

# Referral Form

Complete and fax to: 905-430-4000

Or Phone: 1-877-767-9642

website: [www.ontarioshores.ca](http://www.ontarioshores.ca)



**Ontario Shores**

Centre for Mental Health Sciences

**\*Please note: Incomplete Referrals will result in a delay as they cannot proceed until all information is received**

Client's surname		First name		Middle name		Gender
Address			City	Postal Code	Date of birth (dd/mm/yy)	
Preferred Language:	Interpreter required? <input type="checkbox"/> yes <input type="checkbox"/> no	*Telephone no. (home) ( ) ( )		*Telephone no. (work/cell) ( ) ( )		Extension
Health Card Number		Version	*Can a message be left at these numbers? <input type="checkbox"/> yes <input type="checkbox"/> no			
			Client aware of referral <input type="checkbox"/> yes <input type="checkbox"/> no		Client agreeable to referral <input type="checkbox"/> yes <input type="checkbox"/> no	
NOK/SDM/POA/Legal Guardian (please select)		Surname	Given names		Relationship:	
<input type="checkbox"/> Unknown				Telephone no. (home) ( ) ( )		
POA/SDM Agreeable to referral <input type="checkbox"/> yes <input type="checkbox"/> no		SDM aware of referral <input type="checkbox"/> yes <input type="checkbox"/> no				
Address <input type="checkbox"/> same as client					Telephone no. (work/cell) ( ) ( )	

By providing an e-mail and/or cell number the referral source confirms that the client has consented for Ontario Shores to e-mail and/or text appointment details and is aware that e-mail and/or texting is not a secure method of transmission.

E-mail address: \_\_\_\_\_ Cell number: \_\_\_\_\_

Diagnosis: (Please note Principle and Provisional if applicable)

If Depression is Suspected for an Outpatient referral - please add completed PHQ-9 form to submit with the referral form.

Link to PHQ-9 (Patient Health Questionnaire-9) form: <http://bit.ly/2ePQ4FO>

Reasons/factors contributing to referral-include current symptom, environmental stressors, and level of urgency

- Duration of Illness \_\_\_\_\_
- Functional Impact

Other conditions, past psychiatric and Medical history (includes substance use):

Client Goals:

Risks:

- violence towards others
- sexual aggression
- concealing weapons
- falling (if yes describe functional mobility/assistive devices)
- violence towards self
- suicide
- wandering/AWOL risk
- violence towards property
- fire-setting
- choking

Legal Involvement:  criminal record  NCR  current charges  no  yes (if yes please describe)

Current Medications: ( List below or Attach a List of active medications)	Current	Past	Dose/Frequency
	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	

Allergies( Food/Drug/Environmental ):

# Ontario Shores Referral Form Page 2

Client's surname	First name	Middle name
------------------	------------	-------------

Community resource involvement (please include contact information and indicate if status is referred/current/previous)

list of resources:

Family Physician: _____ Phone: _____ Fax: _____ <input type="checkbox"/> Agreeable to referral <input type="checkbox"/> Aware of Referral <input type="checkbox"/> N/A	Psychiatrist: _____ Phone: _____ Fax: _____ <input type="checkbox"/> Agreeable to referral <input type="checkbox"/> Aware of Referral <input type="checkbox"/> N/A
---	---

