

CHILD AND ADOLESCENT PSYCHIATRY CLINIC (CAPC)

BGH offers outpatient mental health clinics for children and adolescents on site one day per week on E-wing Main. This program includes:

- Psychiatric consultation – a psychiatrist will provide an assessment and provide treatment recommendations to a family physician.
- Rapid response
- Transitional Counseling
- Access to our Early Interventions and Early Psychosis Intervention Programs, if applicable.

Eligibility Criteria for CAPC

- Referred by MD, NP, and/or HCP who is working with patients' care team.
- Symptoms fall between moderate to severe, impairing one's ability to function effectively.
- Require crucial and timely consultation to facilitate psychiatric assessment, initiate treatment plan, provide consultation for medication intervention and/or adjustment.
- Make treatment recommendations to primary care providers and/or provide consultation on the care being provided by primary care providers.
- A psychiatry referral made through traditional referral pathway will not meet the needs due to risk, acuity, and functioning.

Family and Caregiver Involvement

Our goal is to facilitate mental health assessments and co-create treatment plans with children and their families who require and are ready and willing to engage in ongoing therapy or specialized mental health services. Family and Caregiver support is also available through our counseling team.

Referral Process and Length of Program

- Referral form completed by family physician, pediatrician, nurse practitioner, or clinician with support from physician.
- MH RN will be in touch to obtain further information and screening.
- Outpatient secretary will book initial intake assessment and provide first visit details.

References

Psychiatry Lead: Dr. Nida Khawaja
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