

Health Services Update

The Mental Health Program of Care

April 8, 2026

Guiding Principles & Goals

Expanded and timely access to mental health care

- Community mental health providers now include Regulated Psychotherapists, Occupational Therapists and Social Workers, in addition to Psychologists – *expanding to over 2000 providers across the province*

Right care at the right time

- Different types of treatment, like Occupational Therapy in the community or at the workplace, are included in the program to address the full recovery continuum
- Mandatory evidence-based interventions are part of each treatment stream, similar to other POCs, based on best practices in mental health recovery and occupational health

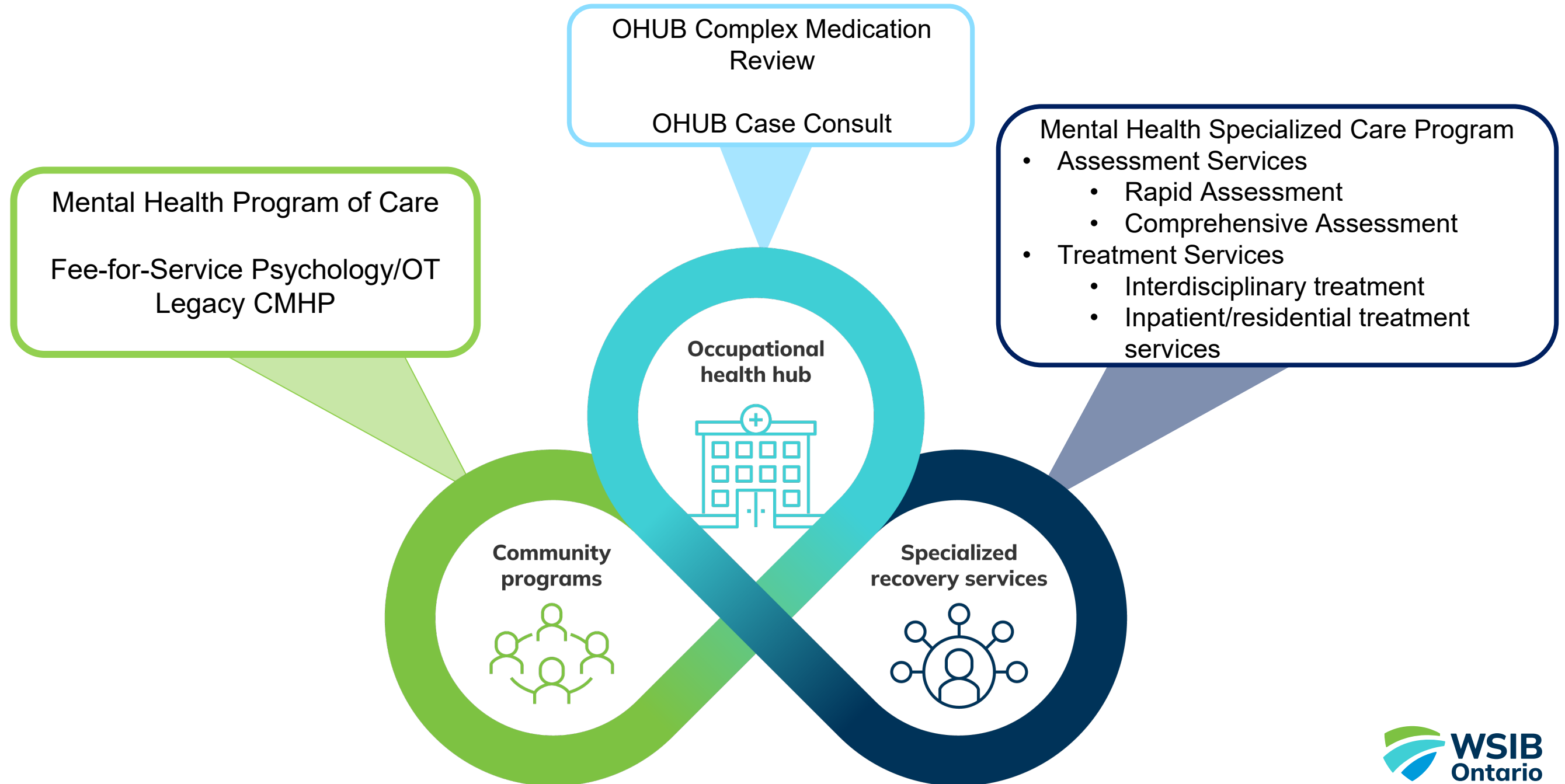
Integrated mental health care

- Providers within the program are required to communicate with each other, building collaborative relationships

Accountable Care

- Mandatory requirements have been met by clinicians to be part of the program
- Contract provides clear services expectations for providers
- Mandatory, ongoing training for will be required with a focus on occupational rehabilitation

Mental Health Programs and Services



Program Overview

Assessment Services		Treatment Services		
Psychologist Delivered		Psychologist, Psychotherapist, Occupational Therapist, Social Worker		
<p>Psychological Evaluation</p> <ul style="list-style-type: none"> • Provision of diagnosis • Psychometric testing • Functional abilities • One-time service (not required to start treatment if other assessment has been completed) 	<p>Follow-up Psychological Evaluation</p> <ul style="list-style-type: none"> • To review new symptomology or worsening, confirm diagnosis • As needed service initiated by WSIB or treating provider 	<p>Psychotherapy</p> <ul style="list-style-type: none"> • Evidence-based psychotherapy (CBT, CPT, etc.) • 8-week block with a minimum of 8 sessions 	<p>Functional Recovery (Occupational Therapy)</p> <ul style="list-style-type: none"> • Behavioural activation and exposure in a community and/or work-related setting • 8-week block with a minimum of 12 sessions 	<p>Recovery Support</p> <ul style="list-style-type: none"> • Supportive therapy to maintain function/RTW or step-down treatment • 6 sessions over 6 months

Reporting focus on functional abilities to support RTW planning

- Information related to functional abilities is provided
 - Foundational
 - Cognitive
 - Social
 - Stress tolerance
- Information to support RTW planning is provided
 - Exposures and response
 - Impairments and impact
- Removal of opinion regarding return to work, aligning with success in physical injury programs

New Directory – faster access to care

Online Directory

- Online search allows people to select a provider in their community
- Options to filter for:
 - Service type
 - Language
 - Delivery method
- Directory will be updated regularly with provider service changes

Provider Name

MH-POC Service

City

Language

Apply

Select any filter and click on Apply to see results

Clinic name	Address	City	MH-POC Service

Implementation and Transition

