

# The mental health program of care

Workplace Safety & Insurance Board (WSIB)

November 12, 2025

# Guiding principles & goals

## **Expanded and timely access to mental health care**

- In a health human resource crisis, expand delivery of community mental health services to include Regulated Psychotherapists and Occupational Therapists, removing a mandatory supervisory model to align with regulatory bodies and allow care based on needs of the person.

## **Right care at the right time**

- Comprehensive community mental health program offering multiple treatment streams, with mandatory evidence-based interventions, to address the recovery continuum that is based on best practices in mental health recovery and occupational health.

## **Bundled fee model**

- Competitive, bundled fees for each type of health professional and service type.

## **Integrated mental health care**

- Build collaborative relationships to support injured persons across the province.

## **Accountable Care**

- Contracted program with mandatory experience and service requirements.

# Mental health program of care overview

## Assessment

### Psychological evaluation

- Provision of diagnosis and comprehensive testing
- Functional abilities

**Providers:** Psychologists or Psychological Associates

**Structure:** One-time service

### Follow-up psychological evaluation

- As needed service initiated by the WSIB or treating provider, to confirm diagnosis or change in condition

**Providers:** Psychologists or Psychological Associates

**Structure:** As needed – initiated by case management and treating clinician(s) – new symptoms, worsening, lack of improvement

## Treatment

### Psychotherapy

Evidence-based psychotherapy (e.g., CBT, CPT, PE, etc.)

**Providers:** Registered clinicians with the scope of psychotherapy

**Structure:** 8-week block with a minimum of 8 sessions



### Functional recovery

Behavioural activation and exposure in a community/work-related setting with a focus on return to function and work

**Providers:** Occupational Therapists and other registered clinicians with the scope of psychotherapy

**Structure:** 8-week block with a minimum of 12 sessions



### Recovery support

Supportive therapy to maintain functioning and help people return to work

**Providers:** Registered clinicians with the scope of psychotherapy

**Structure:** 6 sessions over 6 months



# Highlights of the program



## Individualized services

No duplication of assessments, direct entry into treatment when best pathway

Higher intensity of treatment, aligned to best practice



## Contractual relationship

Minimum qualifications required

Provider accountability through quality management



## Reporting

Focus on functional abilities and removal of RTW recommendation, aligning with success in physical injury POCs



## Updated Directory

Easy access to locate mental health professionals across the province

# Next steps

- RFP posted from November 3 – January 29, 2026
- Training/ awareness planned for early 2026
- Implementation of the new mental health program of care – **April 2026**

