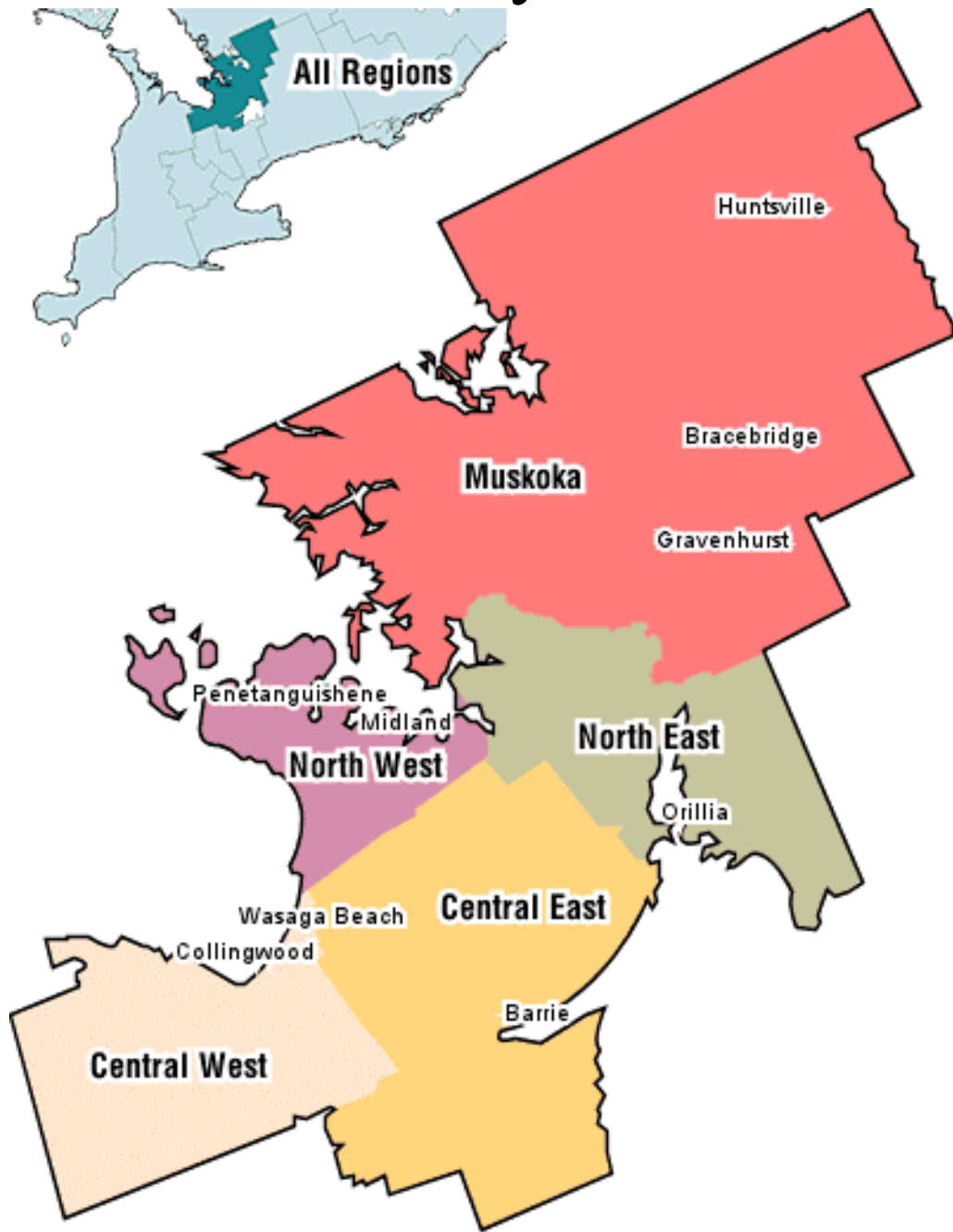

THE FAMILY COUNCIL
DIRECTORY OF COMMUNITY SERVICES FOR
FAMILIES


Simcoe County 2009



Community Mental Health Organizations



CANADIAN MENTAL HEALTH ASSOCIATION BARRIE SIMCOE BRANCH

Phone Number (705) 726-5033
 Address  15 Bradford Street
 Barrie Ontario L4N 3A6
 Email info@cmhasim.on.ca
 Website www.cmhasim.on.ca

CMHA provides a range of services to individuals and their families experiencing mental illness.

Assertive Community Treatment Team (ACTT)

CMHA ACT Team offers intensive support, rehabilitation and treatment focusing on the individual's personal recovery goals. The team is composed of a multidisciplinary group of professionals that includes: a Psychiatrist, Registered Nurses, a Social Worker, Case Managers, a Peer Specialist, an Addictions Specialist, a Recreational Therapist, an Aboriginal Liaison Specialist and an Occupational Therapist.

