

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.

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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. 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. https://thepwc.ca/	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

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Clinic/ Program	Contact Information	Referral Process
Headache, Pain		
Toronto Rehab/UHN - Comprehensive Pain Program (University Centre, Toronto, Ontario)	Telephone: 416 597 3422 ext. 4200, Fax: 416 597 7074	Refer directly from Physician's office
Women's College Hospital – Centre for Headache (Toronto, Ontario)	Refer to Dr. Christine Lay, Neurologist Telephone: 416-323-6136; Fax: 416-323-6007 http://www.womenscollegehospital.ca/programs-and-services/centre-for-headache	Refer directly from Physician's office
Sleep		
St. Michael's Hospital - Sleep Clinic (Toronto, Ontario)	Consultative services for sleep-related disorders like insomnia, narcolepsy and restless leg syndrome. http://www.stmichaelshospital.com/programs/sleep/ Fax: 416-864-5417	Refer directly from Physician's office
<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>		
Dizziness		
Sunnybrook Health Sciences Centre – Balance Disorders Clinic (Toronto, Ontario)	Telephone: 416-480-4429, Fax: 416-480-5761 http://sunnybrook.ca/content/?page=balance-disorders-clinic	Refer directly from Physician's office ** Only accepting referrals from ENT specialists and Neurologists **
Advanced Hearing and Balance Testing		
Toronto General Hospital – The Centre for Advanced Hearing and Balance Testing (Toronto, Ontario)	Telephone: 416-340-3666, Fax: 416-340-3745	Refer directly from Physician's office

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 https://www.uhn.ca/Transplant/Kidney_Transplant_Program/Transplant_Surgery/Kidney_Transplant_Guide/Documents/Mindfulness_application_form.pdf	Submit application form via Fax: 416-340-4198
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

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 Hospital – 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. For more information about clinical services please visit hollandbloorview.ca/concussionservices</p> <p>For any other questions, e-mail concussion@hollandbloorview.ca</p>	<p>Early Concussion Care Program</p> <ul style="list-style-type: none"> - 21 years or younger - Physician/NP referral needed within 4 weeks of injury - Unable to return to full school and sport/physical activity - Partially OHIP funded <p>Persistent Concussion Clinic</p> <ul style="list-style-type: none"> - 18 yrs or younger - Post 4 weeks from injury - Continue to experience ongoing concussion-related symptoms - Unable to return to a full school workload - Unable to return to sports - Fully OHIP funded 	<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 - No geographical limits 	<p>Yes, fax the completed Community Profile form to 416-597-7021. Physician signature & billing number is required.</p>

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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>

Clinics & Outpatient Rehabilitation

Clinic/ Program	Description	Criteria	ABI Network Referral
Toronto Rehab/UHN - ABI Physiatry clinic (University Centre, Toronto, Ontario)	Outpatient Physiatry clinic offering consultation, diagnosis and management for patients with ABI. Mild TBI patients may be seen for a one-time consultation only, to provide education and management recommendations to the referring physician, or may be seen in follow-up at the physiatrist's discretion. Please note that rehabilitation services (e.g. PT, OT) are not available as this is not a multidisciplinary clinic.	<ul style="list-style-type: none"> - Mild, moderate or severe TBI and any non-traumatic ABI - For mild TBI referrals, patient must be less than 2 years from date of injury and patient must have a family physician - Moderate or severe TBI, can apply at any time point - Age over 18 years old - No geographical limits 	Yes, fax the completed Community Profile form to 416-597-7021. Physician signature & billing number is required.

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). https://www.uhn.ca/TorontoRehab/Clinics/CIOR_Service?utm_source=https://www.uhn.ca/torontorehab/patientsfamilies/clinics_tests/cior_service&utm_medium=404&utm_campaign=redirects	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"> o 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. o Telephone: 416-597-3422 x3743 	Refer directly from Physician's office

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Education & Support		
Organization	Description	Contact
<u>Brain Injury Society of Toronto (BIST)</u>	<p>Brain Injury Society of Toronto (BIST) is a community non-profit supporting those living with the effects of acquired brain injury. Their members include children, young adults, parents, spouses, grandparents, professional and service providers. Membership is open to anyone. Programs offered include: <u>Programs and Services</u></p> <ul style="list-style-type: none"> ○ Monthly Community Meetings ○ Social Drop-In's- Men's Social Drop-In, South Asian/ East Indian Community Drop-In, ○ ABI Support Group Programs- ABI Survivor Support Group, Peer-Led Caregiver Support Group, Women's Support group, ○ Peer Support Mentoring ○ Workshops & Weekly Series Programs- ABI Info. Series, Concussion Series (<u>Persistent Concussion Symptom Series</u>), Wrap Groups, LGBTQ2S WRAP Group ○ ABI Awareness 	<p>For more information: Email: <u>info@bist.ca</u> Tel: 416-830-1485</p>
<u>Canadian Concussion Centre</u>	<p><i>Concussion Education & Support Workshop</i> 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. <u>https://www.uhn.ca/Krembil/Research/Projects/Canadian_Concussion_Centre/Pages/patient.aspx</u></p> <p><u>Canadian Concussion Centre's "When Symptoms of Single and Multiple Concussions Persist" Online Webinars</u></p>	<p>No referral required to attend.</p> <p>Call to register. 416-603-5800 ext. 4025</p>
<p><u>Pediatrics (18 and under)</u> Holland Bloorview Kids Rehabilitation Centre: <u>Concussion and You</u></p>	<p><i>Concussion and You</i></p> <p>Free concussion education sessions for families A 1 hour session that provides families with the most current information about concussion to best support recovery.</p> <p>To learn more and find the next available session please visit: <u>www.hollandbloorview.ca/services/programs-services/concussion-you</u></p>	<p>For more information, contact <u>concussion@hollandbloorview.ca</u></p>

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Organization	Description	Contact
<p>Ontario Brain Injury Association (OBIA):</p>	<p><i>Online Concussion/mTBI Support Group</i></p> <p>Program offers support and sharing information about brain injury and concussion; delivered online and available throughout Ontario; Free and confidential.</p> <p>http://obia.ca/online-concussion-support-group/</p>	<p>For more information call 1-800-263-5404 ext. 249</p>