



# Carewest OSI Clinic

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## Summary of Site and Services

Carewest Operational Stress Injury Clinic opened its doors to the Calgary community in 2006 and is funded by Veterans Affairs Canada to help veterans, current and former Canadian Forces members, and members of the RCMP suffering from an Operational Stress Injury who require specialized, intensive assessment and treatment.



### Program Overview

The Carewest OSI Clinic offers psychotherapy and counselling, medication treatment, skills training (for example, anger, pain and stress management skills), group therapy and educational sessions, relationship and family counselling and consultation and professional education to the community.



### Assessment

Once the referral is accepted, the client participates in a psychological and/or psychiatric assessment. The assessment confirms a mental health diagnosis and also determines the type of therapy used by the therapist. Results of the assessment are shared with clients and clients are encouraged to ask questions.



### Family Support

The Carewest OSI Clinic provides mental health services to the families of OSI clients. Family members include spouses, partners, children or significant others; whomever the client identifies as his or her family. The mental health of clients and their families are interlinked.

### Intake

Once the OSI Clinic receives a referral, the intake coordinator will review the referral for appropriateness and will ensure all documentation is complete. Once the referral is accepted, the Clinic will contact the client to make an appointment and a copy of the appointment letter will be sent to the referral source.



### Treatment Plan Development

Once the assessment is complete, the OSI clinical team will meet and develop a treatment/service plan that best fits the client's needs. A treatment plan is always made in collaboration with the client. The client's care is directed to the most appropriate health care member(s) on the team.



### Referrals

The OSI Clinic accepts referrals from Veterans Affairs Canada (VAC) and the Canadian Forces. If you are a serving member of the Canadian Forces, talk to your medical officer or health services coordinator. If you are a former member of the Canadian Forces or RCMP, ask your VAC representative at 1-866-522-2122.