Services Offered:

- Capacity to offer multiple daily contacts
- Individualized recovery focused treatment/counselling and goal planning
- Clinical psychiatric treatment

- Multidisciplinary therapeutic support, rehabilitation and treatment using a recovery philosophy
- Crisis prevention, intervention and management
- Assistance coping with daily living
- Support in employment/vocational and recreational activities
- Advocacy
- Health promotion and teaching with focus on recovery and wellness
- Facilitate referrals to other community resources and coordination of support

Eligibility for ACTT Services:

Individuals living in Barrie, Orillia, Midland and Penetang who are 16 years or older experiencing a serious mental illness with complex challenges requiring long term intensive treatment and support. Priority for people living with schizophrenia, bipolar disorder, schizoaffective disorder and other serious mental illness.

Hours: 9am-9pm Mon-Fri, 9am-5pm Sat-Sun, with crisis services available 24/7

To Access Service: Anyone can make a referral including self-referrals. To make a referral or learn more about the program call (705) 726-5033 for Barrie. Call (705) 329-5846 for North Simcoe, Orillia

Manager(s):

Shelbie Drury (ACTT Barrie)
 Ph:(705) 726-5033 Ext 265
 email: sdrury@cmhasim.on.ca

Mardi Burton (ACTT Orillia)
 Ph:(705) 329-5846 Ext 36
 email: mburton2@cmhasim.on.ca

Case Management

Intensive case management support geared to people who are living in the community experiencing serious mental illness.

Services Offered:

- Case management includes brief service or long term support
- Assistance with daily living and meeting basic needs (i.e. housing, financial)
- Life skills development
- Support in developing coping strategies
- Support in employment/vocational/social activities
- Assistance navigating the mental health system
- Facilitate referrals to other community resources and coordination of support
- Assistance with accessing psychiatric and medical services
- Assist clients in identifying strengths and determining areas of need and developing support plans using a recovery philosophy
- Crisis prevention, intervention and management
- Symptom and medication management
- Health promotion and teaching with a focus on recovery and wellness

Eligibility for Case Management Services:

Individuals who are residents of Barrie who are 16 years of age or older who are experiencing serious mental illness

Hours: 9am-5pm Mon-Fri

To Access Service: Anyone can make a referral including self referrals. To make a referral or learn more about the program call (705) 726-5033

Manager(s):

Doris Pleau
Ph:(705) 726-5033 Ext 210
email: dpleau@cmhasim.on.ca

Peter Strapps
Ph:(705) 726 5033 Ext 242
email: pstrapps@cmhasim.on.ca

The Clubhouse R.S.V.P.

The R.S.V.P., (Recreation, Social, Vocational, Peer Support) Clubhouse has been operating since 1994 and maintains a membership of over 100 members. The Clubhouse is operated by both staff and members. This program offers individuals experiencing mental illness:

- An opportunity to build relationships, learn and re-learn life skills in a supportive, welcoming and safe setting
- The opportunity to learn work related skills and to participate in social and recreational activities
- Activities include weekly trips to interesting locations throughout the year including an annual camping trip in the summer months. Our full service kitchen allows us to offer inexpensive lunches and suppers at various times during the week. We have six computer stations with internet capacity available to members and an entertainment center including a video game console and DVD player. We also offer various educational and support groups, and crafts and art expression groups.

Eligibility for R.S.V.P. Services:

R.S.V.P. welcomes anyone over the age of 16 experiencing mental illness

Hours: 9am-5pm Mon-Fri

To Access Service: Contact R.S.V.P. staff at CMHA to schedule a brief intake and tour of facilities. (705) 726-5033

Manager:

Peter Strapps
Ph:(705) 726-5033 Ext 242
email: pstrapps@cmhasim.on.ca

Community Awareness

The CMHA's Community Awareness Program aims to reduce the stigma of mental illness through a variety of methods targeted to consumers of mental health services, their families, mental health service providers, teachers, students, self help groups and the community at large.

