

# 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 agreeable to referral? <input type="checkbox"/> yes <input type="checkbox"/> no		NOK/SDM/POA/Legal Guardian (please select) <input type="checkbox"/> Unknown		Surname	
Given names		Relationship:		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		Telephone no. (work/cell) ( ) ( )		Address <input type="checkbox"/> same as client	

**ALTERNATE PERSON TO CONTACT FOR APPOINTMENT SCHEDULING (CLIENT/POA/SDM OR LEGAL GUARDIAN CONSENT REQUIRED)**

Not applicable

Relationship to client: \_\_\_\_\_ First and Last Name: \_\_\_\_\_

Telephone: \_\_\_\_\_  Home  Cell E-mail Address: \_\_\_\_\_

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 ):

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Client's surname	First name	Middle name
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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
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**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>Adolescent 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, lytes, 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"/> <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 - Mental Health Act Forms - 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 <b>*Mental Health diagnosis and 1 of the following indicators required:</b> <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> <input type="checkbox"/> <b>Virtual Emergency Room</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>
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\* **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 disability <input type="checkbox"/> Correctional facility <input type="checkbox"/> Mental health residence <input type="checkbox"/> Other <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: _____
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## **INPATIENT SERVICES FOR ONTARIO SHORES:**

### **Adolescent Inpatient Services**

In partnership with our patients, Ontario Shores Centre for Mental Health Sciences provides specialized recovery focused services. The Adolescent Inpatient Unit 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 is delivered by an interdisciplinary team that adheres to an evidenced based clinical pathway that equates to a 75 day length of stay.

### **Assessment and Reintegration Program (ARP)**

The Assessment and Reintegration Program (ARP) is comprised of four units offering a total of 106 inpatient beds, including 15 high-level Psychiatric Intensive Care Area (PICA) beds. Complex General Psychiatry (CGP) Units A, B, C and D 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. ARP accepts outpatients of Ontario Shores as well as patients transferred from other facilities who require comprehensive assessments and specialized psychiatric care. 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)**

Dual Diagnosis Service (DDS) is a 10-bed inpatient unit at Ontario Shores Centre for Mental Health Sciences (Ontario Shores) and provides service to adults who are intellectually challenged and exhibit symptoms of a serious mental illness and/or have 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 education. 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)**

The Eating Disorders Unit is a 12 bed unit for children and adolescents struggling with an eating disorder. It provides an inter-professional model of care with a focus on recovery and rehabilitation. There is a pre-admission process, post-discharge support and planning for transition home

### **Geriatric Dementia Unit (GDU)**

The Geriatric Dementia Unit is a 23-bed inpatient; 59-day length of stay, unit at Ontario Shores Centre for Mental Health Sciences (Ontario Shores). This unit provides specialized services to meet the mental health needs of individuals with a primary diagnosis of dementia and presenting with responsive behaviours 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)**

The Geriatric Psychiatry Unit is a 25-bed inpatient; 59-day LOS unit at Ontario Shores Centre for Mental Health Sciences (Ontario Shores) 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. Individuals under 65 who fit diagnostic criteria will be considered on a case by case basis.

### **Geriatric Transitional Unit (GTU)**

The Geriatric Transitional Unit is a 20-bed inpatient; 59-day length of stay, unit at Ontario Shores Centre for Mental Health Sciences (Ontario Shores) provides specialized services to meet the mental health needs of individuals with a primary diagnosis of 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 55 who fit diagnostic criteria will be considered on a case by case basis. Referrals are accepted from acute care facilities.



## Ontario Shores

Centre for Mental Health Sciences

### **OUTPATIENT SERVICES:**

#### **Assertive Community Treatment Team (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. Crisis service is available 24 hours a day, 365 days a year. The program brings services to patients in the community on a long-term basis and with flexible levels of intensity. About 75 per cent of services are provided outside the office and in homes within the community. ACTT offers increased patient engagement, relationship building and individual support. ACTT works with patients to support them in their journey to recovery and to integrate comprehensive services into their everyday lives. ACT Teams provide a community based combination of - treatment / symptom assessment and support-medication management, intensive case management and individual supportive therapy. The team also provides crisis assessment and intervention, rehabilitation/support, services-vocational, ADL, social, creative outreach and engagement in the Therapeutic Process by an interdisciplinary Mental Health Team.

