



Canadian Mental
Health Association
Windsor-Essex County

SPECIALIZED PROGRAMS

The Canadian Mental Health Association, Windsor-Essex County Branch (CMHA-WECEB) is leading and advocating for specialized community mental health services with integrated primary health care. 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-WECEB 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 Coordinated Access at 519-255-7440 x249.



Bereavement Education & Support

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

Community Treatment Order (CTO) Program

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-WECEB CTO Coordinator.

Concurrent 1 to 1 Program

Individual and group support to those experiencing mental health and addiction concerns.

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. Individuals 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 CMHA-WECEB. Coordinated Access assessments are by appointment only.

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.

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.

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 diagnosis and recovery goals.

Griefworks

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.

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

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



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 adults with mental illness who are involved in the Windsor-Essex 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.

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 Campus Health Centre, Rm. A1342, 519-972-2727 x4484 and Student Services, Rm. A2110, 519-972-2727 x4226.

Mental Health Education

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

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 for those participating in the City of Windsor Ontario Works program. Individuals may self-refer or be referred by their case worker.

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 Correctional Institute staff prior to release or by their Probation Officer.

Safe Beds Program

A voluntary, short-term residential program for individuals in contact with police aged 16 years or older, experiencing homelessness, a mental health and/or addiction crisis, and are not at risk of harming themselves or others. Individuals will engage in goal planning, receive mental health and addiction support, and be connected to ongoing community support. Referrals are required by police and police-based response teams in Windsor-Essex County.

Supportive Housing Services

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

Therapy

One-to-one counselling and treatment for individuals experiencing complex PTSD, trauma and grief who are ready to engage in therapy.

Workplace Outreach

This service 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.

Youth Wellness Hub

Providing services for youth aged 12-25. In partnership with community agencies, youth can access counselling, peer support, addiction support, and primary care on a one-to-one basis. There are also regular groups focused on mental health, socialization, and education. All programming is on a walk-in basis with no wait list or fee for service.