

Preserving

Believing

CAMPBELLFORD MEMORIAL HOSPITAL COMMUNITY MENTAL HEALTH

Support



CMH

Community Mental Health Centre

- ❖ An outpatient community mental health
- ❖ program, within Campbellford Memorial Hospital
- ❖ Established in 1990
- ❖ Serving adults 16 years of age and older who
- ❖ are suffering from symptoms of serious and
- ❖ persistent mental illness, EPI serves clients 14-35
- ❖ Seven staff members including 5 counsellors/case managers, one administrative staff and manager

A background collage of diverse people, including a woman holding a baby, a woman smiling, a man, and a woman in a white coat. The collage is overlaid with a large white curved shape that frames the text.

CMH
Community Mental Health Centre

Our Vision:

“Connecting mental health care to our community through innovation and excellence”

Our Mission:

“To empower our clients, their families and caregivers to understand and cope with the challenges of serious mental illness and improve the quality of their lives.”

What Is Mental Illness?

Mental Illness is:

- ❖ ***the reduced ability for a person to function effectively over a prolonged period of time***
- ❖ In order for someone to be diagnosed with a mental illness, they must meet certain criteria and be deemed to meet these criteria by a medical doctor, a psychiatrist, or a psychologist
- ❖ Coping with the simplest aspects of everyday life can be challenging or impossible for someone with moderate to severe mental illness

Symptoms

- ❖ Significant and prolonged levels of distress
- ❖ Feelings of isolation, loneliness and sadness
- ❖ The feeling of being disconnected from people and activities
- ❖ Not being able to look forward to or get enjoyment out of things that you normally would
- ❖ Difficulty coping with the simplest aspects of everyday life

Our Small but Mighty Team



Our Programs

- ❖ *Crisis Intervention*
- ❖ *Case Management*
- ❖ *Counselling & Treatment*
- ❖ *Early Psychosis Intervention (EPI)*
 - ❖ *Family Support & Peer Support*
- ❖ *Mental Health Court Support & Diversion*
- ❖ *Psychiatry*



Who Do We See?

The Mental Health Center serves adults 16 years of age and older, suffering from symptoms of serious mental illness that include:

- ❖ *Mood Disorders (i.e. Clinical Depression, Bipolar Disorder, Seasonal Affective Disorder, Post Partum Depression)*
- ❖ *Anxiety Disorders (i.e. Generalized Anxiety Disorder, Post Traumatic Stress Disorder, Obsessive Compulsive Disorder)*
- ❖ *Psychosis (i.e. Schizophrenia, Bipolar I)*
- ❖ *Personality Disorders (i.e. Borderline, personality disorder)*



Causes of Mental Illness

- ❖ Biological factors (genes or brain chemistry)
- ❖ Life experiences (trauma or abuse)
- ❖ Family history of mental health problems
- ❖ Substance Misuse, Problem Gambling or other addictions

What It Isn't

Mental Illness is Not:

- Feeling sad or distressed because of the death of a loved one, a job loss, a breakup, a change of circumstances like: moving to a new area, attending a new school, or going through a divorce
- Struggling for a **brief** period of time when you need to adjust to something new i.e. transitioning into a new job role/department

What Is Mental Health?

Mental Health Is:

- **A state of well-being that includes our emotional, psychological, and social level of functioning**
- Our mental health affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.
- If we have good ‘mental health’, we can cope with the normal stresses of life, work productively, and contribute to our community

