

ABI Resources for Concussion in Toronto and GTA

Please note the following 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; please refer to the information noted under the referral process column for specific details. 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 2-4
- [Mindfulness](#) (for Stress Reduction, Chronic Pain Management)..... Page 4
- [Clinics & Outpatient Rehab](#)..... Pages 5-8
- [Fee for Service](#) (within publicly funded hospitals)..... Page 8
- [Education & Support](#)..... Pages 9-10

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 Referral 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
Pain and Wellness Centre (Vaughan, Ontario)	Telephone (Toll free): 1-800-597-5733 Fax: 1-844-358-9308 All medical consultations are covered by OHIP. www.thepwc.ca	Submit using clinic’s referral form Referral form: www.thepwc.ca/referring-providers/patient-referral-form
Shapero Markham Headache and Pain Treatment Centre (Markham, Ontario)	Telephone: 905-475-9700 Fax: 905-475-5913 www.shaperoheadache.com/contact-us	Submit using clinic’s referral form
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
Women’s College Hospital – Centre for Headache (Toronto, Ontario)	Refer to Dr. Christine Lay, Neurologist Telephone: 416-323-6136 Fax: 416-323-6007 www.womenscollegehospital.ca/programs-and-services/centre-for-headache	Submit using clinic’s referral form Referral form: www.womenscollegehospital.ca/wp-content/uploads/2022/06/F-5077CENTREFORHEADACHEREFERRALFORM_2018.pdf

Resources for Symptom Management

Clinic/ Program	Contact Information	Referral Process
Headache, Pain		
Toronto Rehab/UHN – Comprehensive Integrated Pain Program – Rehabilitation Pain Service (University Centre, Toronto, Ontario)	Telephone: 416 597 3422 ext. 4200 Fax: 416 597 7074 Partner with the Toronto Academic Pain Institute (TAPMI)	Submit using TAPMI referral form Referral form: www.tapmipain.ca/patient/get-referred/
Women’s College Hospital Pain Program (Toronto, Ontario)	Telephone: 416-323-6269 Fax: 416-323-2666 Partner with the Toronto Academic Pain Institute (TAPMI) www.womenscollegehospital.ca/care-programs/pain-program/	Submit using TAPMI referral form Referral form: www.tapmipain.ca/patient/get-referred/
Wasser Pain Management Clinic at Mount Sinai Joseph and Wolf Lebovic Health Complex (Toronto, Ontario)	Telephone: 416-586-5997 Fax: 416-323-2666 Partner with the Toronto Academic Pain Institute (TAPMI) www.mountsinai.on.ca/care/pain_management	Submit using TAPMI referral form Referral form: www.tapmipain.ca/patient/get-referred/
Sleep		
St. Michael’s Hospital - Sleep Clinic (Toronto, Ontario)	Consultative services for sleep-related disorders like insomnia, narcolepsy and restless leg syndrome. Telephone: 416-530-6043 Fax: 416-530-6050 https://unityhealth.to/areas-of-care/programs-and-clinics/respirology/	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: 416-480-4138 Fax: 416-480-5761 www.sunnybrook.ca/content/?page=balance-disorders-clinic Referral form: https://sunnybrook.ca/uploads/1/departments/otolaryngology/referral-sb.pdf	Submit using clinic’s referral form **Dizzy / Vertigo referrals will only be accepted from Otolaryngologists, Neurologists, and Sunnybrook Family Medicine. All other referrals will be returned.

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

Last revised September 2022

Resources for Symptom Management

Clinic/ Program	Contact Information	Referral Process
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Advanced Hearing and Balance Testing

<p>Toronto General Hospital – The Centre for Advanced Hearing and Balance Testing (Toronto, Ontario)</p>	<p>Phone: 416-340-3666 Fax: 416-340-3745</p>	<p>Submit using clinic referral form</p> <p>Referral information www.uhn.ca/Surgery/Labs_Tests/Advanced_Hearing_Balance_Testing/Pages/patient_referral.aspx</p>
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Mindfulness (for Stress Reduction, Chronic Pain Management)

Clinic/ Program	Contact Information	Referral Process
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<p>Bridgepoint Sinai Health System – Mindfulness Based Stress Reduction Program</p>	<p>Fax: 416-461-2089 There is a small fee associated with this program. www.bridgepointhealth.ca/en/what-we-do/Outpatient-Care.asp</p>	<p>Submit GTA Rehab Network Outpatient Form directly to program.</p>
<p>North York General Hospital – Mindfulness for Medical Conditions (North York, Ontario)</p>	<p>Telephone: 416-483-3778 Fax: 416-756-6671 www.nygh.on.ca/areas-care/mental-health/adult-mental-health/mindfulness-medical-conditions?cid=1210&lang=1</p>	<p>Submit using clinic’s referral form</p> <p>Referrals: www.nygh.on.ca/sites/default/files/2022-01/Referral%20Form%20MFMC%20%28MSR%29.pdf</p>
<p>Toronto General Hospital – Mindfulness Based Stress Reduction Clinic (Toronto, Ontario)</p>	<p>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</p>	<p>Submit application form via fax: 416-340-4198</p>

