

Please note this list is limited to providers that either have services covered by OHIP or are private/fee for service providers located within publicly funded hospitals in Toronto and GTA. **Wait times and admission criteria vary by clinic/program; if private funding is available, consider and explore private providers for faster access to care.** Note that not all providers listed here require a referral through the Toronto ABI Network; some can be referred directly from a Physician’s office. Resources for education and support can be found at the end of this document.

- Resources for symptom management (e.g. headache, pain, sleep, dizziness)..... *Pages 2-3*
- Mindfulness (for Stress Reduction, Chronic Pain Management)..... *Page 4*
- Clinics & Outpatient Rehab..... *Pages 5-7*
- Fee for Service (within publicly funded hospitals)..... *Page 8*
- Education & Support..... *Pages 8-9*

Resources for Symptom Management

Clinic/ Program	Contact Information	Referral Process
Headache, Pain		
Bridgepoint Sinai Health System – Pain Management Program (Toronto, Ontario)	Telephone: 416-461-8252 ext. 2278; Fax: 416-461-2089. There is a small fee associated with this program. http://www.bridgepointhealth.ca/en/what-we-do/Outpatient-Care.asp	Submit GTA Rehab Network Outpatient Form directly to program.
Gladstone Headache Clinic (North York, Ontario)	Refer to Dr. Jonathan Gladstone Telephone: 416-492-4144; Fax: 416-492-9864	Refer directly from Physician’s office
Headache and Pain Relief Centre (Toronto, Ontario)	Refer to Dr. Michael Zitney, Director Telephone: 416-493-9762 http://www.headachepainreliefcentre.ca/doctors.htm	Refer directly from Physician’s office
Mount Sinai Hospital Joseph and Wolf Lebovic Health Complex - Wasser Pain Clinic (Toronto, Ontario)	Telephone: 416-586-4800 x 5997 ; Fax: 416-586- 8281 http://www.mountsinai.on.ca/care/pain_management	Refer directly from Physician’s office
Pain and Wellness Centre (Vaughan, Ontario)	Telephone (Toll free): 1-800-597-5733 All medical consultations are covered by OHIP. http://www.painandwellnesscentre.com/#about	Refer directly from Physician’s office
Shapero Markham Headache and Pain Treatment Centre (Markham, Ontario)	Telephone: 905-475-9700 ; Fax: 905-475-5913 http://shaperoheadache.com/contact-us	Refer directly from Physician’s office
Sunnybrook and Women’s College HSC (Toronto, Ontario)	Refer to Dr. Marek Gawel, Neurologist 1849 Yonge Street, Suite 806, Toronto, ON Telephone: 416-485-7749; Fax: 416-485-7095	Refer directly from Physician’s office
Toronto Headache and Pain Clinic (Toronto, Ontario)	Refer to Dr. Ian Finkelstein 801 York Mills Road, Suite 209, Toronto, ON Telephone: 416-699-8843; Fax: 416-699-6094.	Refer directly from Physician’s office
Toronto Rehab/UHN - Comprehensive Pain Program (University Centre, Toronto, Ontario)	Telephone: 416 597 3422 ext. 4200, Fax: 416 597 7074 http://www.uhn.ca/TorontoRehab/PatientsFamilies/Clinics_Tests/Comprehensive_Pain/Pages/about_us.aspx	Refer directly from Physician’s office

This list is not exhaustive. Services are provided without recommendation. Please contact us to report changes or errors by calling 416-597-3057.

Last revised November 2019

<p>Women’s College Hospital – Centre for Headache (Toronto, Ontario)</p>	<p>Refer to Dr. Christine Lay, Neurologist Telephone: 416-323-6136; Fax: 416-323-6007 http://www.womenscollegehospital.ca/programs-and-services/centre-for-headache</p>	<p>Refer directly from Physician’s office</p>
<p>Sleep</p>		
<p>St. Michael’s Hospital - Sleep Clinic (Toronto, Ontario)</p>	<p>Consultative services for sleep-related disorders like insomnia, narcolepsy and restless leg syndrome. http://www.stmichaelshospital.com/programs/sleep/ Fax: 416-864-5417</p>	<p>Refer directly from Physician’s office</p>
<p><i>When considering a sleep clinic to address sleep issues post concussion, please ensure you refer to a sleep clinic with expertise in brain injury</i></p>		
<p>Dizziness</p>		
<p>Sunnybrook Health Sciences Centre – Balance Disorders Clinic (Toronto, Ontario)</p>	<p>Telephone: 416-480-4429, Fax: 416-480-5761 http://sunnybrook.ca/content/?page=balance-disorders-clinic</p>	<p>Refer directly from Physician’s office ** Only accepting referrals from ENT specialists and Neurologists **</p>
<p>Advanced Hearing and Balance Testing</p>		
<p>Toronto General Hospital – The Centre for Advanced Hearing and Balance Testing (Toronto, Ontario)</p>	<p>Telephone: 416-340-3666, Fax: 416-340-3745 http://www.uhn.ca/Surgery/PatientsFamilies/Clinics_Tests/Advanced_Hearing_Balance_Testing http://www.uhn.ca/PatientsFamilies/Health_Information/Health_Topics/Pages/balance_disorders.aspx</p>	<p>Refer directly from Physician’s office</p>