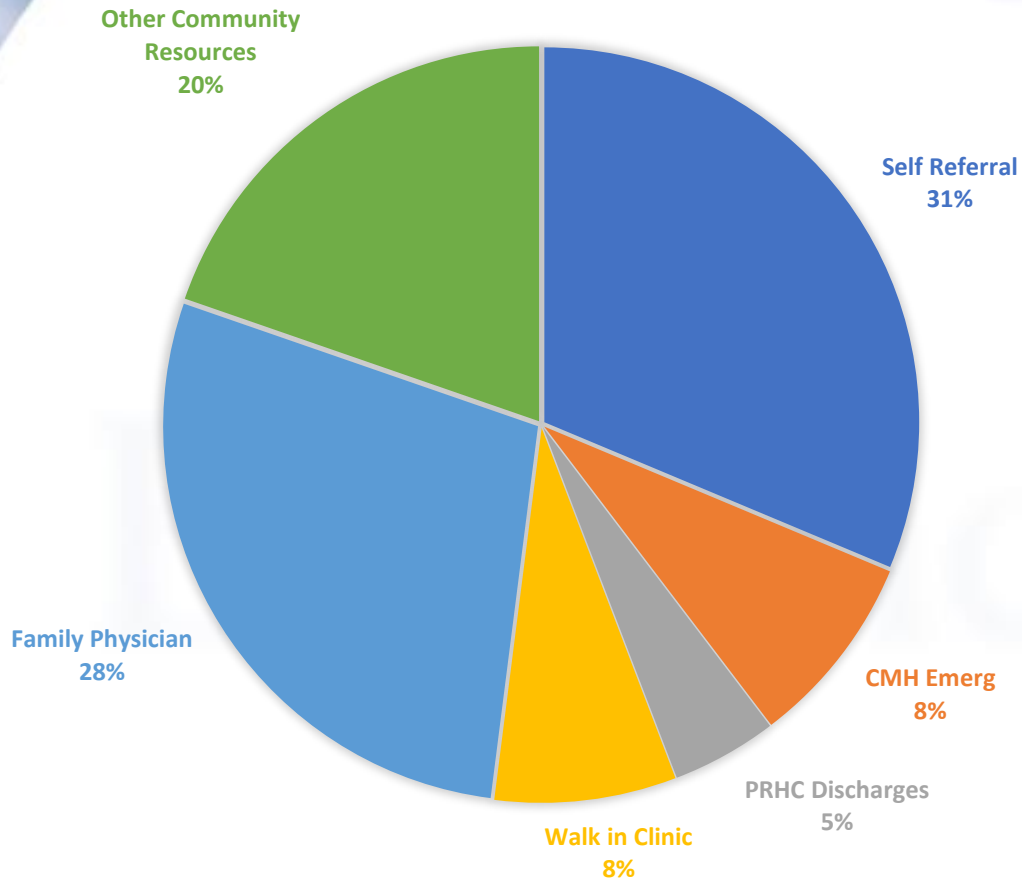
Statistics

- Mental illness is experienced by 1 in 3 Canadians during their lifetime. Many Canadians are affected by it either directly or indirectly through family, friends or colleagues. (www.canada.ca)
- By age 40, about 50% of the population will have or have had a mental illness.
- Schizophrenia affects 1% of the Canadian population.
- Anxiety disorders affect 5% of the household population, causing mild to severe impairment.

