

ACQUIRED BRAIN INJURY

Where to go when you're looking for help

What is an acquired brain injury?

An acquired brain injury (ABI) is damage to the brain caused by:

- a traumatic event, such as a car accident, a fall, an assault or a sports injury
- a medical problem or disease, such as a tumour, a brain aneurysm, an infection or stroke.

Neurodegenerative disorders and congenital birth disorders are not considered ABIs.

A medical doctor will most often make the diagnosis using imaging tests like CT scans and EEGs (electroencephalograms). Although concussions are a milder or more moderate form of ABI, they are rarely detected using these diagnostic imaging tests.

Resources: Within Toronto

In the Greater Toronto Area, the Toronto ABI Network coordinates referrals to all OHIP-funded services so that the process is smooth and efficient (see below).

For more general information about ABI, call Telehealth Ontario at 1 866 797-0000.

Toronto Acquired Brain Injury Network (TABIN)

700 Bay St., Suite 601, Toronto, ON

416 597-3057

www.abinetwork.ca/

Services offered: Coordinates referrals to all publicly funded ABI services in Ontario. The website lists brain injury associations across the province.

Eligibility: People with an ABI who live in Toronto and surrounding area, as well as families and service providers.

Referral: Anyone can access the ABI network or request referrals to community-based ABI programs. However, referrals to inpatient and outpatient programs must be made by a doctor. See website for referral forms.

If any of this information is incorrect or outdated, or if there are additional organizations or programs that would be helpful to include, please e-mail the information to us at access.resources@camh.ca.

This resource list is for information purposes only and does not constitute an endorsement by CAMH or guarantee any particular outcome.

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Notes: People with moderate to severe neurocognitive impairment who also have a substance use problem are redirected to the Canadian Mental Health Association and to Community Head Injury Resource Services—see listings below.

COTA Health

550 Queen St. East, Suite 201, Toronto, ON

416 785-9230

www.cotahealth.ca

Services offered: ABI case management, supportive housing, short-term residential beds, ABI day programs, court- and justice-related services, an assertive community treatment team (ACT) and services for people experiencing homelessness.

Eligibility: Adults with serious mental illness, geriatric mental health conditions, ABI, developmental disabilities and dual diagnoses.

Referral: Call 416 785-9230 ext. 8793

West Park Healthcare Centre Adult Day Program

82 Buttonwood Ave., Toronto, ON

416 243-3600

www.westpark.org/Services/ABIAdultDayProgram.aspx

Services offered: Recreational activities, social support, skills training and case management. Case management is also offered to clients and families, along with overnight respite and consultation with a physiatrist.

Eligibility: Ages 18 and older, have moderate to severe ABI, are medically stable, are living in or preparing to return to the community, and have a family physician.

Referral: Referrals are made through TABIN (see listing above).

Toronto Rehabilitation Institute, ABI Rehab Service

550 University Ave. (University Centre) and 347 Rumsey Rd. (Rumsey Centre)

416 597-3422 ext. 5321

www.uhn.ca/TorontoRehab/PatientsFamilies/Clinics_Tests/Brain_Injury_Services

Services offered: Short-term outpatient rehabilitation for adults

Eligibility: Ages 18 and older, ABI diagnosis within past two years, require at least two different therapy services (not for concurrent substance use).

Referral: Referrals are made through TABIN (see listing above).

Sunnybrook Hospital, Neuropsychiatry Program

2075 Bayview Ave., Toronto, ON

<http://sunnybrook.ca/content/?page=psychiatry-neuropsychiatry-program>

Services offered: Main focus is on patients with multiple sclerosis, ABI and conversion disorder. Experts are available for the spectrum of neuropsychiatric disorders. Assessments include detailed brain imaging and cognitive (neuropsychological) testing.

Eligibility: Patients who have psychological difficulties secondary to neurological illness.

Referral: Physician referral.

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St. Michael's Hospital, Neurocognitive Evaluation and Rehabilitation Clinic

30 Bond St., Toronto, ON

416 360-4000

www.stmichaelshospital.com/programs/trauma/head-injury-clinic.php

Services offered: Consultation, management, and treatment of patients with mild and moderate ABI. Referrals are made to both public and private services. Patients also have access to outpatient psychiatry services.

Eligibility: ABI within the last year.

