



Treatment for people with depression, anxiety and trauma-related conditions *The Ontario Structured Psychotherapy Program (OSP)*

What is the Ontario Structured Psychotherapy Program (OSP)?

Adults in Ontario with depression, anxiety and trauma-related conditions can access free, short-term, evidence-based cognitive-behavioural therapy (CBT) and related services through OSP.

CBT is a structured, short-term therapy that teaches practical strategies and skills. This treatment focuses on problems that happen in everyday life and can help people change the way they feel, think and act. Clients do not need to have a diagnosis but must fit into one of the following problem descriptors:

- depression and low mood
- generalized anxiety and worry
- health anxiety
- obsessive-compulsive concerns
- posttraumatic stress
- social anxiety and performance fears
- specific fears
- unexpected panic attacks and agoraphobic fears

What types of support is available through OSP?

Different services and supports are available to provide the level of care that best meets the needs of the client.

- **Self-led resources:** Includes skill building programs using workbooks, videos and online modules guided by a trained coach or therapist. Services are delivered by BounceBack and internet-based CBT (iCBT) vendors.
- **Psychotherapy:** This includes in-person, phone or virtual CBT with a therapist. Services are delivered in partnership with community mental health organizations from across Northwestern Ontario.

OSP is a stepped care program, meaning that people may begin with the self-led resources guided by a coach or clinician, and move to individual psychotherapy if more support is required. Clients in the OSP program will be continually monitored using measurement based care tools to ensure that the program meets their ongoing needs and to help inform treatment decisions.

How do I refer my client to OSP?

Before referring your client, discuss the service and determine their interest and suitability for the program based on their needs. You can also provide your client with the [OSP Client Information](#) sheet.

Referrals can be made through The Access Point Northwest website. Click on the link below and choose Ontario Structured Psychotherapy to complete and submit the electronic referral form.



What can clients expect from participating in OSP?

Clients will be contacted to complete an intake assessment to determine eligibility and treatment plan with OSP. Where OSP may not be the best fit, an attempt or recommendation will be made to connect the client to a more suitable service(s). Once in the program, clients will regularly complete questionnaires assessing their mood and/or anxiety, meet with a CBT coach or therapist, keep track of and practice strategies for anxiety and/or depression-related thoughts and behaviours, and read about strategies for managing their mental health.

OSP Exclusionary Criteria:

The circumstances below indicate that this program would NOT be suitable for a client's needs.
Client poses a high risk to themselves, risk to others, or are at significant risk of self-neglect
Client is actively suicidal and with impaired coping skills and/or has engaged in significant suicidal behaviour (including extensive self-harm) in the past 6 months
Client is experiencing significant symptoms of mania or hypomania currently or has experienced these symptoms within the past year*
Client is experiencing significant symptoms of a psychotic disorder currently or has experienced these symptoms within the past year*
Client has a severe/complex personality disorder that would impact their ability to actively participate in CBT for anxiety or depression. NOTE: This program is not appropriate for clients for which personality disorder is the main problem descriptor (i.e., problem that is currently causing the most distress and impairment)
Client has requested only medication management
Client has moderate to severe impairment of cognitive function (e.g. dementia or acquired brain injury); or moderate/severe impairment due to a developmental disability or learning disability
Client currently has problematic substance use or has had problematic substance use in the past three months that would impact their ability to actively participate in CBT. Client requires specialized concurrent disorders treatment.
Client has a severe eating disorder that would impact their ability to actively participate in CBT for anxiety or depression
*This does not include symptoms induced by medication or substance use

***Please note that the OSP Program is not a crisis or emergency service.
If your client/patient is in need of immediate help, please direct them to the nearest emergency department or call 911***

For more information, please visit:

https://sjcg.net/services/mental-health_addictions/OSPP/