



## **Concurrent Disorders Outpatient Care Team**

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The Concurrent Disorders Outpatient Program provides specialized concurrent disorder services for patients with both high addiction and high mental health needs.

The outpatient team works in conjunction with already established SJHH outpatient programs and community programs including: Psychiatric Emergency Services, East Region Mental Health Services, and Community Psychiatry Clinic.

## **Intake Criteria for Outpatient Referrals**

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The Outpatient program accepts referrals for individuals over the age of 18 years old. Individuals may be referred through their family doctor or by self-referral.

All referrals coming from a physician can be faxed to the Community Psychiatry Clinic at 905-521-6131. Additionally, we accept referrals from community partners &

## **Contact Information**

St. Joseph's Healthcare  
Hamilton  
West 5th Campus  
100 West 5th St.,  
Hamilton, L9C 0E3



## **Concurrent Disorders Outpatient Program**

### The team provides the following services:

- ◆ Time-limited follow-up for stabilization and transition to community and/or other appropriate services.
- ◆ Consultation with a Psychiatrist
- ◆ Group Programming
- ◆ 1:1 counselling for addictions and mental health using both a harm reduction and abstinence based approach



The Outpatient care team is an interdisciplinary team which consists of nursing, addiction counselling and psychiatric support.

### Group Programming (page 1 of 2)

#### Recovery Discussion – Mondays 10:00-11:30am

- Discussion-based drop-in group
- What information would be most helpful to you today? Are there resources that you need?
- This is a drop-in recovery focused discussion group. We can review coping skills, harm reduction and relapse prevention strategies or even problem solve a situation you are experiencing related to the recovery
- No referral required

#### Moving Forward Skillfully – Mondays 1:30-2:30pm

- A weekly drop-in class with 6 different modules
- Start any week
- Learn skills from DBT including emotion regulation, distress tolerance, and mindfulness
- No referral required

#### SMART Recovery – Tuesdays 1:30-2:30pm

- A drop-in self-help group for recovery from addictive behaviours
- Groups are led by a clinician and volunteer with lived experience
- Limit of 10 participants per group
- No referral required

#### Steps to Recovery – Wednesdays 1:30-2:30pm

- A drop-in self-help group with 6 modules to increase motivation to decrease substance use
- No referral required

### Group Programming (page 2 of 2)

#### Family Night – Last Wednesday of every month 6:30-8:30pm

- A group for loved ones of those with substance use, mental health, or concurrent disorders
- Contains 4 modules on supporting loved ones, creating boundaries, and self-care
- No referral required

#### Drop-In Dialectical Behavioural Therapy (DBT) - Wednesdays 11am-12pm, 1-2pm; Thursdays 11am-12pm

- A drop-in group designed to provide a brief sampling of DBT skills – not a formal DBT group
- Focus on the skills of: mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness
- Start any week
- Contact [dropindbt@stjosham.on.ca](mailto:dropindbt@stjosham.on.ca) for referrals, self-referrals, and information. Meeting URLs sent through email upon referral and selection of time/date.

#### Acceptance and Commitment Therapy (ACT) – Thursdays 1:30-3:00pm

- A weekly drop-in group with 5 different modules
- Start any week
- Topics from ACT therapy include: mindfulness, clarifying values, committed action, fusion vs. defusion, control vs. willingness, acceptance as an alternative, and action planning
- No referral required