



ANNUAL REPORT 2014-2015



**Canadian Mental
Health Association**
Durham

HELPING PEOPLE MOVE **FORWARD**

A JOINT MESSAGE FROM THE CEO & BOARD CHAIR

The Canadian Mental Health Association Durham's 2014-15 annual report highlights the organization's activities and initiatives of the past year and marks our 56th year as a caring, client-focused, community mental health and primary care centre. Canadian Mental Health Association Durham's achievements continue to demonstrate our tradition of helping people, of all ages and their families, throughout Durham Region move forward and achieve their goals in their community.

Mental illness affects all Canadians in some way, with one in five Canadians experiencing a form of mental illness each year. Canadian Mental Health Association Durham is specifically dedicated to serving the residents of Durham Region, and we work diligently to position mental health as a priority in Canada, supporting our vision of mentally healthy people in a healthy society. This includes the ongoing assessment of community needs and the development of resources to address them.

We strive to deliver effective and specialized client-centered programs and services to complex clients through our integrated service model across Durham Region. It is important to note that all clinical service delivery is made possible through Corporate Services development of solid back office supports. These supports are critical in enabling clinical staff to focus their energies on meeting the needs of our clients.

Education continues to play a pivotal role in achieving mental health awareness in our community. We are proud to be part of Canadian Mental Health Association Ontario's supported training initiative safeTalk, a province-wide program we delivered in partnership with the Ontario Hockey League. Canadian Mental Health Association Durham and the Oshawa Generals have used the program to connect players, billeting families and staff with the

support, training and expertise they need to stay safe and mentally healthy. Through our agreement with Canadian Mental Health Association Ontario, we also provide Mental Health Works (MHW) and Living Life To The Full (LLTTF). MHW helps employers effectively address the many issues related to mental health in the workplace. LLTTF, a program offered to adults, helps individuals understand their feelings and what to do about them. Throughout the coming year, we will offer these training opportunities to businesses and community partners along with Applied Suicide Intervention Skills Training; Mental Health First Aid for Adults; and Mental Health First Aid for Adults Working with Youth.

We are especially grateful for the dedication and hard work of our staff, board volunteers, students, caregivers, partnerships and our clients themselves. Through this shared commitment, we have been able to successfully create an integrated primary care and mental health centre, accomplishing our goal of helping people across Durham Region.

We invite you to read our annual report, share our pride and celebrate all the work we do at Canadian Mental Health Association Durham.



Linda Gallacher
Chief Executive Officer



Gordon Glibbery
Chair, Board of Directors



**Canadian Mental
Health Association**
Durham

STRATEGIC PLAN 2014-2017

The Strategic Plan, along with its objectives, continues to position Canadian Mental Health Association Durham as a welcoming community mental health centre within the health care system of the Central East Local Integrated Health Network. We will continue to grow capabilities and capacity as a flagship community mental health and primary care centre. The following five key objectives serve to provide a framework for quality service delivery and are reflected in all areas of the organization:

Strategic Objective One

Demonstrate that we aspire to be a recognized leader in providing holistic mental health and primary care to individuals and their families.

Strategic Objective Two

Expand our capacity to meet the community healthcare needs of our clients through innovative opportunities and partnerships.

Strategic Objective Three

Provide exceptional care within a high-quality health environment where risks are managed effectively.

Strategic Objective Four

Improve continuously and act decisively to achieve results.

Strategic Objective Five

Make it a priority to retain and attract the most capable and service-focused staff and volunteers while aligning human resources' strategies with changing client needs.

Board of Directors 2014-2015



Gordon Glibbery
Chair



Jim Hunt
Past Chair



Dave Wheeler
Vice-Chair



Roland Merbis
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Stephanie Horgan
Board Member



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Board Member



Rose Barg
Board Member



OUR MISSION, VISION & VALUES

MISSION

Our Mental Health 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.

VISION

We envision mentally healthy people in a healthy society.

