

Stepped Care



Newfoundland and Labrador has implemented Stepped Care for Mental Health and Addictions.

The goal of the provincial Stepped Care model is to ensure individuals accessing mental health and addictions services receive 'the right service, in the right place, at the right time, delivered by the right person'.

Stepped Care identifies the collaborative practice needed among all service providers and systems, both formal and informal, to support an individual's recovery journey. The 'circle' recognizes a holistic approach to health that aims to establish wraparound services for an individual at any point in their care journey, with the client at the center.



The Stepped Care model is intended to be used as a guide to offer supports and services. Individuals will naturally start with the least intrusive, wellness-based services, moving to more intensive, specialized programming, if needed. Individuals can, however, potentially start anywhere within the circle, depending on their needs.

As part of the model's development, three key access points were identified: online ([Bridge the gapp](#)), in-person ([Doorways](#)), and telephone ([811](#)).



Individuals accessing services through either of these points are screened using the categories of the model. Individuals and clinicians together assess and match supports and services based on the person's needs, preferences and readiness. Progress is tracked and evaluated to determine if services/supports for the individual need to be 'stepped up' or 'stepped down'.

To learn more about Stepped Care in Newfoundland and Labrador, click [here](#).