



Directory of Mental Health & Addiction Services for Ontario's Older Adults

September 2007

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Older Persons' Mental Health & Addictions Network
("OPMHAN") of Ontario with the generous support
of the Ontario Trillium Foundation.

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Welcome to the second edition of the *Directory of Mental Health and Addiction Services for Ontario's Older Adults*, published by OPMHAN - the Older Persons' Mental Health and Addictions Network of Ontario*.

The information in this Directory has been provided to OPMHAN through surveys of our membership and by **ConnexOntario** Health Information Services. Every effort has been made to include all known services and programs that may be of assistance to older adults at risk of or coping with mental illness and/or addictions, but undoubtedly we have not captured all of the wonderful programs which help to maintain older adults' mental well-being in the community...and, we know that change is a constant factor. Please let us know of any omissions or updates so that we can expand and improve this guide online and in future editions.

We are grateful to the Ontario Trillium Foundation for its support of this project and of OPMHAN's work in the community, and we thank the Ontario Seniors' Secretariat for 'hosting' the OPMHAN office and staff.

We hope this guide will become an indispensable resource for those who work with older adults as well as those older adults wishing to learn more about maintaining mental health and /or seeking treatment for mental illness and addictions, and for family members, caregivers and friends.

If we can be of any assistance to those seeking to better understand older adults' mental health and addiction issues, please be in touch...

On behalf of OPMHAN,

Randi

Randi Fine,
Executive Director
Older Persons' Mental Health and Addictions Network (OPMHAN)
of Ontario

*OPMHAN'S mission is to improve the Ontario system of care for older persons in the community at risk of or coping with mental illness and addictions - and to support those who care for and about them.

OPMHAN is led by a collaborative of 5 provincial organizations including the Canadian Mental Health Association (Ontario), the Centre for Addiction and Mental Health (CAMH), the Mood Disorders Association of Ontario (MDAO), the Older Adults Centres' Association of Ontario (OACAO) and the Ontario Gerontology Association (OGA).

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I. MENTAL HEALTH AND ADDICTIONS PROGRAMS IN ONTARIO

NOTE: All programs and services are arranged alphabetically within Local Integrated Health Network [LHIN] boundaries as listed below:

- 1) Erie St. Clair LHIN - includes all of the County of Lambton, Chatham-Kent, Essex County, and the City of Windsor.
- 2) South West LHIN includes all of Elgin County, Middlesex County, Oxford County, Perth County, the County of Huron, Bruce County, and the Cities of London and Stratford. Grey County is split with the Waterloo Wellington and North Simcoe Muskoka LHINs.
- 3) Waterloo Wellington LHIN includes all of the County of Wellington, the Region of Waterloo, and the City of Guelph. This LHIN contains part of Grey County, which is split with the South West and the North Simcoe Muskoka LHINs.
- 4) Hamilton-Niagara-Haldimand-Brant LHIN includes all of Hamilton, Niagara, Haldimand and Brant. It also includes part of Halton (specifically Burlington), and roughly half of Norfolk County, which is shared with the South West LHIN.
- 5) Central West LHIN includes all of Dufferin County, the northern portion of Peel Region, part of York Region, and a small part of the City of Toronto.
- 6) Mississauga Halton LHIN includes a south-west portion of the City of Toronto, the south part of Peel Region, and all of Halton Region except for Burlington, which remains in the Hamilton Niagara Haldimand Brant LHIN.
- 7) Toronto Central LHIN shares the City of Toronto with the Mississauga Halton, Central West, Central, and Central East LHINs. ****NOTE**: The City of Toronto is the only community included.
- 8) Central LHIN includes a northern section of the City of Toronto, most of York Region, and part of Simcoe County.
- 9) Central East LHIN includes all of Durham Region, Kawartha Lakes, the Haliburton Highlands, and Peterborough County. Central East also contains part of

Northumberland County and the eastern City of Toronto (east of Warden, south of Steeles).

- 10) South East LHIN includes all of Hastings County, Lennox & Addington, Prince Edward County, Frontenac County, and the City of Kingston. This LHIN contains most of Northumberland County, as well as Leeds & Grenville - which is split with the Champlain LHIN. Lanark County is also split with the Champlain LHIN to accommodate the moving of the Perth Smith Falls hospital sites to the South East LHIN.
- 11) Champlain LHIN includes all of Renfrew County, the City of Ottawa, Prescott & Russell, and Stormont, Dundas & Glengarry. Split municipalities include Lanark County (to accommodate the moving of the Perth Smith Falls hospital sites to the South East LHIN) and part of Leeds & Grenville.
- 12) North Simcoe Muskoka LHIN includes the municipalities of Muskoka, most of Simcoe County, and part of Grey County.
- 13) North East LHIN includes the Districts of Nipissing, Parry Sound, Sudbury, Algoma, and Cochrane. Also includes the eastern portion of the District of Kenora, which it shares with the North West LHIN.
- 14) North West LHIN includes the Districts of Thunder Bay, Rainy River and most of Kenora.

ERIE ST. CLAIR (LHIN REGION 1)

Erie St. Clair **LHIN** includes all of the County of Lambton, Chatham-Kent, Essex County, and the City of Windsor.

ACTIVE LIFESTYLE CENTRE – SENIORS PROGRAMS

Types of Services Provided

- Offers self help programs to older adults in addition to recreation and leisure activities.

Contact Information

- Address: 20 Merritt Avenue, Chatham, ON N7M 6G9
- Contact Person: Brenda Bolovinos
- Phone: (519) 352-5633
- Website: www.activelifestylecentre.org

CANADIAN MENTAL HEALTH ASSOCIATION/WINDSOR ESSEX COUNTY/ SPECIALIZED GERIATRIC URGENT RESPONSE PROGRAM

Types of Services Provided

- Provides psycho-social support and education through case management services to help people, age 55 years and over, live independently in the community. Provides staff led support groups, individual counselling, in-home services, and consultations with geriatric psychiatrists. Support for spouses/families of those in treatment is also provided. Program also works to decrease the number of emergency visits for older adults living in long-term care and nursing/rest home facilities. Average length of service is approximately eight sessions, maximum 16. Services are free of charge.

Notes

- Program follows a client centred and psycho-social rehabilitation approach. Services are provided for people of First Nations and for those in the Gay/Lesbian/Bisexual/Transgendered community.

Contact Information

- Address: 1400 Windsor Avenue, Windsor ON N8X 3L9
- Website: <http://www.cmha-wecb.on.ca>
- Contact Person: Karen Gignac
- Phone: (519) 255-7440, ext. 236
- Email: kgignac@cmha-wecb.on.ca

CHATHAM/KENT HEALTH ALLIANCE - MENTAL HEALTH SERVICES

Types of Services Provided

- Provides in-home psychiatric assessments for older persons in need of mental health counselling. Appropriate follow up treatments (individual or group counselling, dual-diagnosis program, medication and outpatient clinics), are provided at the mental health clinic. Also offers assessment, referral and short-term treatment for adults in the Chatham-Kent area (ages 20 and over) who present with alcohol or drug abuse concerns. Services are free of charge, \$4.00 for parking.

Notes

- Agency follows a bio-psycho-social model and serves a diverse population

Contact Information

- Address: 80 Grand Avenue West, Chatham, ON N7L 1B7
- Website: www.ckha.on.ca/mentalhealth/
- Contact Person: Joan Brisley
- Phone: (519) 351-6144, ext. 5759
- Email: jbrisley@ckha.on.ca

WINDSOR REGIONAL HOSPITAL – COMMUNITY PSYCHOGERIATRIC OUTREACH

Types of Services Provided

Program includes assessment, consultation, counselling, advocacy, referral, education and support groups for older adults living with mental illness. Counselling and support services are also available to caregivers and family on a one-to-one or group basis. Program offered in collaboration with The Canadian Mental Health Association, Windsor-Essex Branch. Services are free of charge.

Notes

- Program serves clients from diverse populations including people of First Nations and those from the Gay, Lesbian, Bisexual and Transgendered community.

Contact Information

- Address: 1453 Prince Road First Floor, Mental Health Building/CPH Western Campus Windsor, ON N9C 3Z4
- Website: www.wrh.on.ca
- Contact Person: Meg Connelly (Manager, Geriatric Support)
- Phone: (519) 257-5105
- Email: gapwrh@wrh.on.ca

SOUTHWEST (LHIN REGION 2)

South West LHIN includes all of Elgin County, Middlesex County, Oxford County, Perth County, the County of Huron, Bruce County, and the Cities of London and Stratford. Grey County is split with the Waterloo Wellington and North Simcoe Muskoka LHINs.

GREY BRUCE HEALTH SERVICES – MENTAL HEALTH PROGRAM

Types of Services Provided

- Provides psycho-geriatric assessments, a 20 bed psycho-geriatric unit, and outpatient services for older people living with mental illness and addictions. Offers crisis intervention, case management, outreach counselling and addiction day treatment services. Also includes a six bed unit for individuals awaiting re-integration into the community.

