

## **Mental Health and Addiction Services Directory**

Supporting Clients and Families in Grey and Bruce Counties with their Mental Health & Addiction Needs



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### **We are pleased to provide you with this Directory of Mental Health and Addiction Programs and Services**

This Directory has been developed to provide you with information about each of the mental health and addiction programs and services offered by Grey Bruce Health Services (GBHS). It describes each of our services and how to access them. Generally, the services we provide are for adults over the age of 16 years, with priority being placed on serving those who have serious mental illness and their families.

We are committed to working closely with other agencies and organizations in order to provide coordinated, effective mental health and addiction services. To this end, GBHS is a founding member of Mental Health Grey-Bruce, a partnership with 2 other organizations that provide mental health services: The Canadian Mental Health Association, Grey Bruce Branch and HOPE Grey Bruce Mental Health and Addiction Services. Together, the partners provide free-of-charge integrated, accessible services via 5 multi-agency Community Mental Health Teams throughout Grey Bruce.

The last few pages of this booklet provide additional information regarding the teams operated by Mental Health Grey Bruce.

It is our hope that this Directory will be a useful resource for you and your family.

# Mental Health and Addiction Services Directory

## Assertive Community Treatment Team (ACTT)

### Who are we?

ACTT is a multi-disciplinary team comprised of Social workers, Nurses and Psychiatrists who provide assessment, treatment, psychosocial rehabilitation and support for people with a serious mental illness living in our Grey Bruce Community.

### What do we do?

The ACTT team uses a recovery focused model delivered through psychosocial rehabilitation. The ACTT staff can provide the following services based on an individualized treatment plan:

- Complete assessment to identify the strengths, needs and goals of our clients
- Direct practical assistance (budgeting)
- Coordination of care and services for clients
- Individual counseling and support
- Life skills training
- Daily monitoring (if needed) of the mental status of clients and their use of psychiatric medications
- Vocational and recreational activities and programs
- Family education and support
- Referral and advocacy services to other community agencies or partners (shelter needs, ODSP)
- Our team provides assertive outreach; that is we support the client where he/she lives, works and socializes
- We advocate on behalf of the client and the family
- We are available twelve hours a day, seven days a week, throughout the year

### Who do we serve?

Individuals who:

- have a serious mental illness (schizophrenia, depression or bipolar disorder), which has been disabling, of a long duration and diagnosed by a psychiatrist. These individuals often have complex needs related to their severe and persistent mental illnesses and rely heavily on inpatient mental health services and other community agencies to stay well
- live within 30 km of Owen Sound
- are sixteen years of age or older
- have a referral from themselves, family members, physicians or community agencies

### Can we help you?

To learn more about the ACTT services , please call 519-376-2121, ext. 2386, Monday to Friday from 8:00 a.m. to 4:00 p.m.

# Mental Health and Addiction Services Directory

## Aftercare (Case Manager Program)

### Who are we?

Aftercare provides supports to individuals through a case management approach. The goal of which is to help clients achieve an optimum quality of life through the development of individualized treatment plans. Aftercare workers enhance life skills, addressing health and mental health needs, and assist clients to engage in meaningful activities and in building social and community relations. Aftercare provides community support and advocacy to individuals who experience symptoms of a serious mental illness. These services are provided by nurses and social workers who work as members of the 4 community Mental Health Teams located throughout Grey and Bruce counties.

### What do we do?

Aftercare uses a recovery focused model delivered through psychosocial rehabilitation.

Aftercare provides the following:

- Complete assessment to identify the strengths, needs and goals of our clients
- Coordination of care and services for people
- Provide life skills training
- Individual counseling and support
- Group treatment that is educational and supportive (communication, coping, crisis planning, stress management, life skills)
- Health education about mental disorders and use of psychiatric medications
- Therapeutic social and recreational planning
- Participation in Peer lead community activities
- Referral and advocacy services to other community agencies or partners

### Who do we serve?

- Individuals who have symptoms of serious mental illness (schizophrenia, depression or bipolar disorder) which has been disabling, of a long duration, sixteen years of age or older
- Residents of Grey or Bruce counties
- Individuals who are willing to meet with a Community Mental Health Team psychiatrist for an assessment, and a case review, as needed

### Can we help you?

We accept referrals from Grey Bruce hospitals and community agencies, physicians and individuals seeking help. If you require more information about Aftercare's case management services, please contact the nearest Community Mental Health Team in your area by calling 1-877-888-5855 Monday to Friday from 8:00 a.m. to 4:00 p.m.

