



Canadian Mental
Health Association
Mental health for all

Community Hub

CMHA Durham ~ Helping People Move Forward

Accredited with Exemplary Standing



CMHA Durham

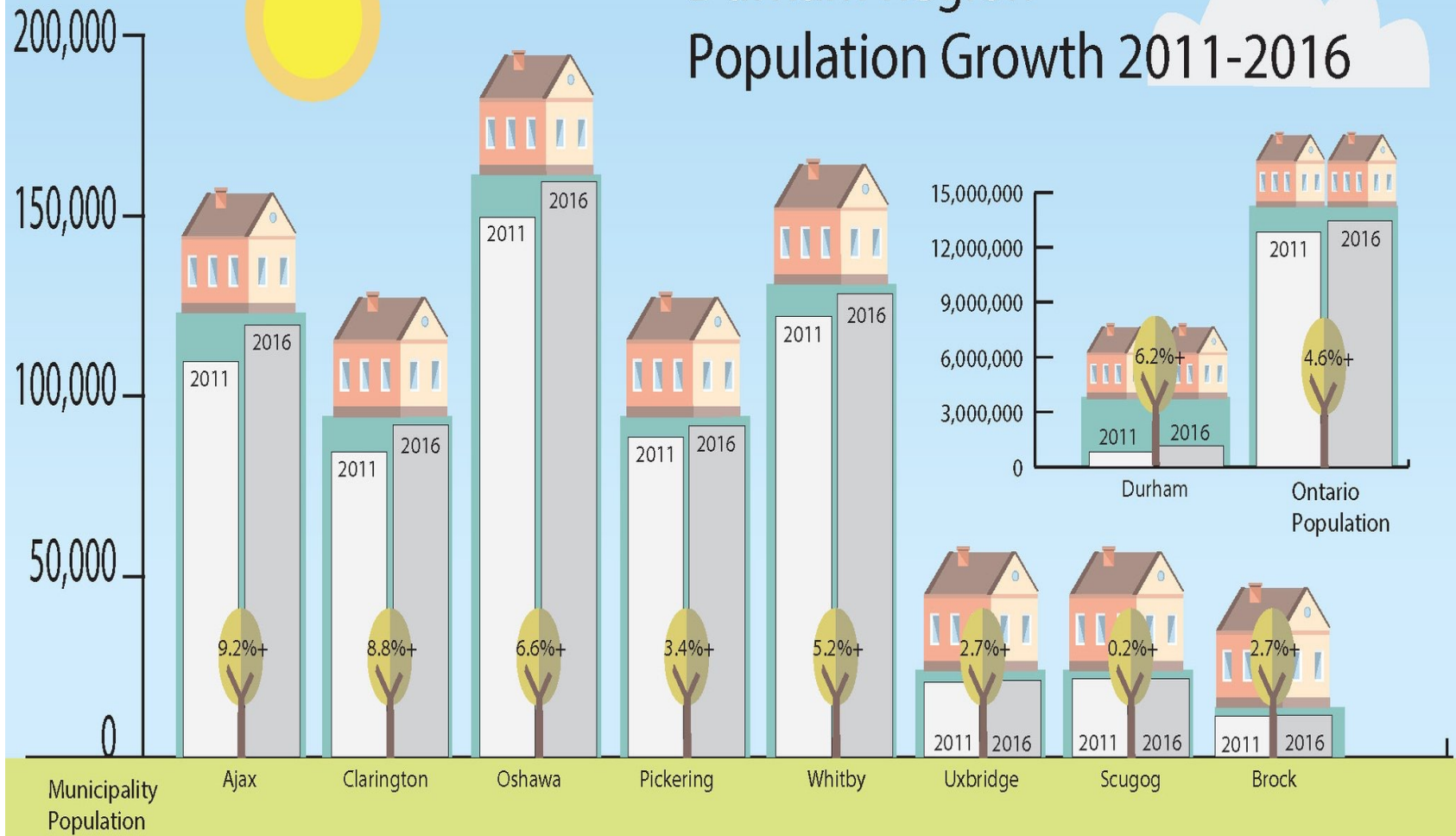
60 Bond Street West, Oshawa



Population Demand

- The population of Durham Region was estimated to be about 699,460 in 2019 and is growing by about 6,000 residents/year
- 1 in 5 of those 15 years or older will have a mental health or substance abuse problem in their life time

Durham Region Population Growth 2011-2016



CMHA Durham is a Community Hub



We are a community mental health and primary care centre that facilitates a range of coordinated health services for our clients and their families in Durham Region

Our integrated Hub provides a broad range of wrap around services through CMHA Durham and its partner providers for an integrated approach to accessing care

Canadian Mental Health Association Durham Community Hub Model



CMHA Durham's Hub Model

Enables CMHA Durham to be:

- Client, Family and Caregiver outcome focused
- A coordinated health system provider
- Accessible
- Systems engaged
- Accountable
- Integrated



Examples of Community Service Integration Are:



- **Community Treatment Orders:** Lakeridge Health
- **Housing Case Management:** Ontario Shores, LHO
Pinewood
- **Can Atom (OPG)**
- **Oshawa Public Library**

Examples of CMHA Durham Integration:

- Durham North Services
- Ontario Works
- NPLC- Mission United
- Lakeridge Health Oshawa
- John Howard Society Circle of Support
- Mission United



Community Connection Services



Recovery College Wellness Centre



Nurse Practitioner-Led Clinic



Nurse Practitioner-Led Clinic Services

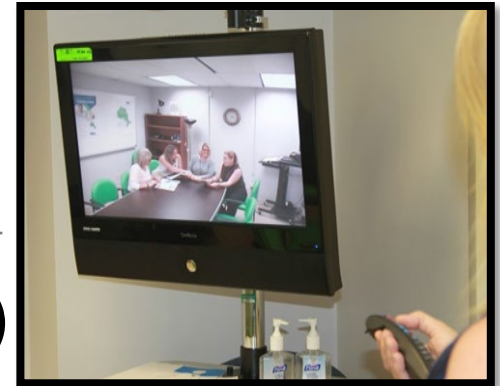


Nicotine Replacement Therapy (NRT)

- In partnership with Centre for Addiction and Mental Health(CAMH), University of Ottawa Heart Institute and the Durham Region Health Department
- 26 weeks free NRT and specialized counselling to quit tobacco use
- Actual cost of NRT for 26 weeks can range from \$1200-\$2300

Nurse Practitioner-Led Clinic Services Partnerships

Ontario Telemedicine Network (OTN)



- Video-conferencing technology reduces need for client travel
- More timely access to a range of Specialists
- Partnerships to provide key mental health services such as Psychotherapy and Psychiatry
- Supported by Ministry of Health & Long Term Care (MOHLTC)



Nurse Practitioner-Led Clinic Services Partnerships

Acupuncture

Clients can receive acupuncture for \$20 per session. [Regular price is about \$60]



Acupuncturist



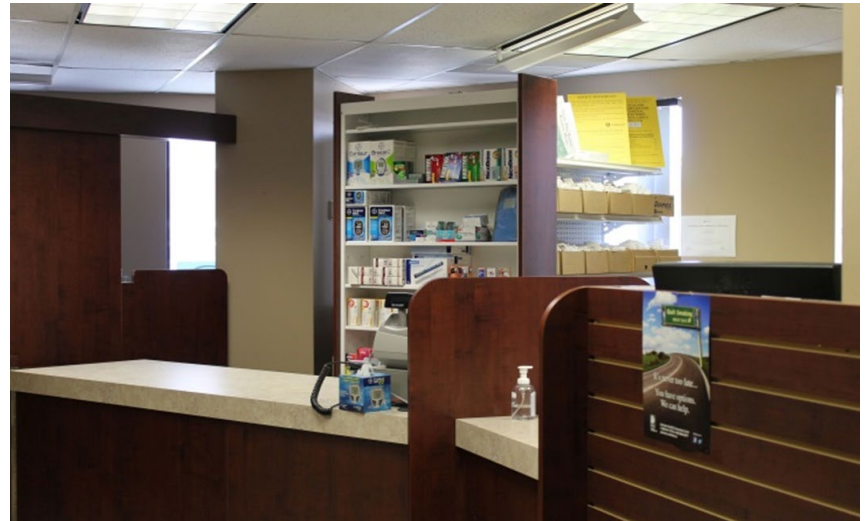
Nurse Practitioner-Led Clinic Services Partnerships

Free Foot Care Services



Bond Street Pharmacy

On-site Pharmacy Staff



Dental Hygienist



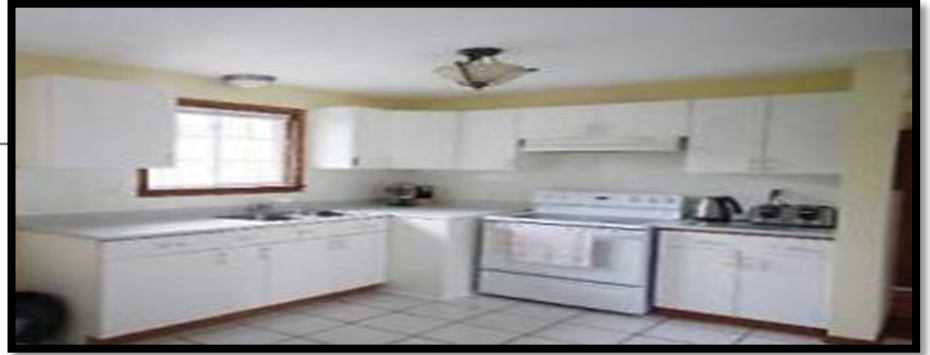
Business Operations

Facilities and Property Management Services

- ensure cost savings through efficient and effective management strategies



Residential & Case Management Support



Residential Support for Safe Affordable Housing

- Through case management and rent subsidies in partnership with Region of Durham and MOHLTC
- 325 residences are currently being supported/subsidized throughout the Region



Not for Profit Enterprises

Our Enterprises work with a broad base of community businesses, social and for-profit housing developers to:

- Increase successful housing opportunities
- Reduce homelessness
- Facilitate Hub Model services

Mahogany Management

Ritson Road Residence

March 2017



Canadian Mental
Health Association
Mental health for all

Centre Street Lofts

54 Centre Street

Adjacent to our 60 Bond Street Office



54 Centre Street Lofts



Helping People Move Forward

CMHA Durham's Community Hub Provides:

- An array of integrated healthcare services and support programs
- Services focused on helping clients and supporting families and caregivers
- High quality services efficiently and cost effectively

Helping People Move Forward

CMHA Durham's Community Hub:

- Engages with mainstream and non-traditional partners in innovative ways
- Thinks creatively about funding-beyond typical funding strategies
- Carefully assesses risks to ensure confident action and success

Canadian Mental Health Association Durham

If you require any further information on the variety of services provided at CMHA Durham please visit our website at

www.cmhadurham.ca

or email us at

cmha@cmhadurham.org

or call

(905) 436-8760