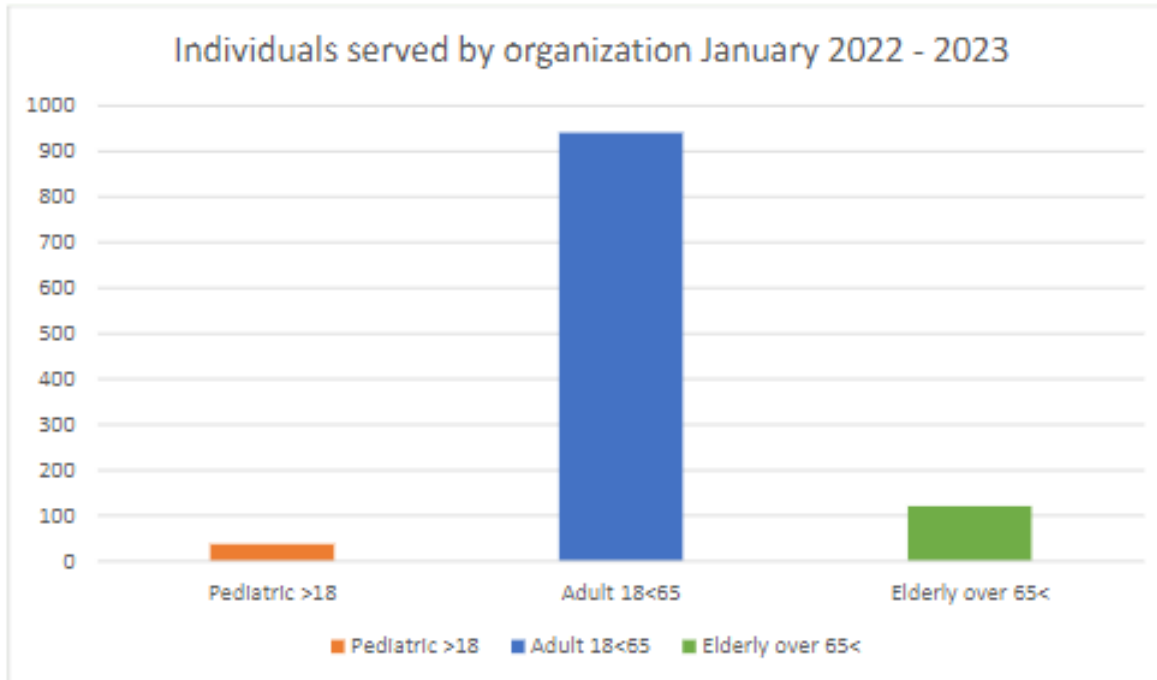
Statistics Con't

- Suicide accounts for 24% of all deaths among 15-24 year olds and 16% among 25-44 year olds.
- Suicide is one of the leading causes of death in both men and women from adolescence to middle age.
- The mortality rate due to suicide among men is four times the rate among women.
(www.cmha.ca)

Referral Sources



Individuals Served by our Organization



Pediatric 38 **Adult 941** **Elderly 121**

MH Court Diversion

- Provides assistance to individuals in conflict with the law who are experiencing mental health difficulties;
- Helps prepare a Diversion Plan as an alternative to court based sanctions and sentences;
- Assists in accessing appropriate mental health diagnosis, treatment, supports and follow up to minimize further involvement in the criminal justice system.

MH Court Support

- Provide advocacy and support for clients and their families;
- Facilitate dialogue with duty counsel and court officials;
- Helps explain court procedures and terminology;
- Assists with appropriate assessment and treatment;
- Refers to appropriate community resources.

Lynx Early Psychosis Intervention

- Offers assessment, treatment, support and education specifically for people ages 14-25, who are experiencing first onset of psychosis;
- Family support provided through Family Support Worker;

About the Lynx Program

Lynx is an early psychosis intervention program committed to helping people who are experiencing a first episode of psychosis recover and get their lives back on track. Lynx serves the City of Kawartha Lakes and Peterborough, Haliburton, and Northumberland counties. The program offers:

- Early identification
- Rapid response and screening
- Psychiatric and nursing services
- Family support
- Case management
- Peer support
- Social outings
- Educational and vocational support
- Long-term commitment

The Lynx team works with individuals and their families to identify and understand challenges, determine a diagnosis, and develop a treatment and recovery plan tailored to each situation.

Lynx: Early Psychosis Intervention Program

Campbellford (705) 632-2015
Cobourg (905) 377-9891
Lindsay (705) 324-6111, ext. 8227
Peterborough (705) 748-6711, ext. 0
Haliburton (705) 286-4575
Toll-Free 1-866-990-9956
www.lynxtracks.ca



Pamphlet produced by
big sky design for
Lynx: Early Psychosis Intervention Program

Calm the storm



If you're
having difficulty
thinking clearly,
we can help.
1-866-990-9956
www.lynxtracks.ca



"What he says just doesn't make sense."

"People are out to get me."

"She has completely withdrawn from everyone."

"He's so agitated all the time."

EARLY SIGNS OF PSYCHOSIS

- Suspiciousness
- Things seem different, unreal, or surreal
- Friends and family say you seem different
- Not doing well at school or work
- Social withdrawal
- Decrease/increase in energy

COMMON SYMPTOMS OF PSYCHOSIS

- Hallucinations
- Delusions or false beliefs that:
 - you are being followed
 - people can hear your thoughts
 - you have special powers or abilities
 - you are aware of plots or conspiracies
 - thoughts are being put into your head
- Confused thinking
- Changes in behaviour, mood, and/or communication
- Suicidal thoughts, depression, anxiety

"They didn't think I was weird."

"Someone called back right away."

"My worker listened to me."

"They were friendly and helpful with the whole family."

