

# What Are My OPTIONS FOR SUPPORT

**IF YOU ARE IN CRISIS, CALL 911 OR CONNEX ONTARIO AT 1-866-531-2600 AVAILABLE 24/7**

All services listed below are **CONFIDENTIAL\***

**I WANT SUPPORT FROM SOMEONE WHO MIGHT KNOW WHAT I'M GOING THROUGH.**

### **Critical Incident Stress Response (CISR)/Peer Support (PS)**

- Respond to individual requests for peer support re: work/non-work issues
- Members in every OPP region
- Trained individual and group crisis intervention
- **705-329-6789 or visit CISR/PS on the OPP intranet**

**I'M NOT SURE WHAT I NEED, BUT KNOW I NEED SOMETHING.**

### **Employee/Family Liaison (EFL)**

- Direct support to members, family members, retirees, and auxiliaries
- Referral agents to internal and external supports
- Navigation of administrative/HR processes
- **705-329-6704**

**I NEED TO SEE A PSYCHOLOGIST OR A CLINICIAN EXPERIENCED IN WORKING WITH POLICING.**

### **Community Referral List**

- Mental health professionals with trauma experience
- Experience with first responders
- Clinicians vetted by CISR/Peer Support/EFL
- Fee for service, however costs may be offset through benefit entitlements (GWL)
- **Contact your local CISR/PS member or EFL for a list of clinicians in your area**

**I NEED SHORT TERM, SOLUTION-FOCUSED SERVICES OR COUNSELLING.**

### **Employee & Family Assistance Program (EFAP)**

- Free, confidential
- No WIN or Badge # needs to be provided
- Counsellors have a Masters of Social Work (MSW)
- Up to 6 sessions short term
- First call is triage and appointment set up
- **1-844-880-9142**

\*Except in the case of child abuse, perceived or actual imminent threat to self or others and criminal activity



# BENEFIT ENTITLEMENTS

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## PSYCHOLOGICAL SERVICES

### Ontario Provincial Police Association / Commissioned Officers Association

Psychological visits including family and group therapy no longer have maximum fee amount however; the plan still recognizes reasonable and customary fees. The current reasonable and customary amount for Psychological services is \$225 per hour. Psychologists or Psychological Associates must be registered by the College of Psychologists of Ontario. Social Workers must have a Master of Social Work (MSW) and be a Registered Social Worker with the Ontario College of Social Workers and Social Service Workers.

Services covered to a maximum of \$45 per visit with an annual maximum of \$1200 per person for each type of service: Chiropractor, Osteopath, Naturopath, Chiropracist, Podiatrist, Registered Massage Therapist, Speech Therapist, Physiotherapist and Acupuncturist. For more information contact an OPPA Benefits Administrator.

## PARAMEDICAL SERVICES

### Management Compensation Plan (Civilian non-bargaining Managers and Specialists)

Services cover up to a maximum of \$25 per half hour with a calendar year maximum of \$1400. Plan covers the services of a Psychologist including the services of a Social Worker with a Master of Social Work (MSW), who is registered with the Ontario College of Social Workers and Social Service Workers and provides services equivalent to those that would otherwise be provided by a Psychologist.

Services cover up to a maximum of \$750 per person (employee and for each eligible dependent) per calendar year for services provided by the following providers who are licensed and practicing within their scope of their license: Chiropractor, Osteopath, Naturopath, Chiropracist, Podiatrist, Registered Massage Therapist, Physiotherapist and Acupuncturist.

Health Care Spending Account: \$750 total annually for you and your dependents for eligible health related taxable expenses or for top up, not included in your plan.

**OTHER COUNSELLING  
OPTIONS  
THROUGH YOUR  
BENEFITS PROVIDER.**

### Great West Life (GWL)

- Member benefits offset expenses for clinicians in your community
- Confidential
- OPPA/COA benefits will cover reasonable and customary fees.
- [www.greatwestlife.com](http://www.greatwestlife.com)
- Create/Log into online account
- MCP Employees: **1-800-874-5899**
- OPPA/COA Members: **1-800-957-9777**

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