

Ontario's Registered Psychotherapists (RPs)



Capacity & Capability to Serve Ontario's
Mental Health Crisis

Ontario Ministry of Health

Nov 2021

RP Capacity Assessment

PRPA performed a capacity assessment of RPs in associations across Ontario to determine the status of RP services following COVID-19

RPs increasingly have waitlists for therapy services. We want to get ahead of this before we reach a breaking point



RP Capacity Assessment

- PRPA issued a survey to Ontario RPs to assess capacity, examining 3 types of practitioners:
 - Private practice only
 - Institutional practice only
 - Hybrid practice in both private and institutional settings
- **76% of respondents work in private practice**
 - 11% work in hybrid environments (public & private)
 - Only 7% of RPs can be found in institutional (public) practice
 - Reflects the lack of RPs in public institutional settings



RP Capacity Assessment

Approximately 5,000 survey recipients from the following municipalities, counties, and regions:

Addington	Frontenac	Kawartha Lakes	Norfolk	Renfrew
Algoma	Glengarry	Kenora	Northumberland	Russell
Brantford	Greater Sudbury	Lambton	Ottawa	Simcoe
Bruce	Grenville	Lanark	Oxford	Stormont
Chatham-Kent	Grey	Leeds	Parry Sound	Sudbury
Cochrane	Haldimand	Lennox	Peel	Thunder Bay
Dufferin	Haliburton	Manitoulin	Perth	Timiskaming
Dundas	Halton	Middlesex	Peterborough	Toronto
Durham	Hamilton	Muskoka	Prescott	Waterloo
Elgin	Hastings	Niagara	Prince Edward	Wellington
Essex	Huron	Nipissing	Rainy River	York

RP Capacity Assessment

Snapshot of RPs

- 1/3 of RPs surveyed have 16 or more years in practice
- Over 2/3 of RPs intend to practice for at least 10 more years
- RPs serve adults, couples, families, children and run therapy groups
 - serving more Ontarians per client hour with couples, families, groups
- Only 1/5 of RPs provide therapy services to children under 13
 - Significant opportunity to better serve Ontario's families



RP Capacity Assessment

Issue: *RPs capacity is diminished after meeting growing demand, but capacity still exists*

- 50% of RPs have waitlists at time of survey, and may now be growing
 - 19% with waitlists of over one month
 - 21% are now unable to accept new clients
 - 30% are not using waitlists
- RPs continue to stretch hours and availability
 - Part-time RPs are becoming full-time to meet demand
- 2,000 RP-Qs* (upcoming RPs), are excited to have the opportunity for additional hours
- Therapy school cohorts are expanding, in some cases doubling, to meet demand

