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*Providence Care will lead the way in compassion and discovery.*

## What is DDCOT?

The Dual Diagnosis Consultation Outreach Team of Providence Care's Mental Health Services provides assessment, consultation, recommendations, and time-limited treatment for clients age 16 and over who have a dual diagnosis - an intellectual disability or autism or pervasive developmental disorder, with a suspected or diagnosed mental illness and/or behavioral disorder. The outreach team is an expert resource for primary care physicians, service providers, families and other caregivers. The team serves people living in southeastern Ontario through offices in Brockville, Kingston, and Belleville.

## What do we do?

The Dual Diagnosis Consultation Outreach Team works with the individual, family members, service providers, family physicians and other referral sources to determine a diagnosis and develop individual treatment recommendations to improve the quality of life of a person living with a dual diagnosis. Team members include nurses, an occupational therapist, psychiatrists, a psychologist and a social worker. The team works to maintain individuals in their home and community and to prevent hospitalization.

## How do we do it?

After a referral has been accepted, a primary contact from the team will be assigned. Team members will assess the individual in a familiar and comfortable setting. The Team will also request input from the primary care physician and other care providers. During the diagnosis, assessment and treatment process DDCOT's psychiatrists may prescribe and follow-up on medication in consultation with the family physician. Clients might also receive health advice from DDCOT's nurses, help with their everyday living skills from DDCOT's occupational therapist and/or therapy to build coping skills with our psychologists or social worker during this time.

Once the assessment is complete, person centered treatment recommendations are developed that may include: education, training and support for care providers and the primary care physician; changes to medication; communication strategies; advocacy for access to services or resources; and support for the individual and caregivers.

The Team is able to provide time-limited treatment working in conjunction with caregivers and supporters of the individual with a dual diagnosis.

## How to make a referral?

### ***Hastings & Prince Edward Counties:***

Contact 310-OPEN. Open Line Open Mind 310-OPEN (6736) is a free, confidential service to get information, support and referral to all mental health and addictions services in Hastings & Prince Edward Counties.

### ***Lanark County:***

Contact Lanark County Mental Health at 613-283-2170. Lanark County Mental Health provides streamlined access to a range of local mental health services and supports.

### ***Leeds & Grenville Counties:***

Contact the Front Avenue Resource Centre, Community Mental Health Centralized Intake and Referral service at 613-342-2262 or Toll-free at 866-499-8445.

### ***Frontenac, Lennox & Addington Counties:***

Contact the DDCOT office at 613-530-2400 or toll-free at 1-866-699-8544.