

## Our Mission

We are dedicated to providing responsive recovery-oriented mental health services through treatment, rehabilitation, support and the involvement of consumers, family members and stakeholders in a community based setting.

## Our Vision

Mentally healthy people living with dignity in a caring and inclusive society.

## Your Mental Health

Mental health means striking a balance in all aspects of your life: social, physical, spiritual, economic and mental. Reaching a balance is a learning process. At times, you may tip the balance too much in one direction and have to find your footing again. Your personal balance will be unique, and your challenge will be to stay mentally healthy by keeping that balance.

# Canadian Mental Health Association Kenora Branch

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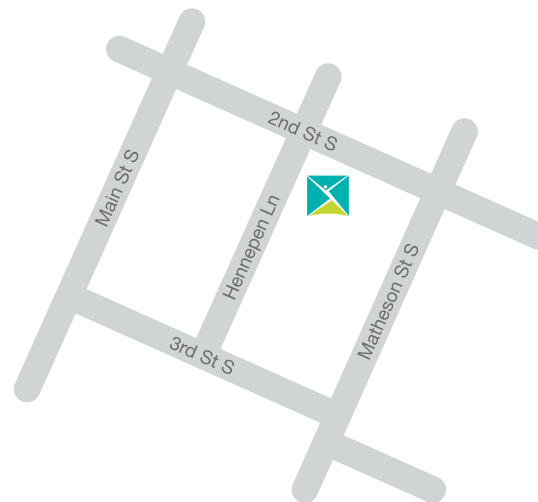
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**Canadian Mental Health Association**  
Kenora  
*Mental health for all*



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du Nord-Ouest



## Recovery-Oriented Mental Health Services



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## **Dual Diagnosis Diversion/Court Support Program**

### **Serves the District**

This program helps individuals with a dual diagnosis who have become involved with the criminal justice system. Assistance is provided through a diversion process to access health or community services and prevent future encounters with the law. The program partners with District of Kenora Courts in screening clients electing to deal through the model of therapeutic jurisprudence.

## **Mental Health Diversion/Court Support Program**

### **Serves the District**

This program helps individuals with a mental illness, acquired brain injury, developmental challenge and/or concurrent disorder involved with the criminal justice system. Assistance is given through a diversion process to access health or community services to prevent future encounters with the law. Using a risk management approach, the program partners with District of Kenora Courts in screening clients electing to deal through the model of therapeutic jurisprudence.

## **Forensic Case Management**

Forensic Case Management supports individuals with complex, high needs in a community setting while matters are before the courts or awaiting admission to community programs. Admission is through the Mental Health Diversion/Court Support Program.

## **Forensic Psychiatry Assessment Services**

### **Serves the District**

Sponsored by Healthforce Ontario and Ministry of Health, this program provides diagnosis, treatment recommendations, risk, fitness and criminal responsibility assessments for individuals involved with the law. Referrals are made through the Mental Health Diversion/Court support Program and Dual Diagnosis Diversion/Court Support Program.

## **Mobile Crisis Response Teams**

**Kenora Mobile Crisis Response Team** (City of Kenora and surrounding area, Township of Sioux Narrows and Nestor Falls)

**Sioux Lookout Mobile Crisis Response Team** (Municipality of Sioux Lookout and more remote communities throughout the Northern sub-region)

Mobile Crisis Response Teams respond to all individuals dispatched through 911, in a mental health crisis. By completing a comprehensive assessment, individuals are linked to appropriate mental health services. Follow-up within 24 hours of intervention is provided to ensure short-term services and successfully transition to longer-term services are in place, effectively diverting individuals from unnecessary hospitalization.

## **Safe Bed Program**

Provides persons 16+ in mental health and addiction crisis with a short stay of 30 days, and 24/7 community residential crisis support services. To be eligible, clients need to be in contact with law enforcement and experiencing a mental health crisis.

## **Counselling and Treatment**

The Counselling and Treatment program provides client-centred counselling to address specific issues and concerns of the client. Counsellors help people who are experiencing depression, anxiety, panic and phobias; stress and trauma, suicide ideation, eating disorders, life transition problems, behaviour problems, relationship problems, grief and loss and other mental health conditions. Services can be provided on an individual or group basis.

## **Kenora Supportive Housing**

### **Serves the District**

This program offers safe, stable and affordable long term housing and short term respite to individuals with serious mental illness. It is provided in a residential setting with shared living space, staffed around the clock, and offers side-by-side supports

to activities of daily living. Individuals considered for admission must be supported by a community program that offers case management services.

## **Assertive Community Treatment**

### **Serves the District**

This team of mental health professionals provide highly individualized treatment, rehabilitation and support to people living with severe and persistent mental illness in pursuit of a meaningful recovery. Help with medication, education, psycho-social rehabilitation, activities of daily living, relationships, vocational rehabilitation, addictions, advocacy and family support is provided.

## **Ontario Telemedicine Network (OTN)**

### **Serves the District**

OTN maximizes access to care and minimizes travel and wait times by using technology to provide virtual care. CMHA Kenora uses OTN for direct client services, case conferencing, education and outreach.

## **Rent Supplement Programs**

Programs are available to individuals 16 years or older living in Kenora. Affordable supportive rent housing is provided as long as individuals receive appropriate supports through case management services. Prioritization is determined using the Vulnerability Index-Service Prioritization Decision Assistance Tool. The two programs are:

### **Mental Health and Justice Rent Supplements**

Available to individuals with mental illness involved with the criminal justice system through mental health court diversion or on release from a provincial correctional facility.

### **Mental Health and Addictions Rent Supplements (1150 Unit Regent Supplement Program Phase 2)**

Available to individuals with mental illness and/or problematic substance abuse who are homeless or at risk of being homeless.