

Adult Outpatient Psychiatric Services



Life is waiting.



Halton Healthcare

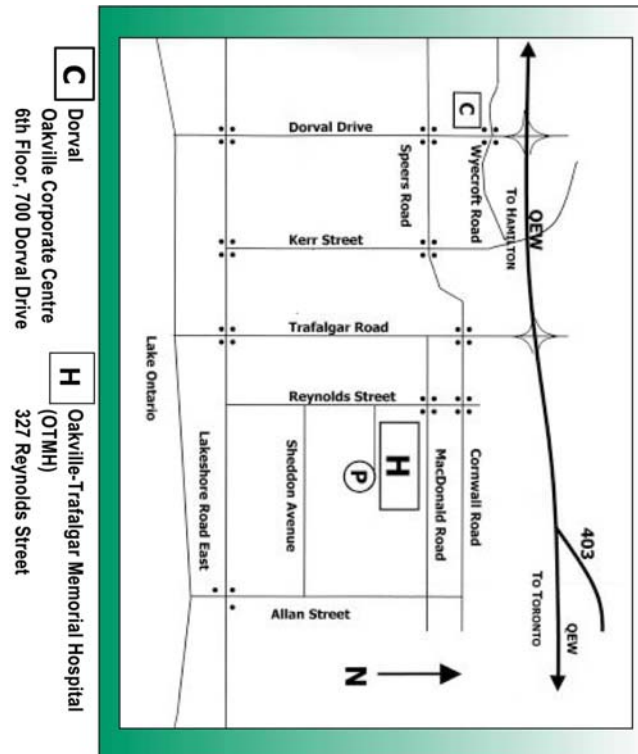
WHERE WE ARE

O.P.S. offices are off-site from Oakville Hospital. We are located in the Oakville Corporate Centre, 6th Floor, 700 Dorval Drive (enter from Wycroft Road). Free parking is available.

Telephone: 905 338 4630 Fax: 905 845 6419

Free parking is available.

We look forward to working with you on your treatment goals.



Halton Healthcare
Oakville-Trafalgar Memorial Hospital
Phone: (905) 845-2571
www.haltonhealthcare.com

Halton Healthcare is a multi-site healthcare organization providing the highest quality care possible, close to home. If you would like to help support the Mental Health/Social Services Program at HHS please call the Oakville Hospital Foundation at 905-338-4642, specifying that you wish to direct your donation to mental health. Donations will be used only to further quality client care. Visit our website at www.haltonhealthcare.com.



Life is waiting.

To assist adults with mental illness to attain and maintain maximum self-sufficiency, stability and integration in community living.

ADULT OUTPATIENT PSYCHIATRIC SERVICES

Outpatient Psychiatric Services (O.P.S.) is a component of Halton Healthcare Ambulatory Psychiatric Program.

THE TREATMENT STAFF

O.P.S. is staffed by experienced professionals with Master's Degrees in Social Work or equivalent training in a related discipline.

Referral to a consulting psychiatrist may be recommended by your assigned therapist at any time during your treatment.

THE REFERRAL PROCESS

Referral to O.P.S. can be made in one of three ways:

- Directly by a psychiatrist by telephoning 905-338-4630
- Indirectly by physicians referral to our Central Intake Team at 905-338-4630
- Directly by other Halton Healthcare Services psychiatric programs.

THE TREATMENT PROCESS

The treatment process involves the identification of problems to be worked on, proceeding to a goal-directed approach towards change. Homework assignments may be given to you, to be completed between sessions. Therapy sessions are time-limited between 10-12 sessions typically.

A period of trying out new behaviours, of putting into practice new learning, will complete the treatment process.



OUR TREATMENT PHILOSOPHY

In our experience, patients gain more from therapy when specific goals are identified and worked on. For this reason we ask that you complete a goal sheet and bring it to your first session.

We attempt to make therapy as brief as possible without sacrificing quality of treatment.

OTHER FAMILY MEMBERS

Other members of your family may be asked to participate in your treatment. They may be asked to attend a single session or attend as a regular part of your treatment.

COST OF THE PROGRAMS

Our services are provided through Halton Healthcare Services and indirectly through the Ministry of Health. There is no additional fee for service. The service is in demand and consequently we request 24 hours notice for cancellation of appointments. Also, repeated cancellations or missed appointments will be considered a lack of commitment to the program and may result in termination.