**Service Requested and Specific service's required documentation:**

<input type="checkbox"/> <b>Adolescents</b> - include family history <input type="checkbox"/> <b>Adult Anxiety and Mood</b> <input type="checkbox"/> <b>Borderline Personality Self-Regulation Clinic</b> (Definitive diagnosis required) <input type="checkbox"/> <b>Complex General Psychiatry Service</b> <input type="checkbox"/> <b>DDS Outreach</b> - Include intellectual testing <input type="checkbox"/> <b>Eating Disorder Unit</b> - Addendum(EDU) completion req'd link to addendum: <a href="http://bit.ly/2efCpLD">http://bit.ly/2efCpLD</a> <input type="checkbox"/> <b>Electroconvulsive Therapy Clinic</b> <input type="checkbox"/> <b>Geriatric Outpatient Services</b> Labs: CBC, lyses, creatinine, calcium, albumin, ALT, TSH, B12, folate and current list of medications, medical and psychiatric history may accompany the referral. <input type="checkbox"/> Memory Concerns <input type="checkbox"/> General Mental Health (mood, anxiety, psychosis) <input type="checkbox"/> Geriatric Outreach (Long term care homes) <input type="checkbox"/> Geriatric Mental Health Community Outreach (Non-Long term care homes) <input type="checkbox"/> Neuropsychiatry (ABI)	<input type="checkbox"/> <b>Homes For Special Care</b> - Include financial information <input type="checkbox"/> <b>Inpatient</b> - Clinical Summary/Referral Letter by Psychiatrist, including: => Course in Hospital => Proposed Goals for Treatment at O.S. => Current Medications => Known Medication Trials - 5 days Progress notes - Medication History - Psychiatric Admission Note - Forms 33 and 50, if applicable - Diagnostic tests, if applicable - Consultation notes, if applicable - Most recent discharge summary	<input type="checkbox"/> <b>Metabolic &amp; Weight Mgmt. Clinic</b> - Complete med list - Lipid Profile within past 6 months - HbA1C within the past 6 months - Fasting Glucose within the past 6months * <u>Mental Health diagnosis and 1 of the following indicators required:</u> <input type="checkbox"/> HbA1C ≥ 6.3% within last 6mos. <input type="checkbox"/> High Cholesterol <input type="checkbox"/> High Blood Pressure <input type="checkbox"/> BMI > 35	<input type="checkbox"/> <b>Partial Hospitalization Program (PHP)</b> <input type="checkbox"/> <b>Prompt Care Clinic</b> Indicate: level of urgency & reason <input type="checkbox"/> <b>Psychosis Service</b> <input type="checkbox"/> <b>Psychiatric Consultation</b> <input type="checkbox"/> <b>Transitional Aged Youth (TAY)</b> <input type="checkbox"/> <b>Traumatic Stress Clinic (TSC)</b> - Child/Youth <input type="checkbox"/> <b>Vocational Rehabilitation</b> <input type="checkbox"/> <b>Shoppers LOVE.YOU. Women's Clinic</b> <input type="checkbox"/> <b>Unknown</b>
--	--	--	---

\* **Assertive Community Treatment**  
 - separate intake form completion required  
 ACT referral form link: <http://bit.ly/2efBCKZ>

**Most services have the capability to provide their service via telemedicine (videoconferencing)**

Is the Client aware of and agreeable to the possibility of being seen via Telemedicine?    yes    no

**Referral Completed by:**

Contact Person: \_\_\_\_\_   OHIP Billing Number (required for GTU, Prompt, TSC): \_\_\_\_\_

Phone: \_\_\_\_\_   Ext: \_\_\_\_\_   Fax \_\_\_\_\_

Agency Name: \_\_\_\_\_

Admission date: \_\_\_\_\_   Estimated discharge date: \_\_\_\_\_

X \_\_\_\_\_

Signature \_\_\_\_\_   Date \_\_\_\_\_

**Please note we are not a crisis or emergency service.**

If you feel that your patient is too ill to tolerate the wait for an assessment, we would suggest you consider accessing a Psychiatric Crisis Service or Emergency Room at the nearest hospital serving your patient's community.

Clients will not to be seen primarily for legal or quasi-legal issues (WSIB, Family Court, report to the court, report to probation) alone, but could be seen if motivation is for treatment (for example person on probation).

