# 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 (headache, pain, sleep, dizziness)..... Pages 2-4
- Mindfulness (for Stress Reduction, Chronic Pain Management)..... Page 4
- Clinics..... Pages 5-13
- Outpatient Rehab..... Pages 14
- Fee for Service (within publicly funded hospitals)..... Page 15
- Education & Support..... Pages 16


Toronto ABI Network Member Organizations – Wait Times Report

- To further support efficient transitions from hospital to community, the Toronto ABI Network provides information on operational changes, service offered, availability of in-person and/or virtual services, and changes to wait times for our member organizations in the ABI community service wait times report.

| Resources for Symptom Management | | |
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| **Clinic/Program** | **Contact Information** | **Referral Process** |
| **Headache, Pain** | | |
| Gladstone Headache Clinic<br>(North York, Ontario) | Refer to Dr. Jonathan Gladstone<br>Telephone: 416-492-4144 \| Fax: 416-492-9864 | Refer directly from physician's office |
| Neurologist<br>(Toronto, Ontario) | Dr. Marek Gawel, Neurologist<br>1849 Yonge Street, Suite 806, Toronto, ON<br>Telephone: 416-485-7749 \| Fax: 416-485-7095 | Refer directly from physician's office |
| The Pain and Wellness Centre<br>(Vaughan, Ontario) | Telephone (Toll free): 1-800-597-5733 \| Fax: 1-844-358-9308<br>All medical consultations are covered by OHIP.<br>www.thepwc.ca \| info@thepwc.ca | Submit using clinic's referral form |
| The Shapero Headache & Pain Treatment Centre<br>(Markham, Ontario) | Telephone: 905-475-9700 \| Fax: 905-475-5913<br>www.shaperoheadache.com/contact-us | Submit using clinic's referral form |
| Toronto Headache and Pain Clinic<br>(Toronto, Ontario) | Refer to Dr. Ian Finkelstein<br>Telephone: 416-699-8843 \| Fax: 416-699-6094 | Refer directly from physician's office |
| Toronto Rehabilitation Institute/UHN – Comprehensive Integrated Pain Program – Rehabilitation Pain Service<br>(University Centre, Toronto, Ontario) | Telephone: 416-597-7070\| Fax: 416-597-7003<br>Email: eFax-RehabPainService@uhn.ca<br>*Due to the high volume of calls and emails received by the Outpatient Clinics, please allow 48 – 72 hours for someone from the team to respond to your query.<br><br>Partner with the Toronto Academic Pain Institute (TAPMI) | Submit using Toronto Academic Pain Institute (TAPMI) referral form |

| Resources for Symptom Management | | |
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| **Clinic/Program** | **Contact Information** | **Referral Process** |
| **Headache, Pain** | | |
| Wasser Pain Management Clinic/Mount Sinai Joseph and Wolf Lebovic Health Complex<br>(Toronto, Ontario) | Telephone: 416-586-4800 ext 5997<br>www.mountsinai.on.ca/care/pain-management-clinic<br><br>Partner with the Toronto Academic Pain Institute (TAPMI) | Submit using Toronto Academic Pain Institute (TAPMI) referral form |
| Women's College Hospital – Centre for Headache<br>(Toronto, Ontario) | Refer to Dr. Christine Lay, Neurologist<br>Telephone: 416-323-6136 \| Fax: 416-323-6007<br>www.womenscollegehospital.ca/care-programs/centre-for-headache/ | Submit using clinic's referral form or via Ocean e-referral |
| Women's College Hospital - Pain Program<br>(Toronto, Ontario) | Telephone: 416-323-6269 \| Fax: 416-323-2666<br>www.womenscollegehospital.ca/care-programs/pain-program/<br><br>Partner with the Toronto Academic Pain Institute (TAPMI) | Submit using Toronto Academic Pain Institute (TAPMI) referral form |
| **Sleep** | | |
| St. Michael's Hospital/Unity Health - Sleep Laboratory<br>(Toronto, Ontario) | Consultative services for sleep-related disorders like insomnia, narcolepsy and restless leg syndrome.<br>St. Michael's Sleep Laboratory<br>• Tel: 416-864-5235 \| Fax: 416-864-5417 | Submit using clinic's referral form |
| **When considering a sleep clinic to address sleep issues post-concussion, please ensure you refer to a sleep clinic with expertise in brain injury** | | |
| **Dizziness** | | |
| Sunnybrook Health Sciences Centre – Balance Disorders Clinic<br>(Toronto, Ontario) | Telephone: 416-480-4138 \| Fax: 416-480-5761<br>https://sunnybrook.ca/clinics/balance-disorders-clinic/<br><br>NOTE: Patients must be referred by a Neurologist or Otolaryngologist in order to be seen in the Balance Disorder Clinic. | Submit using clinic's referral form |

