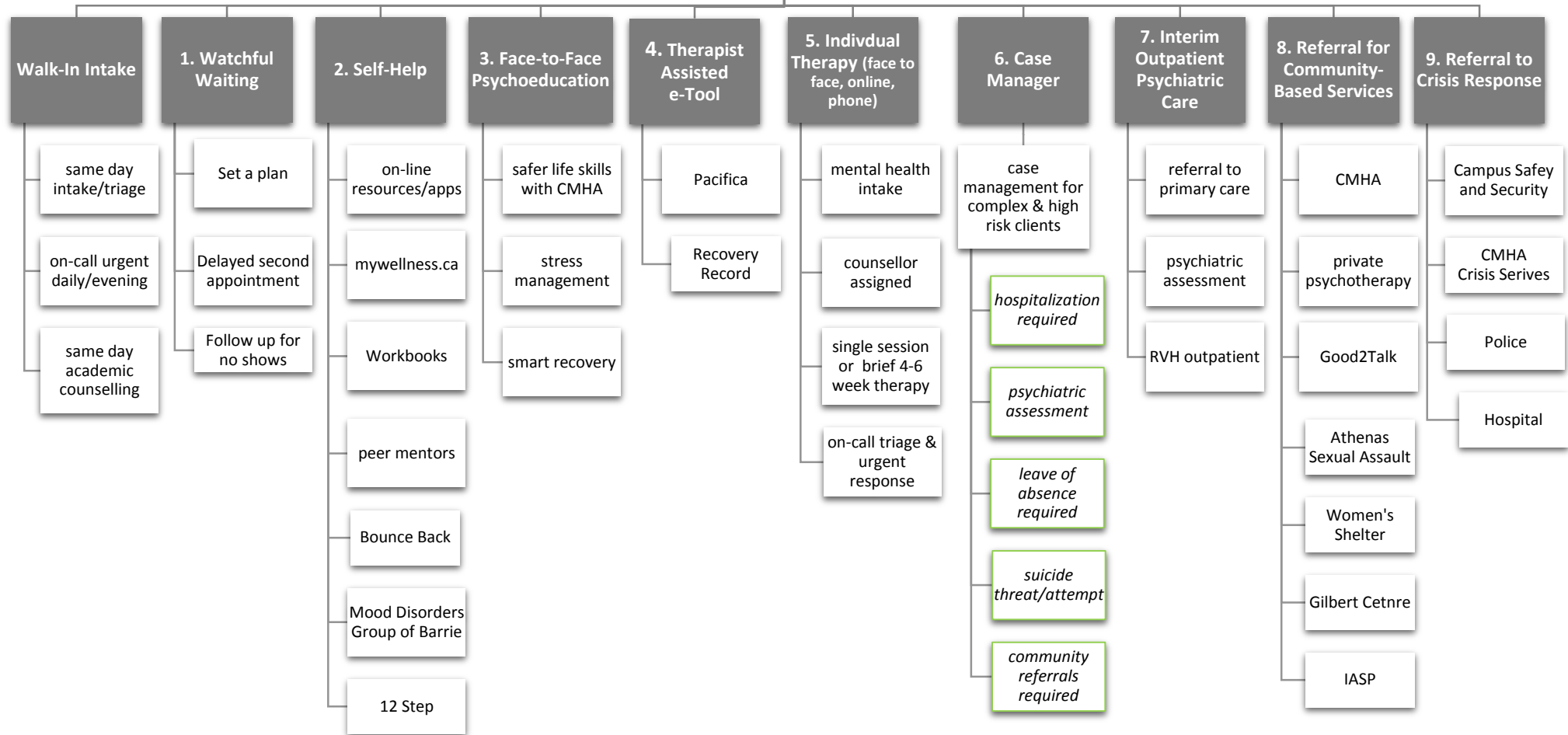


Dr. Peter Cornish
Memorial University

Gregory Taylor
Georgian College

Stepped Care Model



Based on Peter Cornish & Rice Fuller, Memorial University

Ben Bridgstock
Algonquin College

Stepped Care 2.0

