



B-CAP Program Information

Burlington Community Access to Psychotherapy

B-CAP (Burlington Community Access to Psychotherapy) is a publicly funded program run by the Burlington Family Health Team. The goal of B-CAP is to improve access to evidence-based **group psychotherapy** through a stepped-care collaborative delivery model.

WHO IS THE B-CAP PROGRAM FOR?

Adults (18+) who:

- Have mild to moderate symptoms of depression or anxiety
- Live in the Burlington area
- Can engage and may benefit from group psychotherapy
- Do not require more intensive mental health services
- Addiction is not identified as the primary health issue

B-CAP PROGRAM FOCUS AREAS ARE:

- Stress regulation
- Changing behaviours
- Changing thinking patterns
- Building resilience
- Improving quality of life

ALL B-CAP GROUPS ARE:

- **Short-term:** most groups run between 4-5 sessions, with an option of follow-up “booster sessions”
- **Skills-based:** focus on helping people build skills to improve mental health and well-being
- **Structured:** have an overall “lesson plan” of content to be delivered in each session
- **Evidence-based:** have been shown by research to be helpful for people experiencing a variety of mental health challenges

REFERRAL PROCESS:

1. Primary Care Providers with patients living in the Burlington community refer patients to central intake through Joseph Brant Hospital Community Mental Health Services
2. Patients’ needs are assessed and then may be referred to the B-CAP Program
3. A B-CAP team member will contact the patient to discuss next steps