PSYCHOSIS

Psychosis occurs in approximately three percent of the population. It affects the ability of the mind to accurately distinguish what is real from what is not. Psychosis can be treated effectively. Symptoms of psychosis occur in a wide variety of mental and physical disorders. The onset is usually during adolescence, due to several factors, including biology (genetics, brain changes, neurotransmitters), as well as stress, trauma, and drug use.

Research shows that if psychosis is identified early, many problems can often be prevented and disruption to a person's life can be kept to a minimum. With early treatment, recovery can begin faster. Medication can be effective in the treatment of acute psychotic symptoms. The Lynx team helps to identify many clear steps towards a return to previous levels of activity in academic, interpersonal, work and social life.

"I feel like I got my life back."

"She's back to school and doing well."

"I'm hopeful about my future."

"He's hanging out with friends again."

RECOVERY

Recovery from psychosis is a personal journey towards regaining control, meaning and joy in living. The path to recovery includes learning about psychosis and understanding ways to prevent further episodes. The recovery process will be more successful when individuals and their families:

- Work together in a team approach
- Support an active healthy life style
- Learn to recognize early warning signs
- **Learn to manage stress in healthy ways**
- Avoid triggers, prevent relapse
- Build a solid social support network
- Enjoy leisure activities with friends
- Find meaningful work, education

While each pathway to recovery is unique, research evidence has shown that these steps are effective in helping to regain an excellent quality of life.

Counselling & Treatment

- ❖ Provision of evidenced based interventions from various models of therapy;
- ❖ 8-10 sessions of evidenced based interventions from various models of therapy are offered to clients.
- ❖ Various therapies will assist clients to set personal goals and acquire the skills and resources needed to be successful in living, learning and working in social settings.

Groups

- ❖ Cooking group
- ❖ Movie group
- ❖ Paint group
- ❖ Bouncing Back from Anxiety & Depression (8 weeks)
- ❖ WRAP (offered to everyone on waitlist, 8 weeks)
- ❖ Easy Goal Setting
- ❖ Social Anxiety
- ❖ Changing Moods, Changing Seasons



**IF YOU ARE STRONG ENOUGH
TO DO ANY OF THESE...**



**THEN YOU ARE STRONG ENOUGH TO TALK
ABOUT YOUR MENTAL HEALTH**



 **CAMPBELLFORD
MEMORIAL HOSPITAL**

Community Mental Health Centre

146 Oliver Road
Campbellford, Ontario K0L 1L0
Phone: (705) 632-2015
Fax: (705) 653-0436



Psychiatric Consultation

- Physician/NP referral required
- We will facilitate the provision of psychiatric consult
- On site psychiatry is offered as well as through Ontario Telehealth Network



Case Management

- ❖ Collaborative process with client
- ❖ Develop and facilitate care plans
- ❖ Advocate for services that address individuals mental health and social challenges

Crisis Intervention

- ❖ Consultation with ED physicians and support staff
- ❖ Crisis counselling to patients in ED
- ❖ Completion of ED Common Assessment Tool (required for a Form 1 application)
- ❖ Provide resources to patients for counselling, future crisis supports
- ❖ Advocate for services beyond the crisis
- ❖ Re-direct, where appropriate, to most appropriate service
- ❖ Follow up appointment

The goal of the Campbellford Memorial Hospital Community Mental Health is to provide a spectrum of client-centred services that are reflective of their mental health needs. Our agency provides various supportive strategies for you and your family. For more information, please visit our website at www.cmh.ca or call us at 705.632.2015.

REFERRAL PROCESS

Referrals by physicians, hospitals, community agencies and individuals on their own or through their families are accepted. All referrals are reviewed with service priority given to the most serious and critical needs.

CONFIDENTIALITY

The CMH Community Mental Health Program respects the confidentiality and right to privacy of all clients. We take steps to protect your personal health. This includes auditing to monitor and manage our privacy compliance, and ensuring that everyone who performs services for us protects your privacy and only uses your personal health information for the purposes you have consented to.

