

# Canadian Mental Health Association Durham

## Mission

Our Mental Health and Primary Care Hub promotes and enhances the mental, emotional, and physical well-being of our community. We do this through education, collaboration, advocacy and the provision of a broad range of direct services that meet our community's needs.

## About Us

The Canadian Mental Health Association has a well established history serving the Durham community. We are part of a national association founded in 1918. Each Canadian Mental Health Association is unique; programs and services are developed to meet the special needs of the community served.

The Canadian Mental Health Association Durham is governed by a volunteer Board of Directors comprised of individuals from a variety of backgrounds with interest in mental health issues.

We have been proudly promoting Mental Health in the Durham Region for over 55 years.

## Contact Us

60 Bond Street West  
Oshawa, ON  
L1G 1A5  
905-436-8760  
or Toll Free  
1-844-436-8760  
[www.cmhadurham.ca](http://www.cmhadurham.ca)  
[cmha@cmhadurham.org](mailto:cmha@cmhadurham.org)



**Canadian Mental Health Association**  
**Durham**

HELPING PEOPLE MOVE FORWARD

CMHA Durham is thankful for the funding provided by:  
Ministry of Health & Long Term Care  
Central East LHIN  
Public Health Agency of Canada  
Membership & Donations



HELPING PEOPLE MOVE FORWARD

60 Bond Street West  
Oshawa, ON L1G 1A5  
905-436-8760  
[www.cmhadurham.ca](http://www.cmhadurham.ca)  
[cmha@cmhadurham.org](mailto:cmha@cmhadurham.org)



**Canadian Mental Health Association**  
**Durham**

## Community Connection Services

- First point of access for clients and caregivers seeking: services, referrals or information.
- Triage and Intake Services: Responds to all inquiries about programs and services
- Brief Case Management: Brief and intermittent services, assisting with immediate concerns that may not require ongoing support
- Criminal Justice Case Management: Brief and intermittent support to individuals with mental health issues involved in the criminal justice system including a survivors group and pre-diversion services

## Housing Case Management

- Community-based supports
- Intensive Case Management Services: flexible Client directed approach
- Care Team model promotes greater continuity of care and increased support
- Subsidized housing services offer safe, suitable and affordable housing with case management supports

## Nurse Practitioner-Led Clinic

- Full range primary care services to clients and their families including immunization, screening tests, prenatal care, management of chronic conditions referrals, addiction support and mental health care
- Special programs: clozapine and injection services, telemedicine/videoconference for access to specialists, Acupuncture, foot Care, Outreach Health Services
- On-site laboratory
- Bond Street Pharmacy on site

## Community Treatment Order (CTO)

- Assists individuals follow-up in the community as an alternative to hospitalization
- Intense case management support provided by nurse case managers
- Goal is to reduce hospitalizations and optimize community living and medication compliance
- Proud partnership with Lakeridge Health Oshawa, Ontario Shores

## Community Wellness Services

Wellness Program Operates Monday, Tuesday, Thursday and Friday from 9:00am to 3:30pm and from 9:00 a.m. until 2:00 p.m on Wednesdays for Adults and Youth 14+ (except statutory holidays)

- Is a welcoming and accepting place that respects an individual's uniqueness as they engage in opportunities.
- Promotes mental health, wellness and recovery, self-care and self-empowerment for individuals across the lifespan in a safe and welcoming community environment.
- Utilizes a Transferable Lived Experience Peer Support Model that engages trained Peer Supporters to support others by providing emotional, social and experiential supports.
- Utilizes a Psychosocial Rehabilitation Model to meet individuals where they are at, providing them with valuable programming, supports, information, resources, amenities and linkages.
- Engages individuals through the provision of cross-generational opportunities for individual and group-based social engagement and social recreation.
- Provides individuals with opportunities to engage in hands-on skills development and learning transferable to home, community and employment.
- Provides individuals with opportunities to engage in self-directed activities and pursuits.
- Builds self-confidence, self-esteem and personal resiliency while encouraging self-determination, personal responsibility and self-management.

## Transitional Rehabilitative Housing Program (TRHP)

- Partnership with Ontario Shores, offers intensive case management/housing support for individuals with a Not Criminally Responsible Status

## Assertive Community Treatment Team (ACT)

- Uses an assertive multidisciplinary approach
- Services for serious and persistent mental illness and provides families with consultation, education and support
- Partnership with Lakeridge Health Oshawa, with access to two Psychiatrists on-site
- 24 hour a day, seven days a week and are provided on a long-term basis with flexible degrees of intensity
- Stepped Care Model available for individuals ready to transfer to more independent care while retaining ACT supports

## Health Promotion and Public Relations

- Provides a range of community events, workshops, training, displays and information
- Certification Training available to the public, healthcare and business sectors including:
  - Applied Suicide Intervention Skills Training
  - Mental Health Works
  - Suicide Safe talks
- Tailored hour-long and day long workshops available

## Corporate Services

- Integrated services to CMHA Durham and the larger community Fee for service (including property management, bookkeeping and accounting services)
- Consists of the Finance and Administrative services Team (FAST), Quality improvement and Risk Management and Human Resources

CMHA Durham  
Main Reception Hours  
Monday-Friday 9:00am - 6:30pm

Please contact Community Connection Services for more information or referrals  
905-436-8760 ext 600  
or Toll Free  
1-844-436-8760 extension 600