

## Referral Process

Referrals to the program must be initiated by the client's family physician as this primary health care provider continues to coordinate the client's care throughout the process. Copies of the referral form are available by contacting our office.

The following required information must be received prior to assessment:

1. Demographics
2. Reason for referral (intervention requested; description of problem; onset and severity of symptoms/behaviour)
3. Past medical and psychiatric history
4. Current medication and allergies
5. Recent investigations including results of recent lab work (required by the team prior to assessment to assist in ruling out physical causes for the symptoms/behaviour.)

## What else should you know?

All new referrals are reviewed weekly and prioritized. Clients are contacted by phone within two weeks of the referral. The family physician will be contacted if there is a delay before assessing the client.

A consultation report with recommendations and follow-up plan is forwarded to the family physician.

The average length of stay is usually less than 6 months.

### Contact Information:

For more information about the program or to inquire about a referral form contact:

### Seniors' Mental Health Program Regional Consultation Service

200 First Ave West, 2nd Floor  
North Bay, Ontario P1B 3B9

Tel: (705) 494-3054  
Fax: (705) 494-3097

[www.nemhc.on.ca](http://www.nemhc.on.ca)



**northeast mental  
health centre**

**centre de santé  
mentale du nord-est**

## Seniors' Mental Health Program

**Regional Consultation  
Service**

**Information for Physicians  
and Health-Care Providers**

## Our Mission

The Seniors' Mental Health Program - Regional Consultation Service offers community-based psychogeriatric consultation services in the North Bay & District area.

The program also provides Outreach services throughout the Northeast region of Ontario, by providing clinical back-up to nurse clinicians located in:

- Kapuskasing
- Chapleau
- Iroquois Falls
- New Liskeard
- Huntsville
- Little Current
- Elliot Lake

**Our philosophy of care respects the rights and promotes the dignity and worth of all individuals.**

The interdisciplinary team utilizes a client-centred approach in assisting individuals with age-related mental health disorders and their caregivers (formal and informal) to attain, and maintain the fullest capacity of life.

## Our Objectives

- To provide mental health assessment, diagnosis, treatment recommendations, limited follow-up for people with age-related mental illness.
- To collaborate with health care agencies and identify community support services that will ensure clients' mental health care needs are met and that people can safely remain in their home.
- To prevent hospitalization, institutionalization or crisis when possible.

**As a consultation service, we are unable to offer emergency intervention or long-term (continuous case management) involvement with clients referred to the program.**

## Our Team

This interdisciplinary team include the services of: psychiatry, medicine, nursing, social work, occupational therapy, recreation therapy, with the support of a regional outreach manager and support staff. All team members have expertise and a commitment to meeting the mental health needs of the elderly.

## Client Criteria

Seniors (usually over age 65) or younger persons who have an age-related illness can be referred for a consultation if they have one or more of the following:

- **Mental health problems/ illness** complicated by age-related medical illness/ functional needs.
- **Behavioural problems** associated with dementia and/ or other severe mental illness.
- **Must be medically stable** (i.e. not in a medical crisis)
- **Reside in the community** (living at home, supportive housing or in a facility-based environment such as long-term care or chronic care.)