VALUES

Social Justice
Self-Determination
Integrity
Creativity
Partnership and Collaboration
Excellence and Accountability

SERVICE NUMBERS AT A GLANCE

1,790

People served in the areas of Housing, Community Wellness, Case Management, Assertive Community Treatment & Community Treatment Orders

1,913

People registered for the Nurse Practitioner-Led Clinic

691

Participants received training in Mental Health and Suicide Prevention

2,783

People accessed services from Health Promotions

1,384

People received information and referral services through Community Access Services

548

People served through short-term case management with Community Access Services

ACCESS WITHOUT BARRIERS

Community Access Services



Cheryl, our bilingual receptionist, welcomes callers and visitors.

Community Access Services is the First Point of Contact for the Community

As part of the Canadian Mental Health Association Durham's hub of integrated community services and supports, Community Access Services is the first point of access for individuals looking for ways to enhance their mental, emotional or physical well-being.

Our triage services respond to all telephone inquiries for services, provide support to individuals on a walk-in basis and coordinate the provision of short-term case management.

4,420

Calls per month answered by reception

479

New clients admitted into Community Access Services in 2014-15

We strive to meet our client's immediate needs, as well as provide supports and assessments for suitable service linkages within our organization or in the community.

Barrier-Free Access

Canadian Mental Health Association Durham is proud to be a Positive Space that welcomes and supports everyone. Our client service areas are fully accessible and our elevators are equipped with a braille control panel. For those wishing to communicate in French, bilingual services are available upon request.



DAVID: A SUCCESS STORY



"As a schizophrenic psychiatric patient with a long 10-year history of hospitalizations, I was unclear what roads lay ahead. Sarah took her time and helped me plan out my discharge with clear open options and goals. I felt very welcomed and understood in just a few visits. Without her support, I would not have understood and get the support I needed. She understood me so well that she helped me steer towards goals I could accomplish, each with clear explanations along the way. I felt no hesitation or any complications while in her company. I am so appreciative and grateful how much she has helped me. Words can not express it alone what she has done to help me find a place where I could be helped at the CMHA and more."

David N., Community Access Services Hospital to Home Client

CMHA Durham

Nurse Practitioner-Led Clinic



The Nurse Practitioner-Led Clinic provides comprehensive primary health care services for people of all ages who are integrated within CMHA Durham, often in the context of serious mental illness.

Our accredited team includes nurses; nurse practitioners; consulting physicians; case managers; pharmacy professionals; and health care administrators who facilitate access to routine and specialized care, as well as illness prevention strategies.

Our work helps to achieve the goals of the Central East Local Health Integration Network to reduce visits to emergency departments; prevent admissions to hospital; improve vascular health; promote positive mental health; and improve the patient experience.

The clinic has been accepted to the Association of Ontario Health Centres and will continue its work in advocating for healthier public

and comprehensive primary health care system that addresses the determinants of health. We are currently implementing principles of Advanced Access, ensuring that health care is provided in the right place, at the right time and by the right provider; this includes our new Primary Care and Mental Health Outreach Program launched in September 2015.

Our team is pleased to have submitted a research proposal in collaboration with the University of Minnesota to better understand and respond to the uniquely complex needs of our clients. We are working hard to improve communication between clients and their health care providers. We have adopted a leadership role in the Durham North East Health Links and piloted a number of coordinated care plans for older or more complex clients whose needs require collaboration between multiple services.



SERVICES

- Annual health status review
- Health education programs
- Diabetes prevention and management program
- Foot care
- Light therapy
- Immunization program
- Specialized medication monitoring services
- Screening and management of cardiovascular health
- Complete laboratory services
- Ontario Telemedicine Network (OTN)
- On-site pharmacy
- Cancer screening
- HIV, STD, TB testing
- Depot injection services
- Clozapine services
- ECG
- Spirometry
- Smoking cessation and respiratory health program
- Coordinated care planning
- Sexual health
- Prenatal health care
- Mobile Tooth Fairy
- Acupuncture
- Positive Care Clinic
- Well-baby care

New Primary Care and Mental Health Outreach Program Launched this Fall



In September 2015, the Nurse Practitioner-Led Clinic at Canadian Mental Health Association Durham launched the new Primary Care and Mental Health Outreach Program.

In this highly anticipated program, a registered nurse from the Nurse Practitioner-Led Clinic partners with a case manager from Community Access Services. Together, they provide health care to individuals who, in addition to not being affiliated with a primary care provider, possess a physical or psychological impairment that prevents them from attending the clinic.

