



# YOUTH MENTAL HEALTH PROFESSIONALS

Équipe Santé Mentale Jeunesse  
Youth Mental Health Team  
CIUSSS-ODIM



## Psychologist

The psychologist assesses psychological functioning and mental health. They identify interventions or treatments that could be helpful when a person has specific psychological difficulties or diagnoses. Through discussion and testing (if applicable), the psychologist assesses and identifies your situation, strengths, limitations that may affect your thinking, mood or behaviour... They then perform therapeutic work, according to their approach, in order to improve the overall functioning of the person.

## Sexologist

The sexologist intervenes to improve, maintain and restore the sexual health (sexual, relational and emotional) well-being of the person. The sexologist's interventions include an assessment of psychosexual development and difficulties encountered. As required, he/she develops an intervention plan (educational or therapeutic) and ensures the implementation alone or within a multidisciplinary team. The end goal is often to promote a better sexual balance between the person and their environment, emotions, thoughts, experiences, etc.

## Social worker

The social worker helps individuals and communities who are experiencing problems, whether they are related to difficult situations, crises or everyday life. They evaluate the social functioning of the person in order to support him or her in his or her environment. In their interventions, the social worker relies on the values of the individual, his/her right to self-determination, his/her development and his/her autonomy. A social worker could, for example, examine relational dynamics (couples, family, etc.), then develop a plan to improve, among other things: communication, interactions, organization, emotion management, etc.

## Occupational therapist

The occupational therapist assesses the consequences of a person's physical and mental health challenges on the multiple functions of his/her body and the impact on his/her daily functioning. They evaluate the positive or negative effect of the physical and human environment on an individual's ability to carry out activities, on the characteristics of the activities and on his/her personal routines. They then assess the degree of autonomy of the person in carrying out these activities. The occupational therapist considers the person and his/her support network as being key partners in the choice of objectives and means of intervention. He/she also collaborates with other professionals and collaborators in an interdisciplinary approach.

## Psychoeducator

The psychoeducator works with people with adjustment difficulties that manifest themselves on the behavioural level in different areas of their life. The psychoeducator favours action in the field. He/she evaluates different problems and proposes solutions specific to the needs of each one. In order to propose an effective intervention, the psychoeducator evaluates the psychosocial adaptation and adaptive strengths of the person through observation of the individual and the systems that surround them (family, community, school environment, etc.). This is done through the use of questionnaires and sometimes standardized tests when appropriate to the situation.

## Clinically specialized nurse

Clinical nurses have additional training and experience in nursing. They deal with all aspects of a person's health: physical and mental health needs; collection of family history information; how the disease affects the daily lives of the patient and their family; tips for leading a healthy life and how to manage chronic disease, etc. Clinical nurses also work with the attending physician/psychiatrist to identify health problems and prioritize care and treatment.

## Psychiatrist

The psychiatrist is a health professional in charge of diagnosing and treating psychological disorders. To do this, he/she conducts long interviews with patients to establish an accurate diagnosis. He/she then recommends an adapted treatment, which often combines therapy and the prescription of medication.





Each professional must follow a **code of ethics** specific to their practice.

According to the Office des professions, the purpose of a code of ethics is to **establish standards of conduct**. This framework aims to prevent certain behaviours that could lead to a loss of public confidence. That is why the rules of professional conduct are intended to **minimize the possibility of misunderstandings about what should be called acceptable behaviour**.

You can find a copy on the website of the order of the professional in question.



**Order of Quebec psychologists**  
www.ordrepsy.qc.ca

**Order of Quebec sexologists**  
www.opsq.org

**Order of Quebec social workers and marital / family therapists**  
www.otstcfq.org

**Order of Quebec occupational therapists**  
www.oeq.org

**Order of Quebec psychoeducators**  
www.ordrepsed.qc.ca

**Order of Quebec Nurses**  
www.oiiq.org



## RESOURCES

- **Explanatory Guide - An Act to amend the Professional Code and other legislative provisions in the field of mental health and human relations**  
<https://www.opq.gouv.qc.ca/accueil>
- **West Island mental health services (CIUSSS)**  
<https://ciusss-ouestmtl.gouv.qc.ca/soins-services/territoire-de-l-ouest-de-l-ile/pour-tous/sante-mentale-adulte/>
- **West Island Community Center and Ressources**  
514 694-6404 – [www.crcinfo.ca](http://www.crcinfo.ca)
- **Greater Montreal Reference Centre**  
514 527-1375 – [www.info-reference.qc.ca](http://www.info-reference.qc.ca)
- **West Island Crisis Centre**  
514 684-6160 - [www.centredecriseoi.com](http://www.centredecriseoi.com)