# Mental Health and Addiction Services Directory

## Intensive Case Management (ICM)

### Who are we?

ICM is a multidisciplinary team comprised of both CMHA and GBHS staff designed to meet the complex needs of clients with serious mental illness who require a high degree of support in their community. This program assists clients by bringing mental health services into their community and homes to increase individual's quality of life and allow them the opportunity to work toward recovery.

### What do we do?

ICM uses a recovery focused model delivered through psychosocial rehabilitation. ICM provides the following:

- Complete assessment to identify the strengths, needs and goals of our clients
- Monitoring the mental status of clients and their use of psychiatric medications
- Coordination of care and services for people
- Individual counseling and support
- Group treatment that is educational and supportive (communication, coping, crisis planning, stress management, life skills)
- Health education about mental disorders and use of psychiatric medications
- Therapeutic social and recreational planning
- Participation in Peer lead community activities
- Referral and advocacy services to other community agencies or partners

### Who do we serve?

- Individuals who have symptoms of mental illness that significantly impact their daily life
- Sixteen years of age or older
- Residents of Grey or Bruce counties
- Individual who are willing to meet with a Community Mental Health Team psychiatrist for an assessment, and a case review, as needed
- Assessment by Psychiatrist may be needed to determine eligibility

### Can we help you?

We accept referrals from GBHS, community agencies, physicians and individuals seeking help. If you require more information about ICM's case management services, please contact the nearest Community Mental Health Team in your area by calling 1-877-888-5855 Monday to Friday from 8:00 a.m. to 4:00 p.m.

# **Mental Health and Addiction Services Directory**

## **The Mental Health Crisis Line of Grey & Bruce**

### **Who are we?**

We are a mental health telephone helpline to serve people in distress or crisis with caring, non-judgmental support. The crisis line is staffed by trained volunteers, with professional supervision. The Crisis Line is a joint venture of GBHS and the Canadian Mental Health Association, Grey-Bruce.

### **What do we do?**

The phone line will:

- Offer support to callers in emotional distress as well as to callers experiencing a mental health emergency
- Work to empower callers to seek solutions to the challenges they face
- Offer suicide prevention, crisis intervention, social stabilization, support, information and referrals

### **Who do we serve?**

Callers in Grey and Bruce who are in emotional distress, or who are experiencing a mental health emergency.

### **Can we help you?**

The Mental Health Crisis Line of Grey and Bruce is open 24 hours a day, 7 days a week, 365 days a year and can be reached by dialing: 1-877-470-5200.

# Mental Health and Addiction Services Directory

## Sexual Assault & Partner Abuse Care Centre (SAPACC)

### Who are we?

SAPACC is a team of nurses and social workers who are trained to provide emotional support, medical care and counseling for victims of recent sexual assault, adult survivors of sexual abuse and survivors of partner abuse.

### What do we do?

In situations of **partner abuse**, we can provide the following services:

- Medical treatment and collection of evidence, with or without police involvement; this can include photographs for court purposes and documentation of injury
- Emotional support and crisis counseling which includes safety planning and risk assessment
- Follow-up care and individual or group counseling and education
- Referral to other community services when needed

In situations of **sexual assault**, we can provide the following services:

- Medical treatment and collection of evidence, with or without police involvement; this can include photographs for court purposes and documentation of injury
- Emotional support and crisis counseling which includes safety planning and risk assessment
- Information, testing and counseling regarding sexually transmitted infections
- Information and counseling about pregnancy
- Referral to other community services (such as Victim Witness Assistance Program) when needed
- Follow-up medical care
- Court support / information
- Private trauma counselling to women and men over the age of 12

In situations of **childhood sexual abuse** we provide education, support and counseling.

