

Virtual Care for Mental Health & Addictions During COVID-19

Adult Mood and Anxiety

Big White Wall

Increase in activity seen when comparing data before and during the pandemic in Ontario (Jan & Feb vs. Mar & Apr 2020)

↑120%

Member Registrations

↑81%

Member Engagement

↑54%

Member Logins

BigWhiteWall.com

iCBT

Provincial rollout for anxiety-related COVID support on May 5 for frontline and public.

Currently available at:

9 Campuses

College and University

4 Hospital Hubs

CAMH, Ontario Shores, Waypoint, The Royal

[Ontario MH&A Support](#)

Clinical MH&A Consults



Usage of the OTNHub for Mental Health and Addictions Consults – Direct to Patient (Apr 2019 – Feb 2020)

413,573 Visits

From All Users/Orgs

70 Orgs

Make up 80% of All Activity

Top 5 Users

- Niagara Health System Day Hospital Program
- Ontario Shores
- Addiction Services for York Region
- The Royal
- Sinai Health System

Top 5 Users – Methadone Support (Visits)

- OATC
- Towards Recovery
- Addictions Centre Toronto Inc
- Segue Clinic
- TrueNorth Medical Group

Health Care Organization Sign-Up

For OTNHub and PCVC

[Sign-Up Link](#)

Select "Health Care Organization Sign-Up"

Ontario Virtual Care Clinic

Free online service that provides patients with 24/7 access to a family doctor for non-COVID-19 related issues during the crisis (covered by OHIP)

Under Consideration:

MH Support – GP Psychotherapists

SeeTheDoctor.ca

Use the code "health"

Substance Use Disorder

The vendors on OTN's VOR have special offers for HSPs during the pandemic:



Free access until May 31st, Patients that register will have access for 1 year

To get started, contact [Glyn Davies](#)

FeelingBetterNow[®]

Free usage of the solution for 90-days (will begin once access is provided)

To get started, contact [Don Lajoie](#)

wagon

Increased capacity for online programs & support groups for frontline workers

To get started, contact [Rochelle Hildebrand](#)

All solutions are available in both English and French

32 Addictions Providers

Reached out to the vendors with interest

OTN has recently communicated these offers to over **170** providers across Ontario

230+ Patient Activations

Breaking Free Online (Apr 17 – May 5, 2020)

67%
Female Users

83%
User Retention

48%
After-Hours Activity

Child and Youth Mental Health

TeleMental Health



Telepsychiatry by allied health providers for children, youth, and their families, in remote and rural communities using PCVC OTNInvite

63 Sites

Providing access to: SickKids, CHEO, CPRI

↑47%

PCVC usage since 2017

How to Access Telemental Health

Referral Form

[Form Link](#)

Referrals are through the 6 provincial coordinating agencies to the 3 hubs: SickKids, CHEO, CPRI

This is a summary of the COVID-19 virtual care offerings that OH(OTN) is currently supporting. There are other initiatives supported by various MH&A organizations in Ontario. For more information, please contact Steve Mathew at smathew@otn.ca.