*There are no fees for our services.
Groups may have small fee.*

Engaged Communities
Healthy Communities



CAMPBELLFORD MEMORIAL HOSPITAL COMMUNITY MENTAL HEALTH

146 Oliver Road 2nd Floor
Campbellford, Ontario, K0L 1L0

Phone 705.632.2015

Toll Free 1.877.632.2015

Fax 705.653.0436

Email wellness@cmh.ca


www.cmh.ca

OFFICE HOURS:
Monday to Friday
8:30 am to 4:30 pm
CLOSED FOR LUNCH
12:00 to 1:00 pm

CAMPBELLFORD MEMORIAL HOSPITAL COMMUNITY MENTAL HEALTH

*Connecting Mental Health care
to our community through
innovation and excellence*



 **CAMPBELLFORD
MEMORIAL HOSPITAL
COMMUNITY MENTAL HEALTH**

CMH Community Mental Health understands the difficulties and distress that can occur for those suffering with mental health issues. If you or someone you know is struggling with symptoms related to mental illness, we can help. Since 1990, our compassionate and professional staff members have been helping individuals and their families. Working together, we will help you choose and follow the treatment path that is right for you.

MISSION STATEMENT

"To empower our clients, their families and caregivers to understand and cope with the challenges of serious mental illness and improve the quality of their lives."

WHO WE ARE...

CMH Community Mental Health Program is an outpatient mental health program located on the second floor of Campbellford Memorial Hospital. The Mental Health Program serves adults 16 years of age and older, suffering from symptoms of serious mental illness that include:

- Mood Disorders (i.e. Clinical Depression, Bipolar Disorder, Seasonal Affective Disorder, Post Partum Depression)
- Anxiety Disorders (i.e. Generalized Anxiety Disorder, Post Traumatic Stress Disorder, Obsessive Compulsive Disorder)
- Psychosis (i.e. Schizophrenia, Bipolar I)
- Personality Disorders (i.e. Borderline, personality disorder)



INDIVIDUAL & GROUP TREATMENT

In individual counselling, clients are linked to a primary counsellor with whom clinical options are discussed and specialized treatment plans and goals are established. When required, linkage to other community resources is encouraged and facilitated.

Clients can participate in one or more treatment groups that are offered on a scheduled basis to address various issues and focus on specific mental health needs.

PROGRAMS & SERVICES

Professional staff provide an array of clinical services, including consultation to other agencies and educational sessions within the community.

Programs include: **EARLY PSYCHOSIS INTERVENTION (LYNX)**



The Lynx Early Psychosis Intervention Program offers assessment, treatment, support and education, specifically for people ages

14 to 35 who are experiencing the early stages of psychosis; family support is also offered.

MENTAL HEALTH COURT SUPPORT & DIVERSION

This program provides assistance to individuals in conflict with the law, who are experiencing mental health difficulties, by providing linkage

to appropriate resources to provide diagnosis, treatment and support to minimize further involvement in the criminal justice system.

Legal assessments are provided for our Court Support/Diversion Program only.

CRISIS INTERVENTION

Crisis intervention is available to assist in resolving the current crisis, facilitate entry into the mental health system and provide linkage to appropriate community resources

CASE MANAGEMENT

Case management is a collaborative process with the client to assess needs, develop and facilitate care plans, and/or advocate for services that address an individual's mental health and social challenges.

COUNSELLING & TREATMENT

The provision of evidenced-based interventions, from various models of therapy, ensures that clients have a full range of mental health counselling and treatment. Utilizing the various therapies will assist clients to set and realize personal goals and acquire the skills and resources needed to be successful in living, learning, working and social settings.

PSYCHIATRIC CONSULTATION

The Program will facilitate the provision of psychiatric consultations requested by our community's healthcare providers through the Ontario Telehealth Network. On-site psychiatry is offered to clients of the Mental Health Program exclusively and is contingent upon *availability of resources*.

Crisis Supports in the Community

- ❖ Emergency Department
- ❖ Four Counties Crisis line – 24 hour crisis line run by CMHA-HKPR
- ❖ Non-emergent crisis supports when patient is not harm to self/others and no medical treatment required, Can call directly to our department Monday-Friday 8:30 am – 4:30pm
- ❖ Kinark (under 18 years old) Youth Crisis Response YCR (Northumberland #): 905-269-4910 or 800-551-0403

Preserving

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Thank you!

