

# PROGRAMS AND SERVICES

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Ontario Shores offers diverse treatment options for a wide range of mental and cognitive challenges. The following is a summary of our main units as well as some of the additional services available within the hospital and in the community.

## FORENSICS

The Forensic Program provides assessment, treatment, rehabilitation and community reintegration services to patients who have come in contact with the law. With individual recovery plans, patients can progress to a less restrictive environment and return to the community, consistent with public safety and within the limits of their defined Ontario Review Board (ORB) Dispositions.

The Forensic Program provides a General and Secure Forensic Service and follow up care for individuals living in the community. It is comprised of six in-patient Care Units and a Forensic Outpatient Service.

**Forensic Assessment and Rehabilitation Unit (FARU) – SECURE FORENSIC SERVICE** is for patients on Disposition Orders from the ORB or who have been referred to a mental health care facility by the court system and who require a secure setting. An interprofessional healthcare team provides assessment of criminal responsibility and psychological wellness and court-ordered, recovery-focused treatment to determine if individuals are fit to stand trial.

**Forensic Assessment Unit (FAU) – SECURE FORENSIC SERVICE** is for patients referred by the court system who require a secure setting. An interprofessional healthcare team provides assessment of criminal responsibility and of psychological wellbeing as well as court-ordered treatment to determine if individuals are fit to stand trial.

**Forensic Rehabilitation Unit (FRU) – SECURE FORENSIC SERVICE** is for patients on Disposition Orders from the ORB who require a secure forensic environment. Members of an interprofessional healthcare team provide recovery-focused treatment and work with patients to develop and implement individual care plans. The team provides support and assistance in a safe and therapeutic environment as patients move towards a less restrictive environment and ultimately return to the community.

**Forensic Community and Reintegration Unit (FCRU) – GENERAL FORENSIC SERVICE** is for patients on Disposition Orders from the ORB who require a general forensic environment. An interprofessional healthcare team works with patients to develop and implement individual care plans and recovery-oriented treatment is provided with the goal of moving a patient towards a less restrictive environment and ultimately returning them to the community.

**Forensic Psychiatric Rehabilitation Unit (FPRU) – GENERAL FORENSIC SERVICE** is for patients with or without Disposition Orders from the ORB who require a general forensic setting. Members of an interprofessional healthcare team provide recovery-based treatment, focusing on a patient's psychological and psychosocial wellbeing, and work with patients to develop and implement individual care plans. The team provides support and assistance in a safe and therapeutic environment as patients move towards a less restrictive environment with the goal of returning to the community.

**Forensic Transitional Unit (FTU) – GENERAL FORENSIC SERVICE** is for patients on Disposition Orders from the ORB who require a general forensic environment. Members of an interprofessional healthcare team work with patients to develop and implement individual care plans and provide treatment with a focus on recovery, self-care, task performance, and social skills. The team provides support and assistance in a safe and therapeutic environment, helping patients move towards a less restrictive environment and ultimately return to the community.

**Forensic Outpatient Services (FOS)** provides community-based treatment and rehabilitation for patients who have been discharged from Ontario Shores, but remain under the jurisdiction of the Ontario Review Board.

## SENIORS

Ontario Shores provides specialized services to meet the mental health needs of individuals 65 years of age and older. Seniors suffering from dementia and/or complex mental illness who present challenging behaviors receive recovery-oriented care in a safe and therapeutic environment.

**Geriatric Dementia Unit (GDU)** provides specialized services to meet the mental health needs of patients with dementia and challenging behaviors. An interprofessional healthcare team provides a range of psychogeriatric resources to address the assessment, diagnostic, treatment and transitional care needs of seniors with complex mental health challenges.

**Geriatric Psychiatry Unit (GPU)** provides specialized services to meet the complex mental health needs of seniors with serious mental illness including individuals who are resistant to treatment. An interprofessional healthcare team provides a range of psychogeriatric resources to address the assessment, diagnostic, treatment and transitional care needs of seniors with complex mental health challenges.

**Geriatric Transitional Unit (GTU)** provides specialized services to meet the mental health needs of individuals with a primary diagnosis of dementia and presenting with challenging behavior or severe psychiatric symptomatology with the goal of reintegration to community or long-term care.

## ADULTS

Ontario Shores provides specialized assessment and treatment services to adults (18-64) living with complex and serious mental illnesses. Patients benefit from a recovery-oriented environment of care built on compassion, inspiration and hope.

**Assessment and Reintegration Program (ARP)** is comprised of four units. Complex General Psychiatry (CGP) Units A, B, C and D within this Program provide a safe and recovery-focused environment in which patients, family, staff and community organizations work together to provide short-term crisis intervention, stabilization and treatment. Individualized treatment plans are developed in partnership with patients, the treatment team, families and other organizations. Our aim is to achieve rapid stabilization of mental health symptoms and to promote successful and timely transition back to community living and care.

**Dual Diagnosis Service (DDS)** provides service to adults with intellectual challenges exhibiting symptoms of a serious mental illness and/or significant behavioral challenges. DDS is a unique clinical service combining the assessment and treatment of developmental challenges with psychiatry to offer patients specialized psychiatric treatment and behavioral programming.

# ADOLESCENTS

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The onset of most mental illnesses occurs during adolescence and can interfere with developing independent living skills and interpersonal relationships. Ontario Shores' Adolescent Program provides care to youth based on their specialized needs. Patients work with staff to learn to manage their illness, coping skills, and develop tools to successfully return to the community.

**Adolescent Inpatient Services (ADOL)** is a provincial, tertiary care unit for young people aged 12-18. Referrals are preferred from inpatient adolescent/pediatric mental health units. Individuals are offered a period of assessment, medication stabilization and/or evidence informed individual or group psychotherapeutic treatments focusing on symptom management and improvement of function. The treatment goal of the unit is diagnostic clarification, symptom stabilization; functional improvement and timely transition back to a supportive community environment. Clinical care and treatment are delivered by an interdisciplinary team that adheres to an evidenced based clinical pathway that equates to a 75-day length stay.

**Adolescent Outpatient Services** provide an outpatient mental health assessment and treatment clinic for young people aged 12-15. This consists of a 16-week-long program during which individuals are offered a period of assessment, medication stabilization and/or evidence informed individual or group psychotherapeutic treatments focusing on symptom management and improvement of function.

**Eating Disorders Unit** is the first of its kind in the province, providing exemplary care for children and adolescents struggling with an eating disorder. The unit provides a pre-admission process, post-discharge support and planning for transition home. Patients participate in individual, family, and group therapies. During their time at Ontario Shores, patients will also have access to teachers who can assist with their educational needs.