Learning and Resource Centre:

To assist people in finding the services and information required to better understand and cope with mental illness

- Lending library with books, videos and internet access
- Specific illness kits
- Brochures and information on a variety of services and issues
- Everyone is welcome to drop by or call
- Monthly newsletter

Workshops Offered:**Suicide Intervention**

A.S.I.S.T. is a two-day workshop designed to help caregivers assess risk and learn how to intervene to prevent the immediate risk of suicide. Condensed workshops available upon request

Mental Illness Awareness

A workshop providing a general overview of major mental illnesses and its effects on people's lives

Helping Skills

A series of workshops to provide information on developing helping skills

Trauma

A one-day workshop geared towards front line workers in health and social service agencies Basic training around the issue of helping trauma survivors who experience long-term mental health issues

Other Opportunities

Other training tailored to meet individual needs of agencies / companies Speaking / teaching opportunities to schools / professionals

Hours: 9am-5pm Mon-Fri

To Access Service: 151 Essa Rd Suite 202,
Barrie, Ontario L4N 3L2
(705) 726-5033 (local)
1-800-461-4319 (toll free)

Manager:

Aleta Armstrong
Ph:(705) 725-5495 Ext 229
email: aarmstrong@cmhasim.on.ca

Mental Health Court Support Services

Simcoe County Mental Health Court Support Services is part of CMHA's Human Services Justice System program. Court support services are designed to assist people 16 years of age or older with mental health / developmental needs who become involved with the criminal justice system.

Services Offered:

Court Diversion - a voluntary pre-trial procedure that allows persons accused of minor criminal offences to be directed away from the criminal justice system

Consultation, support and education to clients, families, service providers and justice system personnel

Referrals to other community resources and coordination of support
A range of recovery focused case management services including life skills development, supportive counselling, coping strategies, assistance meeting basic needs, crisis prevention, intervention and management.

Eligibility for Court Support Services:

Individuals who are residents of Simcoe County who are 16 years of age or older with mental health and/or developmental needs who become involved with the criminal justice system. Court Diversion is for people who do not pose a risk to public safety. Individual must be approved for diversion by Crown and CMHA.

Hours: 9am-5pm Mon-Fri

To Access Service: Anyone can make a referral including self-referrals. To make a referral or learn more about the program call (705) 733-2113

Manager:

Susan Boyles
Ph:(705) 733-2113 Ext 21
email: sboyles@cmhasim.on.ca

Early Psychosis Intervention

CMHA EPI Program aims to reduce the duration of untreated psychosis by promoting early identification of psychosis and establishing resources and enhancing Mental Health Services for young people with suspected and first episode psychosis.

Services Offered:

- Comprehensive assessment
- Individualized recovery focused treatment / counselling and goal planning
- Supportive services for family members
- Multidisciplinary team including Psychiatrist, Social Worker, Registered Nurse, Occupational Therapist, First Nations Liaison, Substance Abuse Specialist, Peer Support Specialist, Family Support and Education Coordinator
- Assistance with needs such as education, employment, housing, drug misuse, and life skills development
- Provide education and assistance to health care professionals, schools, community agencies and the general public
- Symptom and medication monitoring

- Health promotion and teaching with an emphasis on recovery and wellness
- Relapse prevention

Eligibility for EPI Services:

Individuals who are residents in Simcoe County who are 14-35 years of age, currently experiencing symptoms of early psychosis, and have not had treatment for psychosis for more than one year.

Hours: 9am-5pm Mon-Fri

To Access Service: Anyone can make a referral including self-referrals. To make a referral or learn more about the program call (705) 725-5491

Application for Service

Manager:

Angela Munday
Ph:(705) 725-5491 Ext 245
email: amunday@cmhasim.on.ca

Family Health Team (FHT)

The program is a 'shared care' model that aims to increase accessibility to mental health care for primary care patients. 60 family physicians have access to a team of mental health counsellors and a consulting psychiatrist.

Services Offered:

- Brief, time-limited therapy
- Psychiatric consultation
- Multidisciplinary team including Psychiatrist, Social Workers and Registered Nurses

Eligibility for FHT Services:

Any enrolled patient of a Barrie and Community Family Health Team physician

Hours: 9am-5pm Mon-Fri

To Access Service: Physician referral.

Manager:

Val Johnston
Ph:(705) 726-5033 Ext 262
email: vjohnston@cmhasim.on.ca

Housing Support

Services Offered:

Co-operative living environment located in Barrie accommodates up to five individuals experiencing serious mental illness who are interested in a cooperative living environment; provides an opportunity for clients to bridge to independent living; case management services are provided

3 safe beds in Orillia, for short term stays (up to 14 days), available to people 16 years of age or older throughout Simcoe County to help individuals to stabilize and connect with resources

3 transitional (6-12 month stay) beds in a semi-independent, co-operative living environment in Barrie. Residents must be eligible for and willing to receive case management services through CMHA

Eligibility for Housing Services:

Individuals who are 16 years of age or older who are experiencing serious mental illness

Homelessness Initiative:

178 allocated rent supplements are available in Simcoe County (85 in Barrie, 15 in Collingwood, 30 in Midland/Penetang, 32 in Orillia, 10 in Alliston, 6 in Bradford)

Services Offered:

Monthly rent supplement

Case management services are provided in conjunction with the rent supplement

Eligibility for Homelessness Initiative:

Individuals who are residents throughout Simcoe County who are 16 years of age or older and are experiencing serious mental illness. Are homeless or at risk of being homeless and who require on-going case management.