Notes

- Program serves clients from diverse populations including people of First Nations and those from the Gay, Lesbian, Bisexual and Transgendered community

Contact Information

- Address: 1800 8th Street East, Owen Sound, ON N4K 6M9
- Website: www.gbhs.on.ca
- Contact Person: Charge Nurse
- Phone: (519) 376-2121, ext. 2940

HURON COUNTY HEALTH UNIT – HURON ADDICTION SERVICES

Types of Services Provided

- Provides professional counselling, resources and support for the treatment and prevention of substance abuse and problem gambling. Program is open to adults (including older adults) who are affected by substance use and/or gambling problems. Program is also open to families, caregivers, friends and concerned employers of those in treatment.

Notes

- Services are based on a harm reduction model. Serves clients from diverse populations including people of First Nations and those from the Gay, Lesbian, Bisexual and Transgendered community. Services are provided are free of charge.

Contact Information

- Address: 77722B London Rd, Hwy 4 South, RR #5, Clinton, ON NOM 1L0
- Website: www.huroncounty.ca/healthunit/pages/addict/
- Contact Person: Karl Skierszkan ext 4247
- Phone: (519) 482-3416 or Toll-Free: 1-877-837-6143
- Email: kskierszkan@hrsrh.on.ca

KIIKEEWANNIIKAAN – SOUTHWEST REGIONAL HEALING LODGE

Types of Services Provided

- Provides both day programs and two to three week residential programs for individuals, caregivers and families of First Nations communities dealing with alcohol addiction. Also runs separate men's program. All programs are open to older adults. Services are free of charge.

Notes

- Agency follows a 12 step program.

Contact Information

- Address: 275 Jubilee Road, Muncey, ON N0L 1Y0
- Website: www.swrhl.ca
- Contact Person: Arnold Lascelles
- Phone: (519) 289-0148, ext. 28 or Toll-Free: 1-800-328-2616
- Email: alascelles@swrhl.ca

ST. JOSEPH HEALTH CENTRE – SPECIALIZED GERIATRIC SERVICES

Types of Services Provided

- Provides out-patient and in-patient assessment, treatment, and consultation services for adults over the age of 65, who are experiencing later life mental illness including; dementia and related disorders, mood disorders, psychosis, and substance abuse.

Notes

- Program follows a primary therapist model of care for acute care. Program serves clients from diverse populations including people of First Nations and those from the Gay, Lesbian, Bisexual and Transgendered community.

Contact Information

- Address: Parkwood Hospital site, 801 Commissioners Road East, London, ON N6C 5J1
- Website: www.sjhc.london.on.ca/parkwood/programs/sgs/sgs.htm
- Contact Person: Intake/Triage Worker
- Phone: (519) 685-4046

STRATFORD GENERAL HOSPITAL - COMMUNITY MENTAL HEALTH PROGRAM SPECIAL SERVICES UNIT

Types of Services Provided

- Provides assessment, counselling, education and treatment to persons age 65 and older with mental illness. Individuals between the ages of 60-65 are accepted if mental illness is age related (i.e. Alzheimer's, Parkinson's). Services can be provided in-home or at a long term care facility. Support services provided for families of those in treatment. Average length of program is three months. Also offers Specialized Geriatric Services for the Frail Elderly which includes mental health treatment. All services are free of charge.

Notes

- Program serves clients from diverse populations including people of First Nations and those from the Gay, Lesbian, Bisexual and Transgendered community.

Contact Information

- Address: 90 John Street South, Stratford, ON N5A 2Y8
- Contact Person: Rose Edwards
- Phone: (519) 272-8210, ext. 2206
- Email: rose.edwards@hpha.ca

WESTERN ONTARIO THERAPEUTIC COMMUNITY HOSTEL (WOTCH) – COMMUNITY MENTAL HEALTH SERVICES CASE MANAGEMENT SERVICES

Types of Services Provided

- Offers services to people with a primary diagnosis of serious mental illness where the illness has resulted in significant impairment to functioning in daily living skills, managing finances, housing, health, social recreational and employment domains. Services include assessment, rehabilitation planning, skill development, support, advocacy as well as partnering and linking with other services.

Contact Information

- Address: 534 Queens Avenue, London, ON N6B 1Y6
- Contact Person: Centralized Intake CMHA, London/Middlesex, Intake
- Phone: (519) 434-9191 Fax: (519) 668-3641
- Website: www.wotch.org

WATERLOO WELLINGTON (LHIN REGION 3)

Waterloo Wellington LHIN includes all of the County of Wellington, the Region of Waterloo, and the City of Guelph. This LHIN contains part of Grey County, which is split with the South West and the North Simcoe Muskoka LHINs.

BIRMINGHAM LODGE RETIREMENT RESIDENCE

Types of Services Provided

- Offers individual counselling, in-home care and community mental health referrals. Services are free of charge.

Contact Information

- Address: 356 Birmingham Street, Mount Forest, ON N0G 2L2
- Contact Person: Donna Smith
- Phone: (519) 323-4019
- Email: adm.birmingham@diversicare.ca or dsmith@golden.net

CAMBRIDGE MEMORIAL HOSPITAL – SENIORS MENTAL HEALTH SERVICE

Types of Services Provided

- Offers specialized mental health program for older adults over age 65 who have deteriorating mental health, and/or behavioural difficulties. Mental health team (social worker, nurse and consulting psychiatrist) provides hospital based and in-home assessment and mental health case management on short term basis. Services are primarily provided through home visits and visits to long-term care facilities Program also provides community outreach. Services are free of charge.

Notes

- Agency follows a client centred model and serves clients from diverse populations including people of First Nations and those from the Gay, Lesbian, Bisexual and Transgendered community.

Contact Information

- Address: 700 Coronation Boulevard, Cambridge, ON N1R 3G2
- Website: www.cmh.org
- Contact Person: Deborah Warren
- Phone: (519) 621-2330, ext. 3338
- Email: dwarren@cmh.org

CITY OF KITCHENER – SENIOR DAY/PEER HELPING PROGRAMS

Types of Services Provided

- Provides one to one and group support to seniors facing various challenges such as bereavement, care-giving stress, divorce, separation, etc. Also provides socialization, leisure activities, exercise, daily hot meal, and ongoing support, especially caregiver relief. Services for Senior Day program cost \$14.00 per day.

Notes

- Program serves clients from diverse populations including those from Jamaican, Vietnamese and Eastern European backgrounds, people of the First Nations and those from the Gay, Lesbian, Bisexual and Trans-gendered community.

Contact Information

- Address: 35B Weber Street West, Kitchener, ON N2H 3Z1
- Contact person: Sylvia Deschiffart
- Phone: (519) 741-2916
- Email: Sylvia.deschiffart@city.kitchener.on.ca

GRAND RIVER HOSPITAL CORPORATION - MENTAL HEALTH PROGRAM

Types of Services Provided

- Offers a wide range of services to people of all ages in the Waterloo Region, including crisis intervention, day treatment, outpatient treatment and consultation, withdrawal management, and short-term hospitalization. Program maintains a geriatric psychiatrist on staff. Services are free of charge.

Notes

- Program serves clients from diverse populations including people of First Nations and those from the Gay, Lesbian, Bisexual and Transgendered community.

Contact Information

- Address: 835 King Street West, Kitchener, ON N2G 1G3
- Website: www.grandriverhospital.on.ca/patient/psychiatry/pat-psych-over.cfm
- Contact Person: Jenny Rajaballey
- Phone: (519) 749-4300, ext. 3565
- Email: Jenny.rajaballey@grhosp.on.ca

GUELPH/WELLINGTON/DUFFERIN - COMMUNITY MENTAL HEALTH CLINIC

Types of Services Provided

- Provides mental health services for older adults living in the city of Guelph and in Wellington and Dufferin counties, including assessments (both in-home and in-office), follow up treatment (group and individual counselling), education and crisis intervention. Programs are geared for adults 60 years of age and over, but accommodate persons of all ages with memory impairment. Services are free of charge

Notes

- Program serves clients from diverse populations including people of First Nations and those from the Gay, Lesbian, Bisexual and Transgendered community

Contact Information

- Address: 147 Delhi Street, Guelph, ON N1E 4J3
- Website: www.freespace.net/~cmhc/seniors.html
- Contact Person: Lynn Hammond
- Phone: (519) 821-2060, ext. 260

HOMWOOD HEALTH CENTRE – PROGRAM FOR OLDER ADULTS

Types of Services Provided

- In patient program for adults 55 years and older in need of assessment and treatment for addictions, major mental illnesses including mood disorders, concurrent disorders and cognitive impairments. We provide mental health services for older adults including individual and group counselling, education and support.

Notes

- Agency follows a bio-psycho-social and spiritual model, and provides personalized program design, serving clients from diverse populations.

Contact Information

- Address: 150 Delhi Street, Guelph, ON N1E 6K9
- Website: www.homewood.org
- Contact Person: Terry Shkilnyk
- Phone: (519) 824-1010, ext. 2545
- Email: shkiterr@homewood.org

SENIORS OFFERING SUPPORT (SOS) – TELEPHONE SUPPORT

Type of Services Provided

- Toll free phone-line offering support to older adults experiencing loneliness, grief, separation, health concerns, and elder abuse. Also provides information about social service agencies, community and peer support programs, and other professional services in the Guelph/Wellington area. Individuals calling about treatment for mental health or addiction issues are referred to community agencies.

