



**Canadian Mental
Health Association
Durham**

**REFERRAL AND REQUEST
FOR COMMUNITY MENTAL HEALTH SERVICES**



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

Canadian Mental Health Association Durham Phone: 905-436-8760 or Toll Free: 1-844-436-8760 Fax Number: 905-436-1569 Email: cmha@cmhadurham.org Website: www.cmhadurham.ca		Durham Mental Health Services Phone: 1-800-742-1890 or 905-666-0483 Fax: 905-666-2976 Email: contact@dmhs.ca Website: www.dmhs.ca	
CMHA Durham Services Requested: ☐ Housing and Case Management Services ☐ Caregiver Case Management ☐ Brief Case Management Services ☐ Criminal Justice Case Management Services ☐ Community Wellness Services - o Life Skills Programs - o Peer Support Initiatives - o Youth Support Services		DMHS Services Requested: ☐ Residential Program(s) – Supportive Housing ☐ Community Support Program ☐ Justice Initiatives ☐ Consumer Survivor Initiatives ☐ New Winds Day Program – Whitby ☐ New Leaf Day Program – Ajax ☐ WRAP sessions/groups ☐ Family Support Program	
Referral forms available from our website www.cmhadurham.ca for the following services;			
☐ Assertive Community Treatment Team <i>*Provide 1-2 years of psychiatric history faxed with referral form please</i>			
☐ Nurse Practitioner-Led Clinic (Primary Care)			
Client Information			
First Name:		Last Name:	
DOB:			
Address:			
Tel No:		Permission to leave a message: Yes No	
Cell No:		Permission to Text: Yes No	
Mental Health Diagnosis: No _____ Yes _____			
Physical Health Diagnosis: No _____ Yes _____			
Additional Comments:			
Referral Source: Name & Contact Info -			

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

Description of CMHA Durham Services

Housing & Case Management Services:

Provide support to adults with a mental health diagnoses living in the community.

Assertive Community Treatment Team (ACTT):

A client-centered, recovery-oriented mental health service for people between the ages of 18 to 65 with serious and persistent mental illnesses.

Caregiver Case Management Services:

Case management support specific to the individual caregiver with emphasis on education and relief for caregiver stressors.

Nurse Led Practitioner Clinic (primary care):

Provides a full range primary care services to clients and their families who do not have a primary care provider. The Clinic is unique in that it specializes in mental health and is integrated within Canadian Mental Health Association Durham.

Criminal Justice Case Management Services:

Case Management support that specializes in criminal justice matters

Community Wellness Services:

- **Life Skills Programing** provides opportunities for recovery and wellness through development and enhancement of transferable life skills and knowledge through group engagement. *Referrals to indicate Oshawa or Bowmanville Program please.*
- **Peer Support Services** within Life Skills programming through Peer Supporter training and skills development opportunities, Peer Supported groups and programming, Peer Facilitation. *Referrals to indicate individuals interest in becoming a Peer Supporter or Peer Recipient please.*
- **YASP – Youth Activity & Support Program** offers youth 14-24 and their children with access to on-site youth programing, resources, amenities, supports and a meal.
- **Youth Public Trustee** provides financial support to youth 16 to 17+ who are seeking/accessing Income Supports through Social Assistance.
- **Youth Case Management** provides client-directed, case management supports; available to youth aged 14-24 based on individual needs and self-identified goals.

Description of DMHS Services

C.A.L.L (Crisis Access Linkage Line)

1-800-742-1890 (24 hours / day)

For individuals experiencing a personal or situation crisis, we provide 24-hour phone support, a mobile crisis team and/or a short-term stay in our community crisis beds. Also provided is information and linkage to DMHS programs, assistance with navigating the mental health system in general and linkage to other community supports

Residential Program - Supportive Housing:

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.

Community Support – Case Management:

Provides person-centered and individualized assistance to individuals with mental health challenges to live independently in the community. Also includes Aboriginal CM, Dual Diagnosis case management, Transitional-Aged Youth case management, Criminal Justice case management and Transitional case management from Lakeridge Health; both Oshawa and Ajax sites.

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:

Peer Support Specialists provide positive, hopeful and practical support through structured activities and social, recreational and vocational opportunities that promote self-acceptance and personal growth. 1-1 support as well as group support is available

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.