Ontario Telemedicine Network facilitates access to care and education in Ontario

Canadian Mental Health Association Durham clients needing access to care use the Ontario Telemedicine Network (OTN) to avoid travelling long distances.

Using two-way video conferencing, OTN delivers clinical, educational and administrative services using a secure, private network. Designed to help eliminate distance barriers, OTN improves access to specialists who clients may not have otherwise been able to see.

Clinical telemedicine appointments are available to anyone with a valid Ontario Health Card who has been referred to telemedicine clinical services by a primary health care provider or specialist. An OTN nurse is available to assist clients to connect with their consultants and provides support during telemedicine appointments.



CMHA Durham's Smoking Cessation program a success



Since the inception of the STOP smoking cessation program in September 2014, the Nurse Practitioner-Led Clinic has offered 104 interested and motivated individuals free nicotine replacement therapy along with smoking cessation counselling.

Staff has conducted over 400 smoking cessation appointments in the past year, and most recently began conducting group sessions to facilitate client discussion on topics relating to quitting smoking.

Both clients and employees have benefitted from this program, and a substantial number of individuals have been able to reduce their tobacco intake or to quit entirely.

Bond Street Pharmacy enhances client care

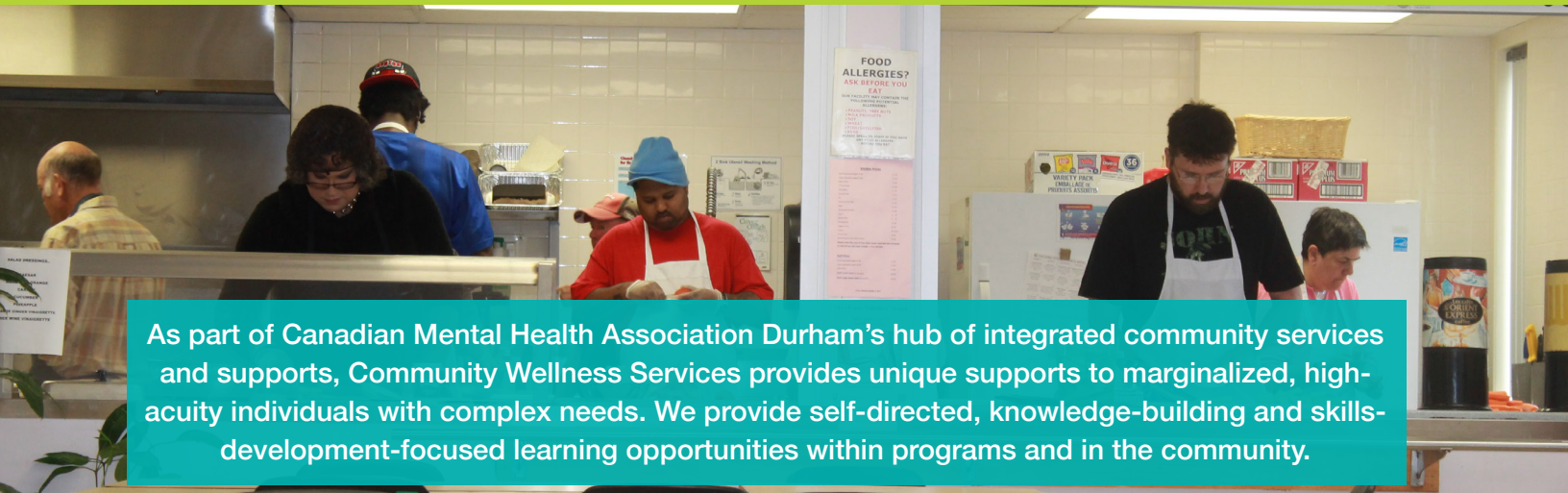


Heather, Rajni and Carma of Bond Street Pharmacy

Conveniently located within the Nurse Practitioner-Led Clinic, Bond Street Pharmacy allows clients to fill their prescriptions on-site while accessing their primary care provider.

Trained as diabetes educators and counsellors in smoking cessation, pharmacists enhance client care by providing education and assisting clients with affordable dispensing fees. All pharmacy services are open to the public.

