



Canadian Mental  
Health Association  
Windsor-Essex County

## SPECIALIZED PROGRAMS

The Canadian Mental Health Association, Windsor-Essex County Branch (CMHA-WECB) is the lead provider and advocate of specialized community mental health and addiction services integrated with comprehensive primary health care services. Community well-being is our sole focus! We provide specialized mental health and addictions programs to individuals experiencing moderate to severe mental illness and addictions.

The services provided by CMHA-WECB are available to anyone living in the Windsor-Essex County area, aged 16 years or older (with some program exceptions), with or without a diagnosis. Services are supported by the Ministry of Health and Long-term Care and through fundraising, and are provided free to the public. Referrals may come from doctors, hospitals, family members, Police/Crown (criminal justice system), community agencies and self-referral. Services may be accessed by calling Information and Referral at 519-257-5111 x72621.



### Coordinated Access

Coordinated Access provides “no wrong door” to mental health services by offering comprehensive assessments for individuals experiencing mental health issues requiring access to services.

In partnership with Hôtel-Dieu Grace Healthcare, individuals who utilize the Transitional Stability Centre Crisis and Mental Wellness Centre will receive prompt and responsive access to the appropriate services and will be supported during any wait times. Individuals and their loved ones may be linked to various services depending on their needs within the CMHA-WECB and HDGH community. Coordinated Access assessments are by appointment only.

### Focused Recovery Program

This program aims to promote independence and improved quality of life through focused support of personal goals leading to wellness and recovery. Using a “stepped care” model that matches the level of service provided with the level of support required by the client, services are based on their diagnosis and recovery goals.

### Dual Diagnosis

Using the focused recovery program model to support individuals with a pre-existing developmental disability and mental illness in pursuing their personal goals leading to wellness and recovery. We offer individual and family support in assisting with life skills and service navigation.

### Concurrent 1 to 1 Program

This program offers individual and group support to those who are experiencing mental health and addiction concerns.

### Release from Custody

Supports individuals with moderate to severe mental illness by planning for successful re-entry into the community after time spent in custody. Individuals must be referred by the Correctional Institute staff prior to release or by their probation officer.

### Justice Case Management

This program promotes independence, recovery from symptoms, and connections to community programs. We provide psycho-education to meet recovery goals and improve quality of life. Coordination of services are offered with Justice Court Support and Release from Custody workers as needed for individuals experiencing moderate to severe mental illness and/or addictions with a recent history of criminal justice involvement.

### Justice Court Support

This program supports individuals with mental illness and addictions who are involved in the criminal court system by providing referrals for mental health diagnostic assessments, legal support and other mental health and addiction-related services and treatment, and assisting in preparing individuals for their court proceedings.

CMHA-WECB (Main Office) • 1400 Windsor Ave., Windsor, ON N8X 3L9

P 519-255-7440 • windsor-essex.cmha.ca



### **Early Psychosis and Intervention**

This service provides early identification, assessment and treatment for those individuals 14-35 years experiencing first-episode psychosis and who have not received prior treatment. This program offers support to the individual and their family.

### **Community Treatment Order (CTO) Program**

This program is for individuals with a history of repeated hospitalizations and who meet the committal criteria for the completion of an application by a physician for a psychiatric assessment under the Mental Health Act. The service provides treatment, care and supervision in the community instead of a longer stay in hospital, or as an alternative to being hospitalized. Referrals are sent to the CMHA-WECB CTO Coordinator at Windsor Regional Hospital – Ouellette Campus.

### **Supportive Housing Services**

A supported housing program for individuals with moderate to severe mental illness who are experiencing homelessness or at risk of becoming homeless. The program delivers access to modest, safe, stable, and affordable housing options. Individuals gain skills to maintain independent living and stability in their wellness plan, with the ultimate goal of housing and wellness independence at graduation.

### **Safe Beds Program**

A voluntary, short-term residential program for individuals aged 16 years or older that are in direct contact with police while experiencing homelessness, a mental health and/or addiction crisis, and are not at risk of harming themselves or others. Referrals are required from Windsor Police Services (WPS), WPS MCRRT, Windsor Police Service Community Outreach and Support Team (COAST), LaSalle COAST, OPP Mental Health Response Unit, or OPP MCRRT.

### **Bereavement Education & Support**

Support is available for bereaved individuals experiencing complex grief in the form of education seminars.

### **Therapy**

One-to-one counseling and treatment for individuals experiencing moderate to severe mental health conditions such as depression, anxiety, post-traumatic stress disorder, trauma and complex grief.

### **Griefworks**

This is a short-term, activity-based clinical intervention for children and adolescents up to 18 years of age who have experienced the death of a loved one. We offer parent education and therapeutic intervention groups for similarly aged children.

### **Mental Health Education**

Evidence-based suicide intervention education and mental health training for professionals, employers, educational institutions and the general public.

### **Workplace Outreach**

This services offers confidential short-term therapeutic support and service navigation for employees in the workplace. Providing consultation to support mental health and psychological health and safety as well as mental health education and training to workplaces.

### **Mental Health Counsellor, St. Clair College**

This program offers therapy, crisis support, and referrals for St. Clair College students experiencing life struggles, mental health and/or addictions. Located at the Windsor Main Campus, Room 164. Call the Campus Health Centre at 519-972-2380 or Student Support Services at 519-972-2727 ext. 4226 to book an appointment.

### **Mental Health Navigator, City of Windsor**

The CMHA Mental Health Navigator is located at the 400 City Hall Square building, providing coordinated access to CMHA-WECB services and external service navigation to support individual mental health and addiction needs participating in the City of Windsor Ontario Works program. Individuals may self-refer or be referred by their case worker.

**24-Hour Crisis Support: 519-973-4435**

**TSC Crisis & Mental Wellness Centre  
744 Ouellette Ave., Windsor, ON N9A 1C3  
Crisis Walk-in: Mon-Fri 8am - 8pm**