Contact Information

- Address: c/o Guelph Wellington Seniors Association, 683 Woolwich St., Guelph, ON N1H 3Y8
- Contact Person: Maryanne Wilford, Program Co-ordinator
- Phone: (519) 837-5657, ext. 2738 or Toll-Free: 1-866-767-4445
- Email: sosseniors@bellnet.ca

THERAPY PARTNERS – COMMUNITY BASED SERVICES

Types of Services Provided

- Professional led support groups, and in home care services for older adults experiencing depression and other forms of mental illness. Offers Stress and Anger Management classes and individual or group counselling.
- Average length of service provided varies; can be short term or up to five years. Services are free of charge, if client is referred by Community Care Access Centre. Private clients can receive information about rates from Therapy Partners. Fees may be recovered through private insurance programs.

Notes

- Agency follows a harm reduction model. Serves clients from diverse communities including people of First Nations and those from the Gay, Lesbian, Bisexual, Transgendered communities.

Contact Information

- Address: 450 Speedvale Avenue West, Guelph, ON N1H 7Y6
- Website: www.therapypartners.on.ca
- Contact Person: Gail Tanner
- Phone: (519) 826-4630, ext. 235
- Email: info@therapypartners.on.ca or gtanner@therapypartners.on.ca

HAMILTON-NIAGARA-HALDIMAND-BRANT (LHIN REGION 4)

Hamilton-Niagara-Haldimand-Brant LHIN includes all of Hamilton, Niagara, Haldimand and Brant. It also includes part of Halton (specifically Burlington), and roughly half of Norfolk County, which is shared with the South West LHIN.

COMMUNITY ADDICTION AND MENTAL HEALTH SERVICES OF HALDIMAND-NORFOLK

Types of Services Provided

- Program provides specialized geriatric services for older persons living with age related mental illness (i.e. Alzheimer's, Parkinson's disease). Services include assessment, consultation, treatment, and education by a geriatric psychiatrist and registered nurse. Services are free of charge.

Contact Information

- Address: 101 Nanticoke Creek Parkway, Townsend, ON NOA 1S0
- Main Contact person: Lisa Bishop (Director of Mental Health Services/Clinical Supervisor)
- Phone: (519) 587-4658, ext. 125 or Toll-Free: 1-877-909-4357
- Crisis Assessment and Support Team (CAST) 1-866-487-2278
- Email: nreception@amhs.ca or lbishop@amhs.ca

CITY OF HAMILTON OLDER WISER LIFESTYLES PROGRAM (OWL) – ALCOHOL, DRUGS AND GAMBLING SERVICES

Types of Services Provided

- Older Wiser Lifestyles (OWL) is a program designed specifically for adults 55 and over, who may be concerned about their use of alcohol, drugs or prescription and non prescription medication. Focus is on helping people make healthy lifestyle changes through support groups, individual counselling, and in-home care. Average length of service provided is approx. three months. Services are free of charge.

Notes

- Agency follows a harm reduction model. Serves clients from diverse populations, including people of First Nations, and those from the Gay/Lesbian/Bisexual/Transgendered community.

Contact Information

- Address: 21 Hunter Street East, Third Floor, Hamilton, ON L8N 1M2
- Website: www.hamilton.ca/phcs
- Contact Person: Deborah Christie
- Phone: (905) 546-2424, ext. 3607
- Email: dchristi@hamilton.ca

HAMILTON JEWISH SOCIAL SERVICES – SERVICES FOR OLDER ADULTS

Types of Services Provided

- Provides counselling for emotional or financial crises. Runs an adult day program, in-home visits and provides support to those caring for elder parents. Services are free of charge. Length of service to clients averages approx. 15 years. Agency serves the Jewish and non-Jewish communities.

Contact Information

- Address: 30 King Street East, Hamilton, ON L9H 5G6
- Website: http://www.jewishhamilton.org/content_display.html?ArticleID=19675
- Contact Person: Carol Krames
- Phone: (905) 627-9922, ext. 21
- Email: carol_krames@eudoramail.com

PSYCHIATRY AND MEDICINE FOR THE AGED IN THE COMMUNITY (PMAC)

Types of Services Provided

- PMAC provides specialized consultation, assessment, treatment and management services by interdisciplinary team members with expertise in geriatric psychiatry and medicine. We offer a shared care model with the primary physician and other service providers. The team is focused on optimizing function and facilitating the complex elderly to remain in their home communities as long as possible.

Notes

- Admission Requirements/Diagnostic Criteria: 65 years of age or older, age-related complex medical and functional issues, behavioural disturbances and/or mental health issues associated with cognitive impairments, late onset mental illness

Contact Information

- Address: Hamilton Health Sciences, 565 Sanatorium Rd. Chedoke, Wilcox Building, 2nd Floor, Hamilton ON, L9C 7N4
- Contact Person: Intake fro Referrals (905-521-4995)
- Phone: 905-521-7932 Fax: 905-521-7948
- Website: www.hamiltonhealthsciences.ca/seniors/

REGIONAL MUNICIPALITY OF NIAGARA - COMMUNITY MENTAL HEALTH PROGRAM

Types of Services Provided

- Provides specialized assessment, support and case management for those 65 years of and older experiencing serious mental illness. Support provided for families of those in treatment. Specialized group for older adults living with depression. Average length of stay is one to two years. Services are free of charge.

Notes

- Model of service is recovery, best practice and psycho-geriatrics. Program serves clients from diverse populations including people of First Nations and those from the Gay, Lesbian, Bisexual and Transgendered community.

Contact Information

- Address: 573 Glenridge Avenue, St. Catherines, ON L2T 4C2
- Website: www.regional.niagara.on.ca
- Contact Person: Intake Worker
- Phone: (905) 688-2854

ST. JOSEPH'S HEALTHCARE – GERIATRIC PSYCHIATRY

Types of Services Provided

- Offers a variety of programs for older adults living with mental illness
- 1) Geriatric Mental Health Outreach Programs provide assessment, management, caregiver support, etc. The Health for Older Adults Program (HOAP) offers individual counselling, education and leisure opportunities for older adults experiencing depression. Assessments are performed in clients' homes.
- 2) Geriatric Inpatient Psychiatry Program provides services for older adults living with dementia and other associated mental illnesses, including assessment and treatment. Services are free of charge.
- 3) Schizophrenia Service has a multidisciplinary team servicing 84 inpatient beds for patients with a diagnosis of schizophrenia. Offers assessment, rehabilitation and treatment.
- 4) Schizophrenia Outpatient Service provides diagnostic clarification, consultation, assessment, shared care and individualized follow-up. Emphasis is placed on the integration of treatment, research and education.

Notes

- Program serves clients from diverse populations including people of First Nations and those from the Gay, Lesbian, Bisexual and Transgendered community.

Contact Information

- Address: 100 West 5th Street, Hamilton, ON L8N 3K7
- Website: www.stjosham.on.ca
- Contact Person: Claire Kislinsky
- Phone: (905) 522-1155
- Email: ckislinsky@stjosham.on.ca

ST. LEONARD'S COMMUNITY SERVICES – ADDICTION AND MENTAL HEALTH PROGRAM

Types of Services Provided

- Provides residential and community treatment programs for people (including older adults), with substance abuse or problem gambling issues. Assessments, planning, individual and group counselling, and aftercare are provided for those in treatment. Services are free of charge.

Notes

- Agency follows a harm reduction model and serves clients from diverse populations including people of First Nations, people living with HIV/AIDS and those from the Gay, Lesbian, Bisexual and Trans-gendered community.

Contact Information

- Address: 133 Elgin Street, P.O. Box 638, Brantford, ON N3T 5P9
- Website: www.st-leonards.com
- Contact Person: Cindy Kemp-Wonzo
- Office Phone: (519) 754-0253, ext. 314 or Toll-Free Crisis Support Line: 1-866-811-7188
- Email: cwonzo@st-leonards.com

YWCA HAMILTON SENIORS' ACTIVE LIVING CENTRE

Types of Services Provided

- Provide affordable, quality recreational programs and services for Older Adults age 55+ that will enrich and support independent active living.

Notes

- Check website or come into the centre for a comprehensive program brochure.

Contact Information

- Address: 75 MacNab Street South, Hamilton, ON L8P 3C1
- Website: www.ywcahamilton.org
- Phone: 905-529-7727 Fax: 905-529-7767
- Email: lpascual@ywcahamilton.org

CENTRAL WEST (LHIN REGION 5)

Central West LHIN includes all of Dufferin County, the northern portion of Peel Region, part of York Region, and a small part of the City of Toronto.

COMMUNITY MENTAL HEALTH CLINIC – ORANGEVILLE SITE

Types of Services Provided

- Assessment, diagnosis, consultation, individual and group treatment for individuals 19 and older experience serious mental health difficulties. Model of service is consultation and brief intervention.

