

Borderline Personality Disorder Resource Sheet

What is borderline personality disorder (BPD) and what are the symptoms?

Borderline personality disorder (BPD) is a serious and complex mental illness marked by unstable moods, behavior and relationships. People with BPD often suffer from problems with regulating emotions and thoughts, impulsive behavior and unstable relationships with other people.

Common symptoms include: extreme reactions to abandonment, brief psychotic episodes, a pattern of intense and stormy relationships with family, friends, and loved ones, distorted and unstable self-image or sense of self, impulsive and often dangerous behaviors, recurring suicidal behaviors or threats or self-harming behavior, and intense but short-lived bouts of anger, depression or anxiety. Individuals diagnosed with BPD face a number of comorbidities such as depression, anxiety, substance abuse or eating disorder. (5th ed, American Psychiatric Association, 2013).

Who provides a diagnosis?

A mental health professional experienced in diagnosing and treating mental disorders—such as a psychiatrist, psychologist, clinical social worker, or psychiatric nurse—can detect BPD based on a thorough interview and a discussion about symptoms

What are treatment options?

Psychotherapy is usually the first treatment for people with BPD. Therapy options can include Cognitive Behaviour Therapy (CBT), Schema-focused therapy or DBT. Though there is no specific medication for BPD, medication may be prescribed to reduce the impact of specific symptoms (CAMH, 2012). DBT is an evidence based treatment approach that can relieve symptoms and help develop coping skills.

- **Dialectical behavior therapy (DBT).** This type of therapy focuses on the concept of mindfulness, or being aware of and attentive to the current situation. DBT teaches skills to control intense emotions, reduces self-destructive behaviors, and improves relationships. This therapy differs from CBT in that it seeks a balance between changing and accepting beliefs and behaviors. DBT-family skills training (DBT-FST) include family members in treatment sessions. These types of programs help families develop skills to better understand and support a relative with BPD.

What is the referral process and wait times like?

Most clinics accept self-referral, some might require referral from a family physician. Community funding resources generally have waitlist, whereas a private practitioner often can see patients within one or two weeks. Waitlist estimates are based on information provided in June 2015. Please also note that we cannot guarantee that these resources are available on an ongoing basis, as these resource lists are only updated periodically. Please call for updates.

For more general information please call [ConnexOntario Health Services Ontario](#) at 1-866-531-2600

The list of resources provided here are for information purposes only and do not constitute an endorsement by CAMH or guarantee any particular outcome or result.

Community Resources – Full or Partial OHIP Coverage

Dialectical Behavioral Therapy Service Canadian Mental Health Association

700 Lawrence Avenue West, Suite 480
Phone (416)-789-7957 ext. 282

Services offered: The DBT Service is a one-year intensive program for individuals with BPD. It consists of individual counseling and a skills group.

Eligibility criteria and catchment area: 18+, diagnosed with BPD and: have a recent history of repeated suicide attempts, or actively engage in self-injurious behavior, or experience psychiatric crises resulting in the frequent use of hospital emergency department services.

Referral Process: Self, call intake number

Note: Waitlist – call for update.

St. Joseph's Hospital, Hamilton

Central Hamilton Region: Phone (905)-522-1155 x 34801 (Alicia)

East Hamilton Region: Phone (905)-522-1155 x 38125 (Kelly)

Also offer several groups – call for up to date info Rachel at (905)-522-1155 x 38007

Services offered:

- Bridge To Recovery Program (group therapy)
- Community Psychiatry Clinic (group and individual sessions)

Eligibility criteria and catchment area: 17 years and older; must live in Hamilton area

Referral Process: Bridge To Recovery Program: referrals are currently being accepted from acute and specialized inpatient units and the Psychiatric Emergency Services. Community Psychiatry Clinic for DBT: referrals are accepted from inpatient programs, family physicians, COAST, and other community services.

Note: Waitlist – call for updates. Minimum time commitment.

Gray Bruce Health Services – Owen Sound site – DBT Program

Phone: (519) 376-2121 x 2460

Services offered:

- 1 year program, weekly group and sometimes individual therapy

Eligibility criteria and catchment area: Serves Bruce & Gray counties, but takes out of catchment area if client willing to commit to travelling

Referral process: Medical or self-referral accepted

Note: Call for more information

Ontario Shores Centre for Mental Health Sciences

700 Gordon Street, Whitby, Ontario, L1N 5S9

Phone: (905) 430-4055

Kawartha Lakes Community Clinic by Ontario Shores

40 Lindsay Street South

Lindsay, ON K9V 2L8

Phone (705)-878-1013

Services offered: Group and individual therapy

Eligibility criteria: 18 + & BPD diagnoses

Referral process: Referrals by physicians; Initial phone screening required.

Note: Waitlist – call for update.

Private Practitioners of DBT or DBT oriented therapy – NOT OHIP covered

Note To ensure that you are receiving DBT specific therapy, please consult with the therapist in regards to their prior experience and certifications to provide DBT.

Toronto's Alternative Dialectical Behavioural Therapy (DBT)

TS Medical Centre 692 Euclid Avenue
Toronto, M6G 2T9

Jo-Anne Beggs - MSW, RSW, LCSW-R

Phone: (416) 901-9020 ext. 611

Amira Khan Lodhi MSW, RSW, LCSW-R

Phone: (647) 493-8944 ext. 2

Services offered:

- Group and individual therapy available.