### Who do we serve?

- Women and men, 12 years or older who have been recently (within the past 2 years) physically or sexually assaulted.
- Women and men over the age of 16 years who are survivors of childhood sexual abuse / assault.
- Must be a resident of Grey Bruce

### Can we help you?

We offer 12 hours / 7 days a week emergency service at the Owen Sound Emergency Department. Counseling services and follow-up are offered during office hours, Monday to Friday 8:30 a.m. to 4:30 p.m. For more information, please contact us at 519-376-2121 ext. 2458.

# Mental Health and Addiction Services Directory

## Psychiatric Ambulatory Clinic

### Who are we?

A team of nurses, psychiatrists and administration staff. This service offers a Medication Clinic and time limited follow-up clinics.

### What do we do?

**Urgent Clinic** provides timely comprehensive psychiatric assessment for patients with urgent but non emergent mental health problems. The goal of the Urgent Clinic is to provide to Grey Bruce Family Physicians a psychiatric consultation that assists them in treating and caring for their patients in the community. Family Physicians are able to call the clinic psychiatrist for a telephone consultation as well. An Urgent Clinic referral form must be filled out by the Family Physician prior to a patient consultation.

### We also offer other Psychiatry Specialty Clinics including:

- **Dual Diagnoses Clinic**
- **Child Psychiatry Clinic- Under 16 years old**
- **RAAM Clinic**
- **Addiction Clinic**
- **Forensic Clinic**
- **Medication Clinic**
- **Geriatric Clinic**

### Who do we serve?

Services are offered to individuals over the age of 16 years (except for Child Psychiatry clinic) who live in Grey and Bruce.

### Can we help you?

For more information please contact the Clinical Secretary for this service at 519-376-2121 ext. 2461. The Psychiatric Ambulatory Service is open Monday to Friday from 8:30 a.m. to 4:30 p.m.

# Mental Health and Addiction Services Directory

## Prevention and Early Intervention Program for Psychosis (PEPP)

### Who are we?

PEPP is comprised of an Outpatient Mental Health Case Manager who works in collaboration with psychiatrists, nurses and other community partners as needed. This program is operated in partnership with London Health Sciences.

### What do we do?

PEPP uses a recovery focused model to provide comprehensive case management treatment. Services include; psychoeducation, assessment, treatment planning, individual and/or group counselling, family support and education as well as community education on first episode psychosis. Treatment planning is based on a thorough assessment of the biological and psychosocial aspects of the individual's presentation. The Program is committed to working in partnership with clients and their families. Whenever possible, assessment and treatment is provided without admission to hospital.

### Who do we serve?

- Individuals between the ages of 14 and 35 who are experiencing the early warning signs of psychosis.
- Individuals between the ages of 14 and 35 who are experiencing, for the first time, symptoms of psychosis (hallucinations, delusions or disorganization of thinking), which may be accompanied by social withdrawal and bizarre behaviour.
- Individuals who are at risk of later development of psychosis.

### Can we help you?

If you would like more information, call 1-866-385-6588. Office hours are Monday to Friday 8:30 a.m. to 4:30 p.m. Additional information is available at: [www.pepp.ca](http://www.pepp.ca)

# **Mental Health and Addiction Services Directory**

## **Mental Health Consultation Liaison Service**

### **Who are we?**

The Consultation Liaison service is provided by a group of mental health nurses and Social Workers.

### **What do we do?**

The Consultation Liaison Service is available for mental health assessment, referral, and support.

### **Who do we serve?**

Staff and in- patients at the Owen Sound Regional Hospital, on medical or surgical units.

### **Can we help you?**

Requests for consultation can be directed to 519-376-2121 ext. 2871 or pager 88-1748. Hours of operation are Monday to Friday from 8:30 a.m. to 4:30 p.m.

# Mental Health and Addiction Services Directory

## Inpatient Mental Health Units

### Who are we?

The Inpatient Mental Health Units are located on the fourth floor of the Owen Sound Regional Hospital. The care is provided by a multidisciplinary team of professionals from nursing, psychiatry, pharmacy, social work, psychology, occupational therapy, discharge planning and recreation.

### What do we do?

As an acute care Schedule 1 facility, the inpatient unit provides treatment for the acutely ill adult population. The patient and family are considered important members of the treatment team and are encouraged to take an active role in the development of the plan of care.

