

# Transitional Aged Youth (TAY) Service for Concurrent Disorders

# INFORMATION SHEET

The Royal, **Substance Use and Concurrent Disorders Program**

Carlingwood Shopping Centre, 2121 Carling Avenue, Suite 201, Ottawa, ON K2A 1S3

Phone: 613.722.6521, ext. 7225; Fax: 613.715.5802

## Our Services

The TAY service is an outpatient community-based clinic that provides multidisciplinary recovery-focused care to youth with concurrent substance use and mental health disorders. Services may include diagnostic assessment, case management, individual/group therapy, and access to medical, psychological and psychiatric care. Examples of recovery-focused goals include increasing knowledge about concurrent disorders, taking a harm-reduction approach to substance use, receiving help for mental health problems, or learning more adaptive ways of coping. Services can be provided for two to three years depending on the needs of the youth.

## Who can I refer?

Youth (16-25 years) with concurrent disorders involving significant and severe mental health and substance use issues. These issues result in clinical impairment (e.g., health problems, disability) and/or functional impairment which substantially interfere with, or limit one or more, major life activities (e.g., school/employment, personal safety, housing).

## How can I refer?

Agencies/programs may refer by:

1. phone at 613.722.6521, ext. 7225
2. email to [TAYservice@theroyal.ca](mailto:TAYservice@theroyal.ca)
3. completing the referral form and emailing it to [TAYservice@theroyal.ca](mailto:TAYservice@theroyal.ca) OR faxing it to 613.715.5802

**NOTE:** Physician referrals are not required. Youth may self-refer.

## Are there exclusion criteria?

This program is available only to residents of Ontario with a valid OHIP card.

## What connections to community services are available?

TAY service has established partnerships with many community-based mental health and addiction agencies within Ottawa and the surrounding area.

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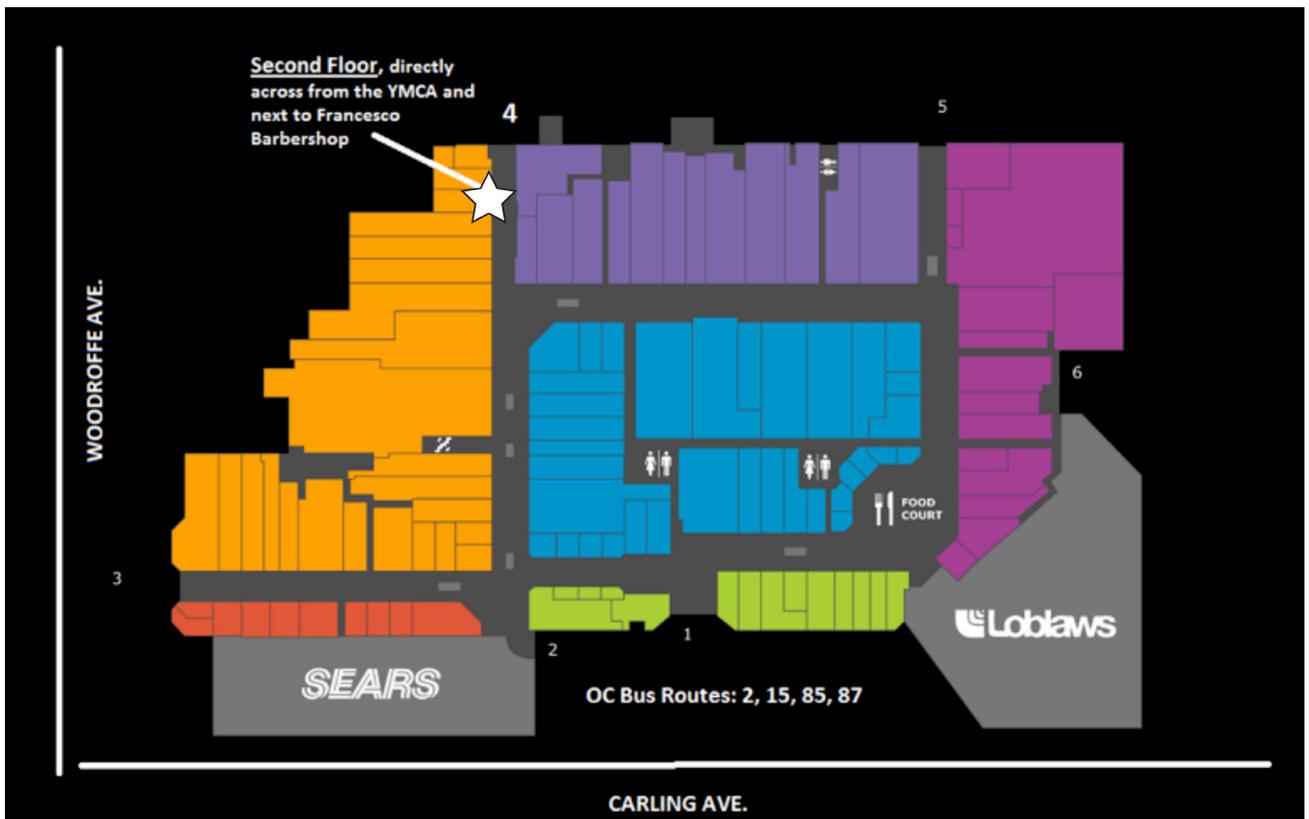
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## Where are you located?

- TAY service is located on the second floor of Carlingwood Shopping Centre, Suite 201, Ottawa ON K2A 1S3
- There is plenty of free parking
- Carlingwood is well served by bus

The best entrance is through Door 4 at the back of the mall. When you enter you will see a barbershop (Francesco) on the right hand side, across from Rinaldo's hair salon and the entrance to the YMCA. Beside the barbershop is a door with a sign above saying "Office Level." We are up the stairs on the right hand side, and the sign says Royal Ottawa Health Care Group. There is an elevator on the ground level just past the entrance to the YMCA, on the left hand side.



## NOTE

This is NOT a crisis service. If someone is in crisis and requires urgent services, please contact the Mental Health Crisis Line at **613.722.6914**.