Dr. Peter Cornish
Memorial University
Gregory Taylor
Georgian College
Stepped Care Model

1. Watchful Waiting
   - Set a plan
   - On-line resources/apps
   - Mywellness.ca
   - Workbooks
   - Peer mentors
   - Bounce Back
   - Mood Disorders Group of Barrie
   - 12 Step

2. Self-Help
   - On-line resources/apps
   - Mywellness.ca
   - Workbooks
   - Peer mentors
   - Bounce Back
   - Mood Disorders Group of Barrie
   - 12 Step

3. Face-to-Face Psychoeducation
   - Safer life skills with CMHA
   - Stress management
   - Smart recovery
   - Workbooks
   - Peer mentors
   - Bounce Back
   - Mood Disorders Group of Barrie
   - 12 Step

4. Therapist Assisted e-Tool
   - Pacifica
   - Recovery Record
   - Mental health intake
   - Counsellor assigned
   - Single session or brief 4-6 week therapy
   - On-call triage & urgent response
   - Hospitalization required
   - Psychiatric assessment
   - Leave of absence required
   - Suicide threat/attemp
   - Community referrals required

5. Individual Therapy (face to face, online, phone)
   - On-call triage & urgent response
   - Hospitalization required
   - Psychiatric assessment
   - Leave of absence required
   - Suicide threat/attemp
   - Community referrals required

6. Case Manager
   - Referral to primary care
   - Psychiatric assessment
   - RVH outpatient

7. Interim Outpatient Psychiatric Care
   - Referral to primary care
   - Psychiatric assessment
   - RVH outpatient

8. Referral for Community-Based Services
   - CMHA
   - Private psychotherapy
   - Good2Talk
   - Athena Sexual Assault
   - Women's Shelter
   - Gilbert Centre
   - IASP

9. Referral to Crisis Response
   - Campus Safety
   - CMHA Crisis Services
   - Police
   - Hospital

Based on Peter Cornish & Rice Fuller, Memorial University
Ben Bridgstock
Algonquin College
Stepped Care 2.0
Algonquin College Counselling Services

By Ben Bridgstock, MSc, RP, ICADC, CCAC, CCS
Why does AC need Stepped Care 2.0?
Counselling Services – 2008-2017

- Enrollment
- Counsellor Salary Budget
- Appointments Completed
- Students Served
Since 2011/12 Counselling Services reports:

Total # students up 69 %
Total # app up 186 %
Total # with M/H concern up 61 %
What will Algonquin Colleges Stepped Care 2.0 look like?
Stepped Care at Algonquin College

• What's new so far?

- Hire a Group Counsellor – facilitating groups on anxiety, depression, Mindfulness, sleep, relationships, & emotional regulation
- Counsellors trained in Single Session Therapy & Stepped Care
- A new page on Counselling's web site dedicated to online self help apps and tools
- Purchase & implementation of Therapy Assisted Online (TAO) technology
- Purchase & implement BHM20 outcome measurement technology (all Counsellors to use technology on new tablets)
- Continue to purchase and promote WellTrack across all campuses
- LEAN exercise to review whole service delivery model (May 2018)
- Promote provincial tools ‘Bounce Back’ & ‘Big White Wall’
Stepped Care 2.0 at A/C

• Step 1 – Walk in clinic (no longer using intake staff)
• Step 2 – Informational self help – web based resources, CBT Workbooks, Welltrack & TAO
• Step 3 – Interactional self help – Big White Wall
• Step 4 – Coaching/drop in educational sessions, Bounce Back
• Step 5 – Therapist Assisted Online (TAO)
• Step 6 – Intensive group therapy
• Step 7 – Intensive individual therapy – Counsellors & Masters level students
• Step 8 – Psychiatric consultation – community based only
• Step 9 – Case management – Mental Health Social Worker & community based
Dr. Mohsan Beg
University of Windsor