**REQUIREMENTS FOR INPATIENTS**

**Date of Admission:** \_\_\_\_\_

Capable to consent to treatment:    yes    no    unknown

Capable to consent to collection/use/disclosure of PHI:    yes    no    unknown

Capable to manage property:    yes    no    unknown

Current legal status:    informal    voluntary    involuntary - form    contesting form    yes

Form 33 completed   Date: \_\_\_\_\_   - expiry date: \_\_\_\_\_    no

<b>Housing:</b> <input type="checkbox"/> Assist living/semi-indep <input type="checkbox"/> Hospice/palliative care <input type="checkbox"/> Rehabilitation unit/hosp <input type="checkbox"/> Board and care <input type="checkbox"/> Long-term care facility <input type="checkbox"/> Setting for intellectual <input type="checkbox"/> Correctional facility <input type="checkbox"/> Mental health residence <input type="checkbox"/> disability <input type="checkbox"/> Grp home physical disability <input type="checkbox"/> Private home/apt/rented <input type="checkbox"/> Other	<b>Income:</b> <input type="checkbox"/> Employment insurance <input type="checkbox"/> ODSP <input type="checkbox"/> Pension <input type="checkbox"/> No income <input type="checkbox"/> Social assistance <input type="checkbox"/> Other: _____
---	--



**Inpatient Services For Ontario Shores:**

**Adolescent Inpatient Unit**

An Assessment, stabilization and treatment unit for patients who require specialized care in a secure setting. Adolescent Services has an inter-professional team of healthcare professionals that includes psychiatrists, nurses, child and youth workers, social workers, psychologists, occupational therapists and other allied health professionals. Together, they provide ongoing assessment, treatment and life skills training for youth and adolescents.

**Assessment and Stabilization (ASU)**

The ASU Team provides a safe and recovery-focused environment in which patients, families, 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. ASU offers 27 inpatient beds including a high-level PICA. ASU accepts outpatients of Ontario Shores as well as patients transferred from other facilities that require comprehensive assessment and specialized psychiatric care with the aim of achieving rapid stabilization of mental health symptoms and promotes successful and timely transition back to community living and care.

**Dual Diagnosis Service (DDS)**

Provides service to adults with a serious mental illness who are developmentally challenged and show signs of significant behavioural challenges. The philosophy of DDS supports a commitment to a collaborative approach to treatment involving patients, families, hospitals and community organizations at all stages of the consultation, assessment, treatment and follow-up process. DDS is a unique clinical service combining the assessment and treatment of developmental challenges with psychiatry to offer patients specialized psychiatric treatment and behavioural programming.

**Eating Disorders Unit (EDU)**

EDU is an inpatient unit for children and adolescents struggling with an eating disorder. There will be a pre-admission process, post-discharge support and planning for transition home. Please ensure addendum is filled out for referral submission. It will have an interprofessional model of care that includes intensive individual, family and group therapy, psycho-education, meal support, nutrition and eating rehabilitation and psychopharmacologic treatment. Parent and family involvement is a key component of the clinical programming. During their time at Ontario Shores, patients will also have access to teachers who can assist with their education needs.

**Neuropsychiatry Service (NPS)**

Provides specialized assessment, consultation, treatment, rehabilitation and behavioural programming to individuals with a serious mental illness, a brain disorder and associated behavioural challenges. NRS uses a holistic approach to providing care, and the staff firmly believe that the recovery potential of the patients is the cornerstone of this unique and specialized program.

**Psychiatric Rehabilitation (PRA)**

PRA specializes in providing care to individuals with serious and persistent mental illness (SPMI), many of which are considered treatment resistant. Patients work with the Interprofessional treatment team in developing a goal-oriented recovery plan based on their values, strengths and goals.

