

What Does Mental Health Look Like In Northumberland County?

Who are We?



Northumberland Hills Hospital Community Mental Health Services

Purpose of Today

- To discuss mental health in Northumberland County
- To discuss facts and terminology of mental health
- To answer questions surrounding mental illness

What's the Difference?

Mental Health

How we respond to day to day struggles and difficulties that effect everyone from time to time.

Mental Illness

A diagnosable condition that usually requires medical treatment.

FACTS about Mental Health

- 1 in 4 people in Canada will experience a mental illness in a given year.
- 75% of mental illnesses appear before the age of 24.
- The average age for onset of Anxiety Disorders in Canada is 11.
- Almost 1 in 10 Canadians will experience depression at some point in their life. Of those, 50% will experience more than one episode.
- Almost one half (49%) of those who feel they have suffered from depression or anxiety have never gone to see a doctor about this problem.

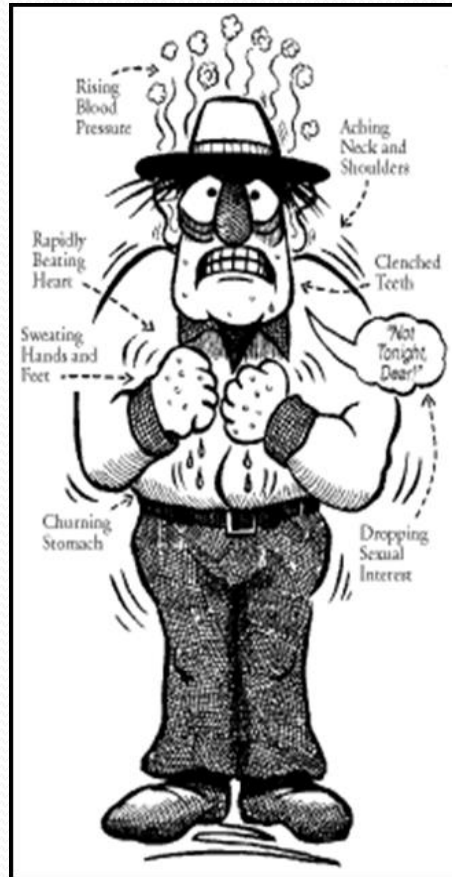
The Impact of Mental Illness

Work

Relationships

Sexuality

Thoughts



Personality

Mood

Perceptions

Self Esteem

Day to Day life

Stigma and Language

- Mental illness has stigma built into the language we can use everyday.

“Jamie is bipolar”

“Jamie is cancer”

Who We Serve

- Individuals who are experiencing mild to severe mental health concerns. Programming is geared to those 16 years and older
- Self-referrals are accepted, as are referrals from family physicians, the Hospital and community agencies.
- Individuals experiencing:
 - depression and bipolar disorder;
 - anxiety and panic disorders;
 - traumatic stress;
 - schizophrenia and other psychotic disorders;
 - personality disorders;
 - concurrent disorders;
 - mental health crisis.

Services We Offer

- Early Psychosis Intervention
- Crisis Intervention Service (Emergency Department)
 - MHEART: Mental Health Engagement and Response Team
- Assertive Community Treatment (ACT) Team
- Community Mental Health Supportive Housing Services – Northumberland
 - Hoarding and Homelessness services
- Individual and Group Counselling
- Walk-In Counselling Clinic
- Psychiatric Consultation and Assessment
- Intensive Case Management Service

From Our Perspective – A Day With Our Clients

Housing Support Services

- Moderate to Severe Mental Health prohibiting individuals from engaging in ADL's
- Support within the Home
- Client Centered Approach
- Goal Setting
- De-cluttering, organizing, maintenance
- Connected with CMHA

Therapy

- Build a therapeutic relationship
- Non-judgmental, empathetic
- Validate, encourage, provide support
- Goal setting
- Help clients develop strategies for handling difficult situations and coping skills for managing symptoms

Walk In Clinic

- Available for children, youth and adults (aged 7 and up)
- Tuesdays (8:00am-4:00pm) and Thursdays (10:00am-6:00pm)
- Should the walk-in clinic become full on a given day, clients will be asked to return on the next Tuesday or Thursday
- Clients of the walk-in meet briefly with a case manager to identify goals for the walk-in session, and attend a same-day therapy session
- There is no limit to the number of times an individual may access the walk-in service

The Value of Lived Experience

Connection with Others

Decreased Burden

Hopeful

Peaceful & Content

Increased Confidence

Strength

Resilience



Trigger for Change

Empowered

Decreased Self-Blame

Compassion

What does Mental Health look like in Northumberland County?

- Accessing Community Supports
- Accessing Affordable Housing
- Food Security
- Employment Opportunities
- Social Supports (Friends and Family)
- Coping Skills
- Crisis Response
- Education

Questions or Comments?

