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Mental Health Program  
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Visit [www.rmh.org](http://www.rmh.org) and search by Programs & Services

# Mental Health Out-Patient Programs

## O CAN

(Ontario Common) **Assessment** (of Need)

We use O CAN to understand our clients better. It is a voluntary consumer led way to assess needs.

There are 2 parts:

Optional Self Assessment—you will be invited to fill out this part on our computer. It is your opportunity to tell us what the most important needs are to you.

Worker Assessment—has questions that explore each area of life to ensure we fully understand your personal strengths and challenges.

### **YOUR VOICE COUNTS**

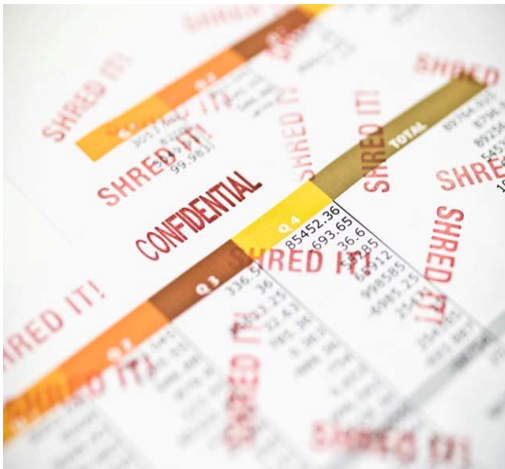
You decide which questions to answer and how much information you give.

You decide if other agencies should know your information. This can mean less time spent re-telling your story and can also make sure you get all the services you will benefit from.

You decide what the most important or first need is and work on it.

## HOW DOES OCAN HELP?

1. Identifies strengths and needs quickly. An Action Plan will result with your most important issues on it.
2. Sharing the assessment is possible with your permission. That can improve your services and reduce the times you repeat information.
3. Standard questions are good for 2 reasons:
  - a) Workers are less likely to miss important information
  - b) When everyone in Ontario uses the same form and collects the same information, it is easier to see which communities need extra resources.



## CONFIDENTIALITY

We guarantee to keep your information private. There is a special consent form and a letter describing all the safety tools we use to keep this promise.

## STILL HAVE QUESTIONS?

1. Ask your worker or
2. Ask Karla at (705) 328-6071 or
3. Visit the website - [www.ipc.on.ca](http://www.ipc.on.ca)