

# Imagine...

## Mental Health for All

### Our NEW Mobile Mental Health and Addictions Clinic

The Canadian Mental Health Association Haliburton, Kawartha, Pine Ridge (CMHA HKPR) will be launching a new Mobile Mental Health and Addictions Clinic in 2022!

The new clinic will operate in a retrofitted bus, serving remote and under-resourced communities in Peterborough and County, Northumberland, Haliburton, and Kawartha Lakes. The clinic will consist of a multidisciplinary team of mental health and addictions service providers, bringing a variety of services together under one roof. This will include social workers and nurse practitioners who can deliver a wide range of services, such as intake and brief services, referrals to existing services, and psychiatric support and follow up.

The new clinic is funded by the Ministry of Health, which has committed to creating four new mobile mental health clinics to provide a full suite of mental health and addictions services directly to individuals living in remote, rural and under-served communities across Ontario.

“We’re pleased with the provincial government’s commitment to addressing inequities in rural mental health and addictions care in the communities we serve through this investment,” said Mark Graham, Chief Executive Officer, CMHA HKPR. “The launch of this program is a monumental step in bringing a specialized mobile mental health and addictions care to under-served and under-resourced communities.”



In addition to funding from the Ministry of Health, CMHA HKPR was recently selected as recipient of a \$10,000 grant from the Peterborough Police Services Board’s Auction Fund as well as recipient of a \$50,000 donation from the Kinsmen Club of Peterborough. Both donations will support the launch of the new clinic.

#### How You Can Help

CMHA HKPR is currently fundraising through a capital campaign to support the launch of the Mobile Mental Health and Addictions Clinic and more specifically, to purchase a second bus.

For donations of \$25,000 or more, your logo will be displayed on one of the buses as it travels the four counties.

If you or someone you know would like to participate in the capital campaign, please contact Manager of Community Engagement and Education, Jack Veitch, at [jveitch@cmhahkpr.ca](mailto:jveitch@cmhahkpr.ca) and stay tuned for more information on the campaign in the coming months!



**Canadian Mental Health Association**  
Haliburton, Kawartha, Pine Ridge  
*Mental health for all*

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# Meet Our New Mental Health First Aid and Applied Suicide Intervention Skills Trainer!

The Canadian Mental Health Association Haliburton, Kawartha, Pine Ridge (CMHA HKPR) is pleased to announce that we now have another qualified Mental Health First Aid (MHFA) and Applied Suicide Intervention Skills Training (ASIST) trainer within our Community Engagement and Education team!

Kelley Curtis, Health Promoter for CMHA HKPR, has successfully completed the instructor training requirements for both the MHFA and the ASIST training. Kelley has a wide variety of experience in both social work and education. Prior to working in Behaviour Management with the Children's Aid Society, Kelley worked in both custody and treatment settings. Most recently, Kelley has been involved in helping the Canadian Red Cross to roll out their new Psychological First Aid program, in her role of Instructor Trainer.

Having an additional trainer will allow CMHA HKPR to provide both internal and open registration MHFA and ASIST courses, as current COVID-19 restrictions allow.

## Interested in Learning More about Training?

To learn more about upcoming trainings, please contact Kelley Curtis at [kcurtis@cmhahkpr.ca](mailto:kcurtis@cmhahkpr.ca) or Jack Veitch at [jveitch@cmhahkpr.ca](mailto:jveitch@cmhahkpr.ca).

Check out a complete list of mental health trainings available through CMHA HKPR, including public education sessions, certificate courses, and corporate and workplace trainings, at [cmhahkpr.ca/education-training/](http://cmhahkpr.ca/education-training/).



## RONA Cobourg Raises over \$1,700 for CMHA HKPR's Four County Crisis Program



CMHA HKPR was selected as the recipient of \$1,768 raised through the Lowe's Canada Heroes campaign, which happened locally at RONA Cobourg.

The Lowe's Canada Heroes campaign is a national campaign that ran throughout the month of September.

Customers visiting participating Lowe's, RONA or Reno-Depot stores during the campaign were invited to make donations at the cash register in support of the local cause selected by their store. Lowe's Canada matched 50% of the funds raised by the participating locations, up to \$2,000 per store.

RONA Cobourg, located at 1125 Division Street, chose to support CMHA HKPR's Four County Crisis program which supports individuals sixteen years of age or older who are experiencing a mental health crisis in Peterborough and County, Northumberland, Kawartha Lakes, and Haliburton.

"We are so grateful for the support of RONA Cobourg and Lowe's Canada. Their donation will go directly towards life saving measures supporting some of our community's most vulnerable individuals and helping them on their path to recovery," says Jack Veitch, Manager of Community Engagement and Education with CMHA HKPR.

# Farewell to Interlink and a Look Back throughout the Years



This fall, CMHA HKPR made the difficult decision to say farewell to our Interlink Choir program after 30 years.

Launching in 1992, Interlink was a unique intergenerational program that brought together children and seniors through the celebration of words and music and the exchange of pen pal letters. It provided an opportunity for seniors to interact with children and gave the youngsters a greater awareness, understanding and appreciation of older adults.

