Stepped Care Model

1. Self-Help
   - Walk-In Intake
     - same day intake/triage
     - on-call urgent daily/evening
     - same day academic counselling
   - on-line resources
   - safer life skills with CMHA
   - asperger social skills group
   - apps
   - Anxiety
   - peer mentors
   - First Year Experience
   - Mood Disorders Group of Barrie
   - Good2Talk

2. Face-to-Face Psychoeducation
   - Moodgym
   - ecouch

3. Therapist-assisted E-Health Interventions/online modules
   - mental health intake
   - counsellor assigned
   - single session or brief 4-6 week therapy
   - on-call triage & urgent response

4. Brief Individual Counselling or Therapy
   - case management for complex & high risk clients
   - hospitalization required
   - psychiatric assessment
   - leave of absence required
   - suicide threat/attempt
   - community referrals required

5. Case Manager
   - referral to primary care
   - psychiatric assessment
   - RVH outpatient
   - hospitalization required

6. Interim Outpatient Psychiatric Care
   - referral to CMHA
   - private psychotherapy
   - RVH outpatient
   - CMHA Crisis Services

7. Referral for Community-Based Services
   - Catholic Family Services
   - Police

8. Referral to Crisis Response
   - e.g. CMHA Crisis Services
   - Campus Safety & Security

Based on Peter Cornish & Rice Fuller, Memorial University