

Our Mission Statement

To enhance and promote the mental health of all persons and support the resilience and recovery of people experiencing mental illness in our community through education, prevention, advocacy and services.

CMHA Strives To...

- Improve attitudes towards mental illness and the mentally ill.
- Improve the treatment and caring services for the mentally ill.
- Work for the prevention of mental illness, and for the promotion of mental health.

Funding for CMHA-WECB services is provided through Ontario Ministry of Health and Long Term Care, Ontario Ministry of Housing, United Way, provincial and federal governments, fee for service educational sessions, donations, memberships and fundraising.

Phone Numbers To Remember

Psychiatrist:



Community Crisis Centre of Windsor-Essex County:
519-973-4435



For more information contact:
Canadian Mental Health Association
1400 Windsor Ave.
Windsor, ON N8X 3L9
(519) 255-7440
www.cmha-wecb.on.ca

Acknowledgements

1 Early Psychosis Intervention: Time is of the essence..., CMHA National Office, 2005



Canadian Mental
Health Association
Association canadienne
pour la santé mentale
Windsor-Essex

EARLY INTERVENTION

A Program to Treat First Episode
Psychosis In a Youthful Population



Program Description

Early Intervention is a monitored three year program designed to promote early identification followed by comprehensive, individualized treatment strategies that incorporate education, psychosocial interventions, and medication to offer an individual the best chance for a full recovery from early psychosis.¹

Individuals meet regularly with their case managers and psychiatrist to monitor and update their treatment plans.

Client Eligibility

Participation in this program is voluntary. The Early Intervention Program is designed to offer support services to residents of Windsor and Essex County who are between 14-35 years of age and:

- WHO ARE experiencing their first episode of psychosis: and
- WHO HAVE had six months or less of active treatment for the psychosis
- IN MOST cases, psychosis will not go away on its own. Early detection and appropriate treatment offer the best chance for full recovery.¹

Program Goals

- To avoid or greatly minimize the consequences associated with untreated psychosis.¹
- To facilitate open and therapeutic communication between the client and the treatment team.
- To involve the client's family and/or caregivers as an integral part of the treatment team through assignment of a "family" worker.
- To liaise with the individual, family members, and other professionals while developing treatment and rehabilitation options to address an individual's mental health needs.
- To reduce disruption of activities, family and social relationships; the likelihood of hospitalizations and relapses and to support a faster and more complete recovery while maintaining self-esteem.¹

Services

- Individualized psychiatric care
- Individualized case management based on an individual's goals and needs
- Multidisciplinary care (psychiatrist, registered nurses, social workers)
- Family support through individual and group sessions with an Early Intervention Family Educator
- Occupational Therapist will assess and assist with educational, vocational and leisure goals through functional assessments and structured planning

Who Can Refer To This Service?

- Psychiatrists
- Family Doctors
- Hospitals
- Self referrals/Family members
- Community agencies
- Mental health professionals

Early intervention is optimal. Psychosis responds well to treatment... especially when it is caught early.¹

Cost

No fees are charged for this service. Funding is provided through the Ontario Ministry of Health & Long Term Care.

