



Thank you for referring to Mind Space!

At Mind Space we offer self-management groups that require a significant learning commitment from patients. In order for referrals to be triaged as efficiently as possible, please ensure the patients you refer are suitable and prepared for group-based learning. We are a group of physicians offering publicly-funded programs and have a lean operation. **We are not resourced with an intake office or triage clinicians to screen patients; rather, we depend on you.**

Only one referral is required to access our Level 1 groups:

- CBT Skills Foundations
- Raising Resilient Kids Parenting Group
- Skills for Success: ADHD Strategies for Adults
- CBT Skills for Insomnia

Each program covers a large volume of material. Participants must be sufficiently motivated and cognitively intact to participate in weekly groups lasting up to 2 hours, and to implement home practice suggestions. If the patient has symptoms or circumstances that make them at risk of disrupting the group, they are not appropriate at this time.

Please note most groups are virtual with a requirement for **videos to be on throughout each session.**

Please review our **inclusion and exclusion criteria** (below) to understand which patients will be likely to benefit from the program, as well as those who won't, and who may end up demoralized from trying to participate in the wrong kind of service. There is also a [brief video](#) on our website that explains the program and the referral process.

Please note: This program has NO clinical oversight around safety (suicide risk). There is no ability for group facilitators to manage suicide risk, as these are group medical visits. If a patient has suicidal ideation, please consider safety planning and/or referral to services for patients of higher acuity. The RACE program is a resource for consultative support from psychiatry, to assist with initial stabilization and acute safety concerns.

Referral form must be completed in its entirety. If ANY information is missing, our team cannot process the referral, which will delay the patient's enrollment in a program. Depending on the complexity of the presentation, our team may need to request additional information from the referring provider and confirm that regular follow up can be provided.

Inclusion and Exclusion Criteria for Mind Space Programs



WE ENCOURAGE REFERRING PATIENTS WITH A PHQ9 SCORE OF 18 OR LESS WHO STRUGGLE WITH:

- Mild-moderate anxiety or depression
- Chronic medical conditions with associated mental distress
- Insomnia
- Perfectionism
- Chronic pain
- Substance Use Disorder, in at least early remission or would not interfere with cognitively demanding group based learning. Please note: Participants who are intoxicated will be asked to leave group
- Eating disorders (medically stable)
- Adjustment disorders (stress causing symptoms, and/or affecting ability to function in relationships, parenting, or at work/school)
- ADHD or other difficulties with executive function
- Mild trauma related disorders. If dissociative symptoms are present, these are mild and would not interfere with group based learning
- Care-givers coping with stress related to looking after dependents
- Note that our parenting course, Raising Resilient Kids, is suitable for parents with children 6 and under. Other programs may be suitable for parents generally, as well as other types of caregivers.



WHO DOES NOT FIT WELL— INDIVIDUALS WITH:

- Personality disorders with prominent emotional dysregulation, impulse control problems, difficulty mentalizing others, or problematic communication styles. Individuals with antisocial personality disorder are not suitable.
- High severity of any of the illnesses listed above, with either severe symptoms or marked functional impairment
- Trauma history with high potential to destabilize including flashbacks or other dissociative symptoms
- Cognitive impairment. Scores must be within normal range on a standardized cognitive assessment, such as MMSE > 26). For folks with acquired brain injury, assess cognitive capacities for attending 2h groups, interacting with others and doing home readings and practices).
- Psychosis (schizophrenia, schizoaffective disorder, delusional disorder, psychotic features), mania or unstable bipolar I disorder. Referrals for those with Bipolar I or II disorder are reviewed. Patients should be currently euthymic or depressed with 3 or more months of stability since the last elevated episode (6 months if hospitalized).
- Autism spectrum disorder with significant impairments in cognition, communication, or interpersonal relating
- Social anxiety that would prohibit group participation
- Impairing substance use
- Active suicidal ideation or behaviour
- Individuals below 17.5 years of age
- Current/recent psychiatric Emergency Department presentation or hospitalization. After ED presentation/hospitalization for depression or anxiety, there must be 3 or more months of stability. After ED presentation/hospitalization for mania, depression with psychotic features or BPD, there must be 6 or more months of stability before referral.
- If you are referring from a Consultation Liaison Psychiatry or other consulting service, note that a community-based MRP must have agreed to follow the patient for the duration of the referral.
- If the patient is >80 years of age we require an MMSE score (alongside PHQ9) to confirm cognitive capacity (MMSE must be > 26, please write score on referral form)

Let's work together to support each other and our patients, recognizing how difficult it is within the current system