

MINDSENSE

CENTRE OF PSYCHIATRY

Client Information Sheet



Why You've Been Referred

MindSense consists of a group of expert psychiatrists, psychologists and health professionals who specialize in providing trauma-informed independent medical examinations (IME).

Our network of MindSense professionals express their medical opinion objectively and fairly, and answer questions asked by the referrer.

The role of an independent medical examiner is very specific. It is to assess the clinical status based on your history and the findings of the medical assessment. Following the IME a written report will be sent to the person who referred you to MindSense.

Your consent is always sought prior to assessment.

The Mindsense consultant you will see is not in a position to provide you with guidance or actual treatment for your condition – this is always to be provided by your treating medical practitioners.

It is important to us that your experience with MindSense is a positive one.



What To Expect

Duration: MindSense assessments can take between one to two hours.

The assessment: MindSense assessments are conducted in a face-to-face setting, via telehealth, in your own home or an office organised for you to attend.

It is important that you are not under the influence of any drugs or alcohol at the time of the assessment, as this may prevent the assessment from being completed.



What To Consider

Support person: You can have a support person present. Not everyone is appropriate to act as a support person during your assessment. The support person is not allowed to engage with the MindSense Consultant on your behalf.

Consider if the person supporting you is aware of your history, and whether or not you believe it may be more challenging to talk to the consultant if a person close to you is present. Sometimes people may find it harder to talk when a support person is present.

Telehealth considerations: Video assessments can be conducted as long as you are situated in a private, quiet room with a good internet connection. Our team will contact you a few days out from your assessment to conduct a test call. This prevents any technical issues on the day and makes it an easier process for you.

Please make sure you complete the test call to avoid any technical problems on the day of your assessment.

Accommodations: If you have specific needs that may help reduce distress during your assessment, we encourage you to speak with your legal representative or referrer in advance. Examples of accommodations include requesting the gender of the assessor, having a support person or support animal present, or taking breaks throughout the session.

While not all accommodations can be guaranteed, MindSense is committed to delivering trauma-informed services and will work with your referrer to support you in making the process as comfortable and respectful as possible.



Frequently Asked Questions

How long will the assessment take?

Typically, one to two hours.

Is this about treatment?

No. Treatment is always provided by your GP and other services.

Can you tell me what the report will say?

No, not at the interview, but the report will usually be available to you from the referrer. We advise that it may be best to read the report for the first time along with a member of your treating team such as your GP, psychologist or psychiatrist.

Is it confidential?

Unlike when you see someone for treatment, this letter is being released to a third party (the referrer). The report may then go to further parties at the direction of your solicitor. Any questions regarding this should be directed to the person who has made the referral. We will only release the report to the referrer, unless we have your consent to release it to any other third party.

What if I don't want to speak about something?

The consultant will ask many questions that are broad and relevant for the assessment.

If there is something you do not want to talk about with the consultant, you are encouraged to talk to your lawyer prior to the assessment to express your concerns. It is important to be open about your history so the assessment is thorough. You will be given the opportunity to take short breaks (5-10 minutes) if needed.



Aftercare

It is important that your doctor, psychiatrist or psychologist is aware of the assessment prior to it taking place. After the assessment, you may experience a range of emotions. Having a plan of who you may talk to (family, friend, GP, psychiatrist, psychologist) is worthwhile. Some people may plan to meet with someone afterwards if they anticipate they will be distressed.

If you do not have a support person to speak with following the assessment and need help finding support please notify the MindSense team.

Helpline

Check in with your GP, psychiatrist or psychologist if you begin to feel overwhelmed after the assessment.

Helpline numbers

Suicide Crisis Helpline: Call or text 9-8-8

For First Nations, Inuit, Métis People : 1-855-242-3310 (toll-free)

Kids Help Phone: 1-800-668-6868 (toll-free)



For More Information

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