| Resources for Symptom Management | | |
|---|---|---|
| **Clinic/Program** | **Contact Information** | **Referral Process** |
| **Advanced Hearing and Balance Testing** | | |
| Toronto General Hospital/UHN – Centre for Advanced Hearing and Balance Testing (Toronto, Ontario) | Phone: 416-340-3666 \| Fax: 416-340-3745 | Submit using clinic's referral form |
| **Mindfulness (for Stress Reduction, Chronic Pain Management)** | | |
| **Clinic/Program** | **Contact Information** | **Referral Process** |
| Hennick Bridgepoint Hospital/Sinai Health System – Mindfulness-Based Stress Reduction (MBSR) | Contact phone: 416-586-4800 ext 5997<br>This program is offered virtually.<br>Visit referral criteria for more information<br><br>Partner with the Toronto Academic Pain Institute (TAPMI) | Submit using Toronto Academic Pain Institute (TAPMI) referral form |
| North York General Hospital – Adult Mental Health / Mindfulness for Medical Conditions (MFMC)<br>(North York, Ontario) | Telephone: 416-483-3778 \| Fax: 416-756-6671<br>A $120.00 fee is charged for materials and uninsured medical services.<br><br>To learn more about MFMC please visit Dr. Katalin Margittai's website (http://www.psychsyt.ca/) | Submit using clinic's referral form |

| Clinics | | | |
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| **Clinic/Program** | **Description** | **Criteria** | **Referral Process** |
| Cleveland Clinic Canada Midtown | Cleveland Clinic Canada offers a complete and thorough concussion assessment and rehabilitation program for sports-related concussions. This program follows a concussion protocol incorporating evidence-based assessment and treatment techniques. Sports-related concussion patients will be assessed by an OHIP funded sports medicine doctor and a physiotherapist with specialization in concussion rehabilitation.<br><br>Note: Physiotherapy is not covered by OHIP. | - Fall and Sports related concussions<br>- 16 years and older<br>- Post injury up to 6 months<br>- No geographical limits<br>- Concussion injuries post motor vehicle collision (MVC) and work related (WSIB) are not accepted. | Complete clinic's online appointment request form<br>Downtown & Midtown Phone: 416-507-6600<br>Email: patientexperiencecanada@ccf.org |
| Community Head Injury Resource Services (CHIRS)<br><br>Neuropsychological Assessment Clinic (North York, Ontario) | 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. | - 18 years of age and older<br>- Have a history of trauma sufficient to suspect complicated mild to severe brain injury<br>- Have had no neuropsychological testing in the past 2 years<br>- Do not have access to third party funding<br>  ○ Loss of consciousness<br>  ○ 1 year post injury<br>  ○ Positive findings on neuroimaging<br>  ○ A cognitive or neuropsych complaint/sufficient to interfere with day-to-day functioning<br>- Lives within geographical catchment area | Complete Toronto ABI Network's Community referral form via fax 416-597-7021 or via Ocean e-referral |
| David L. Macintosh Sports Clinic | The David L. MacIntosh Sport Medicine Clinic services are available to U of T students and the general public with a sport or exercise-related injury or inquiry. The clinic offers dedicated clinical services for concussion, which are available to adolescents and adults who have sustained (or suspected to have) a sport- or exercise-related concussion within the last 6 months. Clinical model consists of an inter-disciplinary healthcare team, and the multiple disciplines often work together with the patient and family in the management and rehabilitation | - Sports related concussions<br>- 12 years and older<br>- Post injury up to 6 months<br>- No geographical limits<br>- Concussion injuries post motor vehicle collision (MVC) and work related (WSIB) are not accepted. | Complete clinic's referral form online |