**Geriatric Dementia Unit (GDU)**

Provides specialized services to meet the mental health needs of individuals with dementia and presenting with challenging behaviour or severe psychiatric symptomatology. This includes psychogeriatric resources to address the assessment, management and transitional care needs of the client with the goal of reintegration to community or long term care. Individuals under 65 who fit diagnostic criteria will be considered on a case by case basis

**Geriatric Psychiatry Unit (GPU)**

Provides specialized services to meet the complex mental health needs of Seniors (usually over age 65) with severe and persistent mental illness. This includes psychogeriatric resources to address the assessment, management and transitional care needs of the client with the goal of reintegration to community or long term care. Individuals under age 65 will be considered if they present with an age-related mental health issue

**Geriatric Transitional Unit (GTU)**

Provides specialized services to meet the mental health needs of individuals with dementia and presenting with challenging behaviour or severe psychiatric symptomatology. This includes psychogeriatric resources to address the assessment, management and transitional care needs of the client with the goal of reintegration to community or long term care. Individuals under 65 who fit diagnostic criteria will be considered on a case by case basis. Referrals are accepted from acute care facilities in the Central East LHIN.

**The Young Adult Transitional Service unit**

Offers integrated inpatient programming for adults aged 18-64 years with severe and persistent mental illness; there are inpatient beds including a high-level PICA. YATS accepts outpatients of Ontario Shores as well as patients transferred from other facilities that require comprehensive assessment and specialized psychiatric care with the aim of achieving rapid stabilization of mental health symptoms and promotes successful and timely transition back to community living and care. Individuals benefiting from the service often also have significant emotional, behavioral and functional impairment with unsuccessful or un-established transition into the adult mental health system., therefore an interdisciplinary team trained in mental health and addictions, focusing on screening, assessment, motivational interviewing and stage wise treatment, work with patients and families to establish care plans



## Ontario Shores Centre for Mental Health Sciences

### **Outpatient Services:**

#### **ACTT**

Two Assertive Community Treatment Teams (ACTT) are operated by Ontario Shores Centre for Mental Health Sciences (Ontario Shores). ACTT Durham and ACTT Haliburton, Kawartha and Peterborough Region (HKPR) are inter-professional clinical teams that provide treatment, recovery and support services to individuals with a serious mental illness and who require a high degree of support in their community. \*please note there is a separate referral form required on the website

#### **Adolescent Day Treatment**

The day treatment program at Ontario Shores Centre for Mental Health Sciences (Ontario Shores) provides mental health and education services in a local community high school (Henry Street High School, Whitby) to support students as they transition into a community setting.

#### **Adolescent Outpatient**

Adol Outpatient offers a variety of outpatient services to meet the needs of adolescents and our communities. Services offered include: Assessment, individual and group treatment for patients and their families. Consultations with community agencies including school boards and Education initiatives with adolescent mental health care providers and other social service providers

#### **Adult Outpatient**

Adult Outpatient service provides flexible services tailored to the individual needs of the person. As a natural extension of specialty inpatient services, the following are offered: Assessments, consultation, behavioral support, shared care and ongoing support for the individuals recovery process and goal attainment.

#### **Borderline Personality Self-Regulation Clinic**

BPSRC Serves individuals, 25 years of age and older, who have been diagnosed with Borderline Personality Disorder (BPD) and are experiencing difficulties managing their symptoms. The goals of this therapy are to reduce symptomatology: maladaptive behaviors, and current psychological distress associated with BPD, decreasing frequency of admissions to in-patient units and ER visits, decreasing length of stay in in-patient services, increasing coping skills, and improving quality of life for individuals who have been diagnosed with having BPD.

#### **Child/Youth Virtual Telepsychiatry Consultation (Virtual Emergency Room)**

Video conferencing technology to provide youth in need of mental health care services with psychiatric consultation in their home community. A virtual emergency room is available at partnering hospitals and child psychiatrists complete assessment services through live, two-way video conferencing provided within 72 hours of receiving the referral. Partnering hospitals include Lakeridge Health Corporation, Peterborough Regional Health Centre and Ross Memorial Hospital and equipment is provided by Ontario Telemedicine Network.