#### **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 Services**

In partnership with our patients, Ontario Shores Centre for Mental Health Sciences provides specialized recovery focused outpatient programs and services. The Adolescent outpatient program is an outpatient mental health assessment clinic for young people aged 12-15. 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 maximum duration of service is dependent on the program stream offered. At program completion, all patients will be discharged from the clinic, back to the care of the referring provider.

#### **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.

#### **Dual Diagnosis Outreach Service**

The Dual Diagnosis Outreach Service at Ontario Shores Centre for Mental Health Sciences provides services to individuals 16 years old and older who are medically stable and present an intellectual disability and a serious mental illness and/or associated challenging behaviours. Educational presentations are available upon request.

#### **Geriatric Mental Health Clinic**

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.

#### **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. Individuals younger than age 65 will be reviewed on a case by case basis.

#### **Homes for Special Care (HSC)**

Ontario Shores operates the Homes for Special Care (HSC) program on behalf of the Ontario Ministry of Health and Long-Term Care (MOHLTC) by providing support for the residents and maintaining the annual licensing requirements under the HSC Act and Operating Guidelines. The program is a voluntary program where a home owner is responsible for providing the care and supervision of its residents. Each of the homes are privately owned and operated. Homes for Special Care staff encourage clients to be as independent as possible but are available to provide meals, laundering, medication management and 24 hour support. HSC is available to persons who are 18 years of age or older, have a severe and persistent mental illness that is currently stable, needs high support and agree to the terms of cooperative living. Referral to the HSC program is made through the centralized intake process at Ontario Shores. Ontario Shores operates HSC located in Durham, York, Scarborough, Toronto and Kawartha Lakes. Acceptance to the program will be completed by Central Intake. Once accepted, the HSC team will work with the individual and home operators to establish the individuals/ SDM preferred homes and admission/ waitlist placement. The HSC program provides a 24-hour residential supportive housing program for those who have a mental health diagnosis, have been consumers of mental health services, and those who would benefit from a group home living environment in a community setting. Privately owned and operated homes are licensed under the MOHLTC. Clinical services and program administration are provided by Ontario Shores.



**OUTPATIENT SERVICES - cont'd:**

**Metabolic and Weight Management Clinic** Centre for Mental Health Sciences

The Metabolic and Weight Management Clinic (MWM Clinic) at Ontario Shores Centre for Mental Health Sciences (Ontario Shores) 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.

**Outpatient Complex General Psychiatry and Consultation Service**

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.

**Outpatient Complex Anxiety and Mood Disorder and Consultation 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.

**Outpatient Complex Psychosis and Consultation Service**

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.

**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 requires 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 re-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 or Nurse Practitioner provide clinical assessments and a care plan for follow-up or shared care in the community. A Case Worker provides support for system navigation, referral completion etc. Individuals may be offered brief intervention follow up, if required.

**Psychogeriatric Resource Consultation Service**

The Psychogeriatric Resource Consultation (PRC) Program meets the educational needs of health care staff working in long-term care facilities, community service agencies and homecare organizations including Central East LHIN Home and Community Care (HCC). The Psychogeriatric Resource Consultants (PRCs) specialize in the translation of knowledge to practice using both didactic education and case based learning. The PRCs also are responsible for the development of dementia networks in the Durham Region and work collaboratively with Behavioural Supports Ontario (BSO). The PRCs also help support health care staff education at our acute care hospital partners in the CE LHIN.

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

The Shoppers LOVE. YOU. Women's Clinic at Ontario Shores Centre for Mental Health Sciences provides up to 12 months of focused consultation to women with perinatal mood disorders and other reproductive issues that affect a woman's mental health. Our clinical team includes a Psychiatrist, a Nurse Practitioner, a Registered Nurse, and a Registered Social Worker. Ontario Shores is a teaching hospital, therefore students and other learners are sometimes involved in the services we provide.

**Specialized Neurocognitive Disorders Clinic (Memory Clinic)**

A diagnostic clinic for older adults 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.

**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 based on the inclusion criteria below for mood or anxiety disorders, post-traumatic stress disorder, and borderline personality disorder. May be referred by current psychiatrist, family physician or NP for further assessment and treatment.

**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.