

Operational Stress Injury Clinic: Frequently Asked Questions

Who assesses clients for OSI?

Assessments are completed by psychologists and psychiatrists.

How does someone qualify for assessment?

Clients are referred for assessments by Veterans Affairs Canada, the Department of National Defence or the RCMP.

How long is the average wait for an assessment?

Our goal is for clients to be assessed by a psychiatrist within 60 business days or psychologist within 30 business days of their referral.

What should clients expect during their assessment?

Clients are welcomed to the clinic where they complete a series of questionnaires and participate in a clinical interview. The process takes approximately three hours.

What do clients need to do?

- Try to get a good night sleep the night before your appointment
- Bring a list of your current health care providers
- Bring an up-to-date list of the medications you are currently taking including vitamins and alternative medicines
- Ensure your social support network or VAC case manager are aware of your upcoming appointment

Can they bring their family?

Yes - family members are welcome at the OSI Clinic and often help the assessment process by supporting their family member and providing additional information.

When/how do clients get results of their assessment?

The psychologist or psychiatrist will provide you with verbal feedback on the diagnosis and suggested treatment plan immediately after the assessment. A full report is also sent to the referral source, primary care provider (such as your family doctor) and community provider (if you have one) typically within two weeks