



Stepped Care - Intensive Treatment Program

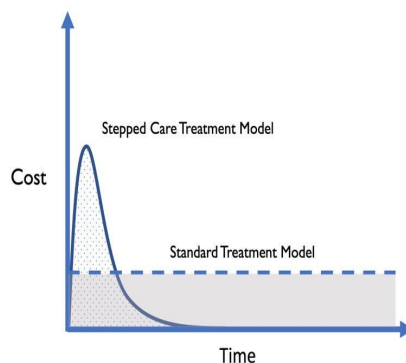
WHY CHOOSE CBT?

Cognitive behavioral therapy or CBT is the gold-standard psychological treatment for mood and anxiety disorders such as depression, OCD, social anxiety disorder, panic disorder & PTSD. CBT is the most researched form of psychotherapy and numerous large-scale review studies have shown CBT to be more effective than any other psychotherapeutic approach for most forms of mental illness. The CBT model – particularly with respect to how therapy works – has been researched extensively and maps well to current neurobiological explanations around the brain & behavior.

WHY STEPPED-CARE?

Treatment is often delivered in a “one size fits all” approach with little consideration of the required dose, intensity, and delivery method. A common standard treatment model consists of once a week, 50-minute therapy sessions with a psychologist. This may be the treatment model offered regardless of the seriousness of the client’s challenges. While some clients can be very well served by this model, clients with moderate to severe mental health challenges may be dramatically underserved by this model and need resources devoted to their care.

Stepped care involves delivering the right dosage of treatment to the right people, at the right time. Within a stepped care model, a client’s treatment plan is based on a multidimensional assessment of the clients’ current concerns and functioning. The resulting treatment plan seeks to maximize the effectiveness and efficiency of treatments by optimizing the frequency, timing, and intensity of service delivery, often at a “dose” that far exceeds what would be delivered in the traditional “one-hour therapy session per week” model. Treatment is then stepped up or down in intensity based on close monitoring of how treatment is progressing.



While stepped care can initially come with a higher cost given the amount of clinical resources that are allocated to your care, according to a wealth of scientific research, clients are likely to realize an improvement in symptoms more quickly based on the *frequency*, as opposed to number of sessions. Overtime, the cost of inadequate treatment can far exceed that of properly delivered intensive treatment within a stepped care program.

HOW DO WE DETERMINE TREATMENT INTENSITY?

Within a stepped care model, a client's treatment plan is based on a multidimensional general intake assessment (which you may have already completed) of your presenting concerns and functional status. This assessment integrates an evidence-based clinical tool called the LOCUS

that we use for arriving at individually tailored treatment recommendations around the necessary level of intensity. A client's LOCUS score will reflect severity of challenge around factors such as Risk of Harm, Functioning, Comorbidity, Environment & Social Supports, Treatment History & Client Engagement. The higher a client's score, the greater the intensity of treatment that is required.



WHAT ARE THE COMPONENTS OF THE OICBT INTENSIVE TREATMENT PROGRAM?

Within our Intensive treatment we have developed several core treatment components that we combine in varying levels of frequency to tailor treatment to client needs.



Individual Psychotherapy Sessions are 50-minute psychotherapy sessions conducted by Psychologists, Psychotherapists, & Occupational Therapists. Your individual therapist meets with you weekly to discuss progress, treatment goals, and stuck points related to an individually tailored general & weekly treatment plan. Your individual therapist will help to determine next steps for treatment intensity decisions and any additional referrals required. Your individual therapist will also lead communications with your treatment team to ensure flow and coordination of your services and care.



Coached Sessions are 50-minute sessions typically conducted by Occupational Therapists, Registered Psychotherapists, Social Workers, and Clinical Psychology Residents. These Sessions focus on applied practice of strategies outlined in the weekly treatment plans (therapy strategies, homework review etc). These sessions have been designed to help you practice empirically supported (research-based) treatment strategies weekly. Your coached therapy session therapist communicates with your treatment weekly team to ensure coordination of your care.



