



Canadian Mental
Health Association
Mental health for all

Concurrent Service for Youth Hub (CSY-Hub) Referral Form

Referral Criteria: A referral to the Concurrent Youth Hub is appropriate for youth ages 12-24, who struggle with significant mental health and substance use-related concerns and require specialized mental health and/or addictions supports.

The Concurrent Hub is a low-barrier and flexible service that can support alongside of other services such as FHT or other clinical supports in situations where the current provider feels that the needs of the client go beyond the scope of the service mandate. If you are unsure as to whether this service might be appropriate, please don't hesitate to contact Katelyn Whitworth (226-962-2986) to discuss a potential referral.

Some examples of appropriate treatment goals include:

- Addressing negative cognitions
- Anxiety (GAD, social anxiety, agoraphobia, OCD)
- Psychoeducation and coping skills for mental health diagnosis
- Support related to substance use concerns (harm reduction, motivational interviewing or treatment goals)
- Depression and/or mania
- Chronic suicidality and/or self-harm
- Coping strategies and stabilization to reduce PTSD or trauma-related symptoms (ex. hypervigilance, sleep issues, avoidance behaviors, intrusive thoughts)

The Concurrent Youth Hub is not appropriate for clients in need of immediate crisis support (ex. Please use Here 24/7, police, hospital, etc.)

Referral Details

Youth Name:

DOB:

Currently Residing:

Phone Number (if available):

Email Address (if available):

Consent given to contact by email:

Preferred method of contact (indicate if consent given to text message):

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Reasons for Referral/Possible Goals for Support:

Current Situation

Family Dynamics (parent/caregiver challenges and mental health, multiple family members in service, high conflict, family breakdown, etc.):

Medical Concerns:

Mental Health (confirmed and pending diagnosis, history of services, challenges, etc.):

School Placement (name of school, challenges, school attendance, supports in place, etc.):

Any other pertinent information:

Other Systems Currently Involved	Contact Name, Role, Phone No.
<input type="checkbox"/> Medical/Family Physician	
<input type="checkbox"/> Psychiatrist	
<input type="checkbox"/> Family and Children’s Services	
<input type="checkbox"/> Justice System	
<input type="checkbox"/> Other Community Agencies/Supports	

Name of Person Submitting Referral:

Contact Information:

Date Referral Submitted:

Referrals can be sent via fax to 519-822-9613. Inquiries can be directed to Katelyn Whitworth, Concurrent Clinician at 226-962-2986 or katelyn.whitworth@wyndhamhouse.org

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