



## THE GEORGIANWOOD PROGRAM FOR CONCURRENT DISORDERS - VIRTUAL PROGRAM (GPCD-VP)

The Georgianwood Program for Concurrent Disorders – Virtual Program (GPCD-VP) has implemented a 100% virtual / remote program that offers evidence-based treatments to individuals 18 years + who are experiencing mild to moderate symptoms of mental illness and substance use.

The Georgianwood Virtual Program consists of a multidisciplinary team that provide low-intensity concurrent disorders treatment to individuals living in the community, while reserving high-intensity care for individuals in need of inpatient treatment to the in-person Georgianwood Program for Concurrent Disorders (GPCD) at the Waypoint site in Penetanguishene, Ontario.

**\*Please note that although the inpatient Georgianwood Program reopened March 2022, it is open with limited space, as it remains a small program.**

### The Georgianwood Virtual Program is designed for individuals with:

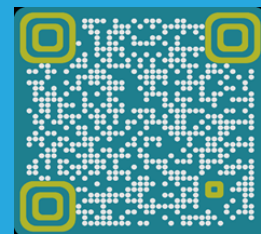
1. Mild to moderate mood or anxiety disorders
2. Mild to moderate substance use disorder
3. Motivation for change
4. The ability to commit to up to 3 hours a week for treatment
5. The physical/private space to participate
6. Some form of technology to access services (phone or ideally computer with internet access).

**Now Accepting  
Self-Referrals**

**Evidence Based  
Treatment**

**Services are  
Accessed Through  
Virtual Platforms**

**6-18 Weeks of  
Specialized Treatment  
for Concurrent  
Disorders**



**Scan for more  
information**

### **WAYPOINT CENTRE FOR MENTAL HEALTH CARE**

500 Church St.  
Penetanguishene, ON  
L9M 1G3

#### **To make a referral contact:**

Central Intake:  
705-549-3181 Ext. 2308  
Georgianwood:  
georgianwood@waypointcentre.ca

**or Self-Refer by visiting our website**

The Georgianwood Virtual Program allows clients the opportunity to access specialized services from their home, while still being able to maintain their everyday commitments.

The Georgianwood Virtual Program takes a phased approach that has been designed to meet the needs of the client. The phased approach will allow clients the opportunity to access between **6 and 18 weeks of specialized treatment**, depending on their current needs.

Clients accepted into this program will have the opportunity of having up to 3 therapeutic sessions with skilled clinicians each week.

**Individuals accepted into the virtual program may have access to:**

- Breaking Free Online
- Pre-Engagement Group
- Dialectical Behavioural Therapy skills (DBT)
- Cognitive Behavioural Therapy skills (CBT)
- Mindfulness
- Psychoeducation about concurrent disorders
- *SMART* Recovery
- Relapse Prevention Skills Training and Addiction Recovery Skills
- Advanced Skills
- Psychiatric Consultation

**Exclusionary Criteria**

1. Client is actively suicidal or has attempted suicide in the past 6 months **or** had an overdose that required hospitalization **in the past 6 months**
2. Client poses a high risk to themselves, risk to others or is at significant risk of self-neglect
3. Client is self-harming, which is the primary concern
4. Client is experiencing significant symptoms of mania or hypomania currently or has experienced these symptoms within the past 6 months
5. Client is experiencing significant symptoms of a psychotic disorder currently or has experienced these symptoms within the past year
6. Client has a severe/complex personality disorder that would impact their ability to actively participate in the virtual Georgianwood program
7. Client has been referred solely for medication management
8. Client currently has severe problematic substance use such that it would impede their ability to actively participate in virtual therapy
9. Client has another presenting concern that is a priority for treatment which is not offered through GPCD-VP (e.g., a severe eating disorder, posttraumatic stress, pressing medical concerns, etc.)
10. Client has cognitive impairment that would impact their ability to actively participate in the virtual Georgianwood program