

What to expect?

Once our program receives a completed referral form from your family doctor, you will receive a phone call within two weeks from one of our team members. At that time you can discuss information about the reasons for the referral.

Your referral is then put on a waiting list and assigned to one of the clinicians. This team member (a nurse or a social worker) will contact you to set up an appointment time. in your home or at the clinic.

Depending on the circumstances, the initial visit may be done by the clinician alone or with another member of the team (physician or psychiatrist).

After the visit, recommendations regarding the team's findings and suggested treatments will be sent to your family doctor.

Duration of service

The team will discuss with you if there is a need for follow-up. Together you can determine if this can be done by phone, at home or office visit.

When our services are no longer needed the clinician will notify you and your family doctor.

We accept re-referrals so if you feel you need to use our services again, let your doctor know!

Our location:

The Seniors' Mental Health Program-Regional Consultation Service is located in the Corrections Building at:

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



**northeast mental
health centre**

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

Seniors' Mental Health Program

**Regional Consultation
Service**

**Information for
Clients & Family Caregivers**

Our program

The Seniors' Mental Health Program - Regional Consultation Service is a program available through the Northeast Mental Health Centre. Family doctors can access this consultation service for in-depth assessments performed by members of our specialized team. The team will provide recommendations to the family doctor who in turn will coordinate the person's care in order to assist older people and their families in maintaining high quality of health in the least restrictive environment

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

Referral process

Referrals to the program must be made through your family doctor.

This is NOT an emergency service. For emergency needs please contact your family doctor or your nearest Emergency Department.

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 or crisis when possible.

Our team consists of:

- psychiatrist
- physician
- nurse clinician
- mental health case worker (bilingual)
- social worker
- occupational therapist
- recreation therapist
- regional outreach manager
- office support staff

All team members have expertise and a commitment to meeting the mental health needs of seniors.

Our clients

- Seniors (usually over age 65) or younger persons who have mental health problems/ illness.
- People in long-term care facilities who have **behavioural problems** related to dementia or other mental illness.
- Must be **medically stable** (i.e. not in a medical crisis)
- Live in the **Nipissing District (North Bay and area)**