

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 and/or approval letter 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 Mental Health Specialty Program and/or alternate care. If further treatment is beneficial, proceed to the next treatment block. If further treatment is not beneficial, discharge the patient from care.

If occupational functional recovery supports return to work, complete the return to work recommendation form (see item #4).

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

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

- 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.

Complete RTW Recommendation Form where appropriate.

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.

Complete RTW Recommendation Form where appropriate.

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

Complete RTW Recommendation Form where appropriate.

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

Continuously assess the injured or ill person's recovery from an occupational functional perspective. If psychological functional abilities support safe return to work, document in the **assessment** and/or **progress Form** (Occupational Functional Information section). Also, complete a **RTW recommendation form**, to share the recommendations with the Employer.

Psychologist initiates and completes the **RTW recommendation form** when patient is able to engage in return to work planning and discussions with employer.

- **RTW recommendation form** provides information about your patient's functional abilities. Do not include any diagnostic or confidential information.
- Outline return to work recommendations and functional abilities, identifying limitations, restrictions and/or accommodations (Note: this is a reflection of the information in the RTW section of your Progress Form).
- Specify expected duration of recommendations
- Provide a copy of the **RTW recommendation form** to the worker. The worker will share the information with employer, who will use this information as a tool for discussing and planning a return to safe and suitable work.
- Can be completed at end of treatment block or when worker's condition changes. For example, return to work planning can begin at week 2 of a block of treatment, not necessary to wait 6 sessions or 8 weeks for Progress Report submission.

Submit copy of **RTW recommendation form** immediately to WSIB for reimbursement.