COMMUNITY WELLNESS SERVICES



As part of Canadian Mental Health Association Durham's hub of integrated community services and supports, Community Wellness Services provides unique supports to marginalized, high-acuity individuals with complex needs. We provide self-directed, knowledge-building and skills-development-focused learning opportunities within programs and in the community.

Life Skills Groups

Life Skills Groups provide opportunities for person-centred, self-directed recovery through mental health and wellness-based knowledge building.

2,600

Life Skills Groups

36

Multi-Session
Community Groups

11,232

Total Group Non-
Unique Participants

Teaching Kitchen

The teaching kitchen provides individuals with hands-on culinary skills development and knowledge-building opportunities within the on-site kitchen facility.

18,784

Low-cost Meals

5,723

No-cost Meals
(through YASP)

Small Business Initiatives

Small Business Initiatives provide opportunities for person-centred and goal-initiated employability skills development and accountability through paid work experiences.

2,366

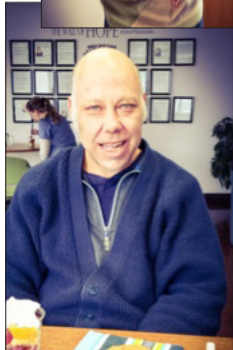
Work Opportunities

1,738

Paid Work Hours

\$27,117

Income Earned



"I started out coming here to CMHA Durham's Community Wellness Services Life Skills Bowmanville Program in 2012 for leisure activities and getting to know other people. I found that I got to know everyone and made good friends. The activities helped me a lot, like the exercising group and singing. I like it when the group has different quizzes; it gets my brain to try to concentrate. I have a hard time concentrating doing daily functions and tasks. Being here on Tuesdays and Thursdays gives me a reason to get out of bed and have a place to go. I enjoy all of the activities here and the meals here are good. If it were not for the Community Wellness Services Life Skills Bowmanville Program, I would probably be in bed still."

**L., participant in Community Wellness Services:
Life Skills Bowmanville Program**

YOUTH SERVICES

Changing Lives and Inspiring Hope

269
Youth

46
Children

YASP - Youth Activity and Support Program

YASP provides youth with opportunities to build and enhance transferable life learning, parenting, education, employment and independent living skills and knowledge.



RBC
After School
Grants Project



507

Trustee
Appointments
Services and
Supports

Youth Public Trustee Services

Youth Public Trustee Services provide services to youth aged 16 to 18 who are applying for and/or receiving Ontario Works Income supports while attending school and living independently.

Youth Case Management

This program provides short-term individualized needs-based, self-directed supports to assist youth to meet their needs, reach their goals and achieve their potential.

244
Youth
Received
Support

20
Staff Certified in
Mental Health
First Aid for
Youth

PEER SUPPORTS

Transferable Lived Experience Peer Support Model

Community-Based Peer

Supports provide 1:1 support to access resources and services within the individual's community while building natural social networks.

Peer-Led Recovery and

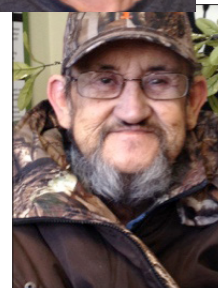
Wellness Groups provide opportunities for transferable perspective, lived experience, peer-supported group activity, awareness-building and social connections.

Peer Case Management

provides person-centred, frequent, ongoing, accessible and flexible supports for individual wellness and recovery needs and goals.

"I started coming to the Community Wellness Services Program right away. Much to my surprise the program was wonderful. It gave me a reason to get up and go out every day. Life had a purpose and routine again. I was given opportunities to help as a peer supporter with the programs and that was, and is, supremely important to me. My family thought I was a completely different person in a very short time. I still have mental health issues but now they are easier to cope with. The staff could not be more helpful and caring. I look forward to seeing the new friends I have made."

I.J., participant in Community Wellness Services: Peer Support Services



COMMUNITY SUPPORT



Transitional Rehabilitation Housing Program (TRHP)

Promoting independent living for individuals with a Not Criminally Responsible Status (NCR).