Contact Information

- Address: 10 First St, 2nd Floor, Orangeville, ON L9W 2C4
- Contact Person: Central Intake
- Phone: (519) 821-2060
- Website: www.freespace.net/~cmhc/

OLDER ADULTS CENTRES' ASSOCIATION OF ONTARIO

Types of Services Provided

- Offers support and resources to senior volunteers and staff responsible for the operation of Older Adult Centres

Contact Information

- Address: 43 North Riverdale Dr. Inglewood, ON L7C 3K3
- Contact Person: Mr. Lawrie Bloom (Executive Director)
- Phone: 905-838-0240 Fax: 905-838-1053
- Email: lbloom@oacao.org or lbloom@rogers.com
- Website: www.oacao.org

PAARC - PEEL ADDICTION ASSESSMENT AND REFERRAL CENTRE (CALEDON SITE)

Types of Services Provided

- Assessment and treatment planning, individual counselling (including home visits), and case management for people over age 55 experiencing gambling and/or substance abuse problems.
- Average length of service provided is one year, but clients are maintained in service on a case-by-case basis until they no longer require assistance. Services are free of charge.

Notes

- Agency follows a harm reduction model. Serves clients from diverse communities. Services provided in English, Hindi, Punjabi, Urdu.

Contact Information

- Address: c/o Caledon Community Svs, 18 King Street East, upper level, Caledon, ON L7E 1E8
- Contact person: Ryan Lisk
- Phone: (905) 629-1007 Fax: (905) 629-8377
- Email: cthompson@paarc.com

RECONNECT MENTAL HEALTH SERVICES – ISLINGTON AVE

Types of Services Provided

- Case management (community support) is offered to seniors with severe and persistent mental illness. This recovery-based service includes intensive individual support, assistance to manage mental health symptoms, assistance to address physical health issues, assistance to build support networks and access appropriate community resources. Model of service is case management and recovery.

Contact Information

- Address: 2150 Islington Ave, Suite 202, Etobicoke, ON M9P 3V4
- Contact Person: Liz Munoz, Central Intake Worker
- Phone: (416) 248-2050 x239 Fax: (416) 248-6557
- Email: lmunoz@reconnect.on.ca
- Website: www.reconnect.on.ca

MISSISSAUGA HALTON (LHIN REGION 6)

Mississauga Halton LHIN includes a south-west portion of the City of Toronto, the south part of Peel Region, and all of Halton Region except for Burlington, which remains in the Hamilton Niagara Haldimand Brant LHIN.

HOPE PLACE WOMEN'S TREATMENT CENTRE

Types of Services Provided

- Residential treatment for women (24 days). (Also offers a 28-90 day treatment program for men with alcohol and drug dependency). Programs open to older adults. Outpatient individual counselling is available (women only). Provides problem gambling counselling as well (men only). All services are free of charge.

Notes

- Agency follows a 12-step program. Serves clients from diverse populations, including Gays/Lesbians/Bisexual and Transgendered clients, clients with HIV/AIDS, people of First Nations.

Contact Information

- Address: 9605 Regional Road #25 North Milton, ON L9T 2X7
- Phone: (905) 875-3214 Toll-free: 1-877-399-7299 Fax: (905) 875-3635
- Email: info@hopeplace.ca
- website: www.hopeplace.ca

Hope Place Outpatient Centre

- Address: 77 Bronte Road, Suite 203 Oakville, ON L6L 3B7
- Contact person: Heather MacDonald
- Phone: (905) 465-3324 Fax: (905) 465-3321
- Email: heathermacdonald@hopeplace.on
- Website: <http://www.hopeplacecentres.org>

HALTON RECOVERY HOUSE

Types of Services Provided

- Halton Recovery House, established in 1975, is a 21-bed residential men's addiction treatment centre. While attending the 28 -90 day program, men develop healthy coping strategies and acquire new skills towards addressing the daily dimensions of living without mood-altering substances.

Contact Information

- Address: 8173 Trafalgar Road, Hornby, ON L0P 1E0
- Phone: (905) 878-1120 Toll-Free: 877-761-6537 Fax: (905) 878-1269
- Email: rmoir@haltonrecoveryhouse.ca
- Website: www.hopeplacecentres.org

PAARC - PEEL ADDICTION ASSESSMENT AND REFERRAL CENTRE (MISSISSAUGA SITE)

Types of Services Provided

Older Persons' Substance Use Program & Older Persons' Problem Gambling Program:

- The PAARC Older Persons Program includes both comprehensive substance use and problem gambling services for individuals aged fifty-five or better. The focus is on using a harm reduction approach and client-identified treatment goals to improve quality of life and independence in the community. Services are available at the PAARC offices or the client's own home environment, including retirement and long-term care communities.
- The Ministry of Health and Long-term Care standardized assessment tools are used where possible and appropriate. The assessment process and content is tailored to each client's abilities. In addition to the assessment tools, a comprehensive bio-psycho-social assessment explores the client's strengths and needs. This program follows the Ontario Admission and Discharge Criteria to develop treatment plans which are individualized and may include a combination of individual counselling, case management, group counselling, and family support. Clients are met with on a regular basis for as long as is clinically indicated. There is no cost for this program.

Notes

- Admittance Criteria for this program: Aged fifty-five or better, Resident of the Region of Peel (Mississauga, Brampton, or Caledon) and Identified problematic substance use or gambling

Contact Information

- Address: 5170 Dixie Road, suite 302, Mississauga, ON L4W 1E3
- Contact Person: Carolyn Thompson, Counsellor/Case Manager
- Phone: (905) 629-1007 ext. 23 Fax: 905-629-8377
- Email: cthompson@paarc.com

THE DOROTHY LEY HOSPICE

Types of Services Provided

- Provides compassionate, supportive and end-of-life care to clients living with the challenges of a life-limiting illness and their families in Etobicoke.
- Provide support through case management, in-home volunteers, day programs, spiritual care and bereavement support.

Contact Information

- Address: 170 Sherway Drive, Suite 3, Etobicoke, ON M9C 1A6
- Website: www.dlhospice.org
- Phone: (416) 626-0116 Fax: (416) 626-7285

TRILLIUM HEALTH CENTRE GERIATRIC MENTAL HEALTH SERVICES

Types of Services Provided

- **Geriatric Mental Health Clinic and Outreach Team:** Comprehensive and specialized assessments, treatment and coordination of services for seniors experiencing concerns about mental health changes or changes in memory or behaviour.
- **Psychogeriatric Resource Consultants (PRCs):** Consultation and education for staff working within CCACs, Long Term Care Homes and Community Support Services in Peel.
- Consultants are available to assist staff to understand and improve care for mental health issues and difficult behaviours as well as providing support regarding care plans and specific programs.

Notes

- Area served – Mississauga and South West Toronto

Contact Information

- Address: 2085 Hurontario St. Suite 108, Mississauga, ON L5A 4G1
- Second location: 150 Sherway Drive, Etobicoke, ON M5C 1A9
- Contact Person: Lynda Perry
- Phone: 905-848-7580 x3884 (Lynda Perry) 416-521-4006 (intake)
Fax: 416-521-1020 (intake)
- Email: Lperry@thc.on.ca

TORONTO CENTRAL (LHIN REGION 7)

Toronto Central LHIN shares the City of Toronto with the Mississauga Halton, Central West, Central, and Central East LHINs. ****NOTE:** The City of Toronto is the only community included.

BAYCREST CENTRE (BRAIN HEALTH CENTRE CLINICS)

Types of Services Provided

- Group Cognitive Behavioural Therapy (CBT) for spouse caregivers of older adults with dementia

Notes

- Research participants must be: 1) caring for a spouse with dementia in the community; 2) age 60+; and 3) experiencing significant depression or anxiety

Contact Information

- Address: 3560 Bathurst St, Toronto, ON M6A 2E1
- Website: www.baycrest.org
- Contact Person: Julia Cheng, CBT Research Coordinator
- Phone: (416) 785-2500 ext.. 3633 Fax: (416) 785-2484
- Email: jcheng@baycrest.org

BAYCREST CENTER FOR GERIATRIC CARE

Types of Services Provided

- Geriatric psychiatry program provides in-home and outpatient assessment for persons age 60 and older with mental illness.
- Also provides an in-patient unit (20 beds), psychiatric day hospital (for older people living in the community), support for families of those in treatment, and community outreach. Mood clinic (brain health clinic) provides treatment for people with mood disorders associated with other brain disorders.
- Tele-psychiatry program provides counselling and treatment through a video linkup for people in need of mental health intervention who cannot make appointments in person. Average length of program/stay varies on needs and client.

Notes

- Agency follows a bio-psycho-social model and serves a diverse population
- Services are free of charge.

Contact Information

- Address: 3560 Bathurst St., Toronto, ON M6A 2E1
- website: baycrest.org
- Main Contact person: Joy Lipkin
- Phone: (416) 785-2500 ext. 2322
- Email: jlipkin@baycrest.org

CANADIAN HEARING SOCIETY – CONNECT DEPARTMENT

Types of Services Provided

- CONNECT Counselling and General Support Services provide housing, advocacy, mental health and family therapy

Contact Information

- Address: 271 Spadina Rd. Toronto, ON M5R 2V3
- Website: www.chs.ca
- Contact Person: Neelu Adamji
- Phone: 416-928-2512 Fax: 416-928-2513
- Email: nadamji@chs.ca

CENTRE FOR ADDICTION AND MENTAL HEALTH – POLICY EDUCATION AND HEALTH PROMOTION DEPARTMENT

Types of Services Provided

- Offers a community-based presence across the Province of Ontario through its Policy Education and Health Promotion Division (PEHP).
- Staff can help communities identify addictions and mental health needs, develop and disseminate knowledge and best practice as well as participate in systems planning to support on-going improvement to addiction and mental health services and systems.

