

# Mental Health Act

Information for persons subject to a community treatment order.

## What is a community treatment order (CTO)?

A CTO is a treatment and care plan designed for your specific needs. It is a legal document that outlines the specific things you need to do to allow you to receive treatment while living in the community, instead of being detained at a hospital.

A team of health care providers determines what to include in your CTO care plan (Community Treatment Plan). Usually, a CTO includes medications you need to take regularly and appointments you need to keep with care providers.

## How do I receive a CTO?

You may be eligible for a CTO under the following criteria:

- A qualified health care professional (Physician) has determined that you suffer from a mental disorder.

*A mental disorder affects your thoughts, mood, perception, orientation or memory. It impairs your judgment and behavior and makes it hard to function from day to day.*

a. During the previous three-year period you have either been a patient in a psychiatric facility on two or more occasions or for a cumulative period of 30 days or more during that time; or, during the previous three years, you have been the subject of a previous CTO.

b. Your Community Treatment Plan has been developed by the Physician who is considering the CTO with input from you, your Substitute Decision Maker (if required) and other health care professionals involved in your care.

c. The Physician has examined you in the last 72 hours and has formed the opinion:

1. That you need continuing treatment or care and continuing supervision while living in the community.

2. You meet criteria for completion of a Form 1 which is an application for psychiatric assessment if you are not currently in the hospital.

3. If you do not receive continuing treatment in the community, you are likely because of a mental disorder to cause serious bodily harm to yourself or others, or to suffer substantial mental or physical deterioration or to suffer serious physical impairment.

4. You are able to comply with the order.

5. The care you need is available close to where you live.

d. The Physician has consulted with other health care professionals and persons proposed to be named in the CTO.

e. The Physician is satisfied that you have consulted with a rights advisor and have been advised of your legal rights.

f. You or your SDM consents to the Community Treatment Plan.

## Do I have to agree to be placed under a CTO?

You or your substitute decision maker can consent to a CTO. If it is determined that you are not able to make these decisions a Substitute Decision Maker will be appointed

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## **What happens if I do not accept treatment under my CTO?**

You must follow the requirements in your CTO. If you do not, a member of your care team will try to help. If requirements continue to be unmet, a health professional can ask a police officer to bring you to a hospital for examination.

At the hospital, you will be examined within 72 hours by health care professionals. After your examination you may be:

- Admitted to the hospital as a formal patient.
- Returned home under the same Community Treatment plan.

## **How long does a CTO last?**

A CTO is in effect for six months and may be renewed or changed any time before it expires. There is no limit to the number of times a CTO can be renewed for six-month periods.

## **How can I get my CTO changed or cancelled?**

Your CTO can only be changed by certain people. Speak with the person who is supervising your CTO to learn more.

A psychiatrist can cancel your CTO if they believe it is no longer necessary.

You can also apply to the Consent and Capacity Board if you wish to contest your CTO. You can contest once during the 6 month duration of the CTO. The board schedules a hearing and makes a decision after hearing from you, your psychiatrist, and others involved in your care. Information on how to make an application to a review panel is at the bottom of this page. There is a mandatory review scheduled upon every 2<sup>nd</sup> renewal.

### **Where can I get further information?**

You may ask for help from any person involved in your care, including the physician who issued your CTO, the person who supervises your CTO or any other person closely involved with your care.

#### **Psychiatric Patient Advocate Office**

- Providing information on your rights.
- Investigating complaints; and
- Helping you and those acting on your behalf, including help applying for a review panel hearing.

Contact the Psychiatric Patient Advocate Office:  
Phone: 1-866-851-1212

#### **Consent and Capacity Board Hearings**

If you wish to obtain additional information on how to contest your CTO: 1-866-777-7391