Coached Calls are 15-minute check-ins conducted by Occupational Therapists, Occupational Therapy Assistants, and/or Clinical Psychology Residents. These check-ins are focused on a brief review of homework & the implementation of treatment strategies. These sessions can be used to help troubleshoot and problem-solve any obstacles or stuck points in the implementation of strategies. Your clinician will be in close communication with your treatment team to ensure coordination and alignment with your treatment plan.



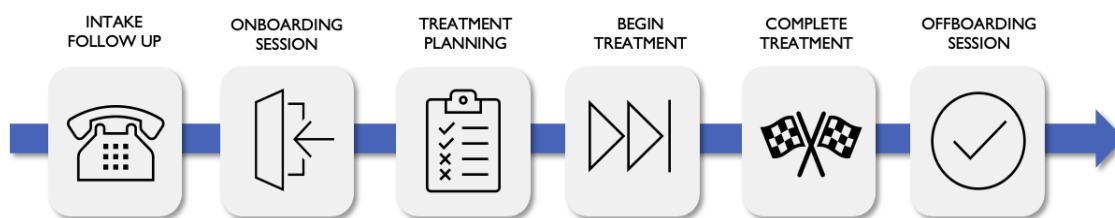
The ***Emotions, Acceptance & the Art of Coping*** group is a 16-session program designed to help clients build on their understanding of core cognitive behavioural therapy (CBT) and acceptance & commitment therapy (ACT) principles as well as develop emotion regulation skills that are critical to effectively using the tools gained in therapy. Major themes explored within the group include a review of the CBT model, the central role of willingness & acceptance in facilitating behavioural change aligned with our values, appropriately matching our coping to the circumstances of our lives, the impact of behaviour on our mood and finally, core principles of exposure therapy, emotional awareness, letting go of emotional suffering, opposite action to unpleasant emotions, distress tolerance, and tolerating uncertainty with compassionate action. Sessions occur in 50-minute weekly sessions with weekly homework. This group runs weekly on Tuesdays, from 3:30-4:20pm.



Family Accommodation is integrated into therapy to identify behaviours of family and loved ones that are aimed at helping you avoid or alleviate symptoms or distress in the short-term but which unintentionally enables or worsens this long-term (e.g., providing repeated reassurance to reduce anxiety). The goal is to help family/loved ones learn and identify alternative strategies to best support your therapy gains and autonomy long-term. Can be replaced with interpersonally-focused sessions if family accommodation sessions are not needed.

Interpersonal Sessions include interpersonally-focused goals (e.g., more meaningful relationships, schema therapy (deeply ingrained beliefs re: self, others) assertiveness, communication, and/or relationship with self/self-esteem, etc.)

GETTING STARTED IN THE OICBT INTENSIVE TREATMENT PROGRAM



Intake follow up: After the general intake we will contact you to discuss our treatment recommendations, including possible participation in our intensive treatment program as well as general pricing (no fee applies)

Onboarding Session: If the recommended treatment package is a fit for your needs, an onboarding session will be scheduled to review our informed consent (i.e., policies, expectations, clinical services etc.). This is a 30-minute session, for which a \$100 fee applies. Once a clinical spot becomes available, you will be contacted to schedule your treatment package.

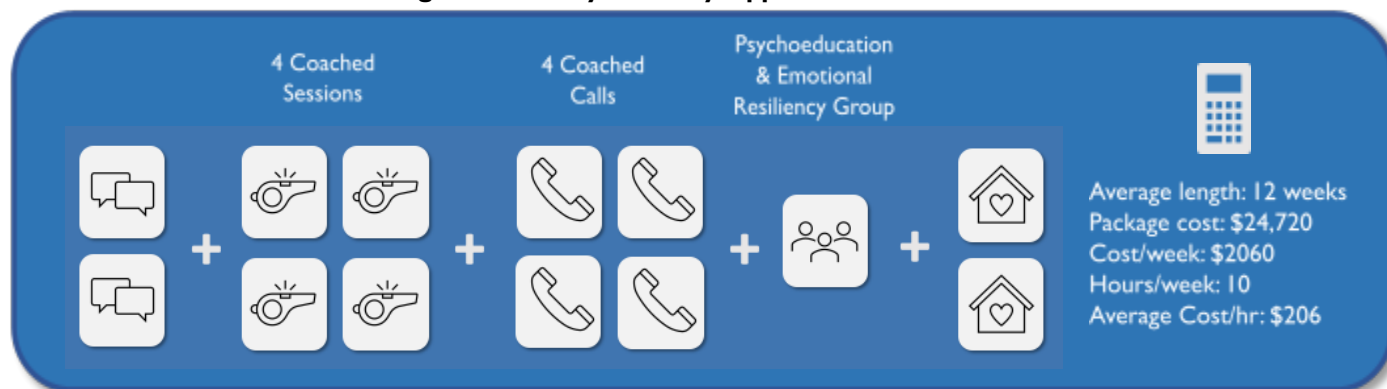
Treatment Planning: Once onboarded in the program your individual therapist will collaboratively create a tailored treatment planning report within the first two weeks of treatment. This will serve as a guide and toolkit of goals and strategies that will be implemented and practiced during the program (\$300 fee applies for the report). Thereafter, you will receive a weekly targeted treatment plan and homework as part of your therapy (at no additional charge)