| Clinics | | | |
|---|---|---|---|
| **Clinic/Program** | **Description** | **Criteria** | **Referral Process** |
| | from concussion. An OHIP covered Sports Medicine Physician leads this clinic.<br><br>Note: Allied health are not covered by OHIP. | | |
| Dovigi Orthopaedic Sports Medicine Clinic, Sinai Health | Dovigi Orthopaedic Sports Medicine Clinic provides leading-edge rehabilitation medicine by experts who span decades of clinical practice, research and education. The centre offers assessment, treatment, and rehabilitation services to the Greater Toronto Area. Sports Medicine is a branch of medicine focused on treating and preventing injuries related to sports and physical exercise. Though OHIP funded sports medicine doctors work with athletes and a variety of other patients who have been injured through physical activity.<br><br>Note: Physiotherapy is not covered by OHIP. | - Fall and Sports related concussions<br>- 12 years and older<br>- Post injury up to 6 months<br>- No geographical limits<br>- Concussion injuries post motor vehicle collision (MVC) and work related (WSIB) are not accepted. | Call to ask questions or book an appointment. Contact phone: 416-619-5546 or complete form online to request an appointment. |
| HealthNOW Concussion Program | Concussion Therapy Program designed to provide comprehensive, personalized care for individuals suffering from traumatic brain injuries. Offers innovative, accessible, and effective solutions for concussion management and recovery.<br><br>The program brings together a team of highly skilled professionals, including OHIP funded neurologists and physiatrists, rehabilitation specialists, mental health experts, and an extensive network of other allied healthcare professionals, all working collaboratively to address every aspect of concussion recovery. | - * Virtual Clinic *<br>- 12 years and older<br>- No restrictions on the number of years post injury<br>- No geographical catchment/ Provincial<br>- Will see patients who have had a fall, sport-related injury, direct head impact, assault, motor vehicle collision (MVC), work-related injuries | Complete clinic's referral form via fax: 855-855-5076 or email https://www.healthnow.health/contact/ |

| Clinics | | | |
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| **Clinic/Program** | **Description** | **Criteria** | **Referral Process** |
| Hull-Ellis Concussion and Research Clinic/UHN | The Hull-Ellis Concussion and Research Clinic is a specialized, multi-disciplinary clinic located at the Toronto Rehabilitation Institute within the University Health Network. Hull-Ellis accepts patients diagnosed with acute concussion referred from six partnered Emergency Departments (ED) in the Greater Toronto Area. Hull-Ellis provides rapid access concussion care for patients who can be seen for clinical care within the first 7 days after injury, with follow-up for up to one-year post-injury.<br><br>**Patients at Hull-Ellis are eligible to participate in a number of research projects. | - 17 years of age or older<br>- Diagnosed concussion in a partnered ED<br>- Concussion occurred <7 days before first clinic appointment<br>- No geographical limits, but must be able to attend first visit in-person<br>- Glasgow Coma Scale (GCS) of 13 to 15 in the ED, and have no neuroimaging findings (if undertaken)<br>- No acute inpatient admission<br>- Workplace-related injuries, and motor vehicle collision (MVC) injuries are not seen at Hull-Ellis, but referrals are triaged to other specialized clinics at UHN designed to treat individuals with those specific mechanisms of injury. | Only accepts referrals directly from partnered emergency departments (Toronto General Hospital, Toronto Western Hospital, Mount Sinai Hospital, Michael Garron Hospital, St. Joseph's Health Centre and Sunnybrook Health Sciences Centre). |
| Institute for Behavioural and Functional Medicine (IBFM) | The Institute for Behavioural and Functional Medicine (IBFM) provides virtual, evidence-based, therapy-focused care for individuals experiencing insomnia, headaches, fatigue, persistent concussion symptoms, and related mental health concerns. Services are delivered by psychiatrists, internists, and general practitioner psychotherapists, with a focus on helping patients build effective skills and strategies without relying solely on medication.<br><br>IBFM offers assessments and virtual group-based programs, including Cognitive Behavioural Therapy for Insomnia (CBT-I), Cognitive Behavioural Therapy (CBT), Cognitive Processing Therapy (CPT), mindfulness, self-compassion therapy, and stress and burnout management. The clinic's group-session model provides structured, practical, and supportive treatment in a collaborative setting. | - * Virtual Clinic *<br>- 12 years and older<br>- No restrictions on the number of years post injury<br>- No geographical catchment/ Provincial<br>- Will see patients who have had a fall, sport-related injury, direct head impact, assault, motor vehicle collision (MVC), work-related injuries | Complete IBFM OHIP Referral form to apply |

