

Mission

Our Mental Health and Primary Care Centre promotes and enhances the mental, emotional, and physical well-being of our community. We do this through education, collaboration, advocacy and the provision of a broad range of direct services that meet our community's needs.

About Us

The Canadian Mental Health Association has a well established history serving the Durham community. We are part of a national association founded in 1918. Each Canadian Mental Health Association is unique; programs and services are developed to meet the special needs of the community served.

The Canadian Mental Health Association Durham is governed by a volunteer Board of Directors comprised of individuals from a variety of backgrounds with interest in mental health issues.

We have been proudly promoting Mental Health in the Durham Region for over 55 years.

Contact Us

60 Bond Street West
Oshawa, ON
L1G 1A5
905-436-8760
or Toll Free
1-844-436-8760
www.cmhadurham.ca
cmha@cmhadurham.org



**Canadian Mental
Health Association**
Durham

HELPING PEOPLE MOVE FORWARD

CMHA Durham is thankful for the
funding provided by:
Ministry of Health & Long Term Care
Central East LHIN
Public Health Agency of Canada
Membership & Donations



Canadian Mental Health Association Durham



HELPING PEOPLE MOVE FORWARD

60 Bond Street West
Oshawa, ON L1G 1A5
905-436-8760
www.cmhadurham.ca
cmha@cmhadurham.org



**Canadian Mental
Health Association**
Durham

Community Connection Services

- First point of access for clients and caregivers seeking: services, referrals or information.
- Triage and Intake Services: Responds to all inquiries about programs and services
- Short Term Case Management: Brief and intermittent services, assisting with immediate concerns that may not require ongoing support
- Criminal Justice Case Management: Brief and intermittent support to individuals with mental health issues involved in the criminal justice system including a survivors group and pre-diversion services

Housing Case Management

- Community-based supports
- Intensive Case Management Services: flexible Client directed approach
- Care Team model promotes greater continuity of care and increased support
- Subsidized housing services offer safe, suitable and affordable housing with case management supports

Nurse Practitioner-Led Clinic

- Full range primary care services to clients and their families including immunization, screening tests, prenatal care, management of chronic conditions referrals, addiction support and mental health care
- Special programs: clozapine and injection services, telemedicine/videoconference for access to specialists, Acupuncture, foot Care, Outreach Health Services
- On-site laboratory
- Bond Street Pharmacy on site

Community Treatment Order (CTO)

- Assists individuals follow-up in the community as an alternative to hospitalization
- Intense case management support provided by nurse case managers
- Goal is to reduce hospitalizations and optimize community living and medication compliance
- Proud partnership with Lakeridge Health Oshawa, Ontario Shores

Community Wellness Services

Life Skills Program (all ages)

- Oshawa and Bowmanville Locations
- Recovery and Wellness Life Skills Groups-
- Kitchen Skills Development - Hands on transferable culinary life and vocational skills and knowledge building
- Older Adults Program -50+ health and wellness, educational, social and recreational programing
- Small Business Initiatives - Paid work training and transferable skills building opportunities

Youth Support Services

- Youth Public Trustee - advocacy and support for youth seeking/accessing social assistance a
- Youth Summer programming Tuesday and Thursday 1:30-4:30
- Youth Case Management - Self-directed Case Management services for youth providing advocacy goal/recovery planning and support
- Youth Activity and Support Program (YASP) - Monday, Wednesday and Friday from 3:30-6:30 provides free meals, access to on-site resources and scheduled programming.

Peer Support Services (all ages)

- Peer Supporter training
- Peer Supporter Paid opportunities providing community and program-based Peer Supports and program-based Peer Facilitation
- Peer Support Advisor and mentorship provided
- Peer Recipient Opportunities including:
 - 1:1 Peer supports within the community
 - Group Peer Support
 - Peer Facilitated Groups

Transitional Rehabilitative Housing Program (TRHP)

- Partnership with Ontario Shores, offers intensive case management/housing support for individuals with a Not Criminally Responsible Status

Assertive Community Treatment Team (ACT)

- Uses an assertive multidisciplinary approach
- Services for serious and persistent mental illness and provides families with consultation, education and support
- Partnership with Lakeridge Health Oshawa, with access to two Psychiatrists on-site
- 24 hour a day, seven days a week and are provided on a long-term basis with flexible degrees of intensity
- Stepped Care Model available for individuals ready to transfer to more independent care while retaining ACT supports

Health Promotion and Public Relations

- Provides a range of community events, workshops, training, displays and information
- Certification Training available to the public, healthcare and business sectors including:
 - Applied Suicide Intervention Skills Training
 - Mental Health Works
 - Suicide Safe talks
- Tailored hour-long and day long workshops available

Corporate Services

- Integrated services to CMHA Durham and the larger community Fee for service (including property management, bookkeeping and accounting services)
- Consists of the Finance and Administrative services Team (FAST), Quality improvement and Risk Management and Human Resources

CMHA Durham
Main Reception Hours
Monday-Friday 9:00am - 6:30pm

Please contact Community Access for more information or referrals
905-436-8760
or Toll Free
1-844-436-8760