Mindfulness (for Stress Reduction, Chronic Pain Management)		
Clinic/ Program	Contact Information	Referral Process
Bridgepoint Sinai Health System – Mindfulness Based Stress Reduction Program	Fax: 416-461-2089. There is a small fee associated with this program. http://www.bridgepointhealth.ca/en/what-we-do/Outpatient-Care.asp	Submit GTA Rehab Network Outpatient Form directly to program.
North York General Hospital - Mindfulness Based Stress Reduction (North York, Ontario)	Telephone: 416-756-6642; Fax: 416-756-6671 To obtain a copy of the referral form, visit: http://www.nygh.on.ca/Default.aspx?cid=1210&lang=1	Refer directly from Physician's office
Toronto General Hospital – Mindfulness Based Stress Reduction Clinic (Toronto, Ontario)	Telephone: 416-340-4452; Fax: 416-340-4198 Cost \$75; Duration: 8 week course http://www.uhn.ca/TorontoRehab/PatientsFamilies/Clinics_Tests/CRSP_Program/Documents/TR_PF_CC_CardiacRehab_HeartHealthforLife_Community_Support_Resources.pdf	Refer directly from Physician's office
Toronto Western Hospital – Mindful Cognitive-Behaviour Therapy Program (Toronto, Ontario)	Telephone: 416-603-5747; Fax: 416-603-5490 Cost \$50; Duration: 10 week course http://www.uhn.ca/TorontoRehab/PatientsFamilies/Clinics_Tests/CRSP_Program/Documents/TR_PF_CC_CardiacRehab_HeartHealthforLife_Community_Support_Resources.pdf	Refer directly from Physician's office
Women's College Hospital – Mindfulness Based Stress Reduction (Toronto, Ontario)	Telephone: 416-323-6223; Fax: 416-323-6356 Cost \$100; Duration: 8 week course To obtain a copy of the referral form, visit: http://www.womenscollegehospital.ca/assets/pdf/referral/MBSR_ReferralForm.pdf	Refer directly from Physician's office

This list is not exhaustive. Services are provided without recommendation. Please contact us to report changes or errors by calling 416-597-3057.

Last revised November 2019

Clinics & Outpatient Rehabilitation

Clinic/ Program	Description	Criteria	ABI Network Referral
<p>Community Head Injury Resource Services (CHIRS) – Neuropsychological Assessment Clinic (North York, Ontario)</p>	<p>Offers subsidized neuropsychological assessment services for eligible adults with an ABI. Assessments are designed to identify possible challenges with brain functioning, define strengths and weaknesses and help guide treatment and service delivery.</p>	<ul style="list-style-type: none"> - 18 years of age and older - Have a history of trauma sufficient to suspect complicated mild to severe brain injury - Have had no neuropsychological testing in the past 2 years - Do not have access to third party funding <ul style="list-style-type: none"> o Loss of consciousness of 5mins or more o 1yr post injury o No previous neuropsych assessments o Positive findings on neuroimaging o A cognitive or neuropsych complaint/sufficient to interfere with day to day functioning - Lives within geographical catchment area 	<p>Yes, fax the completed Community Profile form to 416-597-7021.</p>
<p>Bridgepoint Sinai Health System - Outpatient Neurological Rehabilitation Program (Toronto, Ontario)</p>	<p>Short term intensive outpatient neuro-rehab offered by an inter-professional team including OT (including Vocational Rehab Services), SLP, SW, Nursing and Physiatry (not a stand-alone option)</p> <p>Comprehensive team working with patients to work on vocational rehab, neuropsychology services and a neurological peer support group for younger adults</p>	<ul style="list-style-type: none"> - Must have a recent acquired brain injury - Post injury from 6 months to 1 year - Referral through Network requires a signed Physician letter in addition to referral for consideration - Able to actively participate in outpatient therapy, clearly defined rehab goals - Able to ambulate and/or require minimal assist with transfer - Independent with self-care or provide own support - Provide own transportation - Physiatry not a standalone service 	<p>Yes, fax the completed Community Profile form to 416-597-7021. Physician signature & billing number is required.</p> <p>Concussion/mTBI referrals currently not accepted</p>