Offboarding Session (If Applicable): Once having completed treatment, if appropriate some clients may continue with a less intensive form of treatment. In such cases an offboarding session will be necessary (15-minute session; \$50 fee applies)

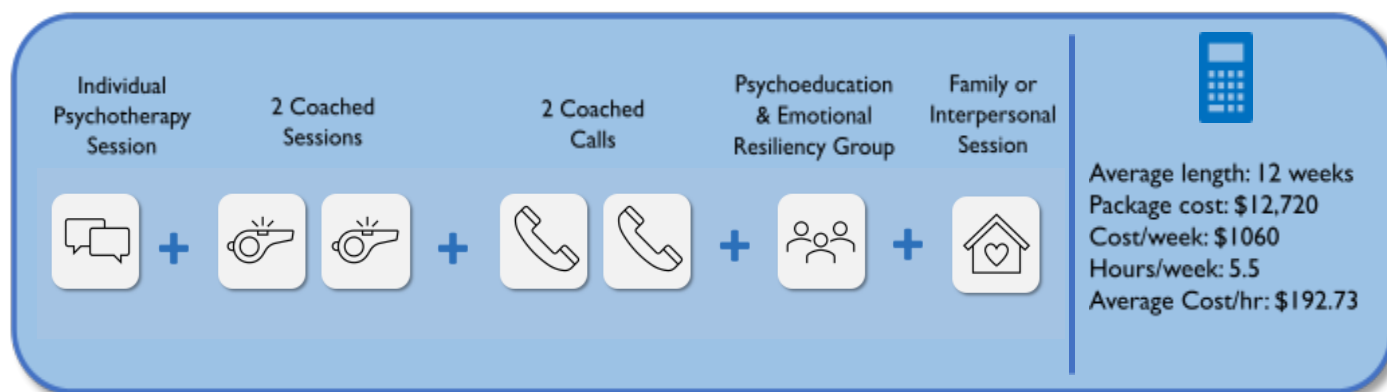
RECOMMENDING A TREATMENT PACKAGE THAT MEETS YOUR NEEDS

We have developed a number of treatment packages so that clients receive the intensity of treatment they need in the most time-effective and cost-effective manner possible. **Please note:** the cost for each package does not include the fees outlined above for the onboarding session, treatment planning session (or offboarding session, if applicable). We will show you a fully costed example where these fees have been integrated into the total cost.