Hours: 9am-5pm Mon-Fri

To Access Service: Anyone can make a referral including self-referrals. To make a referral or learn more about the program call (705) 726-5033 for Barrie, (705) 444-6600 for Collingwood, (705) 526-1305 for Midland/Penetanguishene, (705) 325-2201 x3547 for Orillia, (705) 435-4559 for Alliston, (905) 775-8609 for Bradford

Release from Custody

Release from Custody services are part of CMHA's Human Services Justice System Program. Release from Custody provides short-term (up to 3 months) case management services designed to help keep individuals with mental illness/mental disorders out of the criminal justice system and assist them in reintegrating into their home community.

Services Offered:

- Release / discharge planning for individuals in custody who are inmates at Central North Correctional Centre (CNCC) Penetanguishene, to promote successful community reintegration
- Direct, in-person support for individuals out of custody residing in North Simcoe Muskoka who may be at risk of involvement in the criminal justice system
- A range of recovery focused case management services including life skills development, supportive counselling, coping strategies, assistance meeting basic needs, crisis prevention, intervention and management
- Telephone support and referrals for those residing outside of North Simcoe Muskoka area

Eligibility for Release from Custody Services:

- Release from Custody services are voluntary
- Eligible individuals are 16 years of age or older and have a mental

illness/mental disorder (e.g. psychiatric illness, intellectual disability, acquired brain injury, FASD, etc)

- Inmates at CNCC who need assistance preparing for release to the community
- Persons out of custody residing in North Simcoe Muskoka (LHIN 12) who may be at risk of involvement in the criminal justice system

Hours: 9am-5pm Mon-Fri

To Access Service: To make a referral or for further info call (705) 733-2113

Manager:
Susan Boyles
Ph:(705) 733-2113 Ext 21
email: sboyles@cmhasim.on.c

FAMILY MENTAL HEALTH INITIATIVE-SIMCOE

Phone Number (705) 725-0363
151 Essa Road
Barrie, ON
L4N 3L2
Website www.fmhi.ca

In 1999, the Family Mental Health Initiative of Simcoe County (FMHI) was established by family members looking for support. Into its eighth year, FMHI continues to build upon its core services: education, training, referral and volunteer opportunities. FMHI is an Agency working to develop a stronger voice for families in the mental health system, to strengthen the supports provided to families, and to raise awareness of issues from a family perspective.

FMHI provides:

- County-wide **educational forums** for family members/caregivers on mental health;
- Assistance and support in self-help group development to family members/caregivers across Simcoe County;
- An annual **conference** for family members/caregivers, every year a

- different location within Simcoe County;
- Telephone referrals county-wide to the mental health and addictions community;
- **Family Support Groups** in Barrie and Collingwood;
- **Family Resource Kit** (at no charge);
- **Native Wellness Kit** (at no charge);
- **Concurrent Disorders Kit** (at no charge);
- **Dual Diagnosis Kit** (at no charge);
- **Youth & Mental Health Wellness Kit** (at no charge);
- **Women's Mental Health & Addiction Wellness Kit** (at no charge);
- **Older Persons Mental Health & Addiction Wellness Kit** (at no charge);
- **Early Psychosis Resource Kit** (at no charge);
- Resource Handbook – (\$5.00 each);
- Quarterly newsletter;
- Volunteer development;
- Advocacy for improved services;
- A lending library for information specific to family members' concerns while dealing with mental health, illness and addictions which includes books, videos, audio tapes, and pamphlets. The lending library is located at 39 High St., in Barrie (Canadian Mental Health Association of Simcoe County).

WENDAT COMMUNITY PSYCHIATRIC SUPPORT PROGRAMS

Phone Number 705-526-1305
237 Second Street, P.O. Box 832
Midland, Ontario
L4R 4P4



Email "Scheduling a life... Reintegrating a dream" lorna@wendatprograms.com
Website www.mhsio.on.ca

A charitable, non-profit corporation providing support and rehabilitation services to all adults of North Simcoe County who are disabled by mental illness. Since 1987, Wendat has offered services under the guidance of a volunteer Board of Directors. Funds for the programs come from the provincial government, donations, grants and our own fundraising initiatives. Wendat provides psychosocial rehabilitation programs that are based on the Psychiatric Rehabilitation Process developed at Boston University and the Clubhouse Model. Our name, Wendat, comes from the First Nations People who were the original inhabitants of North Simcoe. Like our clients, they survived against all odds and now live with dignity, dreams and hope.

