



REFERRAL AND REQUEST FOR COMMUNITY MENTAL HEALTH SERVICES

Durham Mental Health Services and the Canadian Mental Health Association Durham are working together to coordinate services for clients. Using this referral, please select the program(s) that are most applicable. Please contact us if you have any further questions or visit us online.

☐ **Durham Mental Health Services**

Fax: 905-666-2976

Intake Program

1 800 742-1890 or 905 666-0483

www.dmhs.ca

☐ **Canadian Mental Health Association Durham**

Fax: 905-436-1569

Community Access Services

905-436-8760

www.durham.cmha.ca

Referred by:	Date:	Tel No. :
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Service(s) Requested	
☐ Case Management	☐ Supportive Housing
☐ Criminal Justice Case Management	☐ Nurse Practitioner-led Clinic
☐ Assertive Community Treatment Team	☐ Rehabilitation Program
☐ Family Support	☐ Peer Support
Other:	

Client Information		
First Name:	Last Name:	DOB:
Address:		
Tel No:	Permission to leave a message: ☐ Yes ☐ No	
Mental Health Diagnosis: ☐ No ☐ Yes:		
Physical Health Diagnosis: ☐ No ☐ Yes:		
Is this person involved in the criminal justice system? ☐ No ☐ Yes		
Additional Comments:		

RECEIVED ON: _____

To Our Clients: In accordance with the Personal Health Information Protection Act, 2004 (PHIPA) all personal health information provided in the above form is confidential. To provide you with the best possible service your information may be shared within and between our two agencies. However, your informed consent will be required if your personal health information is to be shared outside of our two agencies.



PROGRAM DESCRIPTIONS

CMHA: Community Access Services Coordinates all direct referrals to CMHA, and provides links to external programs. Responds to all inquiries about programs and services	DMHS: C.A.L.L (Crisis Access Linkage Line) 1-800-742-1890 (24 hours / day) Provides immediate access to our crisis services, information and direct referrals to DMHS programs, assistance with navigating the mental health system and linkage to other community supports.
<u>CMHA</u> Supportive Housing: Group Living: Mental health supports for client in a congregate living situation with 24hour on-call support. Subsidized Independent Living: Consists of mental health supports for clients living in a subsidized unit with 24hour on-call support. Case Management: Provides client centered mental health support to promote independence and enhance quality of life. Services assist mental health clients experiencing a spectrum of co-occurring challenges i.e. with the justice system, concurrent disorders etc Short-Term Case Management: provides brief and intermittent services, assisting with immediate concerns that may not require ongoing support. Case management supports include: criminal justice, peer support specialists, and the 'hospital to home' support initiative for Lakeridge Health mental health patients. Rehabilitation Services: A psychosocial recovery based day program, using group participation in education and the kitchen unit. An Older Adults program, peer support and youth trustee services are included in this program. Nurse Practitioner Led Clinic: Provides primary health care through nurse practitioner and nursing services to all community members in the Durham Region through on-site and OTN services. Programs include the Health Living Program which promotes health living and targets cardiovascular disease, weight management and diabetes management. Assertive Community Treatment Team: A multi-disciplinary team focused on intensively helping individuals who experience an Axis I disorder have had two hospitalizations or five or more emergency room visits within the last year. The service provides 24hour on-call support.	<u>DMHS</u> Supportive Housing: Consists of a range of safe, affordable housing programs, based on need – from high support, staffed 24 hours / day, to supported independent housing, with the goal of helping individuals develop the life skills necessary for independent living. Case Management: Provides person-centered and individualized assistance to individuals with mental health challenges to live independently in the community. Also includes dual diagnosis case management, transitional aged youth case management, criminal justice case management and transitional case management from Lakeridge Health Oshawa and Rouge Valley Health System. Family Support: Provides one-to-one support, education and staff-facilitated peer groups, to aid family members in their role of caregiver to a person living with mental health problems. Consumer Survivor Initiatives: Peer Support Specialists provide positive, hopeful and practical support through structured activities and social, recreational and vocation opportunities that promote self-acceptance and personal growth. Support is available in both a 1-1 setting, and a group setting. Justice Initiatives: Provides support to adults and youth while navigating the criminal justice system and offers consultation, advocacy and linkage to needed resources as well as court diversions.