Clinics & Outpatient Rehabilitation

Clinic/ Program	Description	Criteria	ABI Network Referral
<p><u>Pediatrics (18 and under)</u> Holland Bloorview Kids Rehabilitation – Concussion Centre (Toronto, Ontario)</p>	<p>The Concussion Centre includes clinicians specifically trained in pediatric brain injury and researches who are leading experts in the field of youth concussion. The Centre is focused on getting kids back to what they love by focusing on 3 key pillars: Education, Research and Clinical Services.</p> <p>To schedule a baseline test contact James Murphy, Program Manager at 416-425-6220 ext. 6490. For any other questions, e-mail concussion@hollandbloorview.ca</p>	<ul style="list-style-type: none"> - 18 yrs or younger - Post 4 weeks - Continue to experience ongoing symptoms - Unable to return to a full school workload - Unable to return to sports <p>- Note: Pediatric Baseline Concussion Testing fee is \$90/child plus HST</p>	<p>No, please refer directly from Physician’s office</p>
<p>St. Michael’s Hospital - Head Injury Clinic (Toronto, Ontario)</p>	<p>This clinic provides a multidisciplinary and highly specialized follow-up for the comprehensive management of mild to moderate TBI</p>	<ul style="list-style-type: none"> - Mild to moderate TBI - Post injury 1 year or less - 18 years or older - Must include medical notes, neuroimaging - Symptoms must be both Physical and Cognitive (if only 1 or 2 physical symptoms refer to individualized treatments clinics) - No geographical limits 	<p>The Head Injury Clinic is currently not accepting referrals. Please contact the Toronto ABI Network for inquiries.</p>
<p>St. Michael’s Hospital - Psychiatry Clinic (Toronto, Ontario)</p>	<p>ABI specific Psychiatrist who addresses psychosocial and behavioural issues following a brain injury through assessment only</p>	<ul style="list-style-type: none"> - Must have an acquired brain injury - 18 years or older - No restriction years post injury - Identified psychosocial or behavioural issues - Only if within catchment area: south of Bloor/Danforth to Lake Ontario and east of Yonge St. to west of Victoria Park Ave. 	<p>Yes, fax the completed Community Profile form to 416-597-7021. Physician signature & billing number is required.</p>

This list is not exhaustive. Services are provided without recommendation. Please contact us to report changes or errors by calling 416-597-3057.

Last revised November 2019

Clinics & Outpatient Rehabilitation

Clinic/ Program	Description	Criteria	ABI Network Referral
<p>Sunnybrook Health Sciences Centre - Mild to Moderate Traumatic Brain Injury Clinic (Toronto, Ontario)</p>	<p>Interdisciplinary, evidenced-based approach for the early assessment, diagnosis and management of physical (somatic), emotional, behavioural, cognitive, psychological and psychiatric symptoms following mild to moderate traumatic brain injury. Patients are seen by an OT and Psychiatrist in the acute /sub-acute stage after injury.</p>	<ul style="list-style-type: none"> - Complicated mild to moderate TBI - Must have positive findings on brain imaging or GCS ≤ 14 or facial/skull/cervical fracture - Post injury up to 3 months - Adult Clinic 19- 65 years - Adolescent Clinic 14-18 years - Must include medical notes, imaging describing TBI - Symptoms must include psychosocial factors as well as physical/cognitive symptoms - No geographical limits 	<p>Yes, fax the completed Community Profile form to 416-597-7021. Physician signature & billing number is required.</p>
<p>Toronto Rehab/UHN- Outpatient Rehabilitation (Toronto, Ontario)</p> <p>2 locations -></p>	<p>Short term, active outpatient rehabilitation for individuals requiring an interdisciplinary, goal oriented approach with a specialized team OT, PT, SLP, SW and Neuropsychology (not a stand-alone service).</p> <p><u>Toronto Rehabilitation Institute (TRI) has 2 locations:</u></p> <ul style="list-style-type: none"> • University Centre (University & Dundas) • Rumsey Centre (Bayview & Eglinton) 	<ul style="list-style-type: none"> - Must have a recent acquired brain injury - Post injury up to 2 years - <u>Must have evidence of TBI on CT/MRI</u> - 18 years or older - <u>Two or more service requests required</u> (do not provide single service) - Able to actively participate in outpatient therapy, clearly defined rehab goals - Able to ambulate and/or require minimal assist with transfer - Independent with self-care or provide own support - Provide own transportation - Neuropsychology and Physiatry not a single service, no neuropsychiatry services - Exclusionary criteria – history of dementia 	<p>Yes, fax the completed Community Profile form to 416-597-7021. Physician signature & billing number is required.</p> <p>Concussion/mTBI referrals currently not accepted</p>
<p>Toronto Rehab/UHN -Outpatient ABI Physiatry clinic (University Centre, Toronto, Ontario)</p>	<p>Specialty clinic that provides a Physiatry assessment, recommendations and follow up addressing mild to severe brain injury issues</p>	<ul style="list-style-type: none"> - Must have an acquired brain injury - 18 years or older - Post injury up to one year - No geographical limits - Often for patients who have ‘fallen through the cracks’ 	<p>Please contact the Toronto ABI Network for inquiries.</p>

