

# Collaborative Care Clinic (CCC) FAQ's

## What is the Collaborative Care Clinic?

CCC offers comprehensive psychiatric assessments, medication consultations and short-term mental health treatment for adults 18+. Care is provided by an interdisciplinary team that includes a psychiatrist, a mental health clinician, and a case manager.

### CCC's core services include:

- Psychiatric assessment and diagnosis
- Psychiatric treatment recommendations
- Mental health treatment recommendations

### Based on need and availability, CCC may also be able to offer short term:

- Individual psychotherapeutic treatment
- Group therapy
- Case management

## How long does CCC see clients?

CCC operates under an 'episode of care' model. This means that we will see the client until their mental health is stabilized. Their care will then be transferred back to their primary care provider with a detailed report and treatment recommendations. The client can be referred again if they need further psychiatric care and see the same team members.

We require that the client's primary care provider remain active in their client's care during their treatment within our clinic.

## Do you see everyone that is referred?

### **The following will cause a delay in your referral being processed:**

- Specific reason for referral is unclear or vague
- Referral is illegible
- Insufficient information or referral form is incomplete

### **CCC has the following exclusion criteria:**

- Client resides out of our catchment area (see the top of the referral form)
- Requests to follow client on a long term basis
- Client currently has a psychiatrist
- Consultations for autism/intellectual disability/pervasive developmental disorder
- Consultations for medical marijuana
- Requests for 3rd party assessments e.g. CAS, court, insurance, MTO
- Consultations for medical assisting in dying if the only diagnosis is a psychiatric condition as this procedure is not permitted under current legislation In Canada