



# Referral Form

Complete and Fax to: 905-430-4000

Phone: 1-877-767-9642

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

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

CLIENT INFORMATION				
Client's surname	First name	Middle name	Gender	Date of birth (dd/mm/yy)
Address		City	Postal Code	Client agreeable to referral? <input type="checkbox"/> yes <input type="checkbox"/> no
Preferred Language:	Interpreter required? <input type="checkbox"/> yes <input type="checkbox"/> no	Health Card Number	Version	Email address:
* Home Telephone no. ( ) ( ) ( )	* Cell Telephone no. ( ) ( ) ( )	* Work Telephone no. ( ) ( ) ( ) ext.		* Can voicemail be left at these numbers? <input type="checkbox"/> yes <input type="checkbox"/> no
NEXT OF KIN (NOK) / SUBSTITUTE DECISION MAKER (SDM) / POWER OF ATTORNEY (POA) / LEGAL GUARDIAN				
Please circle: NOK   SDM   POA   Legal Guardian <input type="checkbox"/> Unknown			Relationship:	SDM aware of referral <input type="checkbox"/> yes <input type="checkbox"/> no
Surname		Given names		POA/ SDM Agreeable to referral <input type="checkbox"/> yes <input type="checkbox"/> no
Address <input type="checkbox"/> same as client		City	Postal Code	
Home Telephone no. ( ) ( ) ( )	Cell Telephone no. ( ) ( ) ( )	* Work Telephone no. ( ) ( ) ( ) ext.		Email address:
OTHER CONTACT INFORMATION <input type="checkbox"/> Not applicable			DIGITAL COMMUNICATIONS <b>NEW</b>	
Person to contact for appointment scheduling:			* Preferences indicated here imply consent.	
Surname		Relationship:	Primary Preferred Cell Phone <input type="checkbox"/> Same as client <input type="checkbox"/> Same as NOK/SDM	
First name			Primary Preferred Email <input type="checkbox"/> Same as client <input type="checkbox"/> Same as NOK/SDM	
Telephone: ( ) ( ) ( ) <input type="checkbox"/> Home <input type="checkbox"/> Cell			<b>APPOINTMENT REMINDERS</b> - Please send to: <input type="checkbox"/> Cell Phone (as above) <input type="checkbox"/> Both (as above) <input type="checkbox"/> Unknown. <input type="checkbox"/> Email (as above) <input type="checkbox"/> Neither Ask the patient.	
E-mail Address:			<b>PATIENT PORTAL EMAILS</b> <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unknown. Ask the patient.	
CLINICAL DETAILS				
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: <a href="http://tinyurl.com/277px9es">tinyurl.com/277px9es</a>				
Reasons/factors contributing to referral-include current symptom, environmental stressors, and level of urgency <input type="checkbox"/> Duration of Illness _____ <input type="checkbox"/> Functional Impact				
Other conditions, past psychiatric and Medical history (includes substance use):				
Client Goals:				
Risks: <input type="checkbox"/> violence towards others <input type="checkbox"/> sexual aggression <input type="checkbox"/> concealing weapons <input type="checkbox"/> falling <input type="checkbox"/> violence towards self <input type="checkbox"/> suicide <input type="checkbox"/> wandering/AWOL risk (if yes describe functional mobility/assistive devices) <input type="checkbox"/> violence towards property <input type="checkbox"/> fire-setting <input type="checkbox"/> choking <input type="checkbox"/> no risks				
Legal Involvement: <input type="checkbox"/> criminal record <input type="checkbox"/> NCR <input type="checkbox"/> current charges <input type="checkbox"/> no <input type="checkbox"/> 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"/>	
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://tinyurl.com/2p9dtkwn">tinyurl.com/2p9dtkwn</a>  <input type="checkbox"/> <b>Brain Stimulation Clinic (ECT, rTMS)</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"/> <b>Health Care Worker Assist Inpatient</b> - Clinical Summary/Referral Letter by Psychiatrist, including: => Course in Hospital => Proposed Goals for Treatment => 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>First Responder Assist 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>Ontario Structured Psychotherapy (OSP) Program</b> Indicate: level of urgency & reason  <input type="checkbox"/> <b>Prompt Care Clinic</b>  <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>LOVE YOU Women's Clinic by Shoppers Drugmart</b>  <input type="checkbox"/> <b>Unknown</b>
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**\* Assertive Community Treatment**  
- separate intake form completion required  
ACT referral form link: [tinyurl.com/mpud9juy](http://tinyurl.com/mpud9juy)

**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**

<b>Date of Admission:</b> _____		<input type="checkbox"/> Client is aware that Ontario Shores is a Tobacco-Free organization
Capable to consent to treatment: <input type="checkbox"/> yes <input type="checkbox"/> no <input type="checkbox"/> unknown		
Capable to consent to collection/use/disclosure of PHI: <input type="checkbox"/> yes <input type="checkbox"/> no <input type="checkbox"/> unknown		
Capable to manage property: <input type="checkbox"/> yes <input type="checkbox"/> no <input type="checkbox"/> unknown		
Current legal status: <input type="checkbox"/> informal <input type="checkbox"/> voluntary <input type="checkbox"/> involuntary - form <input type="checkbox"/> Form 33 completed   Date: _____ - expiry date: _____		<input type="checkbox"/> contesting form <input type="checkbox"/> yes <input type="checkbox"/> no
Housing: <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"/> Private home/apt/rented <input type="checkbox"/> Grp home physical disability <input type="checkbox"/> Other	Income: <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 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.



## **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. ACTT 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.

### **First Responder Assist**

Serving the psychological needs of all Ontario Public Safety Personnel/First Responders.

### **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.

### **Health Care Worker Assist**

Providing rapid access to services for health care workers who are experiencing anxiety or depression as a result of the pandemic.



## **OUTPATIENT SERVICES - cont'd:**

### **Metabolic and Weight Management Clinic**

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.

### **Ontario Structured Psychotherapy (OSP) Program**

Provides evidence-based, cognitive-behavioural therapy (CBT) and related approaches to Ontarians 18 and older, with depression, anxiety, and anxiety-related problems. OSP includes CBT-based services ranging from self-administered strategies (with support from a coach or therapist) to weekly, one-on-one or group therapy, utilizing a stepped care approach.

### **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.

### **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.

### **LOVE YOU by Shoppers Drug Mart Women's Clinic**

LOVE YOU by Shoppers Drug Mart 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.

### **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.