

# Mental Health and Pinewood Centre of Lakeridge Health

Providing Mental Health,  
Substance Use and  
Problem Gambling  
Services



**Lakeridge  
Health**

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

resilience  
compassion  
trust  
journey  
believe  
balance  
change  
hope  
courage  
growth  
self-worth  
patience  
determination  
respect  
contentment  
support  
acceptance  
optimism

# Program Overview

Lakeridge Health offers a range of mental health and addictions services in Durham Region and Scarborough from several locations, by over 300 staff and physicians.

We work in collaboration with many partner organizations, social services, education and justice/policing to provide access to services across a continuum of programs.

## Child, Youth and Family Program

Services for children and youth aged 5-18

Lakeridge Health Oshawa

905.576.8711 ext. 4345

Outpatient services require family physician referral.

### Youth Crisis Intervention Team (YCIT)

Support for children and youth experiencing a psychiatric emergency is available through the Youth Crisis Intervention Team in the Oshawa Emergency Department. Inpatient admission is arranged by a Psychiatrist.

### Intensive Ambulatory Program (IAP) - Day Hospital Program

Short term assessment and stabilization day program for adolescents whose mental health is preventing them from attending school or functioning well in the community.

### Outpatient Therapy

Psychiatric assessment and medication monitoring, psychological and occupational therapy assessments and individual, family and group therapy. Therapy addresses mood disorders, anxiety disorders, suicidal ideation and self-harm, trauma, and sensory integration dysfunction.

### Child and Adolescent Inpatient Program (CAIP)

CAIP is an eight bed secure unit for children and youth requiring hospital admission due to a psychiatric emergency, such as, suicidal/homicidal thoughts, hallucinations, delusions or bizarre behavior. The inpatient unit is a short term assessment and stabilization unit.

# Adult Mental Health Services

## Assertive Community Treatment Team (ACTT)

11A/B-1400 Bayly Street, Pickering  
905.831.8326 or 1.866.454.7288 Fax: 905.831.3908

A voluntary, client-centered, mental health program delivered by an interdisciplinary team in the community. It is designed for people with severe and persistent mental health illnesses, with the primary goal of individualized recovery through community treatment, support and rehabilitation services. A key feature of ACTT is 24/7 access to services. Referrals can be made by individuals, families, doctors or other health professionals.

## Crisis Intervention

### Ajax Pickering Hospital

1.905.683.2320

Available 8:00 am – 11:30 pm

### Lakeridge Health Oshawa

905.576.8711 ext. 4384

Available 24 hours

Located within the Emergency Department, the Crisis Intervention Team serves individuals experiencing severe symptoms of mental illness or situational crisis.

## Inpatient Mental Health Program

### Lakeridge Health Oshawa

905.576.8711 ext. 3423 or 3424

The Inpatient Program embraces the Recovery Model of Care in providing assessment, stabilization and treatment for those experiencing severe episodes of mental illness or situational crisis.

Admission is accepted through a psychiatrist. Treatment is provided by an Interdisciplinary Team and emphasizes psychiatric and psychosocial stabilization.

## Community Treatment Orders

905.436.8760 ext. 305

A partnership with Canadian Mental Health Association (CMHA) and Ontario Shores that provides intensive case management to maintain optimal mental health among those with chronic mental illness.

## **Outpatient Psychiatry Services**

Ajax Pickering Hospital

905.683.2320 ext. 3275 Fax: 905 683-8527

Available: Monday – Friday, 8:00 am-4:00 pm

A team of psychiatrists provide care to patients referred from the Emergency Department and family physicians across Ajax-Pickering areas of Durham Region.

Lakeridge Health Oshawa

905.576.8711 ext. 2206 or 4253

Physician referrals can be faxed to 905.721.4761

A team of psychiatrists and one GP provide care to patients referred from the Emergency Department, Inpatient Mental Health or family physicians across Durham Region.

## **Mental Health Day Treatment Program**

Ajax Pickering Hospital

905.683.2320 ext. 3275

Day Hospital consists of a three week, daily group program designed to improve function, provide structure and decrease isolation.

The 12 week Day Treatment program, runs two to three days per week and provides support and coping strategies using a client-centred, recovery model of treatment. The team of registered nurses, a social worker and a recreation therapist work with the referring psychiatrist to assist clients in attaining their goals.

Lakeridge Health Oshawa

905.576.8711 ext. 4144 Fax: 905.721.4746

Assessment and group treatment for adults 18 and older who have experienced impaired function related to depression and anxiety.

Services include intensive group therapy provided by an interdisciplinary team. Treatment focuses on stress and symptom management, healthy relationships and effective communication. Family education is also offered to family members of registered clients.

Young adult services are available to help transition youth to adult services.

### **Adult Outpatient Program**

1615 Dundas St. E. Suite W214, Whitby Mall  
905.576.8711 ext. 6029 Fax: 905.434.7716

Treatment for adults with complex depression, anxiety and trauma related disorders. Clients are referred by the Crisis Intervention Team, Inpatient Unit, Psychiatry or the Mental Health Day Treatment Program.

Limited individual and group therapy is provided by social workers and psychologists.

Sexual assault and domestic violence counselling is provided for individuals 12 years of age and over.

### **Interact Program**

1615 Dundas St. E., Suite W214, Whitby Mall  
905.576.8711 ext. 6029 Fax: 905.434.7716

Short-term group therapy is provided for adults 18 years of age and older with a diagnosis of anxiety and/or depression. Day and limited evening groups are available. Referrals are accepted from physicians and psychiatrists.