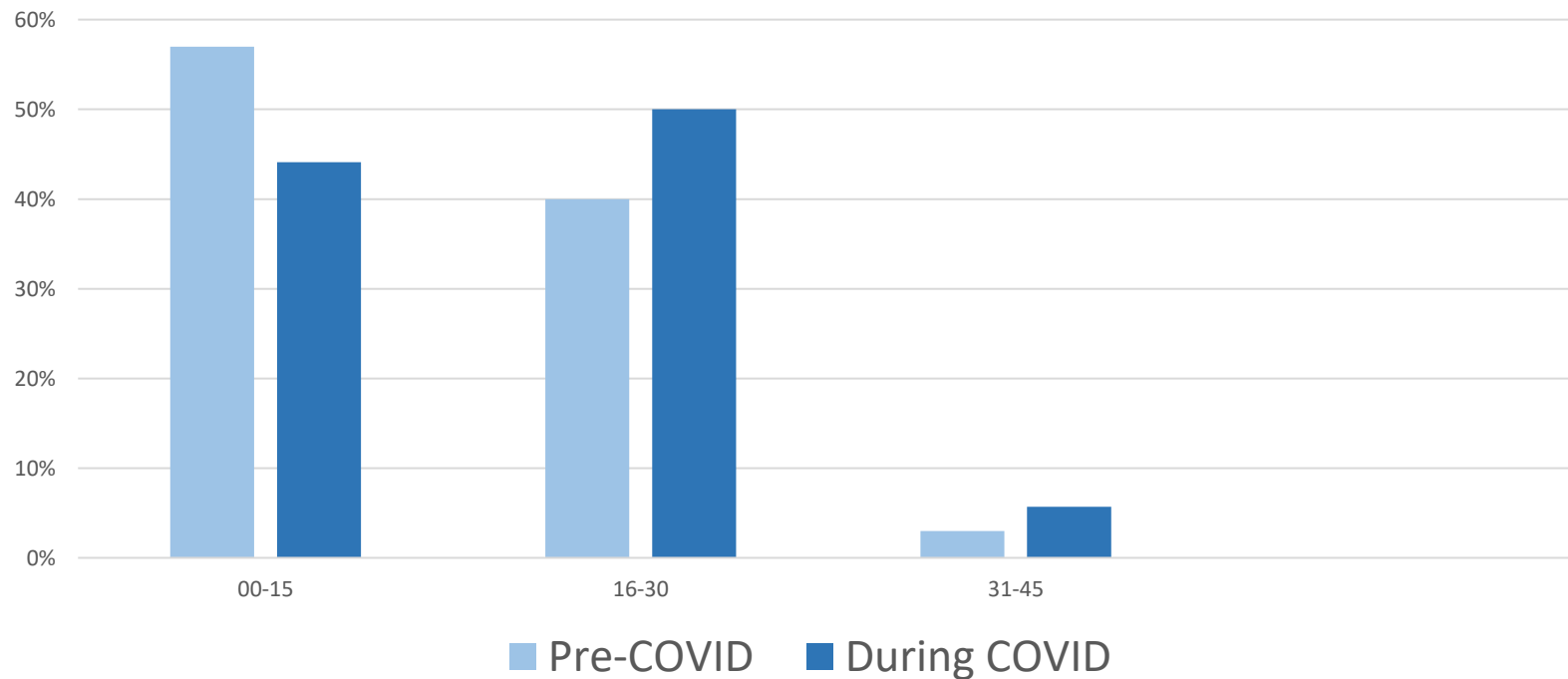
*of 8,500 RPs practicing in Ontario, 2,000 are qualifying, or RP-Qs Source: CRPO Sept 2021 (College of RPs Ontario)



Practice Hours

Private Practice Only (76% of RPs)

RPs with a private practice indicated performing double or even triple a baseline 15 client hour week during COVID-19 to meet the exceptional demand



