

Community Mental Health Program Overview

The program is designed for WSIB claims requiring psychological services including **traumatic mental stress, psychological response secondary to physical injury, first responder PTSD**, and **chronic mental stress**.

1 Intake

Psychologist Intake:

- Brief intake for review of basic information/confirm need for assessment and treatment
- Psychologist confirms appropriate psychological expertise to provide assessment/treatment to worker
- Psychologist determines worker is appropriate for the WSIB Community Mental Health Program

WSIB Intake Mandatory Requirements:

- Registered WSIB claim
- Psychologist calls WSIB to inform and obtain pre-approval memo for assessment and treatment

2 Initial Assessment

Conducted by psychologist: History, testing, functional status, diagnosis, treatment planning, RTW planning-formulation, documentation, worker feedback, informed consent

Submit **assessment form** within 5 days of assessment

Exclusion criteria: Program suitability issues or risk factors present

- If exclusion criteria is present, call the WSIB.
- If the exclusion criteria is not present, proceed with authorization.



3 Treatment Blocks

At the end of each treatment block, reassess the worker. If barriers to recovery are identified, contact the WSIB to discuss case/barriers/risks, and possible referral to Specialty Clinic/alternate care. If further treatment is beneficial, proceed to the next treatment block. If further treatment is not beneficial, discharge the patient from care.

Treatment Block 1 (6 SESSIONS IN UP TO 8 WEEKS)

Confirmation and documentation of treatment block(s) pre-approval (memo number)

- Evidence-informed goal oriented
- Duration/frequency as per clinical judgement
- Integration of RTW and recovery
- Ongoing evaluation; treatment modification

Submit **progress form** within 5 days at the end of 6th session or 8th week whichever comes first

Treatment Block 2 (6 SESSIONS IN UP TO 8 WEEKS)

- Evidence-informed goal oriented
- Duration/frequency as per clinical judgement
- Integration of RTW and recovery
- Ongoing evaluation; treatment modification

Submit **progress form** within 5 days at the end of 6th session or 8th week whichever comes first

Treatment Block 3 (6 SESSIONS IN UP TO 8 WEEKS)

- Goal oriented-Duration/frequency as per clinical judgement
- Integration of RTW and recovery
- Ongoing evaluation; treatment modification

Submit **progress form** within 5 days at the end of 6th session or 8th week whichever comes first

If recovery is not achieved, contact WSIB to discuss case/barriers/risks, and possible referral to Specialty Clinic/alternate care, or additional treatment. If recovery is achieved, discharge patient from care.