The Transitional Rehabilitation Housing Program team works in partnership with Ontario Shores Centre for Mental Health Sciences, and offers intensive supports for individuals with NCR status. The program is currently funded to support eight individuals at a time. These individuals are seen by a Case Manager twice (or more) per day.

1500
hospital
days
saved

In 2014-15, 99% of TRHP clients did not require re-hospitalization.

Community Treatment Orders

Supporting individuals in our community.

90%
yearly
success
rate

The Community Treatment Order Program is designed for individuals with a serious mental health diagnosis and a history of non-compliance with medication. The goal is to reduce hospitalizations and optimize community living

along with improved medication management and compliance. Our success rate of keeping clients out of hospital and functioning in the community exceeds 90% per year.

Assertive Community Treatment Team (ACTT)

Helping people with serious mental illnesses enhance their quality of life.

The Assertive Community Treatment Team is a client-centred, recovery-oriented mental health service for people between the ages of 18 and 65 who are living with serious and persistent mental illnesses.

Services are available 24 hours a day, seven days a week, and are provided on a long-term basis with flexible degrees of intensity in homes and local communities.

70% of ACTT
clients did
not require a
hospital visit
for psychiatric
reasons.

EMILY is 25 years old and lives in the community by herself. A diagnosed schizophrenic, Emily became a client of the Community Treatment Order program in December 2013 due to her history of non-compliance with medication and her substance abuse.

Emily has had some setbacks, as well as many victories. She successfully completed the Partial Hospitalization Program at Ontario Shores, and is attending school to obtain her high school diploma. She has been going to the Pinewood program on a regular basis and has been drug-free for over 120 days.

Since Emily has been a CTO client, she has not been back in the hospital. Her future goal is to become a peer support worker.

Supporting the Independence of Individuals Coping with Mental Illness

Housing Case Management (HCM)



We support 440 clients living in independent housing and subsidized independent housing in Durham Region.

Housing Case Management strives to provide community-based suitable, affordable, safe housing to people with mental health difficulties. Subsidized independent housing units are provided in collaboration with area landlords for individuals along with intensive case management services. Group living accommodations provide a shared residence for individuals working towards living independently in the community.



CMHA Durham joined guests and speakers at the North Durham Community Open House in Beaverton in March 2015.

**HCM provided over
10,400
face-to-face contacts in fiscal
2014-2015**

SUSAN: A SUCCESS STORY



A client of Canadian Mental Health Association Durham's Subsidized Housing Case Management program since 2002, Susan is incredibly thankful for the rent subsidy, which enables her to live independently in her own apartment.

Regular and ongoing contact with her case manager helps Susan work towards her goals and maintain her independence. Her case manager supports her use of other community services (i.e. food banks), checks on her physical and mental well-being and helps ensure the apartment is maintained. Susan's medication management and attendance at psychiatry appointments are supported and she works with her case manager to develop and maintain strategies for dealing with her mood changes and life issues. Supports are

provided regardless of how unwell Susan is. She has never felt judged.

Susan is also connected to our Nurse Practitioner-Led Clinic and enjoys its holistic approach; it provides her with the time she requires to deal with her physical and psychological needs.

Susan appreciates that CMHA's services are interconnected and seamless. Programs are able to connect regarding Susan's care when required and this means she has her needs met and feels supported.

She is interested in finding meaningful activities and is now attending our Community Wellness Services Life Skills program; where she can attend groups, connect with peers and access healthy meals for an affordable cost in a supported and understanding environment.

Talk Today - CMHA teams up with the OHL

A new initiative aimed at helping hockey players stay safe and mentally healthy.

Canadian Mental Health Association Durham is proud to be part of Talk Today, a province-wide program developed and delivered in partnership with the Ontario Hockey League (OHL), its local clubs and Canadian Mental Health Association Ontario.

Launched in the fall of 2014, Talk Today is designed to reduce the stigma around discussing mental health concerns and seeking help. The program also connects players with the support and expertise they need to stay safe and mentally healthy.

Since its inception, players and OHL staff have participated in training sessions with tips focusing on mental wellness, the warning signs and characteristics of mental illness for early detection, and how to recognize persons at risk of suicide.



CMHA Durham was on hand as the Oshawa Generals took on the Mississauga Steelheads at a Talk Today event in March.