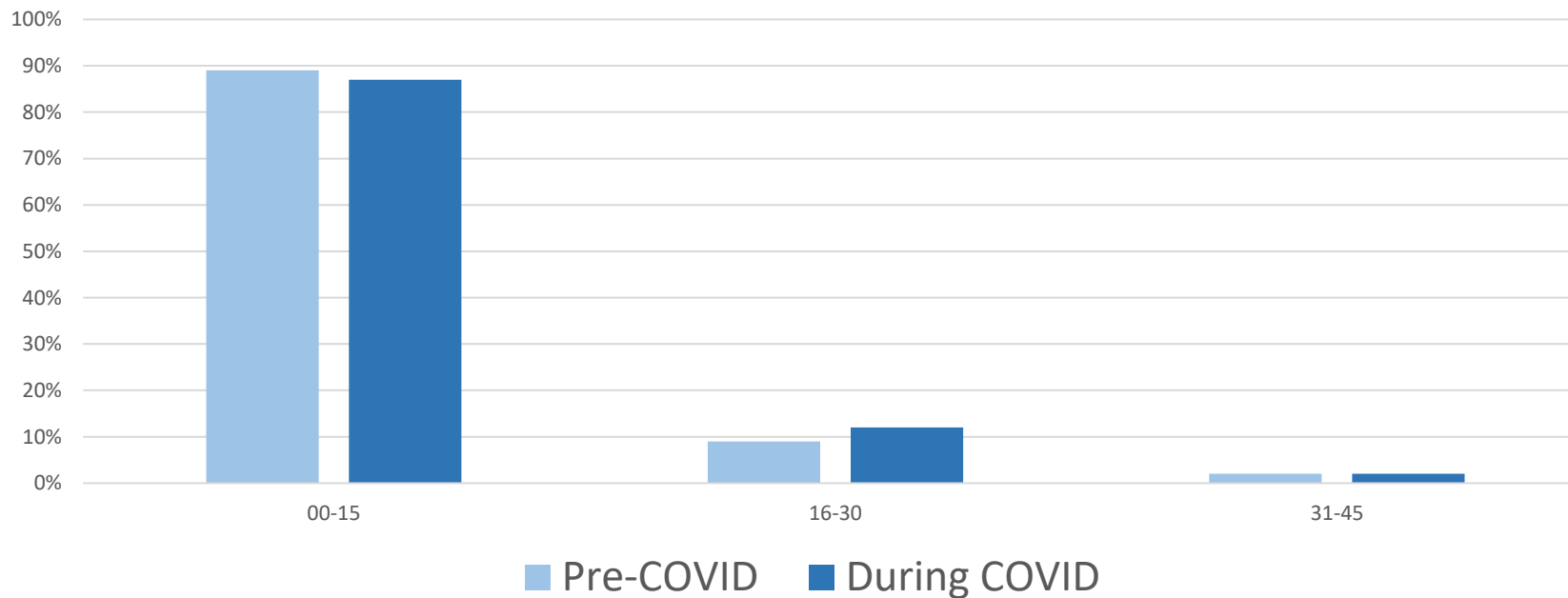
NOTE: A full private practice is anything above 15 client hours/week, dependent on various factors



Practice Hours

Institutional Settings Only

For those practitioners who worked in an institutional setting only, there was a slight increase in practice hours.



NOTE: Only 7% of RP respondents work in Institutional settings only and reported little change in their practice hours.



