



30 Bennett Street
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connectwell.ca

Autism Program Core Clinical Services

Mental Health Services

The ConnectWell Community Health Autism Program offers specialized psychotherapy to support the wellness of autistic children, youth, and their families. We offer expertise in tailoring mental health support to meet the individual needs of each client. Our mental health services promote personal growth and enhanced wellbeing through a therapeutic relationship with our Psychologist who specializes in neurodiversity and co-occurring mental health conditions.

What Is Psychotherapy?

Psychotherapy involves the assessment and treatment of a variety of social, emotional or behavioural challenges using techniques to promote positive change in thoughts, feelings, behaviours, and interpersonal relationships.

Psychotherapy can help with a range of mental health issues such as anxiety, depression, emotion dysregulation, self-harm, social isolation, self-identity, and more. It can also help children, youth, and their families find solutions and make choices by exploring options, identifying strengths and needs, and promoting a variety of adaptive coping strategies.

Our Approach

We offer a welcoming and safe place to explore challenges, promote personal growth, and enhance wellbeing. We focus on building a collaborative relationship that is attentive, warm, and respectful. Our approach to psychotherapy is grounded in research on the process of change. We use empirically supported treatments including Cognitive Behaviour Therapy (CBT), Emotion-Focused Therapy (EFT), Interpersonal Therapy (IPT), and Mindfulness-based approaches.

We are committed to a neurodiversity-affirming philosophy within our psychotherapy that supports regulation, acknowledges and builds on individual strengths, presumes competence, and honours multiple forms of communication, play, learning, and relating to others.

We offer our mental health services in a unique setting at our **Bates Drive location in Carleton Place**. This space includes a traditional talk-based therapy room, along with a playroom, sensory room, and fenced outdoor yard. This setting allows us to incorporate an enriching sensory, movement, and play-based experience into psychotherapy depending on individual client needs and preferences.

We are **currently offering individual psychotherapy**, which occurs one-on-one with the child or youth and Psychologist. Consultation and capacity building with the family/caregiver will also be incorporated.

Coming Soon! We are working toward offering a series of group-based mental health services in the future. Watch our website and social media channels for upcoming mental health groups!

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20 Robertson Drive
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Our Fees

Our mental health services are charged on an hourly basis at the cost of **\$220/hour**. This rate is based on the qualifications, training, and clinical experience of our Psychologist and reflect the general industry standard for psychological services.

These services are an eligible Ontario Autism Program (OAP) Core Clinical Services expense. Families may also have access to extended health benefits through employee or private health insurance plans, which may provide full or partial coverage for psychological services. **Clients are encouraged to check with their OAP caseworker and/or insurer for their personal coverage details.**

Program Eligibility

At this time, the Autism Program mental health services is only **accepting referrals for clients with OAP up to age 18 years old.**

To express interest in these services, please register at <https://connectwell.ca/services/autism/connectwell-autism-service-request-form/> and follow us at ConnectWell Community Health Autism Services on Facebook for up-to-date offerings <https://www.facebook.com/ConnectWellAutismServices>

For more information, please call our Carleton Place site at 613-257-7121 or tollfree at 1-800-667-2617.

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