Our mission is to assist adults disabled by mental illness to be satisfied and successful where they live, work and socialize.

Support for Independent Living

Wendat assists clients to live as independently as possible with in-home support, peer support and when required, after-hours emergency support. Persons in this very intensive program receive service seven days a week until 9:00 pm each evening. The focus is on rehabilitation specialized to the individual's needs.

Housing Registry

It can be very intimidating making phone calls and contacts when looking for a place to live. The Wendat Housing Registry helps with the challenges of finding a home. This service is free to clients who need accommodation and to landlords who need good tenants. We also assist with completing applications for subsidized and/or specialized housing and other landlord-tenant matters.

Supported Employment

We believe in the value of people doing real work for real pay. Employment opportunities exist for persons with mental illness to be hired within the Wendat organization in Peer Support and other staff positions.

Social Club

A place to meet friends and socialize on a regular or drop-in basis, or to participate in

formal, structured activities. Membership is free to anyone with a mental illness. We invite participation in the monthly membership meetings to discuss the Club and its activities. There is a free clothing exchange, two meals a week and a monthly newsletter.

Peer Support

Recovery is possible and our Peer Support Workers prove it. These living examples of success provide hope and inspiration as well as practical assistance in helping people recover and regain their independence. Hiring persons on staff who have a mental illness provides a strong voice for consumers within the mental health system.

Crisis Services

The program provides crisis services 12 hours a day on weekdays and 8 hours a day on weekends via the Emergency Room at Huronia District Hospital or by appointment in the Wendat offices, usually within 24 hours of referral. Persons in psychiatric crisis who visit the Huronia District Hospital Emergency Room or call the Simcoe County Crisis Line or see their family or primary care physician can be referred to a Wendat crisis worker.

Psychogeriatric Services

The program provides two services: a transitional support service and a social work component. The transitional support program assists persons being discharged from a psychiatric in-patient bed to a long term care facility in Simcoe or Muskoka. The support worker will provide 2-6 weeks of intensive, daily, hands-on support throughout the discharge period to help the person successfully adjust to living in a nursing home. The second component of the service provides counselling, information and referral for families who have a senior with a mental illness living with them and are experiencing difficulties. The goal is to alleviate family stress and ensure the well being of the elderly person so that they can hopefully remain living with their family.

THE MENTAL HEALTH CONSUMER SURVIVOR PROJECT

Phone Number 705 444 1844
12 Erie St,
Collingwood, ON
L9Y1P4
Email csp@georgain.net
Website www.mentalhealthandaddictions.com

We are a self help peer support and resource center for people who have or are experiencing mental health and addiction issues, including Substance and Alcohol abuse.

People-Supporting-People (PSP)

- 705 446 3218 -

People Supporting People (PSP) is a network who have experience with mental health issues and/or addictions and who believe in the power of peer support.

A group of trained individuals who provide education to persons dealing with day-by-day issues and in developing a sense of personal well being.

A group who by providing training services to enhance self-confidence and helps others in the process.

A program that provides the opportunity to acquire skills and share experiences.

Programs & Services

- Monthly Calendars
- Confidential Membership at no cost
- One-to-One Peer Support or Group Support
- Resources to information on medications, illnesses and community supports
- Computer access
- Hospital and home visits
- Panic and Anxiety Self Help Group
- Schizophrenia Self Help Group
- People Supporting People (PSP) Workshops
- Social Trips (call for times and upcoming events)
- Lending Library
- Relaxation Tapes and Techniques
- Mondays - Social All Day - Euchre, Karoke
- Wednesdays - Depression/Mood Disorder Group
- Thursdays - Pathways to recovery

- Fridays - Concurrent Disorder with Bob McTavish

MENTAL HEALTH CENTRE PENETANGUISHENE

Phone Number 705-549-3181
500 Church St.,
Penetanguishene, ON
L9M 1G3
Email mhcp@mhcp.on.ca
Website www.mhcp.on.ca

The Mental Health Centre Penetanguishene (MHCP) is a fully accredited 312-bed psychiatric hospital. It has operated as a psychiatric hospital since 1904 and on December 15, 2008 was divested from the Province of Ontario to a public hospital corporation. The MHCP is sponsored by the Catholic Health Corporation of Ontario, which is a health care sponsoring agency of the Catholic Church. It is situated approximately 150 km northwest of Toronto, on Georgian Bay in the town of Penetanguishene. It has operated as a psychiatric hospital since 1904.

