

Ontario Structured Psychotherapy (OSP) – Central North

Summary of Services and Referral Process

Service Description

People in Ontario can now access publicly funded cognitive-behavioural therapy services (CBT) through **Ontario Structured Psychotherapy (OSP)**. CBT is goal-oriented, time-limited treatment that helps clients by teaching practical skills and strategies to manage their mental health and improve quality of life. OSP includes services with **both higher and lower levels of clinician involvement** as part of its stepped care model. Most clients will begin treatment with less intensive service (such as telephone coaching with workbooks) and can be “stepped up” to services with more therapist contact, if needed. Some services are for adults and youth age 15+; structured one-to-one psychotherapy is only available for adults age 18+.

Submitting a Referral

- Click one of the referral links to get started (click [here](#) to refer yourself and click [here](#) if you are a health care provider referring a client). **Self-Referral:** Select a call back time that works for you, then, fill out our secure and easy online form. You can also ask your family physician or health care provider to complete a referral for you. **Health Care Provider:** After completing the referral, the client will be contacted via email/phone to discuss next steps.

Next steps for clients:

- After the referral is completed, you will receive an email notification with additional forms to complete and an appointment reminder. At the selected time, a staff member will contact you by phone to confidentially discuss your needs and figure out the next step.
- After your first call you may be directly connected to services or you may be offered a more in-depth mental health assessment to determine your needs.
- If you are scheduled for an in-depth Clinical Intake and Triage assessment, it will be done over the telephone and will take approximately 60 minutes. This assessment does not guarantee that you will be provided treatment within OSP, as the purpose of the assessment is to: 1. Confirm the main presenting problem, 2. Confirm whether OSP is appropriate for your needs, and if so, then identify the best treatment type within OSP.
- If you need a service our program can't provide, we will do our best to link you directly to another local service.
- The main problem areas that are currently in scope for treatment in OSP are: Depression and low mood; Generalized anxiety and worry; Health anxiety; Unexpected panic attacks and agoraphobic fears; Social anxiety and performance fears; Specific fears; Obsessive-compulsive concerns; Posttraumatic stress; and other anxiety and stress related problems (e.g., work stress, test anxiety).
- Most individuals who are enrolled in OSP will start out with less clinician involvement (e.g., receiving up to 6 sessions of telephone coaching while working through a workbook related to the presenting concern).
- If that treatment does not appear to be helping, you may be stepped up to structured cognitive behavioural therapy (CBT) that typically involves up to 8 to 12 weekly sessions with a therapist. This service is only available to adults age 18+.
- Wait times for service depend on the type of service that will meet your needs. Please contact us with any questions you may have about the status of your referral: OSP@waypointcentre.ca or 1-877-341-4729 ext. 2883

***Please note that OSP is not a crisis or emergency service.
If you are in need of immediate help, please go to the nearest Emergency Department or call 911***

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Eligibility Criteria

- ✓ Client has a primary concern of anxiety, depression, or anxiety-related problems (e.g., posttraumatic stress; health anxiety; work stress; obsessive compulsive concerns)
- ✓ Client (or Health Care Provider on behalf of client) must complete the PHQ-9 & GAD-7 symptom screeners (they must be completed in order to process the referral)
- ✓ Client resides in Ontario

The circumstances below indicate that this program would NOT be suitable for a client's needs.

- Client is actively suicidal with impaired coping skills or has attempted suicide in the past 6 months.
- Client poses a high risk to harm themselves or others.
- Client requires specific treatment for physical self-harm (e.g., cutting, burning).
- Client is experiencing significant symptoms of mania or hypomania currently or within the past year. *not due to medications or substance use*
- Client is experiencing significant symptoms of a psychotic disorder currently or within the past year. *not due to medications or substance use*
- Client has a severe/complex personality disorder that would impact their ability to actively participate in treatment offered by OSP (Ontario Structured Psychotherapy).
- Client is only requesting medication management.
- Client has moderate to severe impairment of cognitive function (e.g. dementia or acquired brain injury); or moderate/severe impairment due to a developmental disability or learning disability.
- Client currently has a problematic substance use or has had problematic substance use in the past three months that would impact their ability to actively participate in OSP. Client requires specialized substance use treatment.
- Client has a severe eating disorder that would impact their ability to actively participate in treatment offered by OSP.