| Clinics | | | |
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| **Clinic/Program** | **Description** | **Criteria** | **Referral Process** |
| iScope Concussion and Pain Clinic | iScope is Canada's Premier Physician-Led Concussion and Rehabilitation Network, and the country's only network of Physician-Led Interdisciplinary Clinics dedicated to specialized care for Concussions, Physical Injuries, Post-Concussion Syndrome, Chronic Pain, Balance and Dizziness Disorders, Athletic Injuries, and Recovery.<br><br>Their Integrated Clinical Team includes OHIP funded Neurosurgeons, Neurologists and Physicians, allied health such as Physiotherapists, Occupational Therapists, Kinesiologists, Psychologists, Chiropractors, Massage Therapists, Acupuncturists, Clinical Counsellors, Optometrists, and Vision Therapy Providers who work collaboratively to deliver comprehensive, individualized treatment plans. By addressing the physical, cognitive, emotional, visual, and sleep-related aspects of injury and recovery, they provide holistic care that supports optimal performance, meaningful recovery, and long-term wellness for both athletes and the broader community.<br><br>Note: Only Neurosurgeons, Neurologists, and Physicians are covered by OHIP | - 14 years and older<br>- No restrictions on the number of years post injury<br>- No geographical catchment/ Provincial<br>- Will see patients who have had a fall, sport-related injury, direct head impact, assault, motor vehicle collision (MVC), Work-related injuries<br>- Fee-for-Service for PT, OT, Kinesiologists, Psychologists, Chiropractors, Massage Therapists, Acupuncturists, Clinical Counsellors, Optometrists, and Vision Therapy Providers | Completed iScope and Pain Clinics referral form via fax: 416-900-7006 |

| Clinics | | | |
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| **Clinic/Program** | **Description** | **Criteria** | **Referral Process** |
| Mount Sinai Hospital/Sinai Health<br>Rapid Neurology Virtual Concussion Clinic | OHIP covered Neurology led virtual concussion clinic offered through Mount Sinai Hospital.<br><br>The rapid concussion clinic aims to treat patients with acute mild traumatic brain injuries or concussion with onset within 3 months. Their goal is to see patients within 2-4 weeks of referral to initiate early optimal counselling, medical or procedural (e.g. cranial nerve blocks) treatments. | - 3 months post injury; including motor vehicle collision (MVC) and non-MVC patients<br>- Ages 16 years and over<br>- No geographical catchment area<br><br>Note: Patients with moderate to severe brain injuries (e.g. abnormal neuro-imaging) should be referred to a tertiary brain injury clinic.<br><br>For more information, click HERE | Complete clinic's referral form via fax: 416-203-3684<br><br>Contact:<br>416-586-4800 x8597 (Option #4 for Dr. Robert Ure) |
| North Toronto Neurology | Dr. Evan Lewis is an adult and child OHIP funded Neurologist. The focus of Dr. Lewis' clinical work includes concussion/post-concussion; Epilepsy; Functional Neurological Disorder; and Functional Seizures. He prioritizes harm reduction and recognizes the significance of how mental health impacts neurologic diagnoses. He leverages his expertise in neurology to integrate emerging therapies, delivering individualized, comprehensive neurologic care.<br><br>Appointments are held at the Schroeder Ambulatory Centre in Richmond Hill. | - All ages<br>- No restrictions on the number of years post injury<br>- No geographical catchment/ Provincial<br>- Will see patients who have had a fall, sport-related injury, direct head impact, assault, motor vehicle collision (MVC), work-related injuries | Complete North Toronto Neurology referral form and apply directly to this clinic |
| Physical Medicine & Rehabilitation Dr. Chantal Vaidyanath Physiatry & Associates | Dr. Chantal Vaidyanath has been practicing Physiatry for 18 years and continues to practice at St. Michael's Hospital as the Physician Lead for the Head Injury Clinic and in the UHN in Complex Continuing Care. She is seeing patients with neurological conditions such as brain injury, spasticity, stroke (post-acute management), migraine headache (Botox injections) and Neuropathic | - 18 years and older<br>- No restrictions on the number of years post injury<br>- No geographical catchment/Provincial<br>- Will see patients who have had a fall, sport-related injury, direct head impact, | No online referral.<br>Options: Contact Toronto ABI Network at 416-597-3057 or email clinic for referral form info@cvpyhsiatry.ca |

