

Brief Services - Consultation session

Clinical considerations that would lead to keeping a client in BS rather than do a transfer to CT or IS:

Flexibility of appointments better fit client's availability and motivation

Area of focus requires only a session or two more to reach resolution

Could be either an individual or family centered concern

Little to no case coordination

Crisis

When immediate safety is a concern and as such, client is unable to wait for the next available appointment time

PD is notified to assigns the call to a brief worker for immediate intervention

Counselling Therapy

More internalized symptoms

- 1-2 areas of focus
- *Home environment should be stable

Weekly to bi-weekly contact

Parental involvement is an expectation, particularly with younger youth. Excluding family participation is discouraged

Some case coordination

Access to TMH and specialized assessments are available

Intensive Services

More externalized symptoms

- 2+ areas of focus
- *Stabilizing home environment often the primary concern

Consistent, weekly contact at a minimum Contact is available and increased based on need

Family systems approach, which includes work with the child/youth as deemed appropriate

Strong case coordination

Access to TMH and specialized assessments are available

^{**}Heads ED will help inform this clinical decision, but does not provide a score on which to make the determination.