



update

## New Individual Psychological Consultation (IPC) Service offered through the NSTU Member Assistance Program

As the 2015/2016 school year begins, the NSTU Group Insurance Trustees would like to introduce a NEW SERVICE offered through the NSTU Member Assistance Program (MAP) for active NSTU members only.

Effective as of September 2015, Individual Psychological Consultation (IPC) is a service offered that can be accessed through MAP. An IPC is an independent psychological consultation conducted by a licensed psychologist who does not work directly for the NSTU.

### *Why would you need an IPC?*

While the NSTU MAP services such as the NSTU Counselling Services, NSTU Early Intervention Program (EIP), and the Resilience Employee and Family Assistance Program can be very helpful, we now offer the opportunity for members to consult with a psychologist who is an independent mental health professional. The IPC is intended to identify the best service(s) for a member with mental health issues. The IPC focuses on ways to improve response to current treatments, identify and recommend other helpful services, and to reduce the waitlists that would exist for a member to access a similar mental health assessment in the community. The overall

goal of the IPC is to assist members in remaining emotionally healthy.

### *How do you obtain an IPC?*

Members can self-refer by calling the Members Assistance Program at 1-800-565-6788. Alternatively, if you are presently working with another MAP service you can speak with that professional and ask to be referred for an IPC.

### *What will happen during the consultation?*

As part of an Independent Psychological Consultation, the psychologist will:

- With your written consent, review the records and reports that may exist about your mental health.
- Conduct a clinical interview and psychodiagnostic evaluation of about 2-3 hours in length to assess your current functioning.
- Administer various psychological checklists/questionnaires.
- With your written consent, gather collateral information from other healthcare providers or family members, if applicable and/or needed.
- Formulate an opinion as to relevant causal or contributing factors for your problems.

- Provide an opinion regarding your prognosis and recommendations for treatment and management of your problems.
- Provide a written report and send a copy to the referral source.

### *Does this service cost you anything?*

Like the other MAP services, there is no charge for this service.

### *What happens to the IPC report?*

With your written consent the report is sent to the referring source (NSTU). The NSTU Trustees would also like to remind members of the other MAP services available:

**NSTU Counselling Services** – Confidential short-term counselling service available to members, their partners, and their dependents. Services are provided by two NSTU counsellors. This service is available to provide help and intervention at an early stage of difficulty as well as intervention for schools in conflict and crisis.

**NSTU Early Intervention Program** – Confidential services for members working or absent from work, who are experiencing illness or injury and struggling to remain at work or return to work. Services are provided by two Early Intervention Case Coordinators who are Occupational Therapists. Their focus is to maintain or improve a member's independence with the goal to decrease the incidence and duration of disability.

**Resilience® Employee and Family Assistance Program** – Confidential 24/7 service available to NSTU members and their eligible dependents. Counselling services for many concerns such as stress, marital/family/separation/divorce/custody issues, bereavement, and alcohol and drug abuse, to name a few. Plan Smart and Career Smart Services are also available to assist with issues such as Childcare and Parenting Caregiver Support Services, Elder and Family Care Services, and Legal Advisory Services. Depression Care Services are also available for individuals suffering from certain types of depression. Access is toll-free, seven days a week at 1-877-955-NSTU (6788) and services can be provided in-person, by phone or through a secure online service.

All of the services outlined above can be confidentially accessed through the NSTU Member Assistance Program (MAP) at 1-800-565-NSTU (6788). As noted above, you can also access the Resilience® EFAP directly at 1-877-955-NSTU (6788). These services are in place to assist members. If you believe any of these services may assist you or a member of your family (if applicable), please do not hesitate to utilize the NSTU Member Assistance Program.

*If you have any questions with regard to the above, please do not hesitate to contact Joan Ling or Allan MacLean, NSTU Staff Liaison Officer(s) for the NSTU Group Insurance Trustees, at (902) 477-5621 (local) or 1-800-565-6788 (NSTU) (toll-free).*