| Clinics | | | |
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| **Clinic/Program** | **Description** | **Criteria** | **Referral Process** |
| | pain. Treatments offered: Injections: corticosteroid, hyaluronic acid, trigger point, botulinum toxin, exercise and stretching/strengthening prescriptions | assault, motor vehicle collision (MVC), work-related injuries | |
| Scarborough Health Network (SHN)/ Physiatry Clinic | SHN's Physiatrist Clinic offers specialist care in physical medicine and rehabilitation to treat patients with a disease, disorder, or injury that impairs normal function. This can take the form of work- or sports-related injuries; brain or spinal cord injuries; musculoskeletal (muscles and bones including arthritis or back pain), cardiovascular (heart and blood vessels), pulmonary (lungs and breathing) or neurological (nervous system) disorders. We take a multidisciplinary team approach aimed at the recovery of the whole person by addressing physical, emotional, vocational, and social needs. | - 16 years and older<br>- No restrictions on the number of years post injury<br>- Will see any mechanism of concussion injury<br>- No geographical catchment/Provincial (prefer to see patients in Scarborough)<br>- Note: does not fill out motor vehicle collision (MVC) and workplace related injury forms | Complete clinic's referral form or Ocean e-Referral |
| St. Michael's Hospital/Unity Health Head Injury Clinic - Unity Health Toronto | This clinic provides a multidisciplinary and highly specialized follow-up for the comprehensive management of mild to moderate TBI.<br><br>The Head Injury Clinic aims to provide consultation, management and treatment to patients who have sustained mild and moderate Traumatic Brain Injury (mTBI). The clinic ensures patients receive appropriate access to services, as well as accurate information related to concussion management to guide them in their recovery.<br><br>The clinic is run by a multidisciplinary team including physiatrists, neuropsychiatrist, ENT physician, social worker, cognitive speech language therapist and nurse-clinical coordinator. | - Mild to moderate TBI<br>- Post injury 1 year or less<br>- 18 years or older | The mandate of the clinic is to provide follow-up treatment and care to St. Michael's Hospital patients who have suffered mTBI/ Concussion.<br><br>Patients are referred directly from the Emergency Department at St. Michael's or from the Trauma-Neurosurgery Department. |

| Clinics | | | |
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| **Clinic/Program** | **Description** | **Criteria** | **Referral Process** |
| Sunnybrook Health Sciences Centre Mild to Moderate Traumatic Brain Injury Clinic (Toronto, Ontario) | 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.<br><br>Interdisciplinary team includes a neuropsychiatrist, youth psychiatrist, physiatrist, neurologist and occupational therapist; with timely access to other SHSC physician specialists, clinics, adjunctive services and medical/diagnostic tests. | - Complicated mild to moderate TBI<br>- Must have at least one of the following: positive findings on neuro-imaging studies; presenting; skull, facial bone or cervical fracture<br>- **Post injury up to 3 months**<br>- Adult Clinic 25-65 years<br>- Adolescent Clinic 16-24 years<br>- Must include medical notes, imaging describing TBI<br>- Symptoms must include psychosocial factors as well as physical/cognitive symptoms<br>- Concussion injuries post motor vehicle collision (MVC) and work related (WSIB) are not accepted.<br>- No geographical limits | Complete Toronto ABI Network's Community referral form via fax 416-597-7021 or via Ocean e-referral<br><br>**Physician signature & billing number is required.** |
| Toronto Concussion Clinic | The Toronto Concussion Clinic was started to help post-concussion patients get the necessary assessments and treatment advice they need. The Concussion Program focuses on lasting resolution to persistent concussion symptoms by retraining patients' physiology and psychology so that they can be the versions of themselves they would like to be.<br><br>The program consists of an interdisciplinary team to assist your primary health care provider and your rehab team with your recovery. They are continually updating their network of expert concussion providers so they can connect you with valuable resources in your area. Their concussion doctors are available to coordinate your care so that you can recover as efficiently as possible.<br>- Specialized medical assessments | - 18 years and older<br>- No restrictions on the number of years post injury<br>- No geographical catchment/ Provincial<br>- Will see patients who have had a fall, sport-related injury, direct head impact, assault, motor vehicle collision (MVC), work-related injuries | Request for a consultation by visiting clinic's website |