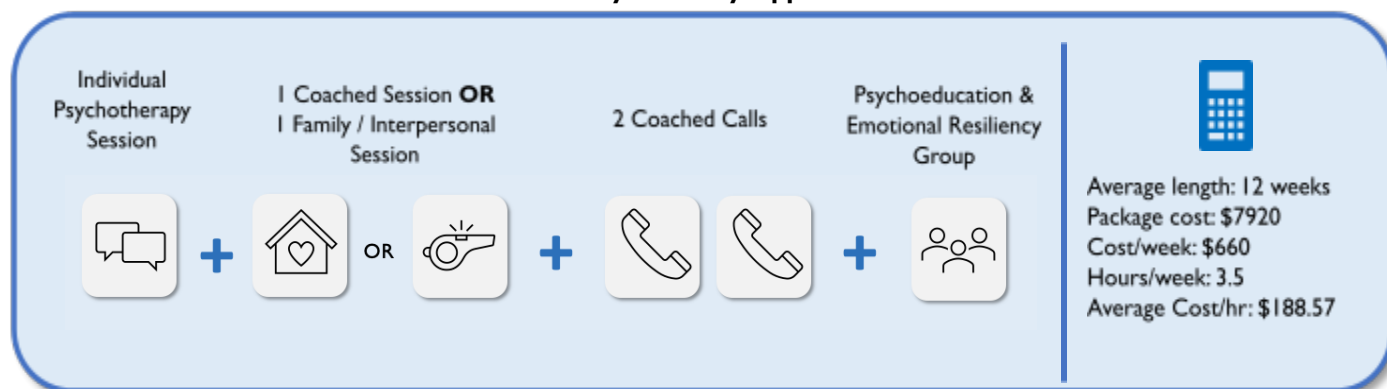
TREATMENT PACKAGE 1: Highest Intensity - Weekly Appointments



TREATMENT PACKAGE 2: High Intensity - Weekly Appointments



TREATMENT PACKAGE 3: Moderate Intensity - Weekly Appointments



PUTTING IT ALL TOGETHER

We understand that there is a lot to consider when deciding whether intensive treatment is a fit for you. Let's walk through an example to put all the pieces together. We have a full page on costing on the next page.

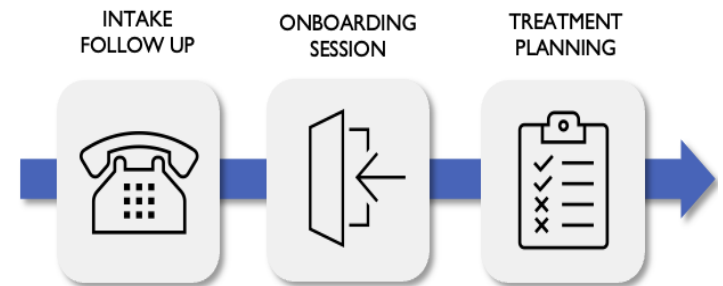
Case example: Joe is a male in his early 30s who has been affected by moderate to severe OCD symptoms since his mid-teens. He has tried multiple courses of weekly psychotherapy with various mental health

professionals. While he has derived some benefit initially from each of his stints in treatment, ultimately his symptoms have returned. Joe is currently on disability from work and is experiencing an increased sense of hopelessness around ever realizing the kind of quality of life that he feels he deserves. While his partner is certainly understanding of his mental health challenges, the severity of his symptoms has understandably been exerting a strain on their relationship.

Step 1: Joe completes a general intake assessment. The LOCUS tool that is integrated into the assessment package is used to develop comprehensive treatment recommendations that speak to his clinical history, clinical presentation, daily functioning, medical status and other important treatment factors