We work as a team and provide:

- A 16 bed inpatient unit with the capability of establishing and maintaining a secure environment
- A 7 bed psychiatric intensive care unit for patients who require close monitoring and supervision
- A 16 bed psychogeriatric unit for adults over the age of 65 years who require close supervision and assessment
- A focus on short term assessment, stabilization, symptom reduction and active treatment
- A comprehensive range of individual and group interventions that will assist with the patients' coping skills and facilitate discharge
- A multidisciplinary approach in the care and treatment of patients
- Referral services to all health and service agencies if needed

### Who do we serve?

We provide services to adults over the age of 16 years who are experiencing acute and serious mental health problems or distress

### Can we help you?

Admissions can be arranged through presentations at any of the 10 Grey Bruce emergency rooms or through acceptance by the Schedule 1 psychiatrists.

# Mental Health and Addiction Services Directory

## Community Crisis Nurse

### Who Are We?

The Community Crisis Nurse is comprised of a Registered Practical Nurse who works in collaboration with nurses, psychiatrists and other community partners.

### What Do We Do?

- The Community Crisis Nurse conducts follow up calls within a 7 day working time frame to patients discharged from psychiatric inpatient units at Grey Bruce Health Services.
- The Community Crisis Nurse will check in with the client to assess how they have been managing since discharge from the hospital. This may include checking if client has had any difficulty following up with any discharge recommendations, review of medications prescribed and overall sense of well-being since discharge.
- The Community Crisis Nurse will be monitoring the 30 day repeat admissions to hospital to establish if the development of a mental health Emergency Care Plans would be of benefit to the individual
- Outpatient support could also include assistance with navigating the system, helping client identifying best fit for community support to meet their mental health needs and assistance in following up with referrals.

### Walk in Clinic Services

Weekly drop in clinic for referrals, resources and /or mental health support. No appointment necessary. Wednesday, 1-3 pm on Unit 8-4. Psychiatric prescription renewals can be facilitated for clients who lack a primary care provider. Appointment required.

### Who Do We Serve?

Services are provided to clients who have been treated on inpatient psychiatry and/or had contact with outpatient mental health services.

### Can We Help You?

Community Crisis Nurse

Please call 519-376-2121-extension 2477

Hours of Operation

Monday – Friday 8:00 am to 4:00 pm excluding holidays,

Located on Unit 4-2

# Mental Health and Addiction Services Directory

## Family Crisis Support Worker

### Who are we?

Family Crisis Support is a joint venture of HOPE Grey Bruce Mental Health and Addiction Services and the Owen Sound Regional Hospital.

### What do we do?

- Provide immediate support for the family while their relative is being assessed by a Crisis Worker
- Provide assistance to understand Emergency Department policies and procedures
- Provide assistance in navigating the mental health system within the hospital and Grey/ Bruce
- Provide information to family members about the Mental Health Act and the Personal Health Information Protection Act
- Provide information and resources regarding the various diagnoses of serious mental illnesses
- Offer educational activities that help equip family members to support a loved one with a mental illness. These activities focus on coping skills, communication techniques and problem solving.
- Provide support for family members during family meetings requested by the psychiatrist.

### Who do we serve?

The Family Crisis Support Worker is available to family or friends of a mental health patient. Support is available in the Owen Sound Emergency Department or for those who are in the mental health services inpatient unit. Referrals are made by GBHS staff and/or Psychiatrist.

### Can we help you?

If you GBHS at: 519-376-2121, ext. 2777. Hours of operation are Monday to Friday 8:30 a.m. to 4:30 p.m.

# Mental Health and Addiction Services Directory

## Geriatric Behavioural Response Team (BSO)

### Who are we?

The Geriatric Behavioural Response Team (GBRT) was formed as part of the Behavioural Supports Systems and the Behavioural Supports Ontario Project to improve the lives of Older Adults with Responsive Behaviours. We are made up of Registered Nurses, Registered Practical Nurses and Social Workers.

### What do we do?

Offer an assessment to gain a better understanding of each person's individualized needs and situation. We assist the client who may be exhibiting responsive or challenging behaviour. This includes aggression (resisting help with personal care or medications), wandering, apathy and agitation. We will provide strategies for the effective management of responsive behaviours.

