

CANADIAN MENTAL HEALTH ASSOCIATION DURHAM BRANCH



OUR VISION

We envision a community in which individuals are valued and respected. The community is a diverse accepting one, mobilized to empower all residents. CMHA strives to nurture and promote that healthy community.

OUR MISSION

To promote and enhance the mental and emotional well-being of the residents of Durham Region.

IN ITS WORK CMHA-DURHAM STRIVES TO:

- Provide a range of responsive programs in an atmosphere of mutual sharing.
- Educate the wider community regarding mental health issues.
- Develop and operate community-based mental health programs for people requiring support.
- Work closely with other related services in the community.
- Participate in developing other suitable programs in the community.

Our Contact Information

60 Bond St. W.
Oshawa, Ontario
L1G 1A5

Phone: (905) 436-8760

For Central Intake Services please call ext. 103 or 104

Fax: (905) 436-1569

Email: cmha@cmhadurham.org



United Way
Member Agency

Nobody needs Mental Health Care in Ontario, Except Maybe...

the 1 in 5 who will have a mental health problem this year

the 1 in 8 who has a serious anxiety disorder

the 1 in 22 who has depression or manic depression

the 1 in 100 youths who will develop schizophrenia in their lifetime

the 20 people who commit suicide in Ontario every week

And...somebody you care about!

SELF-HELP GROUPS

Self-help groups are characterized by people voluntarily coming together around a shared problem or concern. They provide mutual aid, problem solving skills and companionship.

About Self-Help Groups

Self-help groups and organizations vary in their form and activities. Together members decide on the composition, structure and procedures of their group. They may or may not draw on a prepared and tested format.

There may be a single leader, co-leader or rotating leadership of the group. A person who has faced the concern in question may be available to provide support by telephone between meetings.

Group membership is generally free or, at most, involves a contribution to help cover costs.

Meetings may be open to all that are interested or may be limited to members only.

Professionals may be involved in the start up phase of a new group, or act as a resource to the group. Some groups prefer to have no professional involvement.

What are the Benefits?

As a member of a self-help group you can:

- Share support, information, friendship and strength;
- Experience a decrease in feelings of isolation and loneliness;
- Learn not to feel guilty about your feelings;
- Grow in self-confidence and self-esteem as you, in turn, help others;
- Develop a sense of hope from hearing how others are coping;
- Share practical hints on managing day-to-day concerns.

The "Directory of Self-Help Groups in Durham Region" is a publication of the CMHA - Durham Branch. It is a listing of self-help groups such as depression self-help groups, addictions self-help groups, caregiver self-help groups, etc. For more information on this publication please call **(905) 436 - 8760 ext. 107**

Looking for a self help group? Would you like to start up a self-help group and require some assistance? Would you like to purchase a self-help start up kit? Would you like your name added to the CMHA- Durham Self-Help Directory? The contact the Education & Training Program at **(905) 436-8760 ext. 107**

WORKSHOPS & TRAINING

CMHA - Durham Branch Resource Centre for Wellness & Learning is pleased to present a variety of educational workshops to improve and enhance your mental health and wellness. ***Our Mission is to promote and enhance the mental and emotional well being of the residents of Durham Region.*** Our workshops are effective for organizations, social services, schools, businesses and other various groups. They are ideal for Staff Enhancement, Team Building and Professional Development Days.

Topics Available

- Preventing Burnout
- Stress Busting Workshops
- Anger Management
- Dealing with Stress & Change
- The Facts About Self-Esteem
- Dealing With Difficult People & Negative Attitudes
- Various Mental Health Issues (ie: Recognizing Depression)

The above list is not inclusive and we require approximately 1 month's notice to book your workshop.

Fee for Service

- \$35 per hour (1 Facilitator) to a maximum of 4 hours
- \$245 for a full day workshop/seminar(1 Facilitator)
- Additional Facilitator may be required depending on group size and/or topic, cost would be \$50 extra per workshop/seminar.
- The fees for these workshops will be modified for profit groups, organizations, agencies and businesses.

We additionally offer Training in both Crisis Intervention and Applied Suicide Intervention Skills Training (ASIST). These are both Certificate Programs, with fees different than stated above.

