

The goal of the Campbellford Memorial Hospital Community Mental Health is to provide a spectrum of client-centred services that are reflective of their mental health needs. Our agency provides various supportive strategies for you and your family. For more information, please visit our website at www.cmh.ca or call us at 705.632.2015.

REFERRAL PROCESS

Referrals by physicians, hospitals, community agencies and individuals on their own or through their families are accepted. All referrals are reviewed with service priority given to the most serious and critical needs.

CONFIDENTIALITY

The CMH Community Mental Health Program respects the confidentiality and right to privacy of all clients. We take steps to protect your personal health. This includes auditing to monitor and manage our privacy compliance, and ensuring that everyone who performs services for us protects your privacy and only uses your personal health information for the purposes you have consented to.

There are no fees for our services.

Groups may have small fee.

Engaged Communities
Healthy Communities



CAMPBELLFORD MEMORIAL HOSPITAL COMMUNITY MENTAL HEALTH

146 Oliver Road 2nd Floor
Campbellford, Ontario, K0L 1L0

Phone 705.632.2015

Toll Free 1.877.632.2015

Fax 705.653.0436

Email wellness@cmh.ca

www.cmh.ca

OFFICE HOURS:

**Monday to Friday
8:30 am to 4:30 pm**

**CLOSED FOR LUNCH
12:00 to 1:00 pm**

CAMPBELLFORD MEMORIAL HOSPITAL COMMUNITY MENTAL HEALTH

*Connecting Mental Health care
to our community through
innovation and excellence*



**CAMPBELLFORD
MEMORIAL HOSPITAL
COMMUNITY MENTAL HEALTH**

CMH Community Mental Health understands the difficulties and distress that can occur for those suffering with mental health issues. If you or someone you know is struggling with symptoms related to mental illness, we can help. Since 1990, our compassionate and professional staff members have been helping individuals and their families. Working together, we will help you choose and follow the treatment path that is right for you.

MISSION STATEMENT

“To empower our clients, their families and caregivers to understand and cope with the challenges of serious mental illness and improve the quality of their lives.”

WHO WE ARE...

CMH Community Mental Health Program is an outpatient mental health program located on the second floor of Campbellford Memorial Hospital. The Mental Health Program serves adults 16 years of age and older, suffering from symptoms of serious mental illness that include:

- Mood Disorders (i.e. Clinical Depression, Bipolar Disorder, Seasonal Affective Disorder, Post Partum Depression)
- Anxiety Disorders (i.e. Generalized Anxiety Disorder, Post Traumatic Stress Disorder, Obsessive Compulsive Disorder)
- Psychosis (i.e. Schizophrenia, Bipolar I)
- Personality Disorders (i.e. Borderline, personality disorder)



INDIVIDUAL & GROUP TREATMENT

In individual counselling, clients are linked to a primary counsellor with whom clinical options are discussed and specialized treatment plans and goals are established. When required, linkage to other community resources is encouraged and facilitated.

Clients can participate in one or more treatment groups that are offered on a scheduled basis to address various issues and focus on specific mental health needs.

PROGRAMS & SERVICES

Professional staff provide an array of clinical services, including consultation to other agencies and educational sessions within the community.

Programs include:

EARLY PSYCHOSIS INTERVENTION (LYNX)



The Lynx Early Psychosis Intervention Program offers assessment, treatment, support and education, specifically for people ages

14 to 35 who are experiencing the early stages of psychosis; family support is also offered.

MENTAL HEALTH COURT SUPPORT & DIVERSION

This program provides assistance to individuals in conflict with the law, who are experiencing mental health difficulties, by providing linkage

to appropriate resources to provide diagnosis, treatment and support to minimize further involvement in the criminal justice system.

Legal assessments are provided for our Court Support/Diversion Program only.

CRISIS INTERVENTION

Crisis intervention is available to assist in resolving the current crisis, facilitate entry into the mental health system and provide linkage to appropriate community resources

CASE MANAGEMENT

Case management is a collaborative process with the client to assess needs, develop and facilitate care plans, and/or advocate for services that address an individual's mental health and social challenges.

COUNSELLING & TREATMENT

The provision of evidenced-based interventions, from various models of therapy, ensures that clients have a full range of mental health counselling and treatment. Utilizing the various therapies will assist clients to set and realize personal goals and acquire the skills and resources needed to be successful in living, learning, working and social settings.

PSYCHIATRIC CONSULTATION

The Program will facilitate the provision of psychiatric consultations requested by our community's healthcare providers through the Ontario Telehealth Network. On-site psychiatry is offered to clients of the Mental Health Program exclusively and is contingent upon *availability of resources*.