### Who do we serve?

Services are provided to clients 65 years of age and older who exhibit or at risk of exhibiting a responsive behavior related to Mental Health, Addictions and Dementia related neurological conditions. Clients are seen if they are less than 65 years of age if they have a Dementia. The Geriatric Behavioural Response Team (GBRT) will provide service to the client wherever they may reside, including Long Term Care Homes, Hospital and Community settings.

### Can we help you?

We accept referrals for from Long Term Care Homes, Community Care Providers, Primary Care Practitioners and families. Staff currently work 8am -8pm, seven days a week. They can also be paged through switchboard.

If you require further information please call: 519-376-2121 ext. 2436.

# Mental Health and Addiction Services Directory

## Mental Health Nurse Practitioner

### Who are we?

The Primary Health Care Nurse Practitioner works exclusively with individuals living with mental illness and/or addictions in the Grey Bruce Region on an in-patient and out-patient basis.

### What do we do?

**Out-Patient Services:** Out-patients can be referred by any regulated health worker (hospital or agency) for an initial intake appointment. Comprehensive primary care services include medication monitoring and renewal, preventative health screening, chronic disease management, sexual health, immunizations, episodic illness/injury care, health teaching, and advocacy. Individualized assessment, goals and treatment plans are developed with each client to meet their unique physical, emotional and mental health needs.

**In-Patient Services:** Persons admitted to hospital may be referred to the NP during their stay for consultation and follow-up for medication/medical monitoring and/or physical assessment on MD order.

### Who do we serve?

- Temporary primary health care services are provided to individuals living with mental illness and/or addiction who do not currently have a family physician or a primary care provider and whom also require management of their chronic diseases.
- In order to be considered for temporary outpatient services, all persons must be registered on health care connect, have a valid OHIP card and be working to find a long term primary care provider (Family Doctor or Nurse Practitioner)

### Can we help you?

To learn more about the program or about the role of the Mental Health Nurse Practitioner, please call: (519) 376-2121 ext. 2433.

# Mental Health and Addiction Services Directory

## Dual Diagnosis Program

### Who are we?

We provide assessment, consultation, treatment and support to hospitals, physicians, service providers, individuals and families living with a dual diagnosis in Grey Bruce.

### Who do we serve?

We provide service to clients over the age of 16 years with a diagnosed developmental disability and experiencing a mental health problem. The mental health problem may be a serious mental illness diagnosis (schizophrenia, depression) or behaviours such as aggression and self-injury.

### What do we do?

The consulting psychiatrist provides assessments for adults with a developmental disability who are living in the community. The consulting psychiatrist provides recommendations for the family physician to consider, and follows a number of people with ongoing psychiatric needs. The consulting psychiatrist also provides occasional educational sessions for families and staff members.

The Dual Diagnosis Case Managers role is to link mental health and developmental services in meeting the needs of this population. This role is also a community resource contact, providing consultation and information for both developmental and mental health services working with this population.

The Dual Diagnosis program also supports individualized planning and service delivery for people in the community or those who are currently inpatients at Owen Sound. If dually diagnosed inpatients require longer-term assessments, the Coordinator facilitates connections to specialized services in London.

We also provide service to their families, and to the agencies that support them (for example, Community Living agencies) in Grey and Bruce counties.

### Can we help you?

If you would like more information about Dual Diagnosis or these services, call GBHS at: 519-376-2121, ext. 2857, Monday to Friday, 8:30 a.m. to 4:30 p.m.

# **Mental Health and Addiction Services Directory**

## **Dialectical Behaviour Therapy (DBT) Program**

### **Who are we?**

The DBT team is a group of nurses, social workers and psychological associates who have taken extensive training in DBT. DBT was developed to help people with Borderline Personality Disorder. The treatment consists of cognitive and behaviour therapy strategies to help people with this problem.

### **What do we do?**

This DBT program is for individuals who meet diagnostic criteria for Borderline Personality Disorder. Common problems include chaotic relationships, emotional lability and difficulty with a sense of self and/ or impulsive behaviours. Clients with suicidal or intentional self-injurious behaviours are best suited for this therapy. The program is delivered through a skills training group.

