

Mobile Mental Health and Addictions Clinic

Case for Support

Socialized health care, like the system we have in Canada, offers many benefits. Research shows it lowers overall costs, guides the public to make healthier choices, and standardizes care. While this system purports to offer equitable care to all, many living in rural, isolated communities face physical barriers to accessing the same care as their urban counter parts.

Much of the population served by the Canadian Mental Health Association, Haliburton, Kawartha, Pine Ride (CMHA HKPR) live in small, rural pockets throughout the region. These quaint, peaceful communities have much to offer to their citizens, but often what they lack is the large infrastructure to support service and care, particularly, mental health and addictions care. Many individuals living in communities like Woodville, Apsley, Carnarvan and Castleton, do not have the luxuries that many of their cohorts in places like Peterborough and Lindsay do. There is no option to hop onto public transportation and ride over to their medical/mental health appointment. They may not have the luxury of owning their own vehicle, or if they do, it may be shared amongst many living in the home. This inequity creates a concerning issue regarding the mental health care of our isolated, rural communities.



We at CMHA HKPR have proposed a solution to this issue. That solution comes in the form of two mobile mental health and addictions clinics. The clinics will travel regularly into these communities to meet people where they are, delivering high-level mental health and addictions care to those most in need.

Mission/Vision/Values

Our branch of the Canadian Mental Health Association has a clear mission and vision. Our mission is to work in partnership with clients, families, and the community to provide best practice services through education, advocacy, therapeutic supports, and assistance with social determinants, to improve mental health recovery and quality of life. We feel that through this action, our vision of mentally healthy people thriving in an inclusive society free from stigma is possible.

We are able to pursue our mission and vision by building upon our three foundational pillars: Knowledge, Hope and Belonging. These pillars allow us to deliver client and family-centered care, ensuring that the services and support we provide are centered on those who need it. The pillar of Hope is key. When a person experiences a mental health or substance use concern, the feelings of despair and hopelessness can loom like a dark cloud. Having the care and support of a skilled professional can help to instill hope for the future and move someone out of the darkness and towards a brighter future.



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

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History

CMHA HKPR was established in April of 2013 following the amalgamation of two local branches. The Canadian Mental Health Association Kawartha Lakes (CMHA KL) and Peterborough (CMHA PTBO) branches merged and created one new branch servicing the City of Kawartha Lakes, Haliburton County, Northumberland County, Peterborough County, and the City of Peterborough.



The previously existing branches had established deep roots within their communities. The CMHA Victoria County Branch (later renamed Kawartha Lakes) was established in 1989 and had provided mental health support to anyone 18 and older in the then Victoria County. CMHA PTBO was established in 1959 and offered mental health support for anyone aged 16 to 65. Following the amalgamation, CMHA HKPR found common ground supporting anyone 16 and older.

A large piece of the amalgamation was the Four County Crisis portfolio, consisting of a variety of services including a 24-hour Crisis Line, Short-term Case Management, Safe Beds, the Mobile Crisis Intervention Team and much more. With our vision to have the Mobile Mental Health Addiction Clinic operate in a transportable and assertive manner ingrained in the community, we see it falling very clearly under the umbrella of Four County Crisis services.

What We Propose to Do

The Canadian Mental Health Association, Haliburton, Kawartha, Pine Ridge is proposing to save lives by providing accessible, barrier-free mental health services for those who are dealing with complex mental health issues such as anxiety, depression, suicide, substance use concerns and self-injury. CMHA HKPR established a vision that all living in our regions will be equipped to care for their mental health, know where to go for support, and have rapid access to services for their mental illness.

This innovative clinic will run from a custom designed RV, planned specifically to operate as a fully functional health center. The mobile clinic will travel to areas across the City of Kawartha Lakes, Haliburton County, Northumberland County and the City and County of Peterborough where many have difficulty accessing services. The clinic will set up where people often gather, such as shelters, malls, schools, large public events, campuses, and skate parks.

The program will be equipped with skilled medical and mental health providers to provide high quality care. This will include support like psychiatric assessment, suicide intervention and care, counselling, and substance use support. This service will also allow us the opportunity to offer telemedicine via satellite uplink available to service recipients on the vehicle. The program will include a Registered Practical Nurse, Social Workers, and Psychiatric Sessional Supports.



Left to right: Peterborough-Kawartha MPP Dave Smith, Ontario's Associate Minister of Mental Health and Addictions, Hon. Michael Tibollo, CMHA HKPR Chief Executive Officer, Mark Graham.

In November 2021, Hon. Michael Tibollo announced the Government of Ontario's \$1M investment in the Mobile Mental Health and Addictions Clinic.

Proof of Impact

The outcomes of this clinic will be immediately clear. Providing direct, specialized service to underserved communities will undoubtedly create positive outcomes. Residents will have increased knowledge that an accessible, appropriate service is available to them and a greater likelihood of being able to access it. They may also be more likely to connect with our community partners because of care, thus increasing overall wellness. These positive connections and service outcomes will support good choices and reduce the likelihood of individuals falling through service gaps.

65 %

of individuals within our catchment live in rural communities.

Approximately 1 in 5 individuals have a mental illness and many go untreated every year. Suicide, which is preventable with intervention, is the second leading cause of death of youth aged 15-24. Additionally, 75% of adults report the onset of their mental illness between the ages of 15-25. Untreated and unsupported mental health and addiction issues lead to poor educational and career outcomes, homelessness, and interaction with the justice system. Approximately 85% of those who were homeless while entering incarceration return to homelessness, thus creating greater barriers to healthcare. When considering the on and off reserve Indigenous population, the situation is dire.

Outcomes

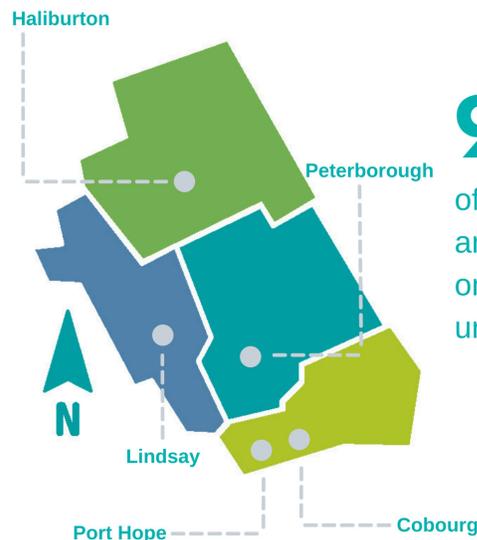
CMHA HKPR Mobile Mental Health and Addictions Services describes a set of mobile services we are building in our regions. CMHA HKPR will operate a mobile mental health clinic to youth, teens, adults, and older adults across our region.

This clinic will reach individuals of all ages. The vehicle will travel to areas where people have difficulty accessing services because of travel, stigma, or other barriers. The clinic will park where people often gather.

The model will be rapid-response driven; the support will be holistic and compassionate. The model is grounded in evidence, anti-oppression, and cultural competency, following trauma-informed and harm-reduction care best practices.

Since the COVID-19 pandemic, many have reported heightened rates of mental illness and thoughts of suicide. As of September 2020, 48% of Ontarians reported experiencing generalized anxiety and just 8% reported feeling happy. Within the last year, 13% of parents had reported experiencing thoughts of suicide. Additionally, over 10% will suffer from depression and 23% will have a substance use issue.

The pressures are clear and immediate. We are currently facing a mental health crisis in the regions we serve, and it needs to be addressed. All evidence demonstrates that early intervention and rapid-response services provide the best opportunity for full recovery, enhanced resilience, and better outcomes. Accordingly, interventions that are delivered in a timely-manner and in a location appealing to patients is critical in addressing the current gaps in service.



99 %

of our catchment area is outside of one of our five major urban centers.

Services will include assessment, suicide intervention, counselling, referral, sexual health and addictions education and support, basic primary care and health screening for vulnerable individuals who are facing complex issues and obstacles to accessing mainstream supports. Telemedicine services will offer a range of treatments and specialized services.



Care. Connected.

Financial Needs

The Mobile Mental Health and Addictions Clinic has been given a fantastic start. Thanks to dedicated, annualized support from our provincial government, all annualized costs to operate the program have been covered. Where our program still needs support, is in capital costs. To purchase and customize this very specific type of vehicle we require \$450,000. While financial support for one vehicle has been secured, we are currently working very closely with our sponsors, donors, community members and funding agencies to help find ways to raise the money for a second vehicle.

Exciting opportunities exist for companies or businesses interested in sponsorship of this program.

Donor Recognition

For individuals looking to make a personal donation, every dollar makes a significant difference. Every dollar donated builds this vehicle piece by piece.

If you are interested in donating to the Mobile Mental Health and Addictions Clinic or in learning more, please contact Jack Veitch, Manager of Community Engagement and Education, at jveitch@cmhahkpr.ca or please visit www.cmhahkpr.ca/donate and select "Mobile Mental Health Outreach."



Donation Form

I wish to donate to the Mobile Mental Health and Addictions Clinic through Canadian Mental Health Association, Haliburton, Kawartha, Pine Ridge.

Amount: \$ _____

Name: _____ Organization: _____

Address: _____ City: _____ Postal: _____

Telephone: _____ Email: _____

Payable to: CMHA HKPR

Please forward to:

Jack Veitch

CMHA HKPR

415 Water Street Peterborough, Ontario K9H 3L9

Please note: Donations of \$20.00 or more will receive a charitable donation receipt for tax purposes.



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