| Clinics | | | |
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| **Clinic/Program** | **Description** | **Criteria** | **Referral Process** |
| | - OHIP-funded and privately funded<br>- Many services offered virtually<br>- Expert advice rendered to your primary health care provider over OTN's eConsult | | |
| Toronto Rehab/UHN - ABI Physiatry clinic (University Centre) | Outpatient Physiatry clinic offers 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.<br><br>Please note that rehabilitation services (e.g. PT, OT) are not available as this is not a multidisciplinary clinic. | - Mild, moderate or severe TBI and any non-traumatic ABI<br>- For mild TBI referrals, patients must be less than 1 year from date of injury and patient must have a family physician<br>- Moderate or severe TBI, can apply at any time point<br>- Age over 18 years old<br>- Patients must have a family doctor.<br>- No geographical limits<br>- Concussion injuries post motor vehicle collision (MVC) and work related (WSIB) are not accepted. | Complete Toronto ABI Network's Community referral form via fax 416-597-7021 or via Ocean e-referral<br><br>**Physician signature & billing number is required.** |
| Toronto Western/UHN - Canadian Concussion Centre Clinic | Multidisciplinary and comprehensive care led by a highly experienced, multidisciplinary professional team.<br><br>Whole-person care for a concussion includes assessments, treatment, and rehabilitation. Their specialists provide individualized treatment plans in line with the person's symptoms and treatment expectations.<br><br>Telemedicine visits after the initial assessment for those who are unable or prefer not to come in person for subsequent visits. | - 1 month to 3 years post injury<br>- Age 11 and older<br>- Those not already being managed by another team<br>- In person first visit, follow up can be virtual<br>- Only patients with concussion/mild traumatic brain injury are seen in this clinic.<br>- Do not see patients with moderate or severe traumatic brain injury.<br>- Patients with concussion for more than 5 years will be declined.<br>- Will accept any causation of injury including motor vehicle collision (MVC) | Complete clinic's referral form via fax: 416-603-6402 |

| Clinics | | | |
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| **Clinic/Program** | **Description** | **Criteria** | **Referral Process** |
| **Pediatrics (18 and under)**<br><br>Holland Bloorview Kids Rehabilitation Hospital – Concussion Service | Holland Bloorview's Concussion Service includes clinicians specifically trained in pediatric brain injury and researches who are leading experts in the field of youth concussion. The Concussion Service includes 3 key pillars: Education, Research and Clinical Services. For more information about clinical services please visit https://hollandbloorview.ca/services/programs-services/concussion-service<br><br>For any other questions, e-mail concussion@hollandbloorview.ca | Eligibility Criteria:<br>Clients must meet *all* of the following criteria:<br>- Live in the Greater Toronto Area where similar services are not available<br>- Be between 3 months and 18 years of age<br>- Have received a concussion diagnosis within the past 5 years (please include diagnostic report)<br>- Be either:<br>  ○ 4 or more weeks post-injury, **or**<br>  ○ Score ≥7 on the 5P (Predicting Persistent Post-Concussive Problems in Pediatrics) tool, **or**<br>  ○ Score 4–6 on the 5P tool **and** have a concurrent mental-health, learning, behavioural, or neurodevelopmental diagnosis<br>- Continue to experience symptoms that affect return to full workload at school and/or return to activity<br>- Be willing to participate in setting and working toward goals with the support of the rehabilitation team<br>- Have family members or support people willing to become involved in the therapy process | Refer directly from physician's office using Holland Bloorview's referral forms.<br><br>Referral forms:<br>• Pre-assessment form<br>• Physician/NP Referral Form – Outpatient Services<br><br>**NOTE: A referral from a physician or Nurse Practitioner is required.** |

