

# Canadian Mental Health Association Haliburton, Kawartha, Pine Ridge

## Programs and Services

### Assertive Outreach Suicide Prevention (A.O.S.P.)

A.O.S.P. is attached to Peterborough Regional Health Centre (P.R.H.C.) and Ross Memorial Hospital (R.M.H.). The program provides assertive follow up to individuals who have made a serious suicide attempt. Referral is only via the hospital.

### Community Engagement and Education

C.M.H.A. H.K.P.R. offers presentations, workshops and training on Mental Health First Aid, ASIST (Applied Suicide Intervention Skills Training), safeTALK (a 3-hour course to increase suicide awareness), Open Your Mind (high school presentation on Lynx – Early Psychosis Intervention), Living Life to the Full, and Mental Health Works. Corporate education and training are also available to support workplace mental health.

### Dual Diagnosis Case Management

Supports adults living with a dual diagnosis (developmental disability and mental health concern) through a Supported Independent Living (S.I.L.) program. Case Managers provide client-centred support services that promote stabilization and independent living as mandated by the Ministry of Children, Community and Social Services. Intake is completed through Developmental Services Ontario.

### Four County Crisis

Four County Crisis provides crisis response services to individuals with a serious mental health concern, and individuals in crisis. Crisis support is available to individuals sixteen years of age or older in the counties of Peterborough, City of Kawartha Lakes, Northumberland and Haliburton. Individuals can contact the Crisis Team themselves to access services or can be referred by community partners.

### Gender Journeys

Gender Journeys provides programming, education, and support services for those who are transgender, 2-spirit, gender diverse and individuals who are questioning their gender identity. Services are also offered for families, partners and loved ones.

### Hospital to Home (H.2.H.)

The H.2.H. program is attached to Peterborough Regional Health Centre (P.R.H.C.) and Ross Memorial Hospital (R.M.H.). The program provides short-term follow up to individuals who visit the emergency department, two or more times, in 30 days. Referral is only via the hospital.

### Intake and 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 (O.C.A.N.) 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.

### 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 formats.

### Justice Services

The Court Support Program assists individuals dealing with a mental health concern who become involved with the criminal justice system. Working in collaboration with clients, court officials and other community agencies, justice 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. Individuals can contact the Justice Services Team in person while at court or contact the C.M.H.A. H.K.P.R. office. Referrals can also be made by crown attorneys, defense counsel, duty counsel and families.

The Release from Custody (R.F.C.) program partners with community agencies to 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 long-term mental health supports. Client referrals are made by the correctional facility staff, probation staff, or the individual.

### 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), in the early stages of a psychotic illness, and their families.

[Continued on reverse](#)



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Health Association**

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*Mental health for all*

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

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## Mental Health Case Management Services

Clients receive services that will allow them to increase their mental health stability, experience recovery and develop their own support systems. Supports include crisis intervention, identifying goals, mental health support and discharge planning.

## Mobile Crisis Intervention Team (M.C.I.T.)

The Mobile Crisis Intervention Team (M.C.I.T.) is based at Peterborough Police Services (P.P.S.) and Peterborough County Ontario Provincial Police (O.P.P.). A mental health worker accompanies police and responds to calls for individuals who are experiencing a mental health crisis.

## Peer Support

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

## Safe Beds

Safe Beds provides a short-term safe and supportive environment in a beautiful residential home setting for individuals (16 years or older) within Peterborough, Haliburton, Kawartha Lakes, and Northumberland Counties. This is a non-medical facility, voluntary, and of no cost to the individual. Clients cannot be a harm to themselves or others, must be willing to follow rules of the house, and be agreeable to work on goals that will assist them to recovery. Individuals may self-refer or be referred by crisis intervention workers and/or community partners.

## Supportive Housing

Supportive Housing provides individualized mental health support and housing options for those with a serious mental health concern and/or a dual diagnosis. C.M.H.A. H.K.P.R. has housing available in Peterborough, Kawartha Lakes and Northumberland, in collaboration with other community partners. All housing program applicants must qualify for support services prior to making a housing application.

## 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 an individual's needs are met.

## Available in Kawartha Lakes Only:

### REACH - Recovery Empowerment Advocacy Community Hope

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

## Available in Peterborough Only:

### Dual Diagnosis Collaborative Consultation Program (D.D.C.C.P.)

D.D.C.C.P. consists of an on site Psychiatrist in addition to a multi-disciplinary team. Referral to D.D.C.C.P. is via a health care provider.

## Employment Support

The Employment Support program provides specialized assistance to individuals with mental health concerns seeking an opportunity to enter or reintegrate into the workplace. The goal is to help people obtain competitive employment through the development of an achievable action plan, coupled with the practice of coping skills and mental wellness.

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

Telemedicine provides access to physician specialists for individuals who may be unable to attend a medical appointment based on location, need for travel or availability of the specialist. Patients are connected to healthcare providers using a secured two-way video conferencing system, and supported by O.T.N. nurses and support staff. Referral is by an attending physician or nurse practitioner.



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