

# 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

Oshawa Hospital

905.576.8711 ext. 34345

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 St., Pickering

905.721.4747 or 1.888.881.8878, ext. 7 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

905.683.2320

Available 24 hours

### Oshawa Hospital

905.576.8711 ext. 34384

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

### Ajax Pickering Hospital

905.683.2320 ext. 14205

### Oshawa Hospital

905.576.8711 ext. 33423 or 33424

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.

### **Oshawa Hospital**

905.576.8711 ext. 32206 or 34253

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**

905.576.8711 ext. 13275

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.

### **Oshawa Hospital**

905.576.8711 ext. 34144 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 Integrated Mental Health Services (AIMHS)**

1615 Dundas St. E., Suite W214, Whitby Mall

905.721.4747 or 1.888.881.8878, ext. 8 Fax: 905.434.7716

Treatment for adults with complex depression, anxiety and trauma related disorders. Time-limited psychoeducation, treatment, and psychotherapy to adults over age 18. Services include a variety of treatment options, including structured psychoeducation groups, group therapies that draw on evidence based concepts from Cognitive Behavioural Therapy (CBT), Dialectical Behaviour Therapy (DBT) and/or transdiagnostic and skills-based approaches. Referrals are accepted from the Crisis Intervention Team, Inpatient Unit, Psychiatry or the Mental Health Day Treatment Program, community physicians and psychiatrists.

## **Domestic Violence-Sexual Assault Care Centre (DV-SACC)**

Oshawa Hospital

905.576.8711 ext. 32328

Sexual assault and domestic violence counselling is provided for individuals 16 years of age and over. Referrals are accepted from the Emergency Department, the Crisis Intervention Team or the community.

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

1615 Dundas St. E., Suite W214, Whitby Mall

905.721.4747 or 1.888.881.8878, ext. 8 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

905.721.4747 or 1.888.881.8878, ext. 9

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

905.721.4747 or 1.888.881.8878,  
Ajax - ext. 6                      Bowmanville - ext. 3  
Oshawa - ext. 2                  Port Perry - ext. 4  
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 St. S., Oshawa  
905.721.4747 or 1.888.881.8878, ext. 1

### 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 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 St. S., Oshawa

905.721.4747 or 1.888.881.8878, ext. 1

- 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 and auricular acupuncture
- Specialized service for concurrent disorders
- Self-help groups: AA, CA, NA

## **Scarborough Community Withdrawal Management**

2425 Eglinton Ave. E., 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

905.721.4747 or 1.888.881.8878, ext. 5 Fax: 905.668.7591

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.



# Rapid Access Addiction Medicine Clinic (RAAM)

The RAAM clinic provides a walk-in treatment service for clients needing immediate help with alcohol, opioids and other substances, and who are not currently connected with addiction counselling services. Services provide quick access to care for addiction issues, including assessment, counselling, connecting clients to community-based mental health and addiction services as well as prescriptions for medications that may help with lessening cravings and withdrawal symptoms. The clinic is staffed by Addiction Counsellors, Nurse Practitioners and Medical Doctors. No referral or appointment is required.

## Oshawa Hospital

Monday 9 am - 11 am

Thursday 9 am - 11 am

905.576.8711 ext. 37226

## Pinewood Centre, 300 Centre St. S., Oshawa

Tuesday 9 am - 11 am

Friday 9 am - 11 am

905.576.8711 ext. 37226

# Contact Us

## Child, Youth and Family Program

### Oshawa Hospital

Youth Crisis Intervention Team (YCIT)	905.576.8711 ext. 34345
Intensive Ambulatory Program (IAP)	905.576.8711 ext. 34345
Outpatient Therapy	905.576.8711 ext. 34345
Child and Adolescent Inpatient Program (CAIP)	905.576.8711 ext. 34345

## Adult Mental Health

### Ajax Pickering

Assertive Community Treatment (ACTT)	905.721.4747 ext. 7
Outpatient Psychiatry	905.683.2320 ext. 13275
Crisis Intervention	905.683.2320
Mental Health Day Treatment Program	905.683.2320 ext. 13275

### Oshawa

Child Youth and Family	905.576.8711 ext. 34345
Crisis Intervention	905.576.8711 ext. 34384
Outpatient Psychiatry	905.576.8711 ext.32206/34253
Mental Health Day Treatment Program	905.576.8711 ext. 34144
Community Treatment Orders	905.436.8760 ext. 305
Outpatient Program (Whitby)	905.721.4747 ext. 8
Early Psychosis Intervention (EPI) (Whitby)	905.721.4747 ext. 8
Eating Disorders Program	905.721.4747 ext. 9

## Pinewood

Community Treatment	905. 721.4747
Ajax	905. 721.4747 ext. 6
Bowmanville	905. 721.4747 ext. 3
Oshawa	905. 721.4747 ext. 2
Port Perry	905. 721.4747 ext. 4
Scarborough	416.431.8200 6321/6516

## Withdrawal Management

### Community Withdrawal Management

Oshawa	905.721.4747 or 1.888.881.8878, ext. 1
Scarborough	416.431.8200 ext.6321/6516
Rapid Access Addiction Medicine Clinic	905.576.8711 Ext. 37226
Women's Residential Treatment Program	905.721.4747 or 1.888.881.8878 ext. 5





**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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