

REFERRING TO THE MOOD AND ANXIETY PROGRAM

Coordinator Telephone: 416-535.8501 ext 6205, Fax: 416-260-4208

CONSULTATION/ ASSESSMENT AND TREATMENT

Mood Disorders Clinic (18 to 65 years)	Working diagnosis of Mood Disorder: Major Depression/ Bipolar Disorder/ Seasonal Affective Disorder - Provide/Confirm Diagnosis and recommend treatment - Offer time-limited Interpersonal Therapy (diagnosis of depression/ dysthymia only) - Provide Cognitive Behaviour Therapy / OT / Social Work Services
Anxiety Disorders Clinic (18 to 65 years)	Primary diagnosis of an Anxiety Disorder i.e. Obsessive-Compulsive Disorder/ Generalized Anxiety Disorder/ Social Anxiety Disorder/ Panic Disorder - Provide Medication Assessment and Group CBT for Anxiety Disorders
Early Intervention Clinic (16 to 45 years)	Outpatient assessment and treatment for clients with first episode of affective psychosis (Can include admission for inpatients) - For those experiencing a first episode of affective psychosis - For those who have either not received treatment or have had less than one year of treatment for psychosis, client/patient could have had a mood disorder
Cognitive Behaviour Therapy Clinic (18 to 65 years)	Cognitive Behaviour Therapy Treatment for Primary Diagnosis of Major Depression and/or Dysthymia - Psychological Assessment available - Group or Individual therapy - 15 to 20 weeks - offered
Alternate Inpatient Milieu (AIM) (18 to 65 years)	24-bed inpatient setting that provides a more home-like environment to those with mood and anxiety disorders who do not require acute care - Maximum length of stay is 28 days. For more information and for a Suitability Assessment contact manager at ext. 2495
Day Treatment Program (18 to 65 years)	- Primary Diagnosis of Mood or Anxiety Disorder - Demonstrate interest and ability to function in group setting and to make a program commitment - Sufficient community support to live in the community 3 Streams in the service: - 12 weeks recovery connection : This is a goal directed group focusing on activation and connection with community resources (2 afternoons/week) - 8 weeks (5 mornings/week) intensive skills development group : Focuses on psycho-education and group therapy - 8-12 weekly 90 minute closed group sessions for clients/patients with concurrent mood/ anxiety and substance use (with a psychosocial and relapse prevention focus).
Mood and Anxiety Inpatient Unit	Short Stay Inpatient Unit that provides stabilization for clients/patients in the acute phase of their illness. Contact manager at ext. 2266 or fax: 416-583-1334
ECT & rTMS	Consultation for suitability and treatment. Please fax to: 416-979-6936.

Guidelines for Client/Patient Suitability

We wish to provide referring physicians with the following general guidelines:

- The Mood and Anxiety Program (MAP) provides consultation and treatment services, with the exception of our Early Intervention Clinic, which provides a time-limited follow up.
- The focus of the Mood and Anxiety Program is for assessing and treating clients/patients with primary mood and anxiety disorders. Clients/patients who are acutely ill and requiring admission will need to be assessed by the inpatient setting.
- **Clients/patients needing court and insurance claim assessments are better assessed by specialized services in the community.**
- To minimize delay for clients/patients with **significant** co-morbidities such as **alcohol or substance abuse**, it is recommended that they seek assessment/treatment for those conditions prior to an assessment in MAP. Clients/patients may self refer to the **Addiction Medicine Clinic by calling 416-535-8501 ext. 6616**
- Although every effort will be made to accommodate the specific service requests of referring physicians, **the triage team will determine the suitability of each client/patient for requested services. Referrals may also be redirected to services outside MAP, as appropriate.**
- If your client/patient is not suitable for any of the above Mood and Anxiety services, please contact CAMH Centralized Assessment Triage Service (CATS) for directions to a more appropriate service. **Tel # 416-979-6878.**