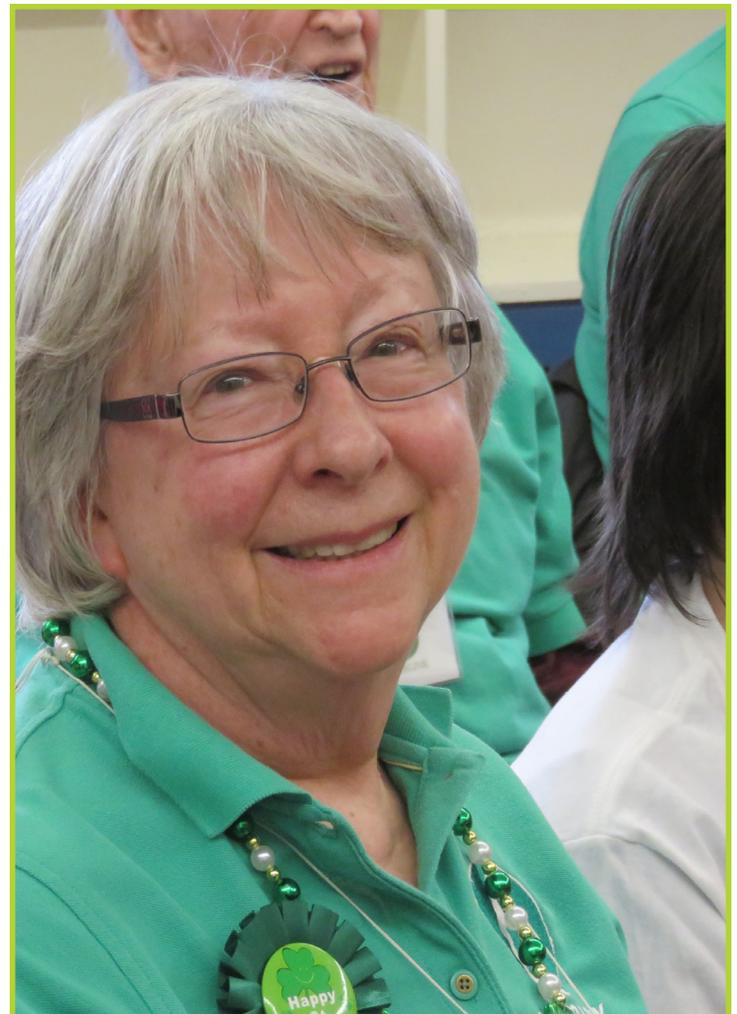


Unfortunately, the COVID-19 pandemic presented many concerns for the future of the Interlink program. Because of provincial restrictions and with safety concerns in mind, the choir groups were not able to rehearse safely in-person and concerts were halted. Unfortunately, the pandemic also meant that most schools were not running extracurricular, volunteer activities, such as Interlink.

After nearly two years of the pandemic and the program being on pause, CMHA HKPR made the difficult decision to not proceed with the Interlink program.

"I would like to thank all who have been involved in Interlink throughout the years, particularly our Interlink Music Director, Faye McMillan, Program Coordinator, Harry Lundrigan, the teachers and faculty at the many elementary schools that have participated in Interlink over the years, and the volunteer choir members who made it all possible," says Mark Graham, Chief Executive Officer, CMHA HKPR.

Thank you to all of the staff and volunteers who dedicated their time through weekly choir rehearsals, concerts, and letter writing. Because of you, through the Interlink program, bonds were created, life experiences shared and a wonderful sense of achievement was felt by the seniors and young people alike for three decades.



# Check out these Upcoming Mental Health Events!

## Bell Let's Talk Day

Bell Let's Talk Day is January 26, 2022 and we look forward to helping spread the message of hope while breaking the stigma associated with mental health concerns. Stay tuned for more details on this year's virtual Bell Let's Talk Day!



## Ride Don't Hide

Stay tuned for information about our sixth annual Ride Don't Hide event happening this June! Last year's Ride Don't Hide event happened virtually due to provincial COVID-19 restrictions, but we hope we are able to safely get together in-person for this year's ride!



## Talk Today Game Night

Stay tuned for our Talk Today Game Night with the Peterborough Petes happening this February, virtually. Talk Today promotes the mental health of young athletes and spreads awareness about the benefits of positive mental health throughout communities across Canada.



## Volunteer Opportunities!

We are always looking for volunteers to assist with events as well as our Delta Bingo program. Although in-person events and Delta Bingo are currently on hold due to provincial COVID-19 restrictions, we will need volunteers once things are back up and running!

If you are interested in becoming a CMHA HKPR volunteer, please visit

[www.cmhahkpr.ca/get-involved/volunteer/](http://www.cmhahkpr.ca/get-involved/volunteer/) or email [volunteering@cmhahkpr.ca](mailto:volunteering@cmhahkpr.ca).

## Support CMHA HKPR and our Clients through Membership

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

I would like to become a CMHA HKPR:

Friend - by your monthly gift of \$16.67/ \$200 annual gift

Partner - by your monthly gift of \$41.67/ \$500 annual gift

Advocate - by your monthly gift of \$83.33/ \$1000 annual gift

Champion - by your monthly gift of \$166.67/ \$2000 annual gift

Unique Supporter - by your monthly gift of \$\_\_\_\_\_ (you choose)

All monthly donors are also automatically CMHA HKPR members as of the September AGM!

Annual Membership:  Corporate \$50  Individual \$25

Family \$35  Student \$5  Fixed Income \$1

Cardholders Name: \_\_\_\_\_ Card Type: \_\_\_\_\_

Credit Card #: \_\_\_\_\_ CVV: \_\_\_\_\_ Expiry - MM/YY: \_\_\_\_/\_\_\_\_ Signature: \_\_\_\_\_

Please send completed form to: CMHA HKPR Manager of Community Engagement 415 Water Street, Peterborough, ON K9H 3L9.

Inquiries can be directed to Jack Veitch at 705-748-6687 ext. 1015 or [jveitch@cmhahkpr.ca](mailto:jveitch@cmhahkpr.ca). Charitable Registration No. 10686 3889



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Mental health for all

### Please charge my credit card\*:

- On a monthly basis
- For the annual amount
- One-time donation of \$ \_\_\_\_\_

\*Donors may withdraw from the monthly giving program at any time

\*\*Automatic withdrawal also available