Notes

- CAMH Healthy Project has developed new publications and training about older adults mental health and addictions (www.camh.net)

Contact Information

- Address: 33 Russell St. Toronto, ON M5S 2S1 and offices cross Ontario
- Website: www.camh.net
- Contact Person: Jennifer Barr
- Phone: 416-535-8501 (main) or 1-613-256-1397 (Jennifer Barr)
Or automated 24/h line 1-800-463-6273
- Email: Jennifer_barr@camh.net

CENTRE FOR ADDICTION AND MENTAL HEALTH – PROBLEM GAMBLING SERVICES, OLDER ADULT SERVICE

Types of Services Provided

- Provides individual counselling, in-home services, outreach and education for older adults within the city of Toronto who are experiencing issues with problem gambling. Focus is on prevention and treatment. Phone counselling also provided for Ontario residents who are unable to access local services. Services are offered free of charge.

Notes

- Agency follows a harm reduction model. Serves clients from diverse populations including people from First Nations and those from the Gay, Lesbian, Bisexual and Transgendered community. Services are provided in twenty different languages.

Contact Information

- Address: 175 College Street, Toronto, ON M5T 1P7
- Contact Person: Lisa Pont
- Phone: (416) 599-1322 ext. 7431
- Email: lisa_pont@camh.net
- Website: www.camh.net

CENTRE FOR ADDICTION AND MENTAL HEALTH – GERIATRIC MENTAL HEALTH PROGRAM

Types of Services Provided

- Target population: Seniors 60 years of age and older with mental health and addiction issues.
- Centralized intake and referral service
- Inpatient admission, as required
- Outpatient outreach and community follow-up
- Memory Clinic & Rapid Assessment Clinic
- Outreach & consultation to designated Long-term Care Homes
- Psychogeriatric Resource Consultants associated with program provide case-based education to community agencies and Long-term Care Homes.

Notes

- No doctor referral necessary to access services

Contact Information

- Address: 1001 Queen Street West, Toronto, ON M6J 1H4
- Website: www.camh.net
- Contact Person: Joanne Uyede
- Phone: (416) 535-8501 ext.. 2875 Fax: (416) 583-1307
- Email: Joanne_Uyede@camh.net or geriatric_program@camh.net

COMMUNITY CARE EAST YORK - FULL CIRCLE PSYCHOGERIATRIC CASE MANAGEMENT

Types of Services Provided

- Staff led support groups, and in-home care services for adults over 60 years of age, experiencing depression and other forms of mental illness.
- Average length of service provided can be up to five years. Services are free of charge.

Notes

- Agency follows a harm reduction model. Serves clients from diverse communities. Services provided in English, Chinese and Tamil.

Contact Information

- Address: 840 Coxwell Avenue, suite 303, Toronto, ON M4C 5T2
- Phone: (416) 422-2026
- Fax: (416) 422-1513
- Website: www.ccey.org

COMMUNITY CARE EAST YORK – SERVICES FOR OLDER ADULTS

Types of Services Provided

- Provides individual counselling, case management, support groups and in-home services for caregivers and bereaved individuals. Promotes independent living through good health and wellbeing. Serves older persons over age 50 and adults of all ages with disabilities. Average length of service is approximately one year. Services are free of charge.

Notes

- Agency serves clients from diverse populations including people from First Nations and those from the Gay, Lesbian, Bisexual and Trans-gendered community. Services are provided for people of diverse ethnic and cultural backgrounds, including: South Asian, Eastern European, Chinese, Macedonian, West Indian.

Contact Information

- Address: _Senior Centre, 1108 Greenwood Avenue East York M4J 4E6
- Phone: (416) 467-1166
- Email: sc@ccey.org

COMMUNITY OUTREACH PROGRAM IN ADDICTIONS (COPA)

Types of Services Provided

- Provides community based addiction treatment for persons over age 55. Services include counselling, support groups, crisis management, telephone and offsite consultations, and support for family and caregivers of people living with addictions. Services are free of charge.

Notes

- Agency follows a harm reduction model and serves clients from diverse populations including but not limited to people of the Hispanic and Polish communities and from the Gay, Lesbian, Bisexual and Trans-gendered community.

Contact Information

- Address: 49 Bathurst Street, Suite 200 Toronto, ON M5V 2P2
- Contact person: Samantha Jani
- Phone: (416) 516-2982 ext. 230 Fax: (416) 516-2984
- Email: S_jani@copacommunity.ca or admin@copacommunity.ca
- Website: www.copacommunity.ca

COTA HEALTH – GERIATRIC MENTAL HEALTH PROGRAM

Types of Services Provided

- Offers specialized programs for adults over age 65 with mental health and/or emotional problems. Programs are also open to people of all ages who are experiencing dementia, in addition to mental health issues. Programs include assessments, case management, and ongoing support to the client and/or caregiver. These services are provided where the client resides, either at home or in an institution. Also provides education, crisis intervention, and links to community resources. After-care (follow-up therapy visits) are done to monitor clients and assist them to function effectively in the community.
- Program follows a recovery/psychosocial rehabilitation model. Clients from diverse populations are served, including people of First Nations, and those from the Gay, Lesbian, Bisexual and Trans-gendered community.

Contact Information

- Address: 700 Lawrence Avenue West, suite 362, Toronto, ON M6A 3B4
- Contact person: Intake worker
- Phone: (416) 785-9230 Toll-free: 1-888-785-2779 Fax: (416) 785-9358
- Email: info@cotahealth.ca
- Website: www.cotahealth.ca

DAVENPORT PERTH NEIGHBOURHOOD CENTRE – SERVICES FOR OLDER ADULTS

Types of Services Provided

- Community centre supporting neighbourhood residents, especially those facing economic and social barriers. Health programs, employment counselling and social support are offered, as well as in-home care by doctors and nurses of the attached health centre. All programs open to older adults. Services are free of charge.

Notes

- Center follows both a harm reduction and abstinence model, depending on individual circumstances. Serves clients from diverse populations, including people of First Nations, and those from the Gay/Lesbian/Bisexual/Transgendered community. Services are provided in several languages, including: Italian, Portuguese, Spanish, Chinese, Ukranian, and German

Contact Information

- Address: 1900 Davenport Road, Toronto, ON M6N 1B7
- Contact person: Catherine Goetz
- Phone: (416) 656-8025 ext. 247 Fax: (416) 656-7264
- Email: c.goetz@dpnc.ca

FULL CIRCLE PSYCHO-GERIATRIC CASE MANAGEMENT SERVICE

Types of Services Provided

- Case management for those 60 years of age and older who are experiencing mental health difficulties, concurrent disorders and/or difficulties related to dementia and reside in the South East Toronto area.
- Provide long-term support in the community.
- Offer service in Cantonese and Punjabi

Notes

- This is a joint program provided by Community Care East York, Woodgreen Community Services and Toronto East General Hospital.

Contact Information

- Address: 840 Coxwell Ave Suite 303, Toronto, ON M4C 5T2
- Contact Person: Kim Kurschinski RN, Program Manager
- Phone: (416) 422-2026 ext. 269
- Email: kkurschinski@ccey.org

INTEGRATED HEALTH AND BUSINESS SOLUTIONS INC.

Types of Services

- Provides services in geriatric case management, occupational therapy and life care planning.

Contact Information

- Address: 900 Adelaide St. West Suite 201, Toronto, ON M6J 3S5
- Contact Person: Theresa Bielawski
- Phone: 416-603-2929 Fax: 416-603-9092
- Email: tbielawski@rogers.com

LESBIAN/GAY/BISEXUAL/TRANGENDERED (LGBT) SENIOR RESOURCE CENTRE

Types of Services Provided

- Offers a meeting place for lesbian, gay, bisexual and transsexual older adults. Focus is on building a stronger, more supportive and visible community that promotes and raises awareness of the unique needs of LGBT older adults. Drop in hours: every Monday between 1:00-6:00 PM

Notes

- Center serves clients from all cultural, ethnic, racial and socio-economic populations.

Contact Information

- Address: Church Street Community Centre, 519 Church St. Toronto, ON M4Y 2C9
- Contact person: Dick Moore
- Phone: (416) 392-6878 ext. 118
- Email: senior@the519.org
- Website: www.the519.org

LOFT COMMUNITY SERVICES – SUPPORTIVE SERVICES FOR OLDER ADULTS

Types of Services Provided

- Provides housing, outreach and support services in Toronto and York Region for older adults with mental health and addictions issues, for those experiencing social isolation, physical health problems and cognitive impairments.

Notes

- Serves clients from diverse populations including people of First Nations and those from the Gay, Lesbian, Bisexual and Trans-gendered community. Services are provided both in English and French and are free of charge.

