



Dear Community Partner,

We are writing to inform you of some changes in the Outpatient Mental Health and Addictions Services at the Brant Community Healthcare System. We are currently offering appointments in person and virtually to meet the needs of the community.

Our working hours are from 8am-4pm Monday-Friday.

Please note: If your patient/client requires a psychiatrist, please contact a physician's office directly. Referrals to OP MH&A services do not include Psychiatry.

Additionally, all referral forms must be completed with **the client's valid healthcare number**. Initial appointments are booked through phone calls as we do not have access to book initial appointments through text messaging. **Please provide the clients direct personal phone number or the best way to reach them.**

Crisis Counselling

Crisis Counselling is available to residents of Brantford and Brant County who are 18 years and older, this program offers up to **three individual sessions after assessment** (further treatment planning will occur with counsellor as needed).

The crisis counselling program provides time sensitive therapeutic care to persons seeking mental health support. In a single session, you will have the opportunity to present and address your immediate problem with a Social Worker.

Your immediate needs will be assessed by the counsellor and together you will make a treatment plan that is best for you.

There are other services in our area that focus on mental health and addiction with addiction being the primary focus: Rapid Access Addiction Medicine (RAAM) and St. Leonard's can support the needs of individuals wanting to explore substance use concerns.

We also recommend referring individuals interested in CBT (Cognitive Behavioural Therapy) to access the Ontario Structured Psychotherapy Program

There is a wait for service; please note there is currently a 2 month wait for counselling services at this time. Priority is determined mainly by risk level and also by length of wait. It is important that all sections of the referral form be completed including Risk. Incomplete referrals will be faxed back for additional information. Your client's place on the wait list is preserved in the interim. If risk level changes, please notify Intake. (519) 751-5544 Ext 2329 or 5530 or at mhreferrals@bchsys.org

Early Intervention

The Early Intervention program at the Brantford General Hospital accepts referrals for people ages **16-24 years**. The early intervention program criteria accepts people who are experiencing first or worsening mental health concerns or are transitional aged youth.

The program is made up of two social workers and peer support workers. Social workers provide the one on one counselling while peer support workers provide outreach and use their personal experience with mental health and healthcare to promote hope that recovery is possible. Services can include individual counselling, peer led group programming and recovery planning with a focus on linking to community support.

As an Early Intervention Program, if someone has successfully completed a year in this program, they are not eligible to access it again in the future. However, we will consider readmission for unable to complete or follow through from referral, please feel free to connect for further information.

Early Psychosis Intervention

The Early Psychosis Intervention (EPI) program at the Brantford General Hospital accepts referrals for people ages **14-35 years who are experiencing their first episode of psychosis (symptoms present for *less than 1 year*)**.

EPI services the Brant, Haldimand and Norfolk areas. Our main offices are located at the Brantford General Hospital, but clinicians are able to meet clients in their community as needed.

EPI provides ongoing access to clinicians (nursing, occupational therapy, and family support social work), as well as access to psychiatry as appropriate (please note, clients **must** engage with their clinician prior to accessing psychiatry).

Some of the services we offer through this program include:

- Individual counselling
- Education and support groups
- Opportunity to connect with other families for support
- Coping and safety planning
- Involvement in the client's care with permission
- Links to community resources
- Medication management
- Peer Support

Acute Day Treatment (ADT)

The ADT program is a voluntary, transitional mental health recovery based program for outpatients that is designed to assist individuals with goal-setting, learn coping strategies, enhance daily life, connect with community resources, and learn about symptom management.

The Program Delivery Model will be changing as of June 12, 2023:

This is a 6 week program that consists of daily appointments with its members in a group setting (5x per week; will be offered **in person and virtual**. While we encourage clients to attend these sessions in person, there will also be a virtual option available for clients otherwise unable to attend). On Tuesdays and Thursdays there is an additional, optional drop-in group from 1330pm-1530pm. Additional individual appointments with either the Occupational Therapist or Recreation Therapist will be offered on an as-needed/available basis, peer support is also available in this program.

The ADT Program operates Monday through Friday, between 8am-4pm, and is closed on all statutory holidays and weekends. *****Please note there currently is a 6 weeks wait list for this program however individuals will be contacted and assessments booked while waiting.

Individuals must be at least 16 years of age to participate and must have a DSM diagnosis. Only **psychiatrist** referrals are accepted at this time.

Rapid Access Psychiatry

This program is available to current patients (both inpatient and outpatient) of Brantford General Hospital. Rapid Access Psychiatry requires an internal referral and must not be connected to another psychiatrist in the community. People will have short term access to an internal psychiatrist for assessment or review. They will then be referred back to their GP for ongoing support.

Mental Health and Addictions Family Education Group

This is a seven week education group for loved ones of those living with mental health or addiction concerns. Sessions will be once a week for two hours. It will be offered twice a year (spring and fall) starting in fall of 2023. This group is co-facilitated by social workers and a peer support specialist.

Topics Include:

- Partnering with families
- Systems Navigation
- Self-Care, Compassion Fatigue and Grief
- Gaining Insight into Mental Illness
- Addictions & Concurrent Disorders
- Medication and Relapse Prevention
- Recovery, Personal Stories and Peer Support

If you would like to refer to the group, please call or email Rebecca McAuley at 519-751-5544 ext 2114 or Rebecca.mcauley@bchsys.org

Thank you

Please feel free to connect as needed

Kristin Toushan

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