

Mental Health and Metabolism Clinic



Who we are

We provide consultation and pharmacological review for clients with severe mental illness who are *at risk for*, or currently experiencing metabolic disturbances such as:

- weight gain (related to treatments, or lifestyle factors)
- prediabetes/ diabetes
- hyperlipidemia
- hypertension
- concerns about metabolic side-effects when starting psychotropic medication

Short-term follow-up is provided if needed, on case-by case basis

The Mental Health and Metabolism Clinic is staffed by three psychiatrists and a hospitalist, with unique expertise in helping individuals at risk for cardio-metabolic problems who also suffer from mental illness.

We employ a multi-pronged strategy to address metabolic comorbidities and work with our clients and their care service providers to promote healthier lifestyle

Who we serve

Services are available to both in-patients and outpatients of CAMH. Referrals from the community at large are also accepted.

All services are confidential and covered by OHIP.

What we offer:

- 1) Consultation around choosing and optimizing psychotropic medication to minimize metabolic adverse effects
- 2) Guidance around metabolic monitoring
- 3) Cutting edge pharmacological strategies to address cardiometabolic risk (weight-reducing, anti-diabetes, anti-lipid, blood pressure medications)
- 4) Lifestyle interventions
- 5) Connecting clients and care-providers with appropriate community resources
- 6) Opportunities to participate in innovative research
- 7) Advocacy to enhance knowledge around mental and physical health

- *We do not offer primary psychiatric care, and work in collaboration with treating psychiatrist or family practitioner*

How to make a referral:

For CAMH clients, using icare:

- 1) Go under “Orders add”
- 2) Type in “metabolism”
- 3) Select: “**referral to metabolism clinic**”, then “done”
- 4) In free text field, type in referral reason (e.g. weight gain, metabolic syndrome, medication review, etc.)
- 5) To help us serve your clients better please ensure their contact information is up to date
- 6) Once the referral is made, please feel free to accompany or send the client to meet Ms Connie Bartha, Administrative Assistant to the Schizophrenia Division, 250 College St, in room 739A to set up/confirm an appointment
- 7) Encourage the client to call Ms. Bartha if they have not heard back about an appointment (x30910)

For non-CAMH clients through Access CAMH:

Please fill the form available at <https://www.camh.ca/en/your-care/access-camh> and fax it to **416-979-6815**

How to reach us

For more information on making a referral or how to access clinic services, please contact Mr. Cliff Lee, Administrative Assistant to the Schizophrenia Division

Ph: 416-535-8501 x30910.

Hours

Monday to Friday

8:30 a.m to 4:30 p.m.

(After hours you can leave a message)