### **Who do we serve?**

We provide service for individuals who have symptoms of Borderline Personality Disorder. All individuals referred to this program will have an assessment to determine if he or she meets the requirements.

### **Can we help you?**

If you are interested in the DBT program, please call: 519-376-2121 ext. 2460 and ask for a referral form. Office hours are Monday to Friday, 8:00 a.m. to 4:00 p.m.

# Mental Health and Addiction Services Directory

## Crisis Assessment and Support Team (C.A.S.T.)

### Who are we?

C.A.S.T. is a group of specially trained mental health professionals from nursing, social work and psychiatry. The Team provides support, assessment and clinical consultation to service providers, individuals and their support person(s) dealing with a psychiatric or psychosocial crisis. The Team provides mental health assessments as well as short term follow-up and support in the community setting for acute mental health problems.

### What do we do?

The Crisis Team provides urgent and emergent mental health assessment and referral services for individuals experiencing a psychosocial or psychiatric crisis in the Owen Sound emergency room. Individual face to face assessments are conducted from 8:30 a.m. to 8:30 p.m. seven days a week.

The **Community Outreach Team** provides short term mental health services to clients in the Grey Bruce community with the goal of stabilizing the client's condition and making community referrals for ongoing support. Individuals receive help in their own home or at a community site.

If you require more information about Community Outreach, please call: 519-376-2121 ext. 2430 from Monday to Friday, 8:30 a.m. to 4:30 p.m.

### Who do we serve?

We serve individuals who reside in Grey and Bruce Counties who are experiencing a mental health crisis and feel in need of support and/or direction. Outreach services are limited to individuals 18 years and older and operate Monday to Friday.

### Can we help you?

Requests from service providers for mental health assessment, consultation and outreach services can be directed to the Crisis Team, GBHS at: 519-376-2121. Individuals wishing to access the Crisis Team are encouraged to present to their local emergency room or primary health provider with a request for a referral. Patients who don't have a primary care practitioner may access a psychiatric referral through the Crisis Team at GBHS.

# Mental Health and Addiction Services Directory

## Community Mental Health Service Coordinator

### Who are we?

The Community Mental Health Service Coordinator is a Clinician that has advanced training in mental health law.

### What do we do?

The Coordinator is available for a number of services including:

- Providing education and information regarding the Mental Health Act and the Health Care Consent Act, 1996 to health care professionals, community services, consumers and families
- Liaising between the hospital and agencies that are providing services and support to individuals with serious mental illness to dialogue about our roles and responsibilities
- Participating in the development of protocols with local police, within hospital emergency departments, and mental health departments with the goal of providing high quality service to individuals with serious mental illness
- Answering questions and concerns of families, service providers and consumers that are related to mental health legislation and the use of Community Treatment Orders

### Who do we serve?

The Coordinator provides resource, collaboration, and consultation to service providers, consumers, families, and the legal system regarding mental health legislation and Community Treatment Orders (CTO). A CTO is signed by a doctor to allow a person with a serious mental illness to be treated and supervised in his/her own community instead of being in a hospital.

### Can we help you?

If you would like more information about the role of the Community Mental Health Service Coordinator you can call GBHS at: 519-376-2121 and ask for extension 2430. Service is available Monday to Friday 8:00 a.m. to 4:00 p.m.

# Mental Health and Addiction Services Directory

## Brief Counseling

### Who are we?

The Brief Counseling Program provides individual clinical intervention to persons who are experiencing acute mental health concerns that are greatly affecting the individual's quality of life. This is one of the core services that is provided by the North Grey Community Mental Health Team in partnership with Mental Health Grey Bruce. Counseling services are provided at GBHS in Owen Sound, Wiarton and Meaford.

### What do we do?

The Brief Counselors provide:

- Short-term solution-focused intervention to clients requiring individual support in recovering from mental health challenges
- Skills based treatment (individual and group)
- Referral to other community services, where appropriate, for more specialized services, to aid the individual's recovery

### Who do we serve?

Services are provided to:

- Individuals 16 years of age and over who are experiencing mental health problems of a moderate to severe degree
- Family members of individuals who have been diagnosed with a serious mental illness (schizophrenia, depression, bipolar disorder)
- Residents of Grey or Bruce counties
- Self-referrals are welcome. A referral from a physician is not necessary

### Can we help you?

All referrals are handled by a Central Intake Worker. For more information about Brief Counseling Services, please call: 519-371-8850. Our hours of operation are Monday to Friday from 8:00 a.m. to 4:00 p.m.