Eligibility criteria: 21+

Referral Process: Self

Cost: \$50 initial assessment, \$75 per skills group
\$70 per individual session

Note: Call to inquire about next group date.

Alex Belakovsky M.Ed. Psychology

Located at Bathurst & Steeles

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Phone 647-723-5274 ext. 238

Eligibility criteria: 16 years and up

Referral Process: Self

Cost: \$120 per session

Note: Also speaks Russian

[Amira Khan Lodhi MSW, RSW, LCSW-R](#)

800 Bathurst St Suite 402

Toronto,

Phone: (647) 493-8944 ext. 2

Website: <http://www.amiralodhi.com/>

Eligibility criteria: adolescents

Referral Process: Self

Cost: \$100-\$120 per session; sliding scales offered

[Anna Coutts MEd, CCC – Online counselling](#)

Phone: (647)-773-9878

Website: www.couttsonlinecounselling.com

Eligibility criteria: Youth and adults

Referral Process: Self

Cost: \$60 per session

[Broadview Psychology](#)

889 Broadview Avenue

Toronto, Ontario

Phone: (647) 348-5140

Website:

<http://www.broadviewpsychology.com/>

Therapeutic approach:

- Group and individual therapy.

Eligibility criteria: All ages

Referral Process: Self

Cost: Fees range based on type of clinician seen.

Group sessions are \$75 regardless of therapist.

*Patient must currently be seeing a DBT therapist

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[Caren June Coetzee MA, C, Psych, Assoc](#)

Toronto Healing Arts Centre, 717 Bloor Street

West, Toronto, Ontario, M6G 1L5

Phone: (416) 844-0922

Eligibility: Adolescent & Adults

Referral Process: Self

Cost: \$180 per session; sliding scale offered
(lowest \$120)

[Cathy Callaghan - MSW, RSW](#)

320 Danforth Avenue Suite 205

Toronto, Ontario Canada M4K 1N8

Phone (416) 985-1300

Eligibility criteria: Adults

Referral Process: Self

Cost: \$120-\$160 per session; sliding scales offered

[Dr. Chanthalone Smith PhD CPsych](#)

692 Euclid Avenue

Toronto, Ontario Canada M6G 2T9

Phone (416) 275-4913

Eligibility criteria: All ages

Referral Process: Self

Cost: \$200-\$220 per session

[Dr. Tanya Cotler \(PhD Supervised Practice\) - Psychologist, PhD, Cpsych](#)

32 Berwick Avenue 2nd Floor

Toronto

Phone (647) 502-8262

Eligibility criteria:

Referral Process: Self

Cost: \$140 - \$160 per session; sliding scales available

Note: Speaks French and Hebrew

[Dr. Shaun Michael Burns -Psychologist PhD](#)

554 Spadina Crescent

Toronto,

Phone: (416) 353-0330

Eligibility criteria: 18 years and older

Referral Process: Self

Cost: \$150-\$180 per session; sliding scales offered

[Ivana Mitchell - MSW, RSW](#)

1020 Eglinton Ave West

Toronto

Website: <http://www.ivanamitchell.com/contact/>

Eligibility criteria: 18 years and up

Referral Process: Self

Cost: \$100-\$120 per session; sliding scales offered

[Jo-Anne Beggs MSW, RSW, LCSW-R](#)

800 Bathurst Street Suite 402

Toronto, Ontario Canada M5R 3M8

& 106 Lakeshore Road East Ste 206

Mississauga

Phone: (647) 609-0236

Eligibility criteria: All ages

Referral Process: Self

Cost: \$140 per session; sliding scales offered

[Main St. Psychological Centre](#)

6 Main St., Toronto, ON, M4E 2V4

Phone (416)-690-2229

Eligibility criteria: All ages

Referral Process: Self

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Cost: Range from \$160-\$190 per hour depending on the therapist

Markham Psychologists

9889 Hwy 48, Suite 211

Markham, ON

Phone (905)472.9658

Eligibility criteria: All ages

Referral Process: Self

Cost: \$165 - \$200 per 50-60 minute psychotherapy session

West End Psychological Services

27 Roncesvalles Ave, Suite 508 in Toronto

Phone (647)-239-6939

Eligibility criteria: 18 years and older

Referral Process: Self

Cost: \$200 per session; sliding scale offered to around \$180.

Note: Group session will be offered at a later date and will be of lower cost than individual session.

Family Support Resources

Family Connections Program

1900 Davenport Road, Toronto

Davenport-Perth Neighbourhood & Community Health Centre (Florrie's Rm – Basement)

Phone: Lynn Courey (416) 523-0495

Email: info@sashbear.org

Services offered: Skills based workshop program is designed for family members of someone with emotional and behavioural dysregulation (BPD) to provide a better foundation to understanding this complex disorder.

Cost: Free

Toronto Borderliners Support Group for Family and Friends of Persons with Emotion Dysregulation/BPD

Services Offered: A meet-up group in Toronto designed to provide a safe and private place for those who have loved ones who suffer from Emotional Dysregulation/BPD/traits. This group hosts events and a community discussion board on their website.

Website: <http://www.meetup.com/Toronto-Borderliners-Family-and-Friends/>