Contact Information

- Address: Main office - 205 Richmond Street West, Suite 301 Toronto, ON M5V 1V3
 - Contact person: Jim McMinn
 - Phone: (416) 536-8825
 - Email: jmcminn@loftcs.org
 - Website: www.loftcs.org
- St. Anne's (416) 536-2761
stannes@loftcs.org

MID-TORONTO COMMUNITY SERVICES – ALZHEIMER'S AND SOCIAL SUPPORT PROGRAMS

Types of Services Provided

- Provides a variety of client intervention programs and supportive counselling for older persons and adults living with disabilities or illness. Alzheimer's program offers social and recreational activities for people with Alzheimer Disease or a related dementia. Korean Seniors Program provides social work support for isolated older Korean adults. Average length of service provided is can be up to 10 years, depending on the needs of the individual. Services are free of charge.

Notes

- Serves clients from diverse populations, including people of First Nations, South Asian communities, and those from the Gay/Lesbian/Bisexual/Transgendered community. Services are also provided in Korean and Chinese

Contact Information

- Address: 192 Carlton Street, Second Floor, Toronto, ON M5A 2K8
- Website: www.midtoronto.com
- Main Contact person: Christine Chow
- Phone: (416) 962-9449 Fax: (416) 962-5541
- Email: cchow@midtoronto.com

MOOD DISORDERS ASSOCIATION OF ONTARIO – OLDER ADULTS SUPPORT GROUP

Types of Services Provided

- Offers a twice monthly, peer facilitated support group (2nd and 4th Thursdays of the month) for adults 50 years of age and over affected by mood disorders. No registration is required and service is free of charge.

Notes

- Serves clients from diverse populations including people of First Nations and those from the Gay, Lesbian, Bisexual and Trans-gendered community. Services are provided both in English and French and are free of charge.

Contact Information

- Address: 36 Eglinton Avenue West, Suite 602 Toronto, ON M4R 1A1
- Call toll free 1-888-486-8236
- Office Phone (416)486-8046 Fax: (416) 486-8127
- Email: info@mooddisorders.on.ca
- Website: www.mooddisorders.on.ca

ONTARIO SELF-HELP NETWORK

Types of Services Provided:

- Consultations on a range of issues regarding older adults, including leadership, facilitation, networking, transitioning and community development
- Training on how to start a self-help group
- Resources on a variety of topics related to self-help/mutual aid and peer support, including families and self help, transitioning groups from professional to peer-led etc
- Networking between affiliates

Notes

- All services are free to the public and non-profit organizations

Contact Information

- Address: 40 Orchard View Blvd. Suite 219, Toronto, ON M4R 1B9
- Website: www.selfhelp.on.ca
- Contact Person: Spencer Brennan or Gillian Kranias
- Phone: (416) 487-4355 Toll Free: 1-888-283-8806 Fax: (416) 487-0344
- Email: oshnet@selfhelp.on.ca

RECONNECT MENTAL HEALTH SERVICES – CASE MANAGEMENT FOR SENIORS

Types of Services Provided

- Provides community support and case management to people with serious mental illness, 65 years of age or older (60 with age related complications). Intensive individual counselling provided, as well as in-home care and self-help groups.

Notes

- Center follows a harm reduction model, depending on individual circumstances. Serves clients from diverse populations, including people of First Nations, those from the Gay/Lesbian/Bisexual/Trans-gendered community, and people with dual diagnosis (mental health issues and developmental handicaps).

Contact Information

- Address: 2150 Islington Avenue, suite 202, Etobicoke, ON M9P 3V4
- Contact person: Abigail Ali, intake coordinator
- Phone: (416) 248-2050 ext 239
- Email: contact@reconnect.on.ca
- website: www.reconnect.on.ca

ST. MICHAEL'S HALFWAY HOMES – ALCOHOL AND SUBSTANCE ABUSE RECOVERY

Types of Services Provided

- Provides residential treatment for single men (including older adult males) living with alcohol and substance abuse. Individual and group counselling available. Program is 180 days of which the first 150 are residential and the remaining 30 are transitional. Services are provided at a cost, depending on income.

Notes

- Agency follows a harm reduction model and a 12 step model. Clients from diverse populations are served, including people of First Nations, and those from the Gay, Lesbian, Bisexual and Trans-gendered community.

Contact Information

- Address: Carleton House, 234 Carlton Street, Toronto, ON M5A 2L1
- Contact person: Tom Vosylius
- Phone: (416) 925-6042

ST. PAUL'S L'AMOREAUX SENIOR CENTRE – OLDER ADULT DAY PROGRAMS

Types of Services Provided

- Provides support groups, individual counselling, respite care and in-home care services for older adults. Offers Friendly Visiting program for older adults living in social isolation. Day programs cost \$16.50/day. Friendly Visiting program is free of charge. For rates on other programs visit website.

Notes

- Agency follows a harm reduction model. Clients from diverse populations are served, including people from Chinese, Arabic, Armenian, Greek and South East Asian communities.

Contact Information

- Address: 3333 Finch Avenue East, Scarborough, ON M1W 2R9
- Contact Person: Roberta Wong
- Phone: (416) 493-3333 ext 221
- Email: Roberta@splc.ca
- Website: www.splc.ca

SUNNYBROOK HOSPITAL - COMMUNITY PSYCHIATRIC SERVICES FOR THE ELDERLY

Types of Services Provided

- Promotes the mental health of people over age 65, and works to enhance their level of functioning in the community. Services include in-home assessments, counselling for older adults and their families, support group for caregivers of people with dementia, referrals to community agencies, and educational programs. Services are free of charge.

Notes

- Agency follows a harm reduction model. Serves clients from diverse populations, including people of First Nations, and those from the Gay/Lesbian/Bisexual/Trans-gendered community.

Contact Information

- Address: 2075 Bayview Avenue, room F-307, Toronto, ON M4N 3M5
- Main Contact person: Andrew McClure
- Phone: (416) 480-4663
- Email: cpse@sw.ca or cpse@sunnybrook.ca
- Website: www.sunnybrook.ca/programs/neurosciences/mhs/cpse

TORONTO POLICE SERVICE

Types of Services Provided

- Provides services to seniors, persons with disabilities and mental health issues.

Contact Information

- Address: 40 College St. Toronto, ON M5G 2J3
- Contact Person: Constable Patricia Fleischmann, Community Mobilization Unit, Vulnerable Persons Issues
- Phone: 416-808-7040 Fax: 416-808-7222
- Website: www.torontopolice.on.ca
- Email: community mobilization@torontopolice.on.ca
Or patricia.fleischmann@torontopolice.on.ca

UNIVERSITY HEALTH NETWORK – PORTUGUESE MENTAL HEALTH AND ADDICTION PROGRAM

Types of Services Provided

- Program offers assessment, treatment, and rehab to those adults (and older adults) in the Portuguese community living with mental illness and/or addiction problems. Services are provided in the Portuguese language and are free of charge.

Notes

- Program follows a cognitive behaviour therapy and psycho-social rehab model.

Contact Information

- Address: Portuguese Mental Health & Addictions Toronto Western Hospital, 399 Bathurst St., 9th floor- East Wing, Toronto, ON M5T 2S8
- Contact person: Cidalia Proenca
- Phone (416) 603-5747 Fax: (416) 603-5490
- Website: www.uhn.ca/clinics_&_services/clinics/portuguese_mental_health.asp

UNIVERSITY HEALTH NETWORK – PSYCHOGERIATRIC TEAM

Types of Services Provided

- Provides mental health services for seniors living in long-term care and community facilities, including early identification, treatment and management of mental illness.

Notes

- Program serves clients from diverse populations including people of First Nations and those from the Gay, Lesbian, Bisexual and Trans-gendered community.

Contact Information

- Address: c/o Toronto Western Hospital, 399 Bathurst St., 9th floor- East Wing, Toronto, ON M5T 2S8
- Contact Person: Leslie Giddens-Zuker
- Phone: (416) 603-5800 ext. 3247

WEST PARK HEALTHCARE CENTRE - SENIORS MENTAL HEALTH SERVICE

Types of Services Provided

- An in-home assessment of seniors living in the former cities of Etobicoke, York and North York (west of Yonge Street)
- The clients are adults over 60 years of age who show signs of memory loss, or display significant changes in mood or behaviour. They may be having difficulty managing safely due to changes in their mental function.
- A comprehensive assessment is completed.
- Agency operates under a consultation model, whereby a psychiatrist reviews the cases with the front line workers, but does not see clients directly. This consultation process culminates with a comprehensive written report that is provided to the referral source and other agencies as appropriate.
- Average length of service is approximately 6 weeks (short term case management and counselling)
- Services are free of charge

Notes

- Program serves clients from diverse populations
- Service is provided in English, but interpreters are arranged as necessary

Contact Information

- Address: 82 Buttonwood Avenue, Toronto, ON M6M 5J5
- Website: www.westpark.org
- Phone: (416) 243-3600 ext. 4536 Fax: 416-243-3735

WEST TORONTO SUPPORT SERVICES – PROGRAMS FOR OLDER ADULTS

Types of Services Provided

- Provides support groups, individual counselling, and in-home care for older adults. The Caregiver Program offers assistance to caregivers. The Friendly Visiting and Telephone Security Check Programs provides isolated older adults with companionship.

- Support groups and counselling services are free of charge. In-home care (personal care, and homemaking) is free through CCAC referral. If private home care is requested, fees are based on ability to pay.

