

Occupational Stress and Trauma Recovery Clinic

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The Occupational Stress and Trauma Recovery Clinic (OSTRC) is part of the Work, Stress and Health (WSH) Program at CAMH. WSH is a non-OHIP funded interprofessional program that provides comprehensive consultations, assessments and treatments for issues derived from or impacting the workplace. OSTRC's mission is to provide expert support to individuals working in careers that require exposure to events that may be disturbing or unsettling. Those impacted by trauma can include municipal and provincial police, corrections officers, military personnel, paramedics and firefighters.

Our goal is to support members and their families in maintaining psychological well-being and to optimize occupational functioning, thereby reducing the risk of safety-related workplace incidents, performance issues and absenteeism.



“I could not have imagined this a year ago. Thank you for helping me do the job I loved for 31 years.”

– Supervisor Paramedic Service

MEET OUR TEAM

OSTRC comprises a multidisciplinary clinical team of psychiatrists, psychologists, social workers and occupational therapists with extensive experience in the assessment and treatment of occupational stress injuries including depression, anxiety, posttraumatic stress disorder (PTSD) and addiction. OSTRC clinicians are experienced in providing these services specifically with first responders and military personnel, including municipal and provincial police, corrections officers, active military personnel, veterans, paramedics and firefighters.

OUR SERVICES

The OSTRC provides timely, evidence-based assessment and treatment to meet the needs of members, to manage and reduce stress and to maintain optimal functioning. Our clinical expertise also includes evaluating and making recommendations for work accommodations, supporting safe return to work, and enhancing members' ability to maintain their occupational functioning.

The OSTRC provides non-OHIP funded services to members through two pathways:

- self-referral by members (shown below)
- referral by the employer – a more robust comprehensive assessment and treatment pathway, in instances where safety of the member could be a concern.

We also offer support to individual employers to arrive at customized solutions to meet the needs of their members and minimize employment-related impacts of stress and psychological trauma.

Self-referral treatment pathway

➔ Initial consultation

- Discussion of recommendations and treatment options
- Referral to external/community supports if appropriate

➔ Bridge treatment

- Individual treatment sessions with OSTRC psychologist
- Support to WSIB or community supports

➔ Transition support

- Community-based providers or services
- Continuation of treatment sessions with WSIB approval
- Successful resolution of concerns



CONFIDENTIALITY

We are committed to protecting the privacy of all individuals who contact our service and adhere to standards of confidentiality set out in the *Personal Health Information Protection Act, 2004* (PHIPA). Please contact OSTRC if you have questions or concerns about the collection, use and dissemination of any personal or health information you may disclose.

GEOGRAPHICAL REACH

The OSTRC provides services for members referred across Ontario. Programs can be developed for members from remote geographical regions.

CONTACT INFORMATION

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Fax: 416 971-7172

Web: www.camh.ca

Location: 455 Spadina Avenue,
Suite 200, Toronto, ON M5S 2G8

For more information on addiction and mental health issues, or to download a copy of this brochure, please visit our website:

www.camh.ca

To make a donation, please contact the CAMH Foundation:

Tel.: 416 979-6909

E-mail: foundation@camh.ca

If you have questions, concerns or compliments about services at CAMH, please call the Client Relations Office at:

Tel.: 416 535-8501 ext. 32028

E-mail: client.relations@camh.ca

camh Centre for Addiction
and Mental Health

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