About the Transitional Age Psychiatric Unit (TAPU)

Designated as a psychiatric facility under the Mental Health Act, the Transitional Age Psychiatric Unit is a 10-bed inpatient treatment service at Youthdale Treatment Centres.

This quaternary healthcare facility is designed to serve transitional age youth (16 to 19 years old) with complex mental health needs, which have not been met by services offered at less intensive facilities.

The TAPU is an integral component of a cross-sectorial, inter-ministerial collaboration – supporting youth as they transition from children to adult mental health services.

In the treatment planning and discharge processes, Youthdale places a strong emphasis on patient-centred care. The TAPU interdisciplinary team also recognizes the important role of family, caregivers, and other community mental health partners.

How to Reach Us

Intake Inquiries:

Please contact Youthdale’s Crisis Support Team at 416-363-9990 for intake to the TAPU.

For further information on other Youthdale Treatment Centres programming, please visit our website: www.youthdale.ca

Transitional Age Psychiatric Unit

227 Victoria Street
Toronto, Ontario
M5B 1T8

A program supported by the Ontario Ministry of Health and Long-Term Care through the Toronto Central LHIN
Admission
Psychiatrists meet with Intake and TAPU staff on a daily basis to review patients awaiting admissions and upcoming discharges in order to best prioritize the admissions. Youthdale does not have an emergency department and cannot accommodate unplanned admissions.

Age Range
The primary target population for the TAPU is transitional age youth from 16 to 19 years of age.

Catchment Area
The TAPU is a province-wide service.

Programming
Patients on the TAPU will receive comprehensive clinical services, including stabilization, assessment and treatment within a secure environment.

Our interdisciplinary team of mental health professionals will work closely with the patient and their support network to understand and meet their needs, to set goals for the admission and to help plan for discharge.

Day to day program and treatment may involve taking part in some or all of the following:

- Psychiatric Assessment
- Educational Programming
- Individual Counselling
- Skills-based Treatment Groups
- Recreational Group Activities
- Peer Therapy Group
- Family Therapy
- Art Therapy
- Sleep Study

Length of Stay
The TAPU clinical team will work closely with the patient and their support system to determine the patient’s length of stay on the TAPU, based on individual clinical need.

Treatment Team
The TAPU is supported by an interdisciplinary treatment team, which includes psychiatric crisis workers, registered nurses, social workers, Toronto District School Board teachers, psychiatrists, physicians, and art therapists.

Specialized professionals, such as neurology and neuropsychiatry, may be accessed if appropriate for the patient’s treatment plan.