Notes

- Agency follows an abstinence model. Services provided to diverse communities, including people of First Nations, and those from the Gay/Lesbian/Bisexual/Transgendered community.

Contact Information

- Address: 80 Ward Street, Toronto, ON M6H 4A6
- website: www.wtss.org
- Main Contact person: Joanne Jasper
- Phone: (416) 653-3535, ext.. 234
- Email: jasper@wtss.org

YWCA CHOICES FOR LIVING PROGRAM – NORTH YORK

Types of Services Provided

- Provides support, life skills and counselling for women (including older women) with depression, anxiety, low self-esteem, bi-polar disorder and other mental health issues. Program focuses on developing coping skills and life skills. Offers employment counselling, volunteer activities, training courses, improved self-care, and developing healthier, more supportive relationships.

Notes

- Services are based on a feminist model. Serves clients from diverse populations including people of First Nations and those from the Gay, Lesbian, Bisexual and Trans-gendered community. Program runs from September –June. Services are free of charge with on-site day-care provided for children up to age six. Program supplies TTC tokens to participants.

Contact Information

- Address: 80 Woodland Avenue East Toronto, ON M5T 1C1
- Email: info@ymcatoronto.org
- Phone: (416) 961-5446
- Website: www.ywicatoronto.org/shelter_housing_support/support/choices.htm

CENTRAL (LHIN REGION 8)

Central LHIN includes a northern section of the City of Toronto, most of York Region, and part of Simcoe County.

ONTARIO ASSOCIATION OF NON-PROFIT HOMES AND SERVICES FOR SENIORS (OANHSS)

Types of Services

- OANHSS is the provincial association representing not-for-profit providers of long term care, services and housing for seniors.
- Member include municipal and charitable long term care homes, non-profit nursing homes, seniors' housing projects and community services agencies.
- Member organizations operate over 27, 000 long term care beds and over 5, 000 seniors' units across the province.

Contact Information

- Address: 7050 Weston Road, Suite 700, Woodbridge, ON L4L 8G7
- Website: www.oanhss.org
- Contact Person: Margaret Ringland
- Phone: 905-851-8821 x244 Fax: 905-851-0744
- Email: mringland@oanhss.org

NORTH YORK GENERAL HOSPITAL - GERIATRIC PSYCHIATRY PROGRAM

Types of Services Provided

- Inpatient Program provides intensive assessment, treatment and stabilization10-bed inpatient unit is specially designed to accommodate geriatric patients who may have decreased mobility and require walkers or support bars.
- Outpatient services for older adults include assessment, consultation and short term treatment for those experiencing mental illness and/or substance abuse. Average length of stay in outpatient program is 3-6 months.
- Geriatric Case Management program focuses upon providing support to clients living in or in process of being referred to long-term care homes in North York.
- The Addiction Program, located at the Branson site, provides service to patients (including older adults) who have problems with their use of alcohol, street or prescription drugs, or addictive behaviours such as gambling. All services are free of charge.

Notes

- Program serves clients from diverse populations including people of First Nations and those from the Gay, Lesbian, Bisexual and Transgendered community.

Contact Information

- Address: 4001 Leslie Street, North York, ON M2K 1E1
- Contact Person: Intake worker
- Phone: (416) 756-6655
- Website: www.nygh.on.ca
- Address (addiction site) 555 Finch Ave. West, Toronto, ON M2R 1N5
- Contact Person: Intake worker
- Phone: (416) 756-6642

SAINT ELIZABETH HEALTH CARE SITE – SCARBOROUGH HOSPITAL INTEGRATED COMMUNITY MENTAL HEALTH CRISIS RESPONSE PROGRAM: GERIATRIC MENTAL HEALTH CRISIS TEAM

Types of Services Provided

- Assist people with serious mental health problems to diffuse a crisis situation and meet their immediate safety needs. Focus is to support adults with serious mental illness to live independently in the community by offering a range of linkages to social, psychological, medical and community resources.
- The program has developed collaborative relationships with other service providers, including hospitals, police and other community agencies.

Contact Information

- Address: 2 Lansing Square, Suite 600 North York, ON M2J 4P8
- Contact Person: Crisis Worker
- Phone: (416) 498-0043 Fax: (416) 498-0053
- Website: www.tsh.to

SOUTHLAKE REGIONAL HEALTH CENTRE (SRHC) MENTAL HEALTH SERVICES – TANNERY SITE PACTT PROGRAM

Types of Services Provided

- 24/7 outreach program in Georgina Ontario.
- Experienced team of nurses, occupational therapists, social workers, a peer support worker and psychiatrist.
- PACTT provides intensive services for people with a severe mental illness who reside in Georgina. PACTT's goals are to lessen or eliminate the debilitating symptoms of mental illness, prevent recurrent acute episodes of the illness,

enhance the client's quality of life, improve functioning in adult social activities and employment roles.

- PACTT delivers treatment, rehabilitation and support services in the client's choice of environment.

Contact Information

- Address: 465 Davis Drive, Newmarket ON L3Y2P1
- Contact Person: Rhonda Harrison, Program Contact
- Phone: (905) 895-4521 x2323 Fax: (905) 830-5963
- Website: www.southlakeregional.org

VITANOVA FOUNDATION

Types of Services Provided

- Agency offers a day treatment programs to individuals, and families affected by substance abuse. Provides individual and group counselling, support groups, self-help, and relapse prevention/aftercare. Also provides family and couples counselling, and family support group. Offers public forums and workshops for the public.

Notes

- Agency follows a harm reduction model and serves clients from diverse populations. Services also provided in Italian

Contact Information

- Address: 6299 Rutherford Rd., Woodbridge, ON L4L 1A7
- Contact person: Cindy Cepparo
- Phone: (905) 850-3690 ext. 23
- Email: vitanova@netsurf.net
- Website: www.vitanova.on.ca

CENTRAL EAST (LHIN REGION 9)

Central East LHIN includes all of Durham Region, Kawartha Lakes, the Haliburton Highlands, and Peterborough County. Central East also contains part of Northumberland County and the eastern City of Toronto (east of Warden, south of Steeles).

ALZHEIMER SOCIETY OF DURHAM REGION FAMILY SUPPORT AND EDUCATION

Types of Services Provided

- One-to-one and group support for individuals with Alzheimer Disease or a related dementia and their family caregivers as well as information on the disease progression, coping strategies and referral to community agencies.

Contact Information

- Address: 419 King St. West, Oshawa, ON L1J 2K5
- Contact Person: Carolyn Douglas, Family Support Coordinator
- Phone: (905) 576-2567 x 24 Fax: (905) 576-2033
- Email: cdouglas@alzheimerdurham.com
- Website: www.alzheimerdurham.com

CANADIAN MENTAL HEALTH ASSOCIATION/DURHAM REGION BRANCH

Types of Services Provided

- Offers services for older persons (up to age 65) living with mental illness, including case management, group and individual counselling. Operates Resource Center for Wellness and Learning which provides public education on mental illness. Also offers housing for individuals (up to age 65) who are homeless. Services are free of charge.

Notes

- Program serves clients from diverse populations including people of First Nations and those from the Gay, Lesbian, Bisexual and Trans-gendered community.

Contact Information

- Address: 60 Bond Street West, Oshawa, ON L1G 1A5
- Contact Person: central intake services
- Phone: (905) 436-8760 ext. 103
- Email: fays@cmhadurham.org cmha@cmhadurham.org
- Website: www.cmhadurham.org

DISTRESS CENTRE DURHAM

Types of Services Provided

- Crisis/Suicide/Homicide Support Services, including Crisis Call-Out Program, Community Contact Call-Out Program, Resource Centre (9.30am – 5pm), Community Training and Education (Crisis Management, Suicide and Homicide Loss), Adolescent Suicide Program, Suicide/Homicide Survivor Support Groups

Notes

- 24 Hour Help Lines: **Local** – 905-433-1121, **Durham Region** – 1-800-452-0688

Contact Information

- Address: 58 Rossland Rd W, Suite 211, Oshawa, ON L1G 2V5
- Website: www.distresscentredurham.com
- Contact Person: Victoria Kehoe , Executive Director
- Phone: 905-723-4461 (admin line), 905-723-4461 x33 (Victoria Kehoe)
905-433-1121 or 1-800-452-0688 (local 24h help line)
- Email: dcd@distresscentredurham.com or Victoria@distresscentredurham.com

DURHAM MENTAL HEALTH SERVICES

Types Services Provided

- Crisis Services (16yrs and older): 24hr telephone support, mobile visits, crisis beds – to assist individuals in the resolution of their emotional or personal .
- Case Management (16yrs and older): Community based program which provides assistance to people who are living with a mental illness and living in the community.
- Justice Initiatives (16yrs and older): Provides a variety of programs to support and educate people with mental health needs who find themselves in conflict with the criminal justice system.
- Supportive Housing (16yrs to 65yrs): Serves individuals living with a mental illness who wish to learn the skills necessary to live independently in the community.
- Family Support Program (16yrs and older): This program provides education, support and advocacy to the families of individuals who are living with a mental illness.