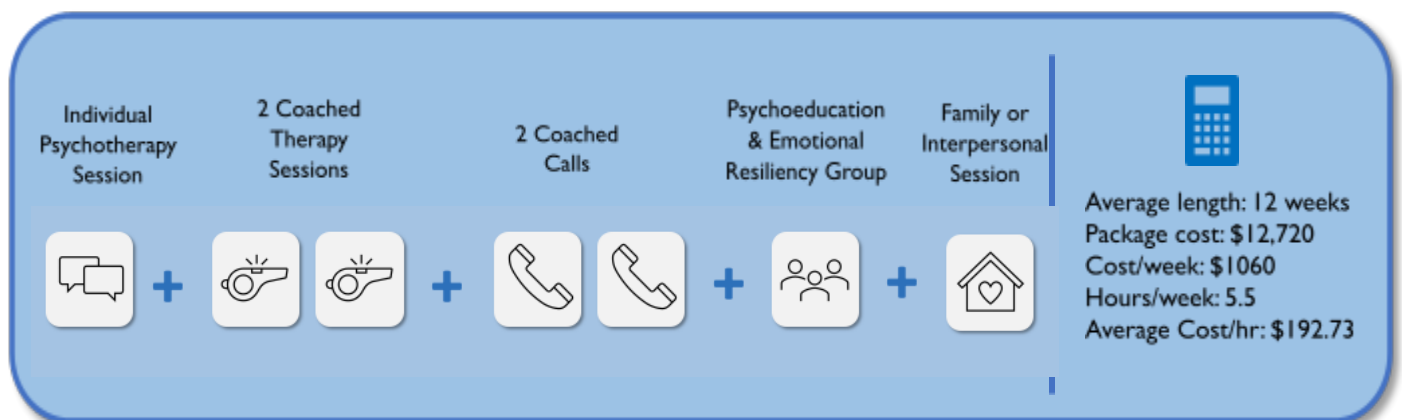


Step 2: Following the general intake assessment Joe completes an Intake follow-up where he is presented with our treatment recommendations. Based on Joe's assessment we are recommending Treatment Package 2, for an estimated 12 weeks. Joe is presented with a general estimate of the cost of this treatment plan. Joe agrees with the treatment plan and an onboarding session is booked.



Step 3: After completing the Onboarding Session, Joe would then wait for an opening in the program. When a clinical spot becomes available Joe will be contacted to confirm his treatment team, schedule and start date. When the start date arrives, Joe then begins his treatment package. His treatment plan will span 12 weeks, beginning with tailored treatment planning and goal setting and his progress will be monitored carefully through by his treatment team. Once he has completed the treatment plan, he will be given additional treatment recommendations if required (continued on the next page).

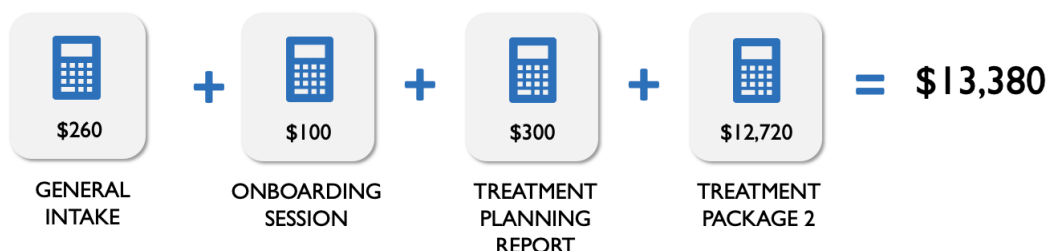
TREATMENT PACKAGE 2



WHAT DOES IT ALL COST?

At the OICBT we believe in being completely transparent around the costs of our clinical services. There should never be any surprises as to what a service will cost or when or how you will be billed for a service.

Below is the breakdown of the full cost of the treatment plan that Joe completed while in the OICBT Intensive Treatment Program.



Of course, the cost of your treatment may be higher or lower than the example presented here depending on the recommended treatment package. For example, if an Offboarding session is required this would add \$50 to the total price. Again, we will ensure that you have accurate cost information up front so that you can make an informed decision around your care and how you wish to allocate your treatment resources. We also have services to support clients who wish to undertake self-directed insurance advocacy to explore if their insurance provider will fund the proposed treatment plan.

Please Note: As part of standard clinical practice, rates for services increase regularly (typically, yearly) by approximately \$5 to \$15 per clinical contact hour; however, the increase can vary by program. Please visit <https://www.ottawacbt.ca/current-fees> for a list of current rates for services as well as for any upcoming rate changes (these are published when available, typically 3 months in advance of any rate change). For new clients, the costs of services will be determined by the anticipated or scheduled start date of services, as opposed to when a client is placed on a waitlist.

INTENSIVE TREATMENT PROGRAM AFTERCARE

For clients who have benefited from the Intensive Treatment Program and are ready to “step-down” to lower intensity care we typically will recommend our Intensive Treatment Program Post Care Stream, which includes both individual & group therapy.

Individual therapy within the context of our Post Care Stream includes short-term, contracted sessions (typically 12-15 sessions) aimed at consolidating and/or extending the gains made during the more intensive phase of treatment.