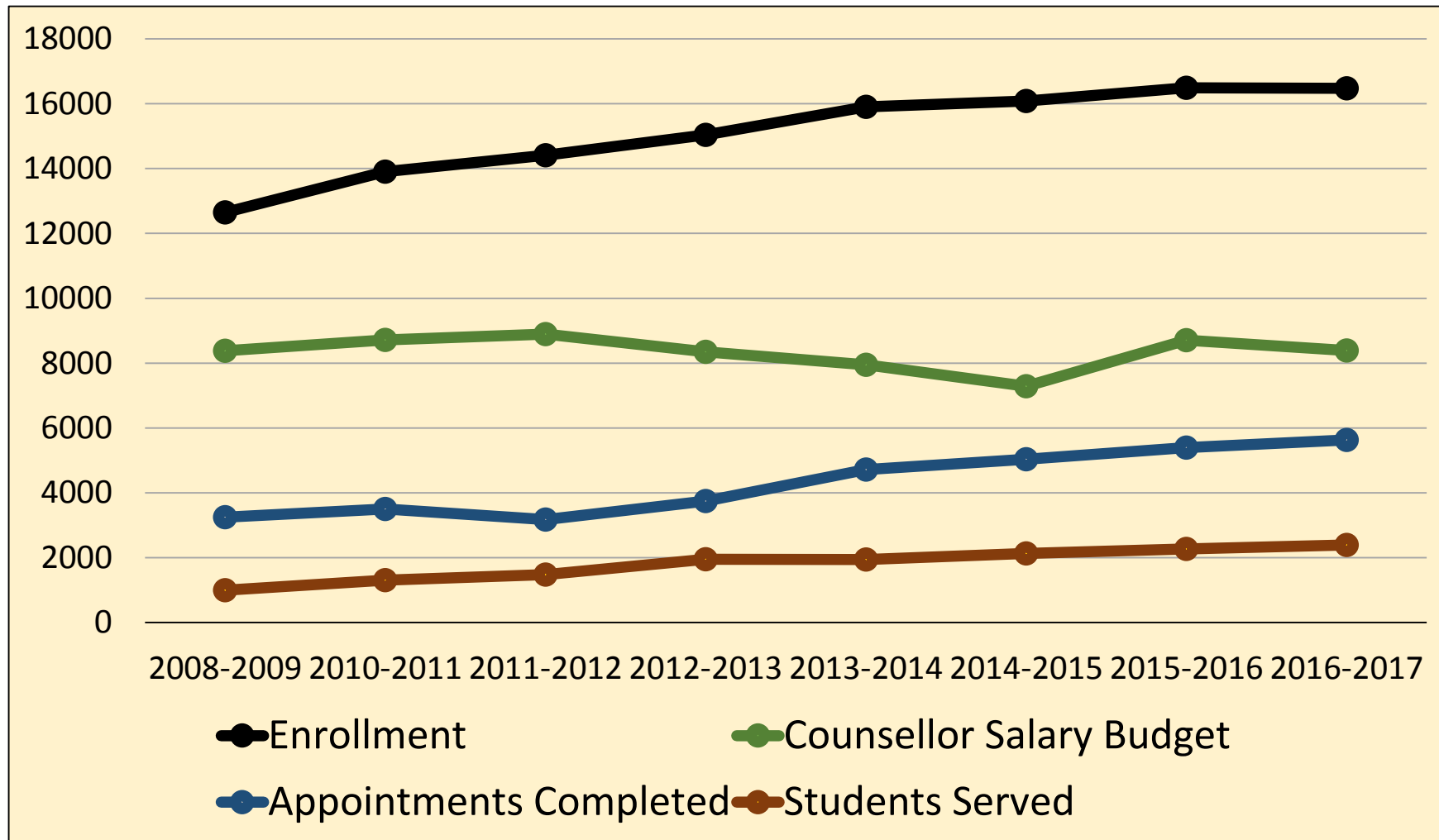
Algonquin College Counselling Services

By Ben Bridgstock, MSc, RP, ICADC, CCAC, CCS



Why does AC need Stepped Care 2.0?

Counselling Services – 2008-2017



- Counselling Services Data

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