### **Early Psychosis Intervention (EPI)– Durham AMAZE Program**

1615 Dundas St. E., Suite W214, Whitby Mall  
905.576.8711 ext. 6029 Fax: 905.434.7716

This specialized outpatient program is for 14 – 34 year olds who have experienced their first episode of psychosis in the past year.

An interdisciplinary team provides assessment and comprehensive treatment in collaboration with the family, school and community to optimize recovery.

### **Eating Disorders Program**

850 King St. W., Oshawa  
905.576.8711 ext. 4622

An interdisciplinary team provides outpatient assessment and treatment of eating disorders for youth and adults. Treatment includes group and individual psychotherapy, nutrition counselling, family therapy, carer support, and physical health monitoring.

# Pinewood Centre - Substance Use and Problem Gambling Services

## Community Treatment Services

Ajax 905.683.5950

Bowmanville 905.697.2746

Oshawa 905.571.3344

Port Perry 905.985.4721

Scarborough 416.431.8200 ext. 6321 or 6516

Community Treatment Services provide youth, adults and their family members support regarding their substance use, co-occurring mental health symptoms and gambling.

Client goals are personalized with programs that support each client's readiness to change. Referrals to other agencies and residential programs can be made.

Services include assessment, case management and individual and group counselling.

Specialized services for:

Gambling

Pregnant and early parenting women

Remedial Measures for Impaired Drivers: Back on Track

Court Diversion (youth and adult)

Concurrent Disorders

Housing Program

Opiate Case Management

Hospital to Home

Auricular Acupuncture

## Withdrawal Management – Residential and Community Services for Adults

300 Centre Street South, Oshawa

905.723.8195 or 1.888.881.8878

## Residential Withdrawal Management

A non-medical, residential setting to assist those withdrawing from drug and/or alcohol use, which is also helpful for relapse prevention.

- Ongoing symptom monitoring
- Limited on-site medical and psychiatric support
- Access to on-site groups including Early Recovery, Life-skills, Cocaine Support and Auricular Acupuncture
- Discharge planning and referrals for assessment and treatment planning
- Access our website [www.lakeridgehealth.on.ca](http://www.lakeridgehealth.on.ca) for a virtual tour

## **Community Withdrawal Management**

Offers an alternative to Residential Withdrawal Management Services for those with less severe withdrawal symptoms who are in a supportive environment.

- 24 hour telephone support
- Symptom monitoring
- Can be used in combination with Residential Withdrawal Management Services
- Can be used in combination with Crisis Walk-In and other services

## **Crisis Walk-In Services**

300 Centre Street South, Oshawa

905.723.8195 1.888.881.8878

- 7 days a week walk-in support and 24 hour telephone support
- Crisis intervention
- Range of educational and support groups - early recovery, daily life-skills, cocaine support and auricular acupuncture
- Specialized service for concurrent disorders
- Self-help groups: AA, CA, NA

## **Scarborough Community Withdrawal Management**

2425 Eglinton Ave. East, Scarborough

416.431.8200 ext. 6321 or 6516

In collaboration with hospitals in Scarborough and surrounding areas, the program provides community withdrawal management services including:

- Post- acute and early stage recovery groups
- Auricular acupuncture
- Short- term case management
- Referrals to appropriate services for ongoing support

## **Women's Residential Treatment Program**

Whitby

905.668.1858 or 1.800.825.6325 Fax: 905.688.7591

Referrals are made to the Intake Counsellor.

A 21- day residential program for women over the age of 18, with a day treatment option. The program accepts referrals from residents across the province of Ontario.

Services are intended for women with significant substance use concerns and provides an intensive, structured treatment program. Treatment is based on a biopsychosocial model that is woman-centred and trauma-informed, focusing on first stage trauma treatment. Treatment is group based, with weekly individual counselling sessions.



# Contact Us

## Child, Youth and Family Program

### Lakeridge Health Oshawa

905.576.8711 ext. 4345

Youth Crisis Intervention Team

Intensive Ambulatory Program

Outpatient Therapy

Child and Adolescent Inpatient Program (CAIP)

## Adult Mental Health

### Ajax Pickering

Assertive Community Treatment (ACTT)	905.831.8326
Outpatient Psychiatry	905.683.2320 ext.3275
Crisis Intervention	905.683.2320
Mental Health Day Treatment Program	905.683.2320 ext. 3275

### Oshawa

Child Youth and Family	905.576.8711 ext. 4345
Crisis Intervention	905.576.8711 ext. 4384
Outpatient Psychiatry	905.576.8711 ext.2206/4253
Mental Health Day Treatment Program	905.576.8711 ext. 4144
Community Treatment Orders	905.436.8760 ext. 305
Outpatient Program (Whitby)	905.576.8711 ext. 6029
Interact Program (Whitby)	905.576.8711 ext. 6029
Early Psychosis Intervention (EPI) (Whitby)	905.576.8711 ext. 6029
Eating Disorders Program (Oshawa)	905.576.8711 ext. 4622

## Pinewood

Community Treatment:

Ajax	905.683.5950
Bowmanville	905.697.2746
Oshawa	905.571.3344
Port Perry	905.985.4721
Scarborough	416.431.8200 6321/6516

Withdrawal Management

Community Withdrawal Management

Oshawa	905.723.8195
	1.888.881.8878
Scarborough	416.431.8200 ext.6321/6516

Women's Residential Treatment Program	905.668.1858
	1.800.825.6325



**Lakeridge  
Health**

Developed by:  
Mental Health and Pinewood Centre

With input by:  
Program Patient and Family Advisory Council

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



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