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 5 minutes or more o 1 year 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>Pediatrics (18 and under) 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 years 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 using Holland Bloorview’s referral form</p> <p>Referral forms:</p> <ul style="list-style-type: none"> • Early Concussion Care Referral • Persistent Concussion Care Referral
<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 only accepts referrals from patients within their own Emergency Department.</p>

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.</p> <p>Interdisciplinary team including a neuropsychiatrist, youth psychiatrist, physiatrist, neurologist and occupational therapist; with timely access to other SHSC physician specialists, clinics, adjunctive services and medical/diagnostic tests.</p>	<ul style="list-style-type: none"> - Complicated mild to moderate TBI - Must have at least one of the following: positive findings on neuro-imaging studies; presenting; skull, facial bone or cervical fracture - Post injury up to 3 months - Adult Clinic 25-65 years - Adolescent Clinic 16-24 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.</p> <p>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.</p> <p>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 Psychiatry clinic (University Centre, Toronto, Ontario)	Outpatient Psychiatry 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 psychiatrist'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 - Post injury up to 1 year. - Patients must have a family doctor. - Concussion injuries post MVC* are not accepted. - No geographical limits <p>* Motor Vehicle Collision (MVC)</p>	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
Complex Injury and Outpatient Department (CIOR) at Altum Health KDT site at Toronto Western Hospital	Complex Injury and Outpatient Department (CIOR) 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). Includes PT, OT and SLP. Neurology Service 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. Contact the WSIB Nurse Consultant and request that a referral be sent to the Neurology Specialty Program at Altum Health – KDT site (Toronto Western Hospital) for comprehensive assessment and treatment. Note: client diagnosis i.e. moderate/severe brain injury. Site/team specializes in treating moderate/severe brain injury clients.	Refer directly from physician's office To make a referral, please contact the Service Coordinator at 416-603-5800 x2049.

Education & Support		
Organization	Description	Contact
<p>Brain Injury Society of Toronto (BIST) www.bist.ca www.bist.ca/concussion www.bist.ca/about/programs-and-services/</p>	<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: Programs and Services</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 <p>Workshops & Weekly Series Programs</p> <ul style="list-style-type: none"> ○ ABI Info Series ○ Concussion Series – Watch 2021 Videos: https://bist.ca/concussion/ ○ Caregiver Workshop ○ Wrap Groups / LGBTQ2S WRAP Group ○ Gentle Hatha Yoga 	<p>For more information: Email: info@bist.ca Tel: 416-830-1485</p>
<p>Canadian Concussion Centre</p>	<p>Concussion Education Webinars & Support Workshop www.uhn.ca/Krembil/Canadian-Concussion-Centre</p> <p>Webinar Series - The Canadian Concussion Centre webinar series occur bi-weekly from 6:00 pm to 7:00 pm EST. All webinars will take place over Zoom and the recordings are posted on YouTube. www.uhn.ca/Krembil/Canadian-Concussion-Centre/Education#WebinarSeries</p> <p>Education and Support Workshops entitled 'When Symptoms of Single and Multiple Concussions Persist: An Education and Support Workshop' ran quarterly from May 2014 to November 2019. They transitioned to Virtual Education and Support Workshops in 2020 as a result of the COVID-19 pandemic. Watch previous workshop videos: www.uhn.ca/Krembil/Canadian-Concussion-Centre/Education#EducationandSupportWorkshops</p>	<p>No referral required to attend.</p> <p>To register for webinars: www.uhn.ca/Krembil/Canadian-Concussion-Centre/Education</p> <p>Telephone: 416-603-5800 ext. 4025</p>

Education & Support

Organization	Description	Contact
<p>Pediatrics (18 and under) Holland Bloorview Kids Rehabilitation Centre: Concussion and You</p>	<p>Concussion and You 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: www.hollandbloorview.ca/services/programs-services/concussion-you</p>	<p>For more information, contact concussion@hollandbloorview.ca</p>
<p>Ontario Brain Injury Association (OBIA) www.obia.ca</p>	<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>www.obia.ca/online-concussion-support-group/</p>	<p>For more information call 1-800-263-5404 ext. 249</p>