

YOUTH PSYCHIATRY URGENT ASSESSMENT REFERRAL FORM

SERVICE DESCRIPTION

Urgent outpatient assessment of a youth who has presented in psychiatric crisis to the Sunnybrook Emergency Department.

ELIGIBILITY FOR THIS SERVICE

- Youth ages **14-18**,
 - ... living in **Metro Toronto (“the 416”)**,
 - ... **currently in crisis** (i.e., at significant risk of harming themselves or others)...
 - ... **and** experiencing **any** of the following psychiatric symptoms:
 - depressive symptoms
 - manic symptoms
 - severe anxiety
 - psychosis
- Referrals from Emergency Physicians, Psychiatric Emergency Services (PES) Nurses, Psychiatry staff, and Psychiatry residents **only**.

INELIGIBLE PATIENTS

- Youth **not currently in crisis**. Their primary care physician can refer them for an outpatient assessment by contacting the Division of Youth Psychiatry’s intake coordinator at 416-480-6096 (fax 416-480-6818)
- Youth **currently under the care of a psychiatrist** should be referred back to their psychiatrist for continuing care.
- Youth with any of the following as a **PRIMARY** problem are **INELIGIBLE** for Urgent Assessment:
 - Eating Disorder** – should instead be directed to call NEDIC (1-866-633-4220) for information about the nearest eating disorder program
 - Substance Abuse** – should instead be directed to call DART (1-800-565-8603) for information about local substance abuse programs
 - Developmental Disabilities** – should instead be directed to call the Griffin Centre (416-222-1153) for information about programs to support youth and families
 - Disruptive Behaviour Disorders** (ADHD, Oppositional Defiant Disorder, Conduct Disorder) – should instead be directed to call Youthdale (416-363-9990) if the youth is <16 or mental health services at their local hospital
- Youth **outside Metro Toronto (“the 416”)** should be directed back to their family physician or to access mental health services through their local hospital.
- Youth **requiring inpatient psychiatric care**. Contact the Psychiatric Emergency Services team or the Psychiatry resident on call.

REFERRAL PROCESS

- Complete the referral form and leave it in the Psychiatry (PES) mailbox at the front nursing station of ER. The patient/family will be contacted within 72 hours of the referral to schedule an appointment.

Resource Phone List

*A more comprehensive, annotated version of this list is available at sunnynet.ca/Default.aspx?cid=111780.

Crisis Lines

Kids Help Phone	1 800 668-6868
Parents Help Line	1 888 603-9100
Community Crisis Response Service	310-COPE (2673) York Region only

Hostels

Street Helpline	416 392-3777
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Youth Mental Health Agencies / Counselling Services

Central Toronto Youth Services	416 924-2100
Delisle Youth Services	416 482-0081
East Metro Youth Services	416 438-3697
George Hull Centre	416 622-8833
Griffin Centre	416 222-1153
Kinark Child and Family Services	1 888 454-6275
New Path Youth and Family Services	705 725-7656 York Region only
Oolagen Community Services	416 395-0660
Parents for Youth	416 921-8092
Turning Point Youth Services	416 925-9250
Youthlink	416 967-1773

Substance Abuse

Breakaway	416 234-1942
Helping Youth Towards Solutions (HYTS)	416 222-1153
Hospital for Sick Children	416 813-5097
CAMH	416 535-8501 ext. 1730

Eating Disorders

Hospital for Sick Children	416 813-7195
North York General Hospital	416 756-6750
Sheena's Place	416 927-8900
UHN – General Site	416 340-6750 ≥18yrs. only

Child Welfare

Children's Aid Society	416 924-4646
Catholic Children's Aid Society	416 395-1500
Jewish Family & Child Services	416 638-7800
York Region Children's Aid Society	1 800 718-3850