

## About Your Local PCN

The WestView Primary Care Network (WestView PCN) is comprised of over 70 family physicians, ER physicians, and nurse practitioners (NPs) working in Spruce Grove, Stony Plain, Alexis First Nations, Paul Band, Wabamun, and Parkland County.

Other health care professionals such as nurses, mental health therapists, social workers and pharmacists work collaboratively with WestView PCN physicians and NPs to provide integrated care for all your primary health care needs.

WestView PCN's central staff work hard to orchestrate all the clinics, programs and operations of the PCN in the most efficient and seamless manner. They continuously develop solutions to meet the needs of our patients and local community.

Our services complement those offered by other community organizations such as youth centres, outreach initiatives and school programs.

Your health and wellness are our top priority and we will always strive to make the WVPCN a one stop shop for all of your basic health and wellness needs.

## WestView Primary Care Network

Unit 205-505 Queen St  
Spruce Grove, Alberta  
T7X 2V2

Fax: (780) 960-9591

Follow us on social media:

@WestViewPCN

@TriRegionYouthHub

If you have any questions, call us on  
Mondays or Fridays at (780) 960-9533  
Option 2.

You can also contact a Community  
Connector for further questions:

Call or text:

Michelle at (780) 217-4146

Alex at (780) 220-0290

Email us through the contact form on  
our website:

[www.westviewpcn.ca](http://www.westviewpcn.ca)



## Youth Mental Health Clinic



## Youth Mental Health Clinic

The Youth Mental Health Clinic (YMHC) is a specialty clinic offering wrap-around mental health services for youth.

Services are offered by a multidisciplinary team:

- Physicians
- A Registered Social Worker
- A Mental Health Therapist
- Youth Therapists
- Community Connectors.

**The main focus of the clinic is diagnosing and managing ADHD, anxiety, and depression.**



## Referral Based Clinic (Ages 11-24)

### Services Offered

- Initial Assessment/Consultation
- Medication Consultation
- Social Work Services
- Short-term therapy (3-6 sessions)
- Mental Health Groups
- Navigation of Mental Health & Community Supports/Services

### When

Mondays & Fridays 9am - 2pm

### Referral Criteria

- Must be between the ages of **11-24**, and
- Must be connected to a WestView PCN Family Physician or living in the Tri-Region area.

### Referral Process

Referrals can be made by local family physicians, schools, or community agencies.

Please ensure referral criteria has been met.

Complete a referral form (found on the YMHC page on our website) and fax it to the WestView Primary Care Network.

Referrals can also be made directly to Community Connectors.

Please get in touch with us if you have any questions about the referrals.

## Walk- In Clinic (Ages 11-17)

Offers Single Session Therapy, on a first come first served basis.

Youth can access this service if they are experiencing a mental health breakdown or having difficulties with a specific issue.

Youth will work with a walk-In therapist to discuss concerns and explore possible solutions.

### When

Fridays ONLY, first come; first served  
Registration starts at 9 am and last session 1 pm

### To Access

Attend WestView Primary Care Network and the youth will be booked for the next available opening for therapy that day.

No formal referral is required for this service.

### Due to the limited availability of this service, please note:

- Youth who are not experiencing a mental health breakdown, and are just needing a mental health check-in are advised to speak with their School Student Services staff FIRST. If extra support is needed, School staff can connect with a Community Connector.
- If there is no appointment availability left, youth will be provided with alternative resources to access based on their needs.