

OSP

Ontario
Structured
Psychotherapy

Brampton • Halton • Mississauga

Lowering Barriers to Evidence-Based Mental Health Care

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carepointhealth.ca/osp

WHAT IS OSP?



Ontario
Health

The Ontario Structured Psychotherapy Program (OSP) provides **free** cognitive-behavioural therapy and related services for adults experiencing depression or anxiety-related concerns.



NETWORK LEAD



CarePoint Health is the **only Network Lead Organization** in the province that is a primary care organization.

CarePoint Health's OSP Program serves **Brampton, Halton, Mississauga, & South Etobicoke** since our launch in 2022.

5 Ways We Reduced Barriers to Access



Self-Referrals Open, No PCP Required

Launched self-referrals with no requirement that patients be attached to a PCP, thereby, increasing access for unattached patients.



Integrated Pathway

Working with one-Link we established a condensed referral pathway in the Mississauga & Halton region.



Partnerships to Increase Access

Partnered with six organizations to deliver services and improve access in the communities we serve.



Interpretation & Multiple Languages

Across the suite of OSP services the program is offered in over 10 languages.



Primary Care Engagement

Created new pathways for access by presenting at primary care events & physician rounds.

Top 5 Race/Ethnicities Accessing OSP:

1. **White*** (46%)
2. **South Asian** (14%)
3. **Black/African-Caribbean**** (10%)
4. **Southeast Asian** (6%)
5. **Mixed Heritage** (6%)

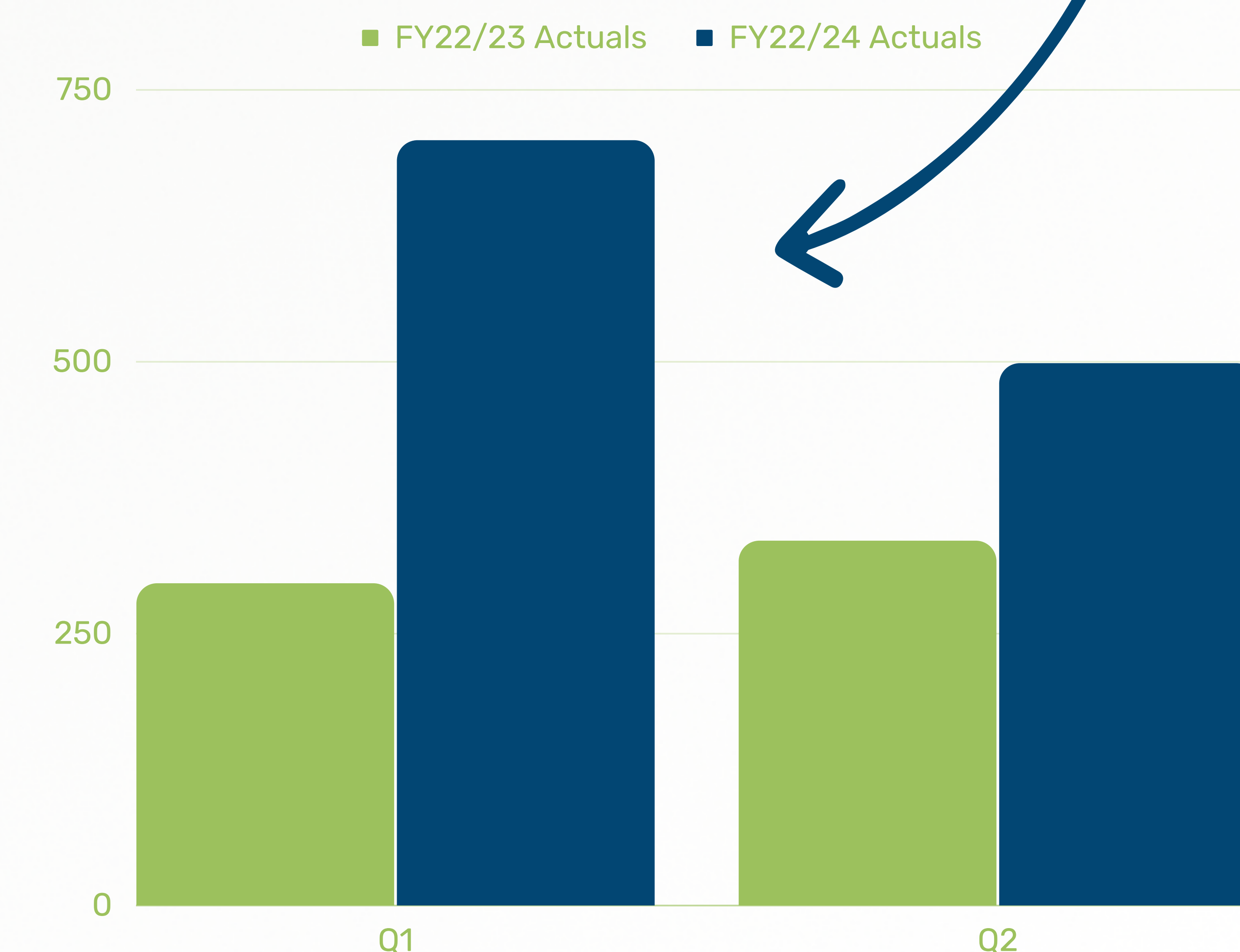
3069
TOTAL REFERRALS

APRIL '22 – SEPT '23

Top 4 Languages Requested

1. **Punjabi**
2. **Arabic**
3. **Urdu**
4. **Spanish**

REFERRAL GROWTH



Top 5 Race/Ethnicities accessing OSP based on a response rate of 71%.
*White includes European and North American.
**Black/African-Caribbean includes African, Caribbean and North American.