# Mental Health and Addiction Services Directory

## Community Addiction Treatment Services

### Who are we?

Community Addiction Treatment Services offers substance abuse assessment, treatment, referral, counselling and follow-up services delivered by trained Addictions specialists.

### What do we do?

**Assessment** – An assessment is scheduled for every person referred to our program to determine the nature of the problem and the type of services required.

**Day Program** - This program is three weeks in duration (Monday through Friday). The program is provided in a group format with regular individual sessions.

**Structured Relapse Prevention Group (SRPG)** – After the three-week Day Program, clients are encouraged to attend SRPG. Clients who have attended other addiction programs may also apply for this group which meets one evening per week.

**Outpatient Therapy** – Individual and couple outpatient therapy.

### Who do we serve?

We serve persons 16 years of age and over who have substance abuse disorders.

### Can we help you?

You can refer yourself or be referred by someone else. If you would like more information, please call us at: 519-376-3999.

# Mental Health and Addiction Services Directory

## Rapid Access Addiction Medicine Clinic (RAAM)

### Who are we?

The RAAM clinic is a clinic for people looking for help with their substance use. The doctors at the clinic have experience treating people who are struggling with opioid and alcohol use. A physician referral is required for the clinic.

### What do we do?

- We provide medication to help reduce cravings for people with opioid and alcohol use disorders
- Group and individual psycho-educational counselling to support people in their recovery
- We make referrals to community supports
- We provide support for primary care to maintain patients receiving anti-craving medication

### Who do we serve?

- Individuals 16 years of age and over who are experiencing problems related to their opioid or alcohol use
- Clients must be referred by their physician or nurse practitioner

### Can we help you?

Inquiries or referrals to the RAAM clinic can be made by phoning 519-376-3999 Monday to Friday during business hours.

# Mental Health and Addiction Services Directory

## Withdrawal Management Services (WMS)

### Who are we?

The Withdrawal Management Service is open 24 hours per day, 7 days per week to provide a safe place for men and women to withdraw from alcohol and / or other drugs. It is often an entry point to the substance abuse treatment system.

### What do we do?

This is a non-medical program and provides:

- A safe place to withdraw from alcohol or other drugs
- Helps clients become aware of their problems and who want to make a positive change to their lifestyle.
- Short-term crisis support
- Safe housing and support for clients of the Community Addiction Treatment Services
- Referrals to community services depending on the needs of the individual

### Who do we serve?

- Anyone who is intoxicated, in withdrawal, or otherwise in crisis due to substance use / abuse
- Clients must be conscious, mobile, and medically stable

### Can we help you?

If you would like to explore how we might be able to help you, please give us a call at: 519-376-5666.

# Mental Health and Addiction Services Directory

## Community Mental Health Teams

**Community Mental Health Teams are operated by Mental Health Grey Bruce, which is comprised of:**

- GBHS
- Canadian Mental Health Association - Grey Bruce
- Hope Grey Bruce Mental Health and Addiction

### **There are five Community Mental Health Teams**

- All Teams provide a range of core mental health services
- Standardized intake, information and referral
  - Mental health counseling
  - case management
  - Housing and community support
  - Social / recreational services
- Team members working in partnership with each other and with community supports and services
- Individualized service planning and delivery

**Grey Bruce Toll Free: 1-877-888-5855**

### **Five Community Mental Health Team Locations**

<input type="checkbox"/> North Bruce Team (Warton)	519-534-4388
<input type="checkbox"/> Bruce Shoreline Team (Southampton)	519-797-2882
<input type="checkbox"/> Central Grey Bruce (Hanover and area)	519-364-7788
<input type="checkbox"/> North Grey Team (Owen Sound)	519-371-8850
<input type="checkbox"/> South Grey Team (Markdale)	519-986-3030

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**Notes:**