The hospital's organizational structure is based on a program management model with three clinical divisions and two service divisions:

1. Acute & Community Care Division (31 beds) provides acute care at the hospital. It also includes the Outpatient Services Program, located in nearby Midland, and community-based vocational, recreational and educational services to registered outpatients. Spiritual Care Services as well as in-patient recreation, vocational services at the Regional site make up this clinical division.

2. Tertiary Care Division (101 beds) provides long-term care to people with a serious mental illness, geriatric services to the elderly with age-related mental illnesses, services to the dually-diagnosed (developmental delay with a psychiatric illness) and people with concurrent disorders (addiction and a psychiatric illness) as well as long-term, complex rehabilitation services.

Programs in the Acute and Tertiary Care Divisions provide regional services to the hospital's catchment area, which includes Simcoe County, Dufferin County and South Muskoka/Parry Sound.

3. Forensic Division (180 beds) includes Ontario's only maximum-security forensic psychiatric hospital (Oak Ridge site). This facility serves the entire province. The remaining 20 beds comprise the 20-bed minimum secure program at the Regional site.

Hospital Services Division provides housekeeping, maintenance, dietary and transportation support services to the hospital.

Corporate Services Division provides financial, clinical and information technology, decision support, risk management, human resources, learning resources, volunteer services and recruiters support services to the hospital.

Outpatient Services

The Outpatient Services Program (OPSP) is a community-based program of the Mental Health Centre Penetanguishene providing holistic care and wellness promotion to adults with a serious mental illness living in North Simcoe.

We operate according to the Principles of Psychosocial Rehabilitation, which recognizes the capacity of individuals and organizations to grow and change. In addition to direct services we are active in systemic advocacy and community development.

LOCATION

Outpatient Services is located at 522 Elizabeth Street in downtown Midland.

The closest intersection is First Street & Elizabeth Street & you can find our building behind the library & adjacent to the 3 free hour parking lot located off First Street.

We are a wheelchair accessible site via the Elizabeth Street entrance.

Our reception area is located on the lower level and we have staff located on the first, second and third floors. Our hours of operation start at 8:00 am and end at 4:30

pm. The reception area is open to the public from 9:00 am to 4:00 pm.

What we Offer

- Advocacy
- Assessment
- Case Coordination
- Linkage and referral to other services
- Psychiatric consultation
- Crisis response
- Multiple mutual/self help support groups
- Shared care
- Treatment
- Rehabilitation (Community Support)
- Rehabilitation (Occupational Therapy)
- Consultation with Pharmacist
- Spiritual Services
- Brief intervention
- ECT

VOICES UNITED

Phone Number (705) 380-2074
12 Erie Street
Collingwood On
L9Y 1P4
Email coordinator@voicesunited.ca
Website www.voicesunited.ca



Voices United is a network of consumer/survivor and family members who work in the mental health field. We are all located within the LHIN 12 (Local Health Integration Network) which includes a large geographic region (ie. Collingwood, Midland, Barrie, Orillia and Muskoka).

We have come together to create a stronger voice for consumer/survivors and family members of people with mental health and addiction issues. We would like to see continual support from the new governing bodies (LHIN 12 representatives) for funding and understanding the needs of our populations.

GEORGIANWOOD
CONCURRENT DISORDERS
PROGRAM: MENTAL HEALTH
CENTRE PENETANGUISHENE

Phone Number (705) 728-9090
X47234



201 Georgian Drive
Barrie, ON
L4M 6M2

Website www.rvh.on.ca

Purpose is to provide a comprehensive and integrated mental health and addiction service to clients aged 16 and over who are suffering from either an identified psychiatric illness or such distressing emotional and situational difficulties that they are presenting with symptoms of mental illness that render one or more significant areas of their lives dysfunctional.

The Mental Health and Addiction Program consists of several coordinated and integrated services, which make up their service continuum. These include:

- Crisis Services,
- Inpatient Unit -Acute,
- Outpatient Services (groups and brief counselling),
- Medication Clinic,
- Mental Health Support Services (case management and psycho-educational group programming)
- Addiction Services
- Simcoe County Eating Disorder Services and
- Community Treatment Order Coordination Services.

Referral - medical (family doctor or psychiatrist, do not have to have privileges at RVH)

PARENTS FOR CHILDRENS
MENTAL HEALTH

Phone Number (416) 921-2109



600 The East Mall, 3rd Floor
Toronto, Ontario
M9B 4B1

Website
www.pcmh.ca/Simcoe%20County

PCMH is a voluntary group of parents dedicated to helping families and improving mental health services in Ontario.

We are a non-profit, provincial, parent run organization that provides a voice for children and their families who face the challenges of mental health problems in Ontario. We work with the families, the general public, mental health professionals and agencies, and government to provide education, support and advocacy.

Education: PCMH offers a variety of presentations to educators, administrators, SEAC committees, and parent groups.

Support Groups: offer vital links to others with similar situations. When no one else seems to understand, when blame seems to be coming from all sides, and when you need information and ideas from families; a support group can provide a safe harbor in the midst of the storm.

ORILLIA SOLDIERS MEMORIAL
HOSPITAL

Phone Number (705) 325-2201

Email administration@osmh.on.ca



170 Colborne Street West
Orillia, ON
L3V 2Z3

Website www.osmh.on.ca

Mental Health Services at Orillia Soldiers' Memorial Hospital (OSMH) provides assessment, treatment and ongoing support to people 16 years of age and older and their families in our community with mental illness, addictions and mental health problems.

The service components we offer include:

Crisis Service

- Assessment through the Emergency Department of Orillia Soldiers' Memorial Hospital or the Community Mental Health House
- Same day or next working day appointments
- Short term follow-up
- Referral to other Mental Health and Community Services
- Support to mental health consumers as part of an individual crisis plan

In-Patient unit

23 bed in-patient unit which includes a 4 bed Psychiatric Intensive Care area for clients requiring close monitoring and supervision

A focus on short-term assessment, stabilization, symptom reduction and active treatment

A broad range of individual and group interventions

A multidisciplinary team approach to care and treatment

The opportunity for clients and their families to be actively involved in their plan of care and discharge planning

Referral to community service agencies if required.

Day Hospital

Assessment and stabilization for clients experiencing problems arising from crisis situations

An alternative to hospitalization for clients whose condition, if not stabilized, could result in hospitalization with the emphasis on skill development and system management

Transitional support for clients who no longer requires inpatient care but who do require ongoing contact within a structured and supportive environment to prevent relapse

Support and supervision to clients within the community who are undergoing medication adjustments

Acute Outpatient Service

Out Patient Counseling Service Provides:
 Short-term solution-focused and problem-solving intervention to clients requiring individual assistance in the resolution of difficulties stemming from their mental illness
 Referral to community services

Medication Clinic Provides:
 Medication administration, monitoring and health teaching about their medications

Mental Health education, teaching and health promotion with an emphasis on wellness

Instruction regarding the recognition of symptoms associated with mental health disorders

Anger Management Program
 Eight-week educational program for individuals who have problems with the frequency, duration, intensity and expression of their anger, often characterized by episodic or recurrent outbursts and loss of control.

Community Mental Health Program
 Counseling and Treatment

This program provides primary mental health care including health education, counseling and treatment for people who suffer from a serious mental illness.
 Case Management

This program provides active community support for individuals with serious mental illness so that they can manage their illness, maintain stability and enjoy their preferred normal activities and relationships.
 Homelessness Initiative (Key Program)

A specialized case management and community support service that provides long-term safe housing to clients with serious mental illness who are homeless or at risk of homelessness as a result of their illness and life skills problems.

The Meeting Place:
A Consumer initiative

The Meeting Place is a Clubhouse style program operating in cooperation with the staff of the Community Mental Health Services (CMHS). Criteria for membership is a diagnoses of serious mental illness and an assessed treatment protocol. Suitability for membership is determined jointly with the Meeting Place Coordinator and CMHS services. To expedite the referral process please contact the CMHS office.

COLLINGWOOD GENERAL AND MARINE HOSPITAL

Phone Number (705) 444-6600
 Email cmhc@cgmh.on.ca
 459 Hume Street,
 Collingwood,
 ON L9Y 1W9
www.cgmh.on.ca



The G&M Hospital runs a variety of outpatient mental health programs for people over the age of 16 from its offices in an out building on the hospital grounds, off Moberly Street. In addition, a satellite office operates in Wasaga Beach, located at 1621 Mosley Street. Treatment and consultation are offered by a multi-disciplinary team of nurse-clinicians, allied professionals, social workers, psychiatrists and outreach program staff that provide direct treatment as well as follow-up with acute and chronically ill patients.

The program includes provisions for Adult Mental Health, Psycho-geriatrics, Intense Case Management and Homelessness (for those with mental illness). The clinic also operates Quick Response (crisis coverage) to the G&M Hospital Emergency Department. In addition to direct treatment and consultation, Mental Health Services sponsors Psycho-geriatric Resource Consultants for Simcoe County.

Best practice standards are in effect and we encourage referrals from physicians, however self-referrals are accepted and welcome.

MARY MCGILL COMMUNITY HEALTH CENTRE

Phone Number 705-434-5140
 Emergency 1-888-893-3333 (24hrs)
 Email srobinson@smhosp.on.ca
 200 Fletcher Cres
 Alliston, ON L9R 1W7
www.smhosp.on.ca

This community mental health centre is sponsored by the Stevenson Memorial Hospital and serves adults (aged 16 years and up) with mental health issues, with priority given to individuals with serious mental illnesses. Counseling and psychiatric consultation services are available. Referrals are accepted from doctors, agencies, or the clients themselves. Services include assessments, counseling, primarily through groups, and psychiatric consultations. Crisis services can be accessed through The Mental Health Crisis line or the local emergency department.

SIMCOE OUTREACH SERVICES

Phone Number 705-726-7062
 1-800-263-5060
 165 Ferris Lane,
 Barrie On
 L4M 2Y1
 (Call for other local numbers in Simcoe)
www.simcoeoutreach.org



Adult Program

Outpatient treatment services for those who are concerned about their own alcohol or drug use and who are seeking support to make and maintain changes in their substance use. Services are available on an individual or group basis.

Significant Others

Program Outpatient treatment services are available for those who are concerned about somebody else's use of alcohol, drugs or gambling behavior. This might include parents, partners, adult children, friends or others who will be encouraged to maintain their own self care while coping with their loved one's problematic use or behavior. Services are available on an individual or group basis.

Youth Program

The youth program is for people under the age of 24 who are struggling with substance use. Counsellors encourage individuals to make their own choices and to come up with their own solutions.

Community Withdrawal Management

Outpatient services are available to individuals who seek support while experiencing mild to moderate withdrawal symptoms from alcohol or drugs. Support is also available to individuals who are completing a physician directed taper from medications.

Gambling Program

Outpatient treatment services are available for those who are concerned about their own or someone else's gambling behaviours. This treatment can include individual, as well as group work. Gambling is defined as betting on horses, playing proline, bingo, lottery, or break open tickets, card games, casino gambling, and any other games involving chance.

Umbrellas

This program is for women who are pregnant or are newly parenting and who are struggling with their own, or somebody else's drug or alcohol use. Umbrellas will focus on substance use as well as issues relating to prenatal and postnatal care. Umbrellas' counsellors can meet individually with women at S.O.S. offices or in the community.

Methadone

The methadone maintenance program is for people who struggle with opiate dependence (Eg. Percocet, Codeine, Oxy-contin or morphine). Methadone is an opiate substitution drug that can allow a person to function in everyday life. Weekly appointments with our partnering doctor and observed urine screens are required.

*This program is available only in the Barrie office.

Court Diversion Program

This program is available to individuals involved in the legal system who have divertible charges and who want to explore their personal substance use. These outpatient services allow individuals to meet the Court Diversion requirements, as well as any personal goals.

Nurse Practitioner

Primary Health Care Nurse Practitioners (NP) are registered nurses, who provide care to people who do not have a family doctor and are active clients of S.O.S. NP's will provide health promotion, disease and injury prevention, rehabilitation and support. NP's can complete physicals for both men and women, "Well Baby Checks" and immunization of children. They can order lab tests, x-rays and ultrasounds as well as doing PAP or other screening tests.*This service is only available in the Barrie office.

**SUPPORT GROUPS AND
NUMBERS**

Barrie Family & Friends Mental Health Support Group

Date: 2nd Tuesday every month
Time: 6pm – 8pm
Location: 350 Grove St., East (Grace United Church)

Midland Family & Friends Mental Health Support Circle:

Is taking summer hiatus until September
The schedule starting in September will be posted at the end of August 2009.

Barrie Chapter of the Schizophrenia Society of Ontario Family Support Group

Date: Last Thursday each month
Time: 7pm – 9pm
Location: Zehrs Grocery Store, Bayfield St., in Barrie (upstairs Community Room)

Parents for Children's Mental Health – Simcoe County Chapter

Date: Last Thursday every month
Time: 5:30pm – 7:30pm
Location: 165 Ferris Lane in Barrie (The Common Roof)

***NEW* Midland Parents Support Group**

Date: Second Wednesday of every month
Time: 7pm – 9pm
Location: 9292 County Road 93, Midland
Real Canadian Superstore - community room

***NEW* COLLINGWOOD Family & Friends Mental Health Support Group**

Date: Last Thursday every month
Time: 10am – 12pm
Location: 12 Erie Street, Collingwood (Consumer Survivor Project)

MENTAL HEALTH CRISIS LINE - Barrie and area

(905) 728-5044
Long Distance
1-888-893-8333
Muskoka and area Crisis Line
- 1-888-893-8333
Parry Sound and area Crisis Line
-1-800-461-5424
Sundridge and area Crisis Line
- 1-800-461-5424

People-Supporting-People (PSP)

(705) 446 -3218
People Supporting People (PSP) is a network who have experience with mental health issues and/or addictions and who believe in the power of peer support

Additional Notes



Additional Notes

