

# Canadian Mental Health Association Haliburton, Kawartha, Pine Ridge

## Programs and Services

### Intake & Brief Services

Intake is the first point of contact for individuals requesting mental health case management or brief mental health support. The process is client-centred and recovery-focused. This support is generally available for 1-3 months. During that time individuals can work on short-term goals including referrals to other agencies, basic coping skills, and symptom management. If an individual is requesting case management services, the Intake Worker will complete an Ontario Common Assessment of Need and together develop a treatment plan. The Intake program is also the gateway for C.M.H.A. H.K.P.R. Housing Support Services. Individuals must be involved in C.M.H.A. programming prior to becoming eligible for this service.

### Mental Health Case Management Services

Consumers receive services that will allow them to increase their ability to live quality lives and develop their own support system. Supports include crisis intervention, identifying goals, mental health support and discharge planning.

### Four County Crisis & Safe Beds

Four County Crisis (4CC) provides a continuum of 24-hour crisis response services to individuals sixteen or older. 4CC includes a Safe-Beds program which provides a short-term stay in a safe and supportive environment. The Safe-Bed stay assists individuals to decrease or alleviate their crisis through individualized services. Contact the 24-hour 4CC Crisis line at 705-745-6484 or toll free at 1-866-995-9933.

### Dual Diagnosis Case Management

The team supports adults living with a dual diagnosis (developmental disability and mental health issues) through a Supported Independent Living (SIL) program. Case Managers provide client centred support services that promote stabilization and independent living as mandated by the Ministry of Community and Social Services. Intake is completed through Developmental Services Ontario.

### LYNX – Early Psychosis Intervention

C.M.H.A. H.K.P.R. is one of eight partner agencies in a four county rapid response treatment and education service for young people (ages 14-35) and their families, in the early stages of a psychotic illness. Early identification, assessment and treatment leads to significantly improved outcomes.

### Health Promotion and Education

Includes presentations, workshops, Mental Health First Aid Training including M.H.F.A. for individuals working with youth, ASIST (Applied Suicide Intervention Skills Training), safeTALK (3 hour course to increase suicide awareness), A.S.K. (Assessing for Suicide in Kids), Open Your Mind (high school presentation on LYNX - Early Psychosis Intervention) and Kids on the Block (life size puppet presentations to elementary schools on mental health and wellness). Corporate education and training are also available to support workplace mental health.

### Justice Services

The Court Support Program offers assistance to individuals dealing with mental health issues who become involved with the justice system. Working in collaboration with clients, court officials and other community agencies, Court Support staff assist to develop Diversion and Community Support plans for individuals to help manage their mental health concerns and prevent further involvement with the justice system.

The Release from Custody program partners with community agencies to plan and provide short term case management services immediately following release from jail, to prevent further involvement with the criminal justice system. This program includes the provision of an individualized assessment and support plan, coordination of services, and connection with local long-term mental health supports.

### Journeying Together Family Support

A family education support worker provides education and support to caregivers and family members of individuals with mental health concerns. Support is provided in both one-to-one and through group support.

Continued on reverse

July 2017



**Canadian Mental  
Health Association**

Haliburton, Kawartha, Pine Ridge  
*Mental health for all*

C.M.H.A H.K.P.R.

466 George Street North, Peterborough, ON K9H 3R7 705-748-6711

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## Trustee Program

The Trustee Program is voluntary and provides flexible financial management for individuals. This program assists people in budgeting, paying bills, maintaining housing, advocating with creditors, decreasing debts and developing savings, while ensuring that the person's needs are met.

## Supportive Housing

Supportive Housing provides individualized mental health support and housing for persons with a serious mental illness and/or a dual diagnosis. In addition there are designated units for people struggling with addictions, transitional age youth and individuals who may be at risk of conflict with the law. C.M.H.A. H.K.P.R. has housing available in Peterborough, Kawartha Lakes and Northumberland; in collaboration with other community partners.

Supportive Housing provides a number of options including Supported Independent Living, transitional and non-transitional shared living, and independent apartments. All housing program applicants need to qualify for support services prior to making a housing application. For further information regarding eligibility and application, please see the C.M.H.A. H.K.P.R. website for the intake procedure.

## Peer Support

Peer Support is based upon the principle that people who have life experiences in common have something to offer each other. This approach assumes that people who have experienced a mental illness or have a close relationship to someone who has, can better understand and relate to others during their recovery. The Peer Support Program provides trained professionals with peer experience to work one to one with people and in groups to set and achieve their personal goals.

## Groups

Groups through C.M.H.A. H.K.P.R. include:

- Anxiety and Depression coping skills
- Wellness Recovery Action Planning (W.R.A.P.)
- Managing Emotions
- Skills-Building group for Transitional Age Youth
- Goal planning
- 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.

## Available in Kawartha Lakes Only:

### REACH - Recovery Empowerment Advocacy Community Hope

The REACH For Recovery Centre is a community based day program that provides support to individuals living with mental health concerns or other significant challenges. This program assists the person in gaining skills necessary to be participating members of their home and community.

## Available in Peterborough Only:

### Ontario Telemedicine Network (O.T.N.)

Telemedicine provides access to health care for individuals who may be unable to attend a medical appointment based on location, need for travel or availability of specialist. Through Telemedicine, patients are connected to health care providers using a two-way videoconferencing system.

A Registered Nurse is available to provide support during the appointment. C.M.H.A.'s O.T.N. Clinic can assist with referrals for pediatrics, pain management, neurology, mental health and other medical referrals. All patients must be referred to Telemedicine clinical services by a primary health care provider.

### Catering PLUS - People Learning Useful Skills

Catering PLUS is a C.M.H.A. H.K.P.R. social business. Catering PLUS provides life and work skill development for people with lived experience, through the provision of food services to the local market.

### Vocational Services

C.M.H.A. H.K.P.R. offers a vocational program called Making it Work. This program provides services to people with mental health barriers by connecting them to unique and relevant employment opportunities, offering specialized interventions to maintain employment.

### PHOENIX Day Program

The PHOENIX Day Program provides a skill building environment through community, social, physical, nutrition and mental wellness activities for those living with a dual diagnosis or developmental disability.

## Problems Coping?



Family Life, Work, Health,  
Concerned About Someone?

Free Professional Crisis Support

tel: 705-745-6484  
toll free: 866-995-9933  
Help Available 24-7



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