

THUNDER BAY ST. JOSEPH'S CARE GROUP MENTAL HEALTH OUTPATIENT PROGRAM

For an individual that would benefit from DBT skills training only (e.g., currently stable, no ongoing risk) - there is the Community DBT-Based Skills Training group offered in the community that is a partnership between multiple agencies in town (Alpha court, Dilico, Thunder Bay counselling, Norwest CHC and SJCG). It is not an MHOP program and the referral is currently a paper referral - see attached.

For an individual requiring more intensive DBT services (frequent ER visits, self-harming behaviours, suicide attempts), there is a Comprehensive DBT team at MHOP that is composed of trained DBT therapists. This is six months of intensive group and individual therapy with access to skills coaching and the therapists attend consultation with one another weekly. For Comprehensive DBT recommendations, clients are referred to MHOP generally through The Access Point Northwest (Counselling and Group Services referral tab). All clients referred to MHOP are first assessed by a Decision Guide with whom they collaborate with on a treatment plan that is consistent with MHOP's guidelines and procedures. The Link to the referral is below.

<https://northwestaccesspoint.ca/Application/>

Once a client is referred, they initially meet with one of our clinicians to determine need, goals and fit to ensure they are ready and able to engage in this level of treatment.

For further information or questions:

Ashley Lyon, MSW, RSW, MHS
Clinical Manager
Mental Health Outpatient Program
St. Joseph's Care Group
807-624-3409