

About CMHA

The Canadian Mental Health Association (CMHA), founded in 1918, is one of the oldest voluntary organizations in Canada. Each year, we provide direct service to more than 100,000 Canadians through the combined efforts of more than 10,000 volunteers and staff across Canada in over 120 communities. As a nation-wide, voluntary organization, the Canadian Mental Health Association promotes the mental health of all and supports the resilience and recovery of people experiencing mental illness. The CMHA accomplishes this mission through advocacy, education, research and service. CMHA branches across Canada provide a wide range of innovative services and supports to people who are experiencing mental illness and their families. These services are tailored to the needs and resources of the communities where they are based. One of the core goals of these services is to help people with mental illness develop the personal tools to lead meaningful and productive lives. To do our work we rely heavily on public and corporate donations. Please donate.

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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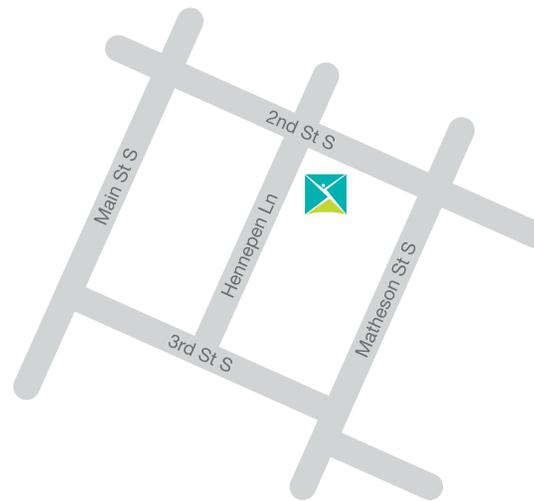
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Canadian Mental Health Association
Kenora
Mental health for all



Supported by



Recovery-Oriented Mental Health Services



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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.

Our Services

CMHA Kenora offers a range of programs and services, from awareness campaigns to training workshops to individual and group treatment.

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.

Assertive Community Treatment

The Assertive Community Treatment team is made up of mental health professionals that provide highly individualized treatment, rehabilitation and support to people living with severe and persistent mental illness, in their pursuit of a meaningful recovery and quality of life. The program provides assistance in

areas such as medication, education, psycho-social rehabilitation, activities of daily living, relationships, vocational rehabilitation, addictions, advocacy and family support.

Kenora Supportive Housing

This program offers safe, stable and affordable long term housing and short term respite housing to individuals with serious mental illness. It is provided in a residential setting with shared living space. Additionally, it offers side by side supports to activities of daily living and is staffed around the clock. Individuals who are considered for admission to this program must be supported by a community program that offers case management services. Referrals must be made through a mental health service provider.

Mental Health Diversion/Court Support Program

The goal of this program is to assist individuals with a mental illness, acquired brain injury, developmental challenge and/or concurrent disorder who have become involved with the criminal justice system. Assistance can be provided through a diversion process to access health or community services and prevent future encounters with the law. Depending upon severity of the offence, the program can provide support through the criminal justice system process through a risk management approach. This program partners with the District of Kenora Courts in screening clients for the mental health court who elect to have their matters dealt with through the model of therapeutic jurisprudence.

Dual Diagnosis Diversion/Court Support Program

The goal of this program is to assist individuals with a dual diagnosis who have become involved with the criminal justice system. Assistance can be provided through a diversion process to access health or

community services and prevent future encounters with the law. Depending upon severity of the offence, the program can provide support through the criminal justice system process through a risk management approach. This program partners with the District of Kenora Courts in screening clients for the mental health court who elect to have their matters dealt with through the model of therapeutic jurisprudence.

Forensic Case Management

The Forensic Case Management Program is attached to the Mental Health Diversion/Court Support Program. It provides a strategic approach to support individuals with complex, high needs in a community setting while their matters are before the courts or while they await admission to other community programs. Admission to this program is through the Mental Health Diversion/Court Support Program.

Forensic Psychiatry Assessment Services

This program is coordinated through CMHA Kenora Branch and sponsored by Healthforce Ontario and the Ministry of Health and Long-Term Care. It provides diagnosis, treatment recommendations, risk, fitness and criminal responsibility assessments for individuals involved with the law. Referrals to this program are made through the Mental Health Diversion/Court Support Program.

Ontario Telemedicine Network (OTN)

OTN helps Ontarians get more out of the health care system by bridging the distance of time and geography to bring more patients the care they need, where and when they need it. Using innovative technology, OTN streamlines the health care process, while also expanding the way knowledge is shared and how the medical community interacts with each other and with patients. OTN is funded by the Government of Ontario. CMHA Kenora Branch has OTN capability for direct client services, case conferencing, education and outreach.