

Primary Monitor

Who they are

Primary Monitors are PHP Case Managers, Medical Doctors, or other health professionals who are chosen to act as an extension of the PHP to monitor a participant's progress in their treatment plan and their compliance with their monitoring contract.

What they do

The Primary Monitor reports on the details of the participant's overall well-being. The primary monitor and participant meet on a regular basis, as defined by the participant's contract, to review the participant's treatment plan and activities. The meetings are structured in a way that covers all aspects of the participant's personal and professional life. The Primary Monitor is not involved in any other aspect of the Participant's treatment plan i.e. the Primary Monitor is NOT a participant's treating clinician.

The Primary Monitor Meeting

The Primary Monitor is mainly interested in the participant's psycho-social well-being, and their recovery and treatment activities. The participant's overall health status involves inquiry into any symptoms of mental illness, medication changes, work status and changes at work, and legal, financial or relationship stressors. When questioning about recovery and treatment activities, the Primary monitor is looking for information about ongoing professional support (use of GP's, psychiatrists, therapists, support groups) as well as regular daily recovery and treatment activities. The Primary Monitor will ask about the participant's daily habits and activities of attending to their physical, emotional, spiritual, social and intellectual health. This involves questions about nutrition, sleep, exercise, meditation/relaxation, as well as social and recreational activities. The meeting concludes with a participant's self report about their satisfaction with the above mentioned activities in their lives. The Primary monitor also reports any observations or concerns with the participant's recovery and/or treatment program. It is through these meetings that the participant and primary monitor obtain a picture of the participant's overall health and well-being.