



RAPID ACCESS COUNSELLING

Resource Bank program for FERN
Alberta



BEFORE WE GET STARTED

Land Acknowledgement



RESEARCH

1. The modal number of counselling sessions accessed is 1, including “ongoing” programs.
2. Single Session Therapy effects have been tracked over time and found to have lasting impact.
3. The longer the wait time, the greater the problem and the less likely clients are to access service at all.
4. “The assumption that ‘more treatment is better’ is unsupported by gold-standard evidence.”
 1. Presenting issues reviewed were phobias, panic disorder, insomnia, PTSD, substance abuse.



BEST USES OF RAC



Best uses

- Reduce barriers
- Build hope, competence
- Stand alone service (*77%)
- Between other services
- Talk therapy
- Video (phone)
- Bite-sized

Edges

- Full-on play therapy
- Consent for minors required
- **Direct** intervention for major mental health concerns



KIDDOS AND VIRTUAL



- Consent required
- Developmental age
- Counsellor – parent conversation before
- Care givers can the online therapy “space” ready
- Counsellor or Engagement Team at Kindred can consult with FRN staff
 - (with consent or with no identifying info)
- Parents/caregivers will be asked to be present!
 - At the beginning and end of session.
 - Possibly whole session.
 - Be “on site” the whole time.



BOOKING: DEMO

- Landing page: www.racalberta.ca

1. Calendar: Pick a time
2. Create Account
3. Short Intake and Consent (FRN region – required)

- Automatic email confirmation
 - If minor – additional contact from therapist in advance
- Clients or staff can contact Kindred's Family Engagement and Resource Team for support. 1.877.244.2360






Q&A

- Shannon Kanda, MSW, RSW:
 - Main: 1.877.244.2360
 - Shannon.kanda@kindred.ca
- What do you think?



NO WRONG DOOR

FRN/JANEApp	CCYYC	CCYYC
<ul style="list-style-type: none"> Under 18/ parenting 	<ul style="list-style-type: none"> Over 18/not parenting 	<ul style="list-style-type: none"> Anyone
FREE	\$0.00-\$185.00	\$0-\$185 (Free < 18/parenting)
		



RESEARCH

- Talmon, Moshe. (2012). When Less is More: Lessons from 25 Years of Attempting to Maximize the Effect of Each (and Often Only) Therapeutic Encounter. *Australian and New Zealand Journal of Family Therapy*. 33. 10.1017/aft.2012.2.
- Bhanot-Malhotra, Surbhi, Young, Karen. (2014, December 31). Getting Services Right: An Ontario Mult-agency Evaluation Study (Grant). Reach Out Centre for Kids. <https://irp-cdn.multiscreensite.com/b3809351/files/uploaded/Brief%20Services%20Evaluation%20Final%20Report%20pdf..pdf>
- Hoyt, M. F., Bobele, M., Silve, A., Young, J., Talmon, M. (Eds.). (2018). *Single-Session Therapy by Walk-In or Appointment: Administrative, Clinical, and Supervisory Aspects of One-at-a-Time Services*. New York: Routledge. ISBN-10: 0815362382
- Schleider, J.L., Dobias, M.L., Mullarkey, M.C. *et al.* Retiring, Rethinking, and Reconstructing the Norm of Once-Weekly Psychotherapy. *Adm Policy Ment Health* (2020). <https://doi.org/10.1007/s10488-020-01090-7>
- Dryden, W. (2020, May). *Providing help at the point of need: insights from single-session therapy*. British Association of Counselling and Psychotherapy – Journals. University and college Counselling. <https://www.bacp.co.uk/bacp-journals/university-and-college-counselling/may-2020/providing-help-at-the-point-of-need/>
- Zac E. Seidler, M. P. (2020, August 13). Patterns of Youth Mental Health Service Use and Discontinuation: Population Data From Australia's Headspace Model of Care. <https://doi.org/10.1176/appi.ps.201900491>