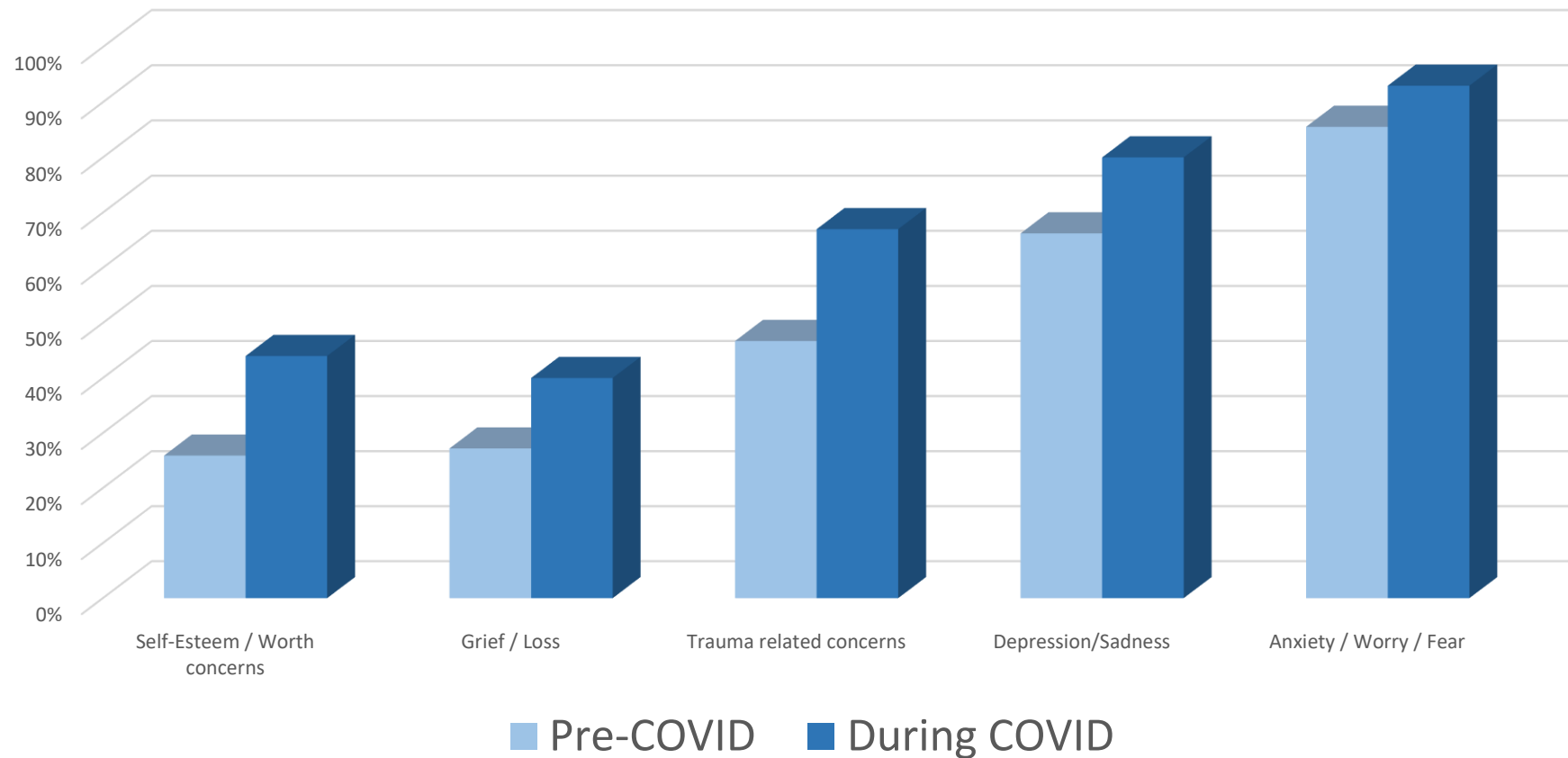
Institutional (Public) Practitioners

- Almost all RPs working in public institutions indicated their agency is seeing a significant increase in demand of services
- 2/3 indicated their agency was not expanding its hours of operation to meet the increased demand

*Public infrastructure needs immediate support by private practice
RPs to survive current demand*



The Top 5 reasons for seeking therapy remained unchanged, but the prevalence continues to grow



RPs Can Be Better Utilized

We want to ensure future RP placement is accessible and effective for Ontarians

RPs Can Be Better Utilized

How can new RPs best serve Ontarians in need?

- Removing barriers to mental health services across the province
 - Like new GPs, can we strategically entice RPs across Ontario to fill gaps?
 - Rural communities
 - Underserved populations and regions

