

## Herzl Family Practice Center Teenage Health Unit

What are the **objectives** of the proposed team?

- Improving awareness of services for adolescents by expanding the reach of front line care beyond the doors of the clinic
- Providing timely access to evidence based primary health care and mental health services when teens need it; Including both crisis intervention as well as regular care.
- Creating interdisciplinary partnerships between primary care providers, mental health specialists and school based counselors, to promote a holistic view of adolescent health, that is focused on treating problems, not conditions.

Which **organisations** are part of the team?

- McGill Family Medicine Teaching Department
- The English Montreal School Board and the Regional Health Authority of Montreal
- Jewish General Hospital Family Medicine

How will your team **contribute to a transformation** in adolescent mental health in 5 years?

- Share and promote dynamic partnerships between high school guidance services and primary health care
- Instil the importance of adolescent mental health by role modelling care for the next generation of family doctors as part of our resident teaching program
- working in partnership with mental health specialists empower family medicine health professionals to address mental health as part of a standard of care

Who are the **key leaders** in your team?

Dr. Michael Malus, Director, Teenage Health Unit. Director, Herzl Family Practice Centre. Chief, Department of Family Medicine, Jewish General Hospital.

Dr. Michael Malus has been a professional and community based advocate for adolescent mental health for over 30 years, helping to create the existing teenage health and promoting the importance of adolescent mental health in primary care.

Dr. Perry Adler, Associate Director, Teenage Health Unit. Director, Psychology Internship & Training Program, Herzl Family Practice Centre, Jewish Gen

Dr. Adler is an expert in cognitive behaviour therapy and psychosomatic disorders. He has a very active private practice and has been training physicians since 1992 and psychologists since 1994.

Lew Lewis, Director of Student Services, English Montreal School Board

Lew Lewis is a psychologist and has been a critical partner in our Teenage Health Unit since its inception. Lew is recognized as a tireless advocate for adolescent mental health in the province of Quebec.

Dr. Roland Grad, Director of Research, Herzl Family Practice Centre, Jewish General Hospital

Dr. Grad is a family physician at the Herzl Family Practice Centre, an Investigator at the Lady Davis Research Institute, and a tenure-track Associate Professor of Family Medicine at McGill. He is an internationally recognized knowledge translation researcher, focused in primary health care, and continuing professional development.

Howard Bergman, Chair, Department of Family Medicine, McGill University, Professor, Departments of Family Medicine, Medicine, and Oncology Dr. Joseph Kaufmann Professor of Geriatric Medicine, McGill University.

Howard is a key supporter of adolescent mental health as a core component of the resident experience at McGill. Howard is key leader in research and will be an important bridge to the evolving SPOR primary care network.

What expertise, skills, resources, networks or infrastructure **could your team bring** as a network collaborator ?

- Nearly 30 years of experience of community and school based outreach in support of adolescent mental health
- An extended network of family medicine health professionals and researchers.

Who should other interested groups **contact** to learn more about you? (include phone/ e-mail)

- Please contact the Herzl Family Practice Center research coordinator Michael Shulha [mshulha@jgh.mcgill.ca](mailto:mshulha@jgh.mcgill.ca) 514 340 8222 ex 6585