#### **Complex General Psychiatry Service (clinics in Newmarket and Lindsay)**

An inter-professional team provides flexible service tailored to the individual needs of a person as a natural extension of the specialty inpatient service. A range of expert services are offered including: supportive counseling, medication support, symptom management and support. Follow up includes ongoing support for the individuals' recovery process and goal attainment.

#### **Geriatric Outpatient Services**

Age of 65 and older with a psychiatric concern that is either treatment resistant or complex in nature presenting with one or more of the following: cognitive changes, behavioural changes, mood changes, anxiety or psychotic symptoms from home or long term care. Individuals usually 40 years old and older with suspected dementia, or with new onset of cognitive impairment where the diagnosis is unclear, presentations are unusual or cognitive difficulties may co-exist with a psychiatric disorder, complex medical problems or drug interactions, behavioural changes, mood changes, anxiety or psychotic symptoms.

**Outpatient Services Cont'd:**

**Metabolic and Weight Management Clinic**

MWMC is a patient-focused program with emphasis on long-term lifestyle changes and cardiovascular risk management. An inter-professional healthcare team provides individuals with mental illness with specialized care and helps them to manage their metabolic health issues, including obesity, diabetes, high blood pressure, and high cholesterol. The MWM Clinic was developed specifically to maximize health and promote better overall health in people with mental illness.

**Outreach DDS**

Outreach DDS provides services to individuals 16 years old and older who are medically stable and present both an intellectual disability and a serious mental illness and/or associated challenging behaviours. Educational presentations are available upon

**Outpatient Anxiety and Mood Service**

An inter-professional team provides flexible service tailored to the individual needs of a person. Individuals are offered a period of assessment and medication stabilization followed by ongoing support for the individuals' recovery process and goal attainment (Interpersonal therapy or CBT as needed) supportive counseling, medication support, symptom management and support. May be referred by current psychiatrist, patient care provider or NP for one-time consultation only or shared care.

**Partial hospitalization program (PHP)**

PHP is a time limited ambulatory treatment program for patients aged 18 – 64 with a serious and persistent mental illness that require coordinated, intensive, comprehensive, interprofessional treatment. The goal is to provide support to patients transitioning from hospital to the community and to offer an alternative to inpatient treatment. The program offers an increased level of care/services for patients at risk of hospitalization.

**Prompt Care Clinic**

The Prompt Care Clinic at Ontario Shores Centre for Mental Health Sciences (Ontario Shores) provides care for individuals who require timely access to psychiatric services, but do not require an emergency department visit. A psychiatrist and nurse or social worker provide clinical assessments and a care plan for follow-up or shared care in the community. Individuals may be offered brief

**Psychosis Outreach**

An interprofessional team provides flexible service tailored to the individual needs of a person. As a natural extension of the specialty inpatient service we offer a range of expert services that include: Assessments, consultations, behavioural support, Cognitive Behaviour Therapy, shared care, broker service.

**Transitional Aged Youth (TAY) Services**

In partnership with our patients, Ontario Shores Centre for Mental Health Sciences provides specialized recovery focused outpatient programs and services. The Transitional Aged Youth (TAY) service consists of an inter-professional team who provides specialized services for high-need transitional aged youth population. Individuals are offered a period of assessment, medication stabilization and/or individual or group psychotherapy treatment focusing on symptom management and support.

**Traumatic Stress Clinic**

The Traumatic Stress Clinic provides specialized assessment and treatment for clients 25 years and older, based on Cognitive Processing Therapy which has been proven helpful for those who have experienced or witnessed trauma and are experiencing lasting symptoms.

**Shoppers LOVE.YOU. Women's Clinic**

The Outpatient Women's Consultation Service at Ontario Shores Centre for Mental Health Sciences (Ontario Shores) provides up to 12 months of focused consultation to women with a combination of mental health and reproductive issues. An interprofessional healthcare team provides flexible care tailored to the individualized needs of the patients. Patients must have an established psychiatrist or family doctor.  
Consultations available