



December 2, 2016

Dear Primary Care Provider:

Re: Referrals to Halton Healthcare for Psychiatry

We would like to communicate changes within Outpatient Services of the Mental Health Program at Halton Healthcare. As you are aware, we have historically provided consultation and follow-up by a psychiatrist to all patients referred. With limited resources, increased volume of patients referred, and rising acuity of patients, this model is unsustainable to meet the growing mental health needs of our community. To improve access for acute patients and preserve our ability to provide longer term follow up for complex patients, we are streamlining access to psychiatry as follows:

Psychiatric Consultation for Children and Adolescent (17 yrs and under)

- Patients with mild or moderate disorders will receive only an initial consultation with treatment recommendations back to the referring physician.
- Ongoing follow-up will be provided only to patients assessed as being clinically severe (e.g., acute suicidality and/or marked occupational, social and educational dysfunction).
- Once they reach clinical stability, they will be discharged back to the referring physician with treatment recommendations.

Psychiatric Consultation for Adults (18 yrs and over) for Diagnosis Clarification

- One-time consultation (with psychiatrist or RN under psychiatrist supervision) will be provided for diagnostic clarification.
- Ongoing follow-up will be provided only to patients assessed as being clinically severe (e.g., acute suicidality and/or marked occupational, social and educational dysfunction).
- Once they reach clinical stability, they will be discharged back to the referring physician with treatment recommendations.

Psychiatric Consultation for Adults (18 yrs and over) with Known Diagnosis of Anxiety, Depression, Mood Disorders

- We require evidence of 2 previous antidepressant trials for the current episode before the referral will be accepted and an appointment can be secured.
- Ongoing follow-up will be provided only to patients assessed as being clinically severe (e.g., acute suicidality and/or marked occupational, social and educational dysfunction).
- Once they reach clinical stability, they will be discharged back to the referring physician with treatment recommendations.
- When making a referral, please include information related to the medications tried, dosage, length of trial, outcome, and any adverse effects. To assist you, here is the link for the 2016 CANMAT Depression treatment guidelines. <http://www.canmat.org/guides.php>

Psychiatric Consultation for Adults (18 yrs and over) with Complex Needs

- We continue to offer specialized interdisciplinary assessment and treatment for patients with complex needs. This includes:
 - Patients over the age of 65 exhibiting behavioural and psychological complications associated with neurodegenerative diseases; or mental health symptoms complicated by age related changes
 - Patients experiencing eating disorders, schizophrenia spectrum and other psychotic disorders, and concurrent mental health and addictions disorders.

Psychiatric Consultation for Court, Custody or Insurance Purposes

- As previous, we do not provide psychiatric consultation for court, custody or insurance purposes.

Referrals for Psychotherapy

- After initial consultation, patients deemed suitable may be referred for short-term individual or group psychotherapy.
- Please note that the hospital does not provide long-term therapy or psychiatric follow up and if this is what your patient is seeking, please redirect your referral to a community psychiatrist or private therapist.
- If referring primarily for psychotherapy, please inquire if patients can access counselling through their employee health benefits or if they could consider private therapy.

Patients with Existing Community Psychiatrists

- If your patient is already seeing a psychiatrist in the community and is in need of a second opinion, please ask the community psychiatrist to make the referral directly. We will require copies of their consultation/recent progress notes.

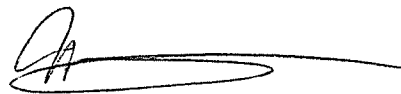
To access services, please submit a referral through one-Link, the centralized intake service being implemented with funding from the Mississauga Halton LHIN. one-Link will review the referral to ensure completeness, contact your patient and complete a telephone screening within a few business, route the referral to the right service based on matching the patient needs with the service eligibility criteria, and provide wait list support for patients in need who are on waiting lists.

If you have any questions, please feel free to contact us directly. We appreciate your cooperation and understanding.

Sincerely,



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