This list is not exhaustive. Services are provided without recommendation. Please contact us to report changes or errors by calling 416-597-3057.

Last revised November 2019

Fee for Service Resources (within publicly funded hospitals)		
Clinic/ Program	Description/Contact	Referral Process
Toronto Rehab/UHN - Complex Injury Outpatient Rehab (CIOR) (University Centre, Toronto, Ontario)	This program is covered by third-party insurance (WSIB/MVA/Extended health). It provides one stop service through an interdisciplinary team providing a comprehensive assessment and treatment services for individuals with ABI and multifaceted injuries (ABI and MSK). http://www.uhn.ca/TorontoRehab/PatientsFamilies/Clinics_Tests/CIOR_Service	Refer directly from Physician's office
Toronto Rehab/UHN - Neurology Service (University Centre, Toronto, Ontario)	This program is a fee-for-service outpatient assessment program for individuals who have sustained a head, brain or neck injury, usually through a work-related incident . Typically, clients have cognitive, physical, neurological, psychiatric or social issues. Most individuals can carry out daily living activities. The assessment involves a number of different rehab specialists. <ul style="list-style-type: none"> ○ Program admission is based upon a referral by the WSIB. Please note, they will require a claim number and WSIB approval plus a letter of referral, clinical notes including ambulance and ER reports, test, x-rays and other relevant results. ○ Telephone: 416-597-3422 x3743 	Refer directly from Physician's office

Education & Support		
Organization	Description	Contact
Brain Injury Society of Toronto (BIST)	Concussion Series Group A series of 6 informational workshops for people with persistent symptoms. The group will be part support group and part information exchange.	To register or find out when the next series will be held, please e-mail connections@bist.ca or call 647-990-1485

Education & Support		
Organization	Description	Contact
Canadian Concussion Centre	<p>Concussion Education & Support Workshop</p> <p>This is a free 2-night workshop held at Toronto Western Hospital- “When Symptoms of Single and Multiple Concussions Persist: An Education and Support Workshop”. Offered through the Canadian Concussion Centre at the University Health Network.</p> <p>https://www.uhn.ca/KNC/Research/Projects/Canadian_Concussion_Centre/Pages/patient.aspx</p>	<p>No referral required to attend.</p> <p>Call to register. 416-603-5800 ext. 4025</p>
<p>Pediatrics (18 and under) Holland Bloorview Kids Rehabilitation Centre: Concussion and You</p>	<p>Concussion and You</p> <p>Free weekly concussion education sessions for families A 1-2 hour session that provides families with the most current information about concussion to best support recovery.</p> <p>Visit: www.hollandbloorview.ca/concussionandyou</p>	<p>For more information, contact concussion@hollandbloorview.ca</p>
Mind Forward Brain Injury Services	<p>Concussion Workshop</p> <p>“When Symptoms of Single and Multiple Concussions Persist: An Education and Support Workshop”.</p> <p>Available at 3 locations: Mississauga, Oakville and Orangeville</p>	<p>To register email: concussionservices@mindforward.org and indicate preferred location</p> <p>For more information, please call 905-949-4411 ext. 239</p>
Ontario Brain Injury Association (OBIA):	<p>Online Concussion/mTBI Support Group</p> <p>Program offers support and sharing information about brain injury and concussion; delivered online and available throughout Ontario; Free and confidential.</p> <p>Register online: http://obia.ca/online-concussion-support-group/</p>	<p>For more information call 1-800-263-5404 ext. 249</p>

This list is not exhaustive. Services are provided without recommendation. Please contact us to report changes or errors by calling 416-597-3057.

Last revised November 2019