

Case Management and Mental Health Services

Essential Services in Peterborough

Food Banks

1. Salvation Army, Family Services
219 Simcoe St. 705-742-4391
2. Good Neighbors Care Centre
164 Sherbrooke St. 705-742-9800
3. Yes Emergency Youth Shelter
196 Brock St. 705-748-3851

Financial

1. Ontario Works
178 Charlotte St. 705-748-8830
2. Ontario Disability Support Plan
360 George St. 2nd Flr. 705-742-9292
3. Canada Pension Plan
219 George St. N 800-277-9144
4. Employment Insurance
219 George St. N 800-277-9144

Transit

1. Handi Van
190 Simcoe St. 705-745-5801
2. Peterborough Bus Terminal
190 Simcoe St. 705-742-777 x 2899
3. Greyhound
190 Simcoe St. 705-743-8045

Healthcare

1. Peterborough Regional Health Centre
1 Hospital Drive 705-743-2121
2. Telehealth Ontario 1-866-797-0007
3. VON 360
131 Simcoe St. 705-874-3900
4. Peterborough Day Clinic
26 Hospital Drive 705-740-6880

Funding

This program is funded by the Ontario Ministry of Health and Long-Term Care.

Eligibility

Adults (16 and up) who are residents of Peterborough, City or County who have a mental health concern.

How to Apply

Call or visit the Peterborough office at 466 George St. North, to make an appointment with an intake worker. We'll make an appointment to meet with you to see what services will be the most helpful for you.

Contact Us

Peterborough Programs & Services

466 George Street North
Peterborough, Ontario, K9H 3R7
Phone: (705) 748-6711
Fax: (705) 748-2577

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www.cmhahkpr.ca



Canadian Mental Health Association

Haliburton, Kawartha, Pine Ridge
Mental health for all



Canadian Mental Health Association

Haliburton, Kawartha, Pine Ridge

*Serving the counties of Peterborough, Northumberland, Haliburton,
City of Kawartha Lakes and the Township of Brock*



“Supporting you to reach your goals.”

Peterborough Region

Intake/Brief Services

Intake and Brief Services are your first point of contact in the case management program. The worker will meet with you to complete the Ontario Common Assessment of Need (OCAN), and two short mental health screening assessments called the GAD7 (for generalized anxiety disorder) and PHQ9 (patient health questionnaire). This will help us understand how you are doing and how we can best assist you, including addressing your immediate concerns and making recommendations and referrals to other services that may be helpful. Intake can also provide brief supportive counselling of up to 8 sessions. Other CMHA workers may also be able to get involved to provide other helpful services like assisting with an application for income support.

Groups

You may be referred to some of the groups we offer, based on your initial meetings with an intake worker.

Some of these groups are:

- Anxiety and Depression coping skills
- Wellness Recovery Action Planning (WRAP)
- Managing Emotions
- Skills-Building group for Transitional Age Youth
- Goal planning group
- Self –Esteem and Assertiveness
- Concurrent Disorders
- Wellness- a holistic approach to your mental health

Other groups are offered from time to time as the need is identified. Please talk to your intake worker about what groups might be most helpful for you, what you can expect in groups and their availability. Taking part in groups doesn't prevent you from taking part in other CMHA services.

Community Support

A Community Support Worker (CSW) can help you with getting to appointments, completing paperwork, like applications and connecting with other community resources that could help you. CSWs can provide help with learning activities of daily living (ADLs) to minimize the risk of homelessness. The CSW works as part of a team with other workers to help support you.

Case Management

Case management supports you if you have mental health problems that are significantly affecting your ability to function on a daily basis. A case manager will help you to decide on your goals and work towards a quality of life that you identify together. Case management is holistic and builds on your strengths to support you to learn and regularly use skills that allow you to cope well independently.

Case management can help you with meeting both concrete basic needs as well as psychological needs. This may include asking you to do “personal projects” in between meetings with your worker. Case managers work with you to meet your identified needs so that you can manage independently and will no longer require our services.

Case manager supports might include:

- Assessment and goal planning with you
- Supporting you with concrete and psychological needs
- Advocating on your behalf about needs such as housing, income support, trustee services and medical care
- Supporting you in completing personal projects between meetings with your worker
- Helping you connect with other people with similar situations (peers)
- Helping you transition from case management (see end of service)

Young People

In Ontario, mental health services for young people and for adults are quite different, and it can be a challenge to move from one to the other. At CMHA HKPR we recognize that young adults' issues can be different and require flexibility and creativity in the engagement and support process. Our Supports are open and available for all young adults who request supports within the adult mental health system. Our youth “Transitions” program is designed to provide support to individuals with highly complex needs and require extensive pre planning.

The Transitions program includes a “Multi-Disciplinary Transition Team” of workers from different agencies. Members of the team include workers from Kawartha Haliburton Children's Aid Society, Kinark Children and Family Services, Peterborough Youth Services and CMHA HKPR. The team assesses, reviews and recommends specific supports and services with you (and any other supports you might want to include), as you prepare to transition to adult mental health services. We make sure that both your youth and adult mental health workers work together as a team so the transition is a smooth one and meets your needs. You are eligible if you are receiving youth mental health services, and are aged 16-24.

End of Service

When you and your worker decide that case management services are no longer needed, a discharge support worker will help you to have a seamless transition from formal case management. You can also choose to stay in contact with staff approximately once a month for up to a year after formal services end. We want to be sure that you are continuing to do well independently.