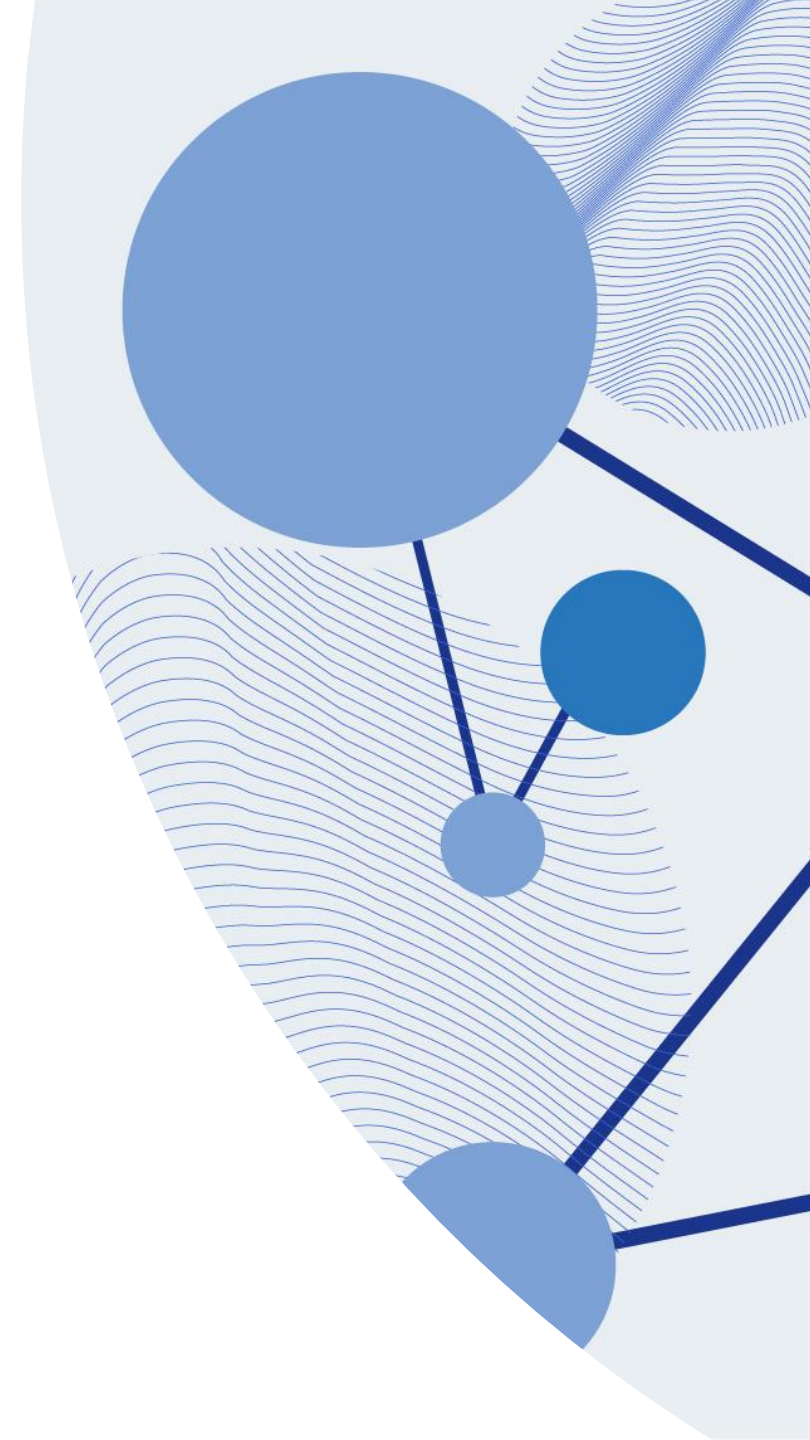
Better integrate RP services into existing healthcare

- Seamless support for reciprocal referrals between RPs and psychiatrists, psychologists and social workers to best address unique care needs
 - Thereby maximizing efficiency in the system by utilizing specialists for their care expertise
 - Create a funded channel between private practice and public institutions when capacity is reached in the public system



