



bcalm

BC ASSOCIATION for LIVING MINDFULLY

MSP covered mindfulness-based stress management

November 6, 2020

Dear Community Physicians/Clinicians:

We are very excited to announce that we are now offering our MSP-funded course, the Art of Living Mindfully (ALM), **ONLINE** and are accepting referrals from every community on Vancouver Island!

Trained physician facilitators run this 8-week course in mindfulness-based stress management as a group medical visit, teaching mindfulness, meditation and CBT strategies to people challenged by stress-related conditions. This **evidence-based** intervention is particularly helpful for patients with anxiety disorders, depression, chronic illness, chronic pain, and insomnia.

Please discuss the following points with your patient prior to referring:

- Participants must be able to attend weekly 90-minute sessions for 8 weeks. As the course is billed fee-for-service through MSP, there is a nominal fee for absences.
- A willingness to learn and a commitment to practice is key to success in this course.
- To monitor progress, we require participants to share briefly (verbal check in) each week.
- There is a \$50 administration and materials fee to participants.

REFERRALS:

We accept referrals from physicians or nurse practitioners. MSP coverage is dependent on a participant having a specific ICD9 diagnosis.

Prior to submitting a referral, please ensure:

- The current form is being used which is available [here](#). Please discard any old forms.
- Handwritten referrals are legible.
- All patient demographics are provided *including* email address.
- Referring practitioner info is provided, including clinic fax #.
- History and medication sections are complete.
- All check boxes in the lower section are marked.

SPECIAL NOTE: Patients with acute, severe depression, suicidality, psychosis, active PTSD (remote PTSD not currently active may be permissible), violent behaviour, or active substance use to the degree that it would impair participation are **not appropriate for referral**.

Patients who do not meet a defined ICD9 diagnosis can self-refer to our Community Art of Living Mindfully (CALM) class on a private pay basis. Please see our website (bcalm.ca) for more information.

Thank you for your ongoing support of our program and we look forward to another great year of service, growth and healing.

Dr. Mark Sherman
Executive Director
BC Association for Living Mindfully