For more information or to book your workshop please contact the CMHA's Resource Centre for Wellness & Learning at **(905) 436-8760 ext. 107**

SUPPORTIVE HOUSING PROGRAM

CMHA - Durham is funded to provide safe, affordable accommodation to more than 150 consumers, between the ages of 16 and 65, with mental health difficulties living in a wide range of supportive housing options throughout Durham Region. Supports are facilitated by Housing Support Workers, Case Managers, and Housing Outreach Workers, who are available daily, on weekends, and after hours through on call cell phone coverage. Supports are portable and flexible and range from intense to an as required basis.

At present, the Durham Branch of the Canadian Mental Health Association owns three non-profit homes occupied by 22 residents. These tenants receive rent geared to income, subsidized, affordable housing. Individuals living in these homes enjoy security of tenure under the Tenant Protection Act, and sign a Tenancy Agreement with CMHA - Durham. Residents also sign a support service agreement with their support staff in order to establish a basis for mutual understanding and a shared working relationship.

Staff teach and assist clients to learn skills and share in responsibilities associated with co-ed, co-operative living. Residents support one another to reach their goals. Shared living can be either on a transitional basis or permanent. Most people live in these homes with the goal of moving into any of the dedicated housing units made available to CMHA in non-profit and co-op projects within the Durham Region.

Applicants are responsible to provide income verification of money earned in order to qualify for subsidized housing. All units are rent geared to income. Residents pay a portion of cable, phone, utilities, replacement costs, and contributes equally to the weekly groceries.

There is a waiting list and housing is available on a first come first serve basis. Optional priority is given to applicants with special circumstances. For a nominal cost, potential residents come in for an orientation stay in the home to see if this type of housing suits their individual needs. referrals can be made to the Intake and assessment workers at **905-436-8760 ext. 103 or 104.**

CASE MANAGEMENT PROGRAM

Case management supports are available to individuals who occupy 1 and 2 bedroom affordable apartments in non-profit housing projects. Forty-five units, housing over 60 residents, are allocated to our agency by non-profits through special agreements that have been established over the years. These units are available to individuals on our waiting list, when vacancies occur. Case Management is also provided for people who reside in rooms, boarding homes, or their own apartments as well as people living in the northern areas of Durham Region. Through partnering with other agencies, staff ensure that the most appropriate services and housing options are accessed for these individuals.

Crisis and respite services are available to any of the clients presently receiving supports. They are given the phone number to reach staff where assistance is available 24 hours a day, seven days a week.

The overall objective is to increase the quality of life, success and satisfaction of the mental health consumer, regardless of their illness, in the most non-intrusive way possible, respecting their choice of environment.

The approach is a self-directed one, which enables the individual to attain his/her maximum level of functioning. Staff ensure that basic needs such as food, clothing and shelter are met. Staff establish working relationships with individuals assisting them in their rehabilitation process.

Upon their request for case management services, clients sign a Support Service Agreement with their case manager. They then establish a mutual working, supportive relationship.

STAFF SUPPORTS INCLUDE:

- Skills, strengths and needs assessment
- Developing individual rehabilitation plans
- Direct skills teaching
- Linking with *community resources and natural support systems*
- Advocating on behalf of the individual
- Portable, flexible, long term supports, which move with the individual
- Crisis response
- Assistance to families

- A team approach with hospitals, doctors, and other medical personnel to ensure on-going consistency

HOUSING OUTREACH TO THE HOMELESS

This program has focused primarily on servicing individuals with severe and persistent mental health difficulties that are homeless or at risk of homelessness. This is in accordance to the funding that was received under the Mental Health Homlessness Initiative Phase #2. As a result we established 1 and 2 bedroom supportive housing units, through head leases with private landlords, providing subsidized housing to 55 individuals. Staff provide outreach to hospitals, the "streets of Durham", and other community homeless service providers, to assist the serious mentally ill clients to find decent affordable accommodations. Assistance with physical moving in and start up is provided as well as ongoing case management support. We have also been successful in obtaining 3-4 bedroom homes, providing congregate shared living to residents. Fifteen units have been allocated to Whitby Mental Health Centre who have deployed 1 full time staff to provide supports in order to provide housing to homeless patients being discharged from the hospital.

COMMUNITY MENTAL HEALTH NURSE

The role of the Community Mental Health Nurse is to consult, identify, assess and provide clinical services to Mental Health consumers. She is involved in promoting health and wellness education, increasing awareness and knowledge of health issues, as well as prevention of illness to our clients and staff. The Community Mental Health Nurse chairs CMHA - Durham's joint health and safety committee.