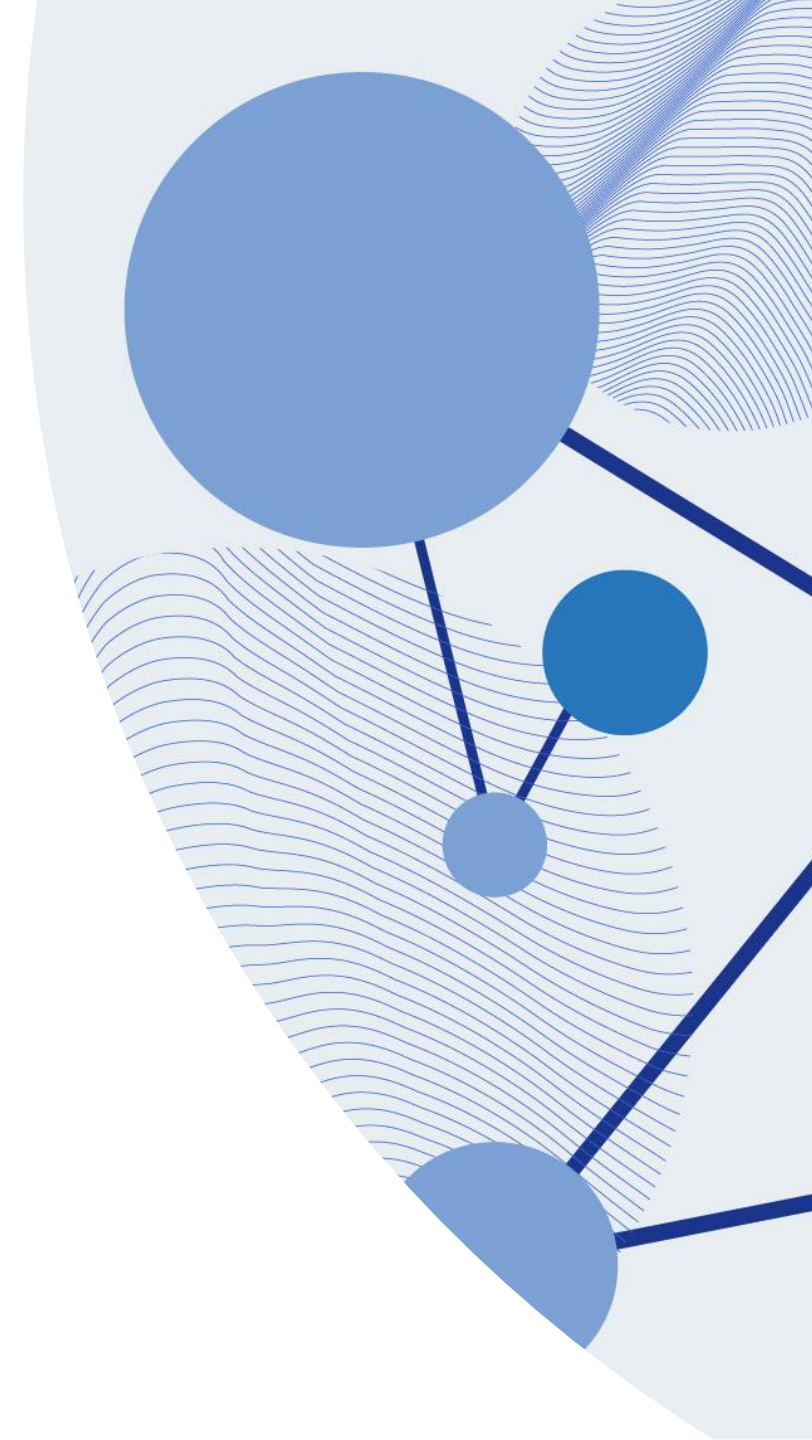
Planning for the Future

- There is an ever-increasing need for mental health services following COVID-19
- 2/3 of Private Practitioners report they will offer a hybrid virtual and in-person therapy based on client needs and location
- RPs have played a critical role in meeting surging demand throughout the pandemic
 - RP services can be better integrated into the existing healthcare system
- *RPs are approaching a capacity ceiling - we need to create a plan for the future to meet Ontario's mental health needs*
 - 40% can not increase hours any further
 - 22% are stretching capacity by making room for another 5-10 client hours per week



Why RPs are Needed

- RPs are highly qualified, rigorously vetted mental health professionals
- RPs are licensed and experienced, but not yet integrated into the health care system
- RPs remain *the specialists* in providing therapy – *it is the primary focus of our education and practice*
 - Psychologists, Social Workers all have areas of specialty – therapy is ours
 - **Utilizing each type of professional for their specialization, and ensuring they work together, will improve the care Ontarians receive**



Thank You

