

# Psychotherapy Now Regulated In Ontario

## Include Registered Psychotherapists In Health Benefit Plans

**1 in 5** Canadians will experience a mental health problem or illness this year.<sup>2</sup>

A majority of employees surveyed (60%) note that **emotional/interpersonal issues are the top source of workplace stress.**<sup>3</sup>

Mental health is **the number one cause of disability claims** in Canada.<sup>2</sup>

Over the next 10 years, current mental health issues in the GTHA labour force could result in almost **\$17 billion in lost productivity.**<sup>3</sup>

**There are nearly 6,000 highly trained Registered Psychotherapists in Ontario available to meet the growing need for psychotherapy in our province.**<sup>1</sup>

**Omission of Registered Psychotherapists from your insurance coverage prevents workers' access to government-regulated practitioners who are qualified and available.**

### There is a mental health crisis across Canada

- People with mental health challenges are not finding access to the help they need, or they are told that it will be months before they can have an assessment or begin therapy! These challenges make it harder for them to perform effectively on the job.
- The Ontario Provincial Government proclaimed the College of Registered Psychotherapists of Ontario (CRPO) on April 1, 2015, guaranteeing professional assurance for citizens seeking mental health services through Registered Psychotherapists in Ontario.<sup>1</sup>
- You can protect and improve the productivity of your organization and the health of your workers by including Registered Psychotherapists (RPs) in the list of approved providers of your employee health benefit plans. With more workers having access to mental health care through psychotherapy, you can reduce the overall costs of untreated mental health concerns in your organizations.

### What is a Registered Psychotherapist (RP)?

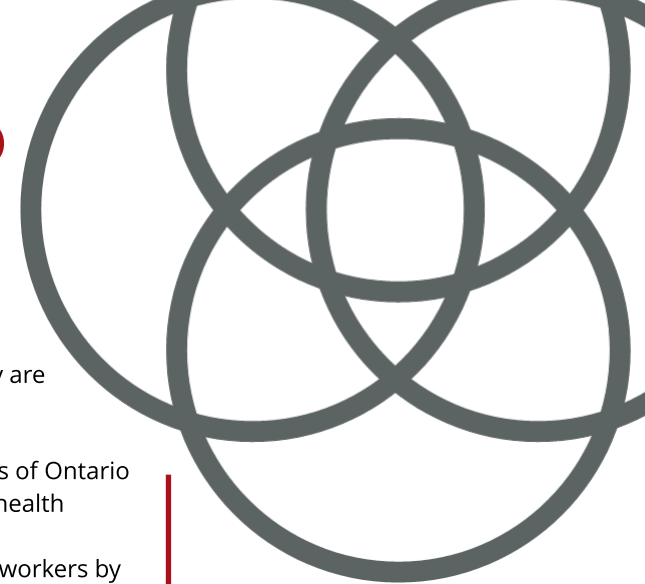
- The Scope of Practice of Psychotherapy *is the assessment and treatment of cognitive, emotional or behavioural disturbances by psychotherapeutic means, delivered through a therapeutic relationship based on verbal or non-verbal communication.*<sup>1</sup>
- RPs specialize in psychotherapy, provide employees access to a broader range of therapy modalities, geographic coverage and fees.

### How does this affect benefits?

- Insurance companies have given the green light to include RPs in health benefit plans from a risk perspective. Employers just need to request they be added.
- Your benefit plans can now include Registered Psychotherapists as extended health providers, just as they do with Psychologists and Social Workers.
- While the insurance itself may be limited, providing the benefit removes an initial barrier to therapy. Once the benefit is exhausted, the employee may choose to re-prioritize their expenses in order to continue the therapy and further improve their well being. Or, employers can increase the benefit provided.

### What's in it for Employers:

- Increase productivity and engagement
- Reduce the occurrence of STD and LTD
- Early intervention is key, and RPs are an early intervention option
- Enhance workplace psychological health
- Offer a more attractive benefit package for employees
- Intervention/access saves money in the long run by mitigating liability/workplace safety issues



**Registered Psychotherapists are part of the solution. Include them in your benefit package today!**



*Working on behalf of the psychotherapy profession in Ontario to include Registered Psychotherapists in insurance plans as standard practice.*

Website: [rptherapybenefits.ca](http://rptherapybenefits.ca)

Email: [info@rptherapybenefits.ca](mailto:info@rptherapybenefits.ca)

1. CRPO – College of Registered Psychotherapists of Ontario
2. The Mental Health Commission of Canada
3. CivicAction's "Mental Health in the Workplace" Summary Report

