



## Student Placement Opportunities

### Primary Programs

**Mental Health Case Management and 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. 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. Case Management 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.

**Health Team:** Provides individuals with multiple supports through a TRACK system which provides options to meet individual's needs. TRACKs include group work, intensive case management, community supports, one to one CBT, housing retention supports, Community Treatment order support.

**Four County Crisis: Four County Crisis (4CC)** provides a continuum of 24-hour crisis response services to individuals sixteen or older. Workers may also arrange a mobile visit to meet with the client in their home or community if required.

**Assertive Outreach Suicide Prevention Program (AOSPP):** Provides intensive brief services to individuals (16+) who have been treated for suicidal behavior and who are considered to be at significant risk for repeated or ongoing suicidal behavior. The AOSP Program carries out these duties as a member of a multi-disciplinary team, working in partnership with Peterborough Regional Health Centre (PRHC) and Four County Crisis (4CC). The Family Education and Support Worker, which is part of the AOSP Program, provides direct service to family members, collaborating with the AOSP Case Manager, providing education and support to caregivers, individuals and groups.

**Crisis Response Network Coordinator:** Provide brief intensive support to dual diagnosed clients, their families and caregivers. The focus of the support is system advocacy, consultation and individual intensive support. Works in a consultancy capacity with other agencies. Referrals received through the Developmental Services Ontario.

**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. Intake is completed through Developmental Services Ontario.

**LYNX- Early Psychosis Intervention:** This is a 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.

**Justice Services and Release from Custody:** 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.

**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. 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.

**Dual Diagnosis Crisis Case Management:** Up to 6 months of case management for individuals with a learning disability or dual diagnosis. Focus of the support is stabilization of current crisis, system advocacy and linkages to longer term supports as needed.

## Programs Offered as Rotations

**Peer Support:** 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 offered through this program 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
- **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, through the Individual Placement and Support model.