

Concussion & mTBI Service Pathway for Southeastern Ontario

The key to a successful recovery includes timely access to information, reassurance, and a gradual return to activity. For more information on how to support your patients in their recovery, refer to the

[Ontario Neurotrauma Guidelines for Concussion/mTBI](#)

Step One: ASAP

Primary Health Care

- Provide information and support on return to activity
- Follow up every 2 weeks until symptoms resolved
- If symptoms persist beyond 1 month in those with comorbidities, refer to CBIS

Community Brain Injury Services (CBIS)

- Referrals accepted any time post-injury
- Symptom Management and Recovery Education
- Community Service Coordination

ABI System Navigation

- Clinical guidelines www.braininjuryhelp.ca/guides
- Recovery information for patients www.braininjuryhelp.ca/getbetter
- Telephone consultation

Step Two: 3 Months and Beyond

Primary Health Care

- If symptoms persist beyond 3 months in general population, referral for specialists, community, or in-clinic supports as required
- Consider pharmacological interventions

Community Brain Injury Services (CBIS)

- Concussion Action Group (4 week education series) available 3 months post-injury & beyond
- Community Service Coordination
- Psychiatry

Community Services

- SMOL ABI Outpatient Clinic
- CCAC rehabilitation therapy services (OT, PT, SLP, SW)
- Community mental health
- Pain management program

Referral Quick Reference :

Providence Care Community Brain Injury Services

1-800-871-8096

(Ext. 165 for System Navigation)

St. Mary's of the Lake Hospital— Acquired Brain Injury Clinic

613-544-1894

Community Care Access Centre

310-2222 (CCAC)

Connex Mental Health Helpline

1-866-531-2600



braininjuryhelp.ca

Acquired Brain Injury System Navigation of Southeastern Ontario