ITP post care work will also typically include involvement in our Core Beliefs Group. This group focuses on identifying and challenging core beliefs that can be related to problems with depression, anxiety, interpersonal situations, trauma (to name a few) and which may impact one’s self-view/concept. Core Beliefs (or “Schemas”) are deeply ingrained modes of thinking that are the essence of how we see ourselves, others, the world, and our future; often in ways that are unknown to us. The goal of schema therapy is to help individuals learn how to heal schemas by diminishing the intensity of emotional memories comprising the core beliefs, and by changing the cognitive and behavioural patterns connected to these. The group incorporates emotion-focused, cognitive, and behavioral strategies to allow individuals to meet their core needs using healthy and adaptive coping strategies. Please visit: <https://www.ottawacbt.ca/group-therapy> for more information on our Core Beliefs Group.

IS IT WORTH THE INVESTMENT?

While the initial cost of therapy may be higher in a stepped care program, it is our firm belief that providing the right treatment, to the right client, at the right time is in the long run *more* effective clinically as well as financially than the “treatment as usual” model of weekly therapy. From a clinical perspective, the available scientific data suggests it is the *frequency* of therapy of sessions rather than the total number of sessions that best predicts clinical outcomes. Accordingly, clients within our intensive program are provided with a very high volume of therapy in a very compressed window of time at an average hourly rate *well* below that of seeing a psychologist for a once-a-week session. Let’s look at the following example:

Amal presents with long-standing severe PTSD stemming from an operational stress injury sustained during her work as a police officer. Under a “treatment as usual” model it would not be at all uncommon for a client in Amal’s situation to be administered weekly therapy for upwards of 12 months (perhaps even longer, depending on the complexity of the case). Over the course of one-year she would receive roughly 48hrs of therapy with a psychologist at a total cost of \$11,520, at an hourly rate of \$240. This same client referred to Treatment Package 2 of our intensive program would receive 66 hours of therapy over the course of 12 weeks (not months), at a total cost of \$12,720, and with an average hourly rate of \$192.73. **This translates to 37.5% more therapy, in 75% less time, for less than an 11% increase in total direct cost,** AND with all the advantages of her care being delivered by a team of mental health professionals (psychologists, occupational therapists, occupational therapy assistants, psychotherapists, social workers etc.), each of whom has highly specialized skill sets to address the varied needs of each client

In addition:

- The impact of ineffective treatment needs to be considered not only from the perspective of direct costs related to the treatment itself, but also from the standpoint of cost of disability (both now and in the future) if a client is not able to work. Even the most generous of short or long-term disability benefits packages will ultimately translate into a significant loss of both near-term and life-time earnings for the client. Likewise, returning to work is also a major contributor to well-being. Furthermore, the longer clients stay off work, the less likely they are to return to work. From all perspectives, rapidly and effectively addressing mental concerns commensurate with a return to work as soon as feasible is in the client’s best interest.
- Aside from financial considerations, ineffectively addressed mental health challenges can translate into a considerable impact on overall functioning in day-to-day life, physical health, decreased quality and enjoyment of life, disruption to family systems & marital/interpersonal discord.
- Finally, although often underestimated, continued engagement in an ineffective treatment that serves only to further deplete precious resources can generate a sense of hopelessness and/or lack of motivation around pursuing additional treatment that could actually be effective.

HAVE QUESTIONS?

If you have completed a general intake at OICBT and this information package has been sent to you in anticipation of a scheduled follow call, please do not hesitate to discuss any questions or concerns with your intake clinician during the intake follow-up call. You may also contact your intake clinician via the secure portal in OWL Practice.

If you are not yet a client at OICBT and would like more information on our intensive treatment program, please book an information call by going to www.ottawacbt.ca and clicking on “Book Now – Free Information Call Adults/Seniors” and indicate that you are looking for additional information on our Intensive Treatment Program.

PLEASE NOTE: All information presented should be regarded as for illustrative/educational purposes only and does not comprise a personalized quote, treatment plan or agreement/consent to enter into or provide treatment. While every effort is made to ensure up-to-date and accurate pricing, should a discrepancy in fees outlined in this information sheet and that which is presented during the onboarding session occur, the fees presented in onboarding session will be deemed to be correct.