| Outpatient Rehabilitation | | | |
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| **Clinic/Program** | **Description** | **Criteria** | **Referral Process** |
| Hennick Bridgepoint Hospital/Sinai Health System Acquired Brain Injury and Neurologic Rehabilitation \| Sinai Health | Short term intensive outpatient neuro-rehab offered by an inter-professional team including OT, SLP, SW, Nursing and Physiatry (not a stand-alone option)<br><br>Comprehensive team working with patients, neuropsychology services and a neurological peer support group for younger adults | - Must have a recent moderate to severe acquired brain injury<br>- **Post injury from 6 months to 1 year**<br>- Able to actively participate in outpatient therapy, clearly defined rehab goals<br>- Able to ambulate and/or require minimal assist with transfer<br>- Independent with self-care or provide own support<br>- Provide own transportation<br>- Physiatry not a standalone service | Concussion/mTBI referrals currently not accepted.<br><br>Complete Toronto ABI Network's Community referral form via fax 416-597-7021 or via Ocean e-referral<br><br>**Physician signature & billing number is required.** |
| Toronto Rehab/UHN Brain Injury Services in Toronto Rehab | 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). | - Must have a recent acquired brain injury<br>- **Post injury up to 2 years**<br>- **Must have evidence of TBI on CT/MRI**<br>- 18 years or older<br>- **Two or more service requests required** (do not provide single service)<br>- Able to actively participate in outpatient therapy, clearly defined rehab goals<br>- Able to ambulate and/or require minimal assist with transfer<br>- Independent with self-care or provide own support<br>- Provide own transportation<br>- Neuropsychology and Physiatry not a single service, no neuropsychiatry services<br>- Injuries post motor vehicle collision (MVC) not accepted | Concussion/mTBI referrals currently not accepted.<br><br>Complete Toronto ABI Network's Community referral form via fax 416-597-7021 or via Ocean e-referral<br><br>**Physician signature & billing number is required.** |

| Fee for Service Resources (within publicly funded hospitals) | | |
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| **Clinic/Program** | **Description** | **Referral Process** |
| Altum Health/UHN Concussion and Traumatic Brain Injury | Concussion management (acute injury management / persistent concussion management) and TBI services are provided by an interdisciplinary team of physicians, neurosurgeons, registered health care professionals including occupational therapists, physiotherapists, kinesiologists and psychotherapists with training and expertise in treating concussions.<br><br>Check with your insurance provider to see if you are covered by third party insurance. You may also choose to self-pay<br><br>The types of insurance coverage accepted are WSIB, Automobile Accident Insurance, and Extended Health Benefits. Please contact your insurance carrier for coverage details and to obtain approval. | Call: 1-844-662-5886 or visit Altum Health website for more information. |

| Education & Support | | |
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| **Organization** | **Description** | **Contact** |
| Brain Injury Society of Toronto (BIST) www.bist.ca | Brain Injury Society of Toronto (BIST) is a community non-profit supporting those living with the effects of acquired brain injury. Their members include adults, parents, children, spouses, grandparents, professional and service providers. Membership is open to anyone.<br>Programs offered include: Support Groups & Peer Support, Social & Arts Programs, Workshops (Community Meetings, ABI Info Series including Persistent Concussion Series)<br>• Watch Videos from the 2021 Series on the BIST YouTube Channel, HERE<br><br>Visit BIST Programs & Services for more information. | For more information:<br>Email: info@bist.ca<br>Tel: 416-830-1485 |
| Canadian Concussion Centre | **Concussion Education Webinars & Support Workshop**<br>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.<br>www.uhn.ca/Krembil/Canadian-Concussion-Centre/Education#WebinarSeries<br><br>Education and Support Workshops entitled 'When Symptoms of Single and Multiple Concussions Persist: An Education and Support Workshop'. Watch previous workshop videos: www.uhn.ca/Krembil/Canadian-Concussion-Centre/Education#EducationandSupportWorkshops | Click here to register for webinars |
| Ontario Brain Injury Association (OBIA) www.obia.ca | **Online Connection Support Groups** Free support and education for individuals with concussion/brain injury. The program is designed and facilitated by a Registered Social Worker with experience supporting those with trauma and concussion/brain injury. The groups are designed to provide a safe space generating connectedness and empowering participants to share their vulnerabilities without fear of judgment. During these sessions, groups progress through various topics to support mental well-being (anxiety, depression, changes in mood, difficulty coping with stress, PTSD, etc.) and resilience.<br><br>**Registration Required -** https://obia.ca/support/online-support-groups/#concussion<br><br>**Sharing Experiences with Concussion/mTBI Multi-Media Podcast Series:** The goal of this series is to provide more context and understanding to the many different experiences following concussions and traumatic brain injuries. Each episode looks at different aspects of the recovery process.<br>https://obia.ca/events/multimedia-podcasts/ | For more information call 1-800-263-5404 ext. 249 |