Notes

- Crisis Line: 905-666-0483 Toll Free: 1-800-742-1890
- Call 906-666-0831 for information and intake

Contact Information

- Address: 519 Brock St. South, Whitby ON L1N 4K8
- Contact Person: Norine Thompson 905-666-0831 x227
- Main Phone: 905-666-0831
- Crisis Line: 905-666-0483 Toll Free Crisis Line: 1-800-742-1890
- Email: nthompson@dmhs.ca
- Website: www.dmhs.ca

DURHAM REGIONAL POLICE

Types of Services Provided

- Provides speakers on Elder Abuse, Professional Policing Services

Contact Information

- Address: 605 Rossland Road East, Box 911 Whitby Ontario L1N OB8
- Contact Person: Susan Shetler
- Phone: (905) 579-1520 x4804
- Email: volunteer@drps.ca
- Website: www.drps.ca

FOUR COUNTIES ADDICTION SERVICES TEAM (FOURCAST)

Types of Services Provided

- Provides community based treatment and programs for people, including older adults, with alcohol, drug addiction and problem gambling issues. Services include individual and group counselling for older adults, relapse prevention and support for families and caregivers of those in treatment. Length of program depends on client's needs. Services are free of charge.

Notes

- Agency follows a harm reduction and Stages of Change model and serves clients from diverse populations including people of First Nations and those from the Gay, Lesbian, Bisexual and Trans-gendered community.

Contact Information

- Address: 130 Hunter Street West, suite 200, Peterborough, ON K9H 2K8
- Contact person: intake worker
- Call Toll free in Ontario 1-800-461-1909
- Office Phone: (705) 876-1292 Fax: (705) 876-9125
- Email: fourcast@cogeco.net

OSHAWA SENIOR CITIZENS CENTRE

Types of Services Provided

- Provides support groups and self-help programs for older adults.
- “Peer mentoring – we provide one-on-one support in person or over to the phone to older adults. We listen and are sensitive to the needs of the person. We are volunteers aged 55+.”

Contact Information

- Address: 43 John Street West, Oshawa, ON L1H 1W8
- Contact Person: Kersti Pascoe
- Phone: (905) 576-6712 ext. 2847 Fax: 905-576-0848
- Email: kpascoe@oshawa.ca
- Website: www.oscc.ca

PETERBOROUGH REGIONAL HEALTH CENTRE – MENTAL HEALTH SERVICES

Types of Services Provided

- Outreach program offers geriatric mental health assessment, consultation and education with a limited capacity of provide treatment services for people 65 and over. Model of services is outreach assessment of seniors demonstrating late onset mental health problems while living in their own homes or a long-term care facility.

Notes

- For adults sixty-five and over with late onset mental health problem.
- Must live in catchment area and have a family doctor.
- Program does not provide capacity assessments.

Contact Information

- Address: 1 Hospital Drive, Peterborough, ON K9J 7C6
- Contact Person: Gail Grant, Manager
- Phone: (705) 876-5076 Fax: (705) 876-5013
- Email: ggrant@prhc.on.ca
- Website: www.prhc.on.ca

***PETERBOROUGH REGIONAL HEALTH CENTRE –
SCHIZOPHRENIA CLINIC
(PSYCHOSIS RECOVERY AND COMMUNITY TREATMENT SERVICES)***

Types of Services Provided

- A community mental health program which provides assessment, treatment and rehabilitation for people with schizophrenia and related psychotic disorders. Model of service is a combination of recovery, psychosocial rehabilitation, medications, counselling and case management depending on needs and interests of client.

Contact Information

- Address: 1 Hospital Drive, Peterborough, ON K9J 7C6
- Contact Person: PRCH Intake Secretary
- Phone: (705) 876-5071 Fax: (705) 876-5013
- Website: www.prhc.on.ca

SOUTH EAST (LHIN REGION 10)

South East LHIN includes all of Hastings County, Lennox & Addington, Prince Edward County, Frontenac County, and the City of Kingston. This LHIN contains most of Northumberland County, as well as Leeds & Grenville - which is split with the Champlain LHIN. Lanark County is also split with the Champlain LHIN to accommodate the moving of the Perth Smith Falls hospital sites to the South East LHIN.

LENNOX AND ADDINGTON ADDICTION SERVICES

Types of Services Provided

- Program provides outpatient treatment services for people concerned about drug abuse, alcohol addiction, and problem gambling. Services offered include individual, couples and group counselling, relapse prevention and counselling for families of those in treatment. Services are free of charge.

Notes

- Agency follows a harm reduction, and a 12 step model. Serves clients from diverse populations, including Francophone

Contact Information

- Address: 37 Dundas Street West, Napanee, ON K7R 4C1
- Contact person: Colleen Jelley, Office Manager
- Toll free number 1-800-420-9734
- Office Phone: (613) 354-6624
- Email: admin@l-aas.com

LENNOX AND ADDINGTON COMMUNITY MENTAL HEALTH SERVICES

Types of Services Provided

- Provides crisis intervention, brief and long term counselling, consultation, peer support, case management, psycho-social rehabilitation and residential services for adults (including older adults) with mental illness, such as clinical depression, anxiety disorders, post-traumatic stress disorder, disordered eating or sleep, thought disorders etc. Services are provided free of charge.

Notes

- Program serves clients from diverse populations including people of First Nations and those from the Gay, Lesbian, Bisexual and Transgendered community

Contact Information

- Address: 160 John Street 2nd floor, Napanee, ON K7R 1R2
- Contact person: Kim Burson
- Phone: (613) 354-7521 Toll free: 1-800-267-7877 Crisis phone: (613) 354-7388
- Email: kim@lacmhs.ca
- Website: www.recoveryconnections.ca

PROVIDENCE CONTINUING CARE CENTRE - MENTAL HEALTH SERVICES

Types of Services Provided

- (1) Geriatric Psychiatry Outpatient and Outreach Services for older adults in the community experiencing mental health and/or substance abuse issues. Provides community-based assessment, consultation, short-term treatment, and follow-up for clients and families at their place of residence.
- (2) Geriatric Psychiatry Inpatient Services primarily for those over age 65 with serious mental disorders, including dementia with behavioural disturbances, who require admission to hospital. Also will admit adults under age 65 with age related complications. Average length of stay varies with needs and circumstances of each individual. Services are free of charge.

Notes

- Program serves clients from diverse populations including people of First Nations and those from the Gay, Lesbian, Bisexual and Trans-gendered community.

Contact Information

- Address: Mental Health Services Site Postal Bag 603, 752 King Street West Kingston, ON K7L 4X3
- Contact Person: Joe Fadella (intake person)
- Phone: (613) 546-1101 Fax: (613) 548-5588
- Email: fadellaj@pccchealth.org
- Website: www.pccchealth.org

**ROYAL OTTAWA HEALTH CARE GROUP –
MENTAL HEALTH SERVICES – SMITHS FALLS: GERIATRIC
PSYCHIATRY OUTREACH**

Types of Services Provided

- Geriatric psychiatrist and nurse provide consultation and follow-up psychiatric care to residents of long-term care (LTC) facilities, in tandem with both physician and staff at long-term care facilities. Also provide consultative services and follow-up as required by family physician in rural communities serviced.

Notes

- Clients 65 and older. Clients under 65 are considered for consultation if afflicted with an age-related illness (e.g. dementia).

Contact Information

- Address: 88 Cornelia Street West, Smiths Falls, ON K7A 5K9
- Contact Person: ROHCG Secretary, Geriatric Psychiatry Outreach Secretary
- Phone: (613) 283-2170 Fax: (613) 342-6914
- Website: www.rohcg.on.ca

**ROYAL OTTAWA HEALTH CARE GROUP –
MENTAL HEALTH SERVICES – SMITHS FALLS: ELMGROVE SERVICE
(OUTPATIENT)**

Types of Services Provided

- All outpatient services are provided in collaboration with hospital and community partners and offered in satellite offices, as close as possible to a person's place of residence. Treatment is provided in an individual's home and/or satellite clinics. Services are multidisciplinary and provided by teams of: nurses, psychiatrists, psychologists, social workers and a vocational counsellor. Approaches to care include: individual therapy, family therapy, group therapy, home support visits, medication management, vocational assessment and counselling, concurrent counselling, and service coordination. Model of services is solution focused short-term intervention, and shared care with community partners. Average length of stay is one to two years.

Contact Information

- Address: 88 Cornelia Street West, Smiths Falls, ON K7A 5K9
- Contact Person: Brian Merkley, Manager Elmgrove Service
- Phone: (613) 345-1461 Fax: (613) 342-6914 Toll Free: (866) 281-2911
- Email: bmerkley@rohcg.on.ca
- Website: www.rohcg.on.ca

**ROYAL OTTAWA HEALTH CARE GROUP –
MENTAL HEALTH SERVICES – SMITHS FALLS:
ELMGROVE SERVICE/CRISIS OUTREACH PROGRAM**

Types of Services Provided

- The Crisis/Outreach team provides initial screening and triage of referrals, crisis intervention and bio-psychosocial assessments. In situations where clients or families can be safely treated in the community, they are offered short-term intensive treatment. Caseloads are restricted to 10-15, allowing the intensive work required. Risk management plans are developed if necessary. Treatment is time limited and goal oriented with special consideration given to the organization, linking and bridging to community support services. Clinical interventions are strategically designed to rapidly stabilize the