 7.19

Table 8: Mood stabilizers and Neuroleptics in the Perinatal Period, 7.20

*Women's Mental Health Issues, continued...*

- Screening for Post-Partum and Perinatal Depression, 7.21
  - Edinburgh Postnatal Depression Scale (EPDS), 7.22
  - How to Use the Edinburgh Postnatal Depression Scale, 7.21
- Screening Tools, 7.12
- Substance Use in the Perinatal Period, 7.7
- Treatment Issues, 7.12
- Treatment of Psychiatric Illness in the Perinatal Period, 7.9
  
- Workplace Mental Health Issues, Managing of, 3.13
  - See also: *Antidepressant Skills Workbook*, 3.6, 3.21