Referral: Patients are referred directly from the Trauma Neurosurgery Department and Emergency Department at St. Michael's Hospital.

Resources: Outside Toronto

Peel, Halton, Dufferin Acquired Brain Injury Services

Mississauga & Orangeville, ON

www.phdabis.org

info@phdabis.org

Services offered: Case management, clinical services, day programs (that address substance use and ABI), and residential and supported-living programs.

Eligibility: People with ABI.

Referral: E-mail info@phdabis.org for more information.

York–Simcoe Brain Injury Services

Mississauga & Orangeville, ON

905 773-3038 ext. 6200

www.mackenziehealth.ca

Services offered: Case co-ordination, functional assessment, individualized rehab plans and community support to assist with community reintegration, adult day program.

Eligibility: Ages 16 and older, living with ABI in York Region and Simcoe County.

Referral: Call, self-referral or physician referral.

Resources for ABI and Addiction

Community Head Injury Resource Services (CHIRS) of Toronto

62 Finch Ave. West, Toronto, ON

416 240-8000

www.chirs.com

Services offered: Residential programs, community support, adult day programs, neuropsychological and neuropsychiatric services (case management and intervention), support groups for people with concurrent ABI and addictions.

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Eligibility: Ages 18 to 60 years, with a moderate to severe ABI, living in Toronto or York Region, or willing to travel to CHIRS when there are no comparable services in the client's area.

Referral: Referrals are made through TABIN (see listing above).

Open 12-Step AA meeting

62 Finch Ave. West, Toronto, ON.

ashleyha@chirs.com

Services offered: ABI-appropriate "open" meeting every Thursday, 7:00 to 8:00 p.m

Eligibility: No registration required; all welcome to attend.

Concurrent Disorders Support Services, Fred Victor

145 Queen St. East, Toronto, ON

416 644-3081 ext. 3365

<http://fredvictor.org/cdss>

Services offered: Once accepted into the program, people are referred to a partner agency for a range of services, including case management, addiction medicine, psychiatric consultation, addiction stabilization, mental health counselling and help accessing housing.

Eligibility: Clients with suspected or diagnosed ABI, as well as clients with a concurrent disorder experiencing cognitive difficulties that affect their daily functioning.

Referral: Referral from a medical or community-based organization is preferred, but not required.

Resources: Provincial

Ontario Brain Injury Association

1 800 263-5404

<http://obia.ca>

Services offered: Support line, peer support program, list of ABI associations across Ontario.

Resources for Children and Youth

Holland Bloorview Kids Rehabilitation Hospital

150 Kilgour Rd., Toronto, ON

<http://hollandbloorview.ca>

416 425-6220

concussion@hollandbloorview.ca

Services offered: Pediatric concussion centre, online resources for parents with a child who has ABI.

Eligibility: Up to age 18.

Referral: Self-referral.

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March of Dimes Canada

10 Overlea Blvd., Toronto, ON

www.marchofdimes.ca

416 425-3453

Services offered: Rehabilitation, attendant care, peer support groups, supportive housing.

Eligibility: Adults and children living with the effects of a brain injury.

Referral: Self-referral

ABI Support Groups

The Ontario Brain Injury Association's website has information on the Peer Support Program, which connects mentors with lived experience with people affected by ABI, whether as a survivor, family member or unpaid caregiver. The program is co-ordinated through local brain injury associations across the province. Visit <http://obia.ca/peer-support2/> for more information. You can also call 1 800 263-5404 ext. 227 or e-mail peersupport@obia.on.ca.

Brain Injury Association of Peel and Halton

<https://biaph.com/support-groups/youth-young-adult-support-group/>

<http://biaph.com/spring-2017-support-group-dates/> (Burlington, Georgetown and Mississauga/Brampton)

905 823-2221 or 1 900 565-8594

headspin@biaph.com

Services offered: Headspin!, a social activity-based support group for youth and young adults; support groups for survivors of ABI and caregivers one evening per month in Burlington, Georgetown and Mississauga/Brampton

Brain Injury Society of Toronto

40 St. Clair Ave. East, Suite 205, Toronto, ON

www.bist.ca

416 830-1485

Services offered: Community meetings and events, support groups for survivors of ABI and their families.

Referral: See website to register or call the number above.

Fee: Free.