Improving access to French language service

CMHA Durham serves the community in both official languages.

Canadian Mental Health Association Durham has devoted a substantial amount of time and energy to improving its capacity to offer services in French.

CMHA staff actively participate in French-speaking collaborative events, such as the French Language Service Collaborative at the Centre for Addiction and Mental Health, and the Francophone Community Table on Health, an advisory committee that focuses on improving service collaboration in the French-speaking community.

More recently, Canadian Mental Health Association Durham hired a bilingual receptionist who will be working

with our branch's intake team to offer triage services for clients in both official languages.

Canadian Mental Health Association Durham will continue to enhance its capacity to offer services in French by working closely with French Language Services Entité 4, and by seeking ways to attract bilingual speaking candidates for job positions as they become available.



CELEBRATING EXCELLENCE



CEO Linda Gallacher welcomes Durham MPP Granville Anderson for a tour of CMHA Durham's Nurse Practitioner-Led Clinic.



CMHA Board Chair Gordon Glibbery and CEO Linda Gallacher (right) show their appreciation to staff.



Ajax artist Lori Maurer shows off the painting she donated to CMHA Durham. It illustrates the supportive relationship between a caregiver and loved one coping with mental illness.



Mireille Huneault joins MP Chris Alexander (far left) and Minister of Finance Kevin Sorenson (centre) in a Pre-Budget Roundtable meeting at the Ajax-Pickering Board of Trade in January.



The drama group performs at a monthly Family Caregiver Night.



The Ajax Creative Arts Spring Show and Sale.



CMHA Durham board members sit front and centre at the Annual General Meeting in September 2014.

Mental Health Education

Canadian Mental Health Association Durham is committed to providing widely recognized flagship training programs.

Mental Health First Aid for Adults and Youth

Developed by the Mental Health Commission of Canada, Mental Health First Aid sets out to provide individuals with the necessary skills as a first responder to someone experiencing a mental health crisis. This course also aims to give education on more common mental health diagnoses and provide information on local community resources. Canadian Mental Health Association Durham has certified staff trained in both the adult and youth versions of this course.



Applied Suicide Intervention Skills Training (ASIST)

ASIST is widely recognized for its hands-on approach to suicide intervention. This program has helped thousands of people gain the confidence and skills to effectively help someone who is having thoughts of suicide. Since 2003, several hundred people have been trained by Canadian Mental Health Association Durham in suicide intervention, making this flagship program one of more established trainings in the organization.



Mental Health Works (MHW)

Mental Health Works is a suite of workshops aimed at building capacity within Canadian workplaces to effectively address mental health in the workplace. Mental Health Works is based on three key themes: awareness of mental health in the workplace; responding using practical skills in a situation involving mental health problems; and collaborating skills to build a mentally healthy workplace. In February 2015, Canadian Mental Health Association Durham partnered with CMHA Ontario to become officially trained to deliver Mental Health Works, joining a team of trainers from across Canada.



Suicide safeTALK

Suicide Awareness for Everyone (safeTALK) is a three-hour workshop that addresses warning signs indicating risk of suicide. The workshop emphasizes the importance of recognizing the signs, communicating with the person at risk and getting help or resources for the person at risk.



Living Life to the Full

Living Life to the Full is an interactive and engaging evidence-based mental health promotion initiative developed by Dr. Chris Williams. It is designed to help people deal with everyday life challenges. Cognitive Behavioural Therapy concepts and techniques are at the core of the eight-session, 12-hour life-skills-based course for adults. Initial research indicates positive benefits, including a decrease in depression and anxiety scores and increase in coping skills.



Family Education Night

Each month, Canadian Mental Health Association Durham in partnership with Ontario Shores Centre for Mental Health Sciences and Durham Mental Health Services offers a Drop-In Family Education Night. These information sessions provide an opportunity for families to learn more about the resources available for loved ones with mental health concerns.



Community Partners & Committees

PARTNERING FOR A HEALTHY COMMUNITY

Adult Mental Health Case Resolution Table
Aids Committee of Durham
Alzheimer Knowledge Exchange Steering Committee
Ajax and Pickering Welcome Centre
Berkhof's Roofing
Canadian Cancer Society
Canadian Council for Rehab Work
Canadian Mental Health Association BC Living Life to the Full
Canadian Mental Health Association Ontario
Central East Concurrent Disorder Network
Central East Local Health Integration Network
Central East Local Health Integration Network Peer Network
Central East ACT Coordinators Group
Central East Association for Smoking Elimination
Centre for Addiction and Mental Health Youth Services
City of Oshawa Parks and Recreation
Community Care Access Centre
Community Care Durham
Community Health Centre Brock Township
Community One Foundation, Rainbow Grants
Concurrent Disorders Capacity Building Network
Cormack Station Community Housing Corporation
Cornerstone Community Association Durham
Dentist Dr. Gans
Durham Advisory Committee on Homelessness
Durham Assertive Community Treatment Advisory
Durham Catholic District School Board
Durham Child and Youth Network
Durham Child and Youth Planning Coalition
Durham Children's Aid Society
Durham College
Durham Communities in Committees (CIC) Network
Durham Community Legal clinic
Durham Concurrent Disorder Network
Durham District School Board
Durham Dual Diagnosis Committee
Durham East Probation and Parole Office
Durham Elder Abuse Network
Durham Family Resource Task Group for Mental Health
Durham Family YMCA
Durham Harm Reduction Coalition
Durham Healthy Schools in Action Committee
Durham Human Services & Justice Coordinating Committee
Durham LGBT Network

Durham Mental Health Services
Durham Parents Families and Friends of Lesbians and Gays (PFLAG)
Durham Region Employment Network
Durham Region Health Department
Durham Region Hoarding Task Force
Durham Regional Police Service
Durham Region Social Services Department
Durham Regional Local Housing Corporation
Durham Talking About Mental Illness (T.A.M.I.) Coalition
Durham Youth Drug Action Committee (DYDAC)
Health Links: Durham North East
Homelessness Initiative Program
Feed the Need Durham
Glazier Clinic
Hillcrest Developments
Heart and Stroke Foundation
John Howard Society of Durham Region
Lakehead University
Lakeridge Health
Mental Health and Addictions Network
Mental Health Commission of Canada
Ministry of Health and Long-Term Care
Mississauga's of Scugog Island, Baagwating Community Association
Mobile Tooth Fairy
North Durham Advisory Committee
Ontario ACT Association
Ontario Human Services and Justice Committee
Ontario Peer Development Initiative
Ontario Self-Help Network
Ontario Shores Centre for Mental Health Sciences
Oshawa Downtown Development Committee
Oshawa Senior Citizens Centre
Pinewood Centre of Lakeridge Health
Royal Bank of Canada
Resources for Exceptional Children and Youth
Ryerson University
South Oshawa Community Advisor
Trent University
Unifor
University of Minnesota
University of Ontario Institute of Technology
Whitby, Pickering and Ajax Probation & Parole
York University
Youth Housing and Support Services - Joanne's House

Awards and Recognitions

Spirit of ACTT Award

CMHA Durham's Assertive Community Treatment Team (ACTT) received the Spirit of ACTT award from the Ontario ACTT Association.

Champions for Children Award

Durham Children's Aid Society honoured CMHA Durham's Kaitlin Dean with the Champions for Children Award.

Accreditation Canada

CMHA Durham is accredited by Accreditation Canada with Exemplary Standing 2012-2016.



**ACCREDITATION
CANADA**
Better Quality. Better Health.

COLLABORATING AS A COMMUNITY

Health Links

Health Links were created to improve the coordination of care for seniors and others with complex needs. There are currently 69 Health Links across the province of Ontario, and two in Durham Region. The Durham North East Health Link has representation from 17 local organizations and works collaboratively to coordinate accessible and sustainable service delivery. Canadian Mental Health Association Durham has initiated the second coordinated care plan involving five collaborating Health Link partners — two of many to come.



HealthLinks



Visit us online.



**Canadian Mental
Health Association**
Durham

Canadian Mental Health Association Durham
60 Bond St. West, Oshawa, ON L1G 1A5
Phone 905-436-8760 | Fax 905-436-1569
cmha@cmhadurham.org | www.durham.cmha.ca