

Canadian Mental Health Association Haliburton, Kawartha, Pine Ridge Programs and Services

Assertive Outreach Suicide Prevention (AOSP) ●●

The Assertive Outreach for Suicide Prevention program is attached to Peterborough Regional Health Centre and Ross Memorial Hospital. The program provides assertive follow-up to individuals who have made a serious suicide attempt. Referral is only via the hospital.

At Work/Au Travail Employment Program ●●●●

Designed to provide specialized vocational assistance to those seeking opportunities to enter or reintegrate into the workforce.

Community Engagement and Education ●●●●

CMHA HKPR 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), Psychological First Aid, 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.

Community Homes for Opportunity (CHO) ●●●●

A supportive housing program for people with serious mental illness located in the City of Kawartha Lakes (Fenelon Falls, Lindsay, and Kirkfield) and is open to all individuals. The program is designed to assist tenants by providing appropriate housing and support services to achieve and maintain stability in a home that is safe and affordable. The program offers opportunities for tenants to enhance the quality of their daily living, personal growth and development and improve life skills through participation in a variety of activities and programs.

Dual Diagnosis Case Management ●

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 Children, Community and Social Services. Intake is completed through Developmental Services Ontario.

Dual Diagnosis Collaborative Consultation Program (DDCCP) ●

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

Brief Mental Health Services ●●●●

This program provides brief mental health supports to individuals experiencing a mental health crisis. Referrals to the program are only accepted from community agencies using the referral form.

9-8-8 ●●●●

Individuals who are experiencing thoughts of suicide or emotional distress or are worried about someone they know, should call 9-8-8, National Suicide Crisis Helpline.

HOPE Learning Centre ●●●●

The HOPE Learning Centre provides educational courses about mental health and well-being that promote recovery, hope, empowerment, possibility, and connection.

We offer many free courses that are informative and interactive. We know that the best learning happens when lived-experience is shared and valued. Our courses are collaboratively designed, developed, and delivered with individuals who have lived experience.

Hospital to Home (H2H) ●●

The Hospital to Home program is attached to Peterborough Regional Health Centre and Ross Memorial Hospital. The program provides short-term follow up to individuals who visit the emergency department, two or more times, in 30 days, for mental health reasons. Referral is only via the hospital.

Intake and Brief Services ●●

The gateway for other CMHA HKPR services. Referrals can be made by individuals and other service providers on a voluntary basis, through the website, telephone, or walk-in. Services are client-centered and recovery-focused. Intake support can include assessment, advocacy, referrals, consultation with other supports and service providers, and brief services. Brief service is generally available for up to 8 sessions.

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.

Service Area Legend:

- Peterborough and County ●
- Kawartha Lakes ●
- Northumberland ●
- Haliburton ●

Continued on reverse



**Canadian Mental
Health Association**

Haliburton, Kawartha, Pine Ridge
Mental health for all

CMHA HKPR

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CMHA HKPR Programs and Services

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.

Lynx- Early Psychosis Intervention ● ● ● ●

CMHA HKPR is one of six 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. Early identification, assessment and treatment leads to significantly improved outcomes.

Mental Health Employment Support Consultants ● ● ● ● ●

Mental Health Employment Support Consultants work collaboratively with employment agencies within the Muskoka-Kawartha region through the delivery of mental health consultation, group facilitation and informational sessions related to vocational supports and services to help complex clients with mental health concerns find and maintain competitive employment.

Mental Health Case Management Services ● ●

The Case Management program provides intensive Case Management services to individuals 16+ living with mental health and addiction concerns. Case Management support can be provided to clients in their homes, as well as community and office-based settings to provide strength-based support to promote recovery, wellness, and independent living.

Mobile Crisis Intervention Team (MCIT) ● ● ●

The Mobile Crisis Intervention Team partners with local police services and the OPP. A mental health worker accompanies police and responds to calls for individuals who are experiencing a mental health crisis.

Ontario Telemedicine Network (OTN) ●

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 health care providers using a secured two-way video conferencing system, and supported by OTN nurses and support staff.

Safe Beds ● ● ● ●

Safe Beds is a short stay in a safe and supportive program situated in a beautiful residential home. Safe beds is open to individuals (16 years or older) who live within Peterborough, Haliburton, Kawartha Lakes, and Northumberland Counties. Safe Beds is a non-medical facility, voluntary, and there is no cost to the individual.

Supportive Housing ● ● ●

Supportive Housing provides individualized mental health support and housing options for those with a serious mental illness, justice involvement and/or a dual diagnosis. CMHA HKPR 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.

TALK NOW Virtual Mental Health and Addictions Clinic ●

TALK NOW provides more timely access to mental health services to people of all ages in our community while they may be on a waitlist for care. Patients are not limited to one visit and are welcome to book an in-person, or virtual appointment as often as needed. CMHA HKPR is one of six partner agencies providing this clinic.

The Road Ahead Mobile Wellness Clinic ● ● ● ●

The Road Ahead Mobile Wellness Clinic provides mental health and addictions care to individuals in remote and rural locations across Peterborough, Northumberland and Haliburton Counties, and the City of Kawartha Lakes. Two specially designed clinic vehicles travel to rural communities to serve people facing barriers to existing supports.

Trans Peer Outreach ● ● ● ●

The Trans Peer Outreach program offers supports and services for transgender and gender diverse people, to assist them to improve the quality of their lives through the provision of community-based, client centered care that supports positive interdependence. Services are delivered by people with lived experience as a transgender or gender-diverse person, and who also may have experience living with a mental health concern.

Trustee ● ●

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 individual's needs are met.