COMMUNITY TREATMENT ORDERS PROGRAM

This is located at CMHA - Durham. A full time Case Manager/Practical Nurse was hired to work with the Community Care Co-Ordinator from Lakeridge Health-Oshawa, to provide intense ongoing supports to individuals being placed on Community Treatment Orders. CMHA - Durham staff, along with staff at Whitby Mental Health Centre, and Lakeridge Health Oshawa, also provides intense case management supports to chronic individuals in order to prevent them from requiring future Community Treatment Orders.

NEW HORIZONS

CMHA - Durham has psychosocial rehabilitation programs which are offered from the location in Oshawa (New Horizons). The program is a fostered sense of community where staff and members work together to run a program that is beneficial for its membership. They provide a wide variety of services that meet the needs and enrich the lives of individuals who participate in the program and it's activities. It is a comprehensive rehabilitation program for adults who are coping with chronic mental health issues. The focus of the program is to improve the quality of life for each individual by creating opportunities to develop and enhance transferable vocational and life skills that will assist in fully integrating within the larger community. New Horizons is designed to create a restorative environment where people can build self-esteem and hope.

New Horizons is structured into two units, the Kitchen Unit and the Clerical Unit. In each unit both staff and clients work together to ensure the necessary daily tasks are complete. Individuals have the opportunity to participate, to be responsible for tasks, to teach others, to get support, to learn from others and to feel like they are a vital part of a community that welcomes and appreciates their contributions. Groups that are provided at New Horizons focus

on the vocational, educational, and personal growth needs of the clientele. Groups provide Literacy, Computer Training, Current Events, Food Safety and Handling and "I Will Work". Social Recreation events are held on occasion which provide a diversion to the daily work of the program. Social Recreation activities include dances, camping, baseball and special outings.

Benefits of Participation in the Programs:

- Support around community resources
- Access to supportive employment
- Recreation / socialization
- Affordable meals
- Educational & Leadership opportunities

For further information please call (905) 436-8760 ext. 201

Email: newhorizonscmha@cmhadurham.org

EMPLOYMENT SERVICES / SMALL BUSINESS INITIATIVES

The Small Business Initiatives Program is an innovative concept in providing paid work assessments to individuals living with mental health issues. It is part of the community based rehabilitation program of the CMHA Durham Branch. Its motto is "Satisfaction Matters".

This program supports a member's return to work with a broad range of options including Transitional, Part-time, Full-time, and Independent Placements. The work ranges from entry level to more advanced, and are at competitive wages. The Rehabilitation Program has resources specifically focused on employment options for its members.

Benefits to our employees include opportunities for participants to learn and build on skills gained through hands on work experience in our business initiatives program, learn new skills while being paid minimum wage or better, and be supported throughout the program with the intimate goal of obtaining employment in the community. These work opportunities are not about charity or donation, rather they are about high quality services, provided at a reasonable cost.

Services available through the Small Business Initiatives include:

County Town Catering - Hot and cold catering contracts available for customers made in our industrial kitchens

MaintainABLE - Repairs, builds, paints, fixes etc. projects for customers

RemoveABLE - Move customers from one home or office to another

CleanInc - Vacuuming, dusting, sweeping, mopping, cleaning of restrooms, windows, emptying garbage, for all small and large businesses

Central Lawn Maintenance - cutting and edging lawns, fertilizing, trimming hedges, aerating, raking, turning flower beds, and cleaning up in the spring after pets

The Hubbell Café, a joint venture of CMHA Durham, Whitby Mental Health Centre, and CMHA East Metro Toronto, has been in operation since 1999. The Café provides training for individuals recovering from mental illness and unemployment.

These businesses are non-profit programs created through CMHA Durham. They were initiated to meet the growing requirements for paid work assessments to individuals who are recovering from mental or emotional difficulties.

The Employment Program/Small Business Initiatives began a new initiative, in 2004, that is a partnership with E.A. Lovell (the Adult Learning Centre) in Oshawa. The Program is called "Human Beans" and is a coffee kiosk that serves the students and staff of E.A. Lovell. We employ five individuals on a permanent part time basis, and the kiosk operates Monday to Friday throughout the school year. The kiosk offers coffee and snacks, as well as fresh soup and sandwiches daily (provided through New Horizons).

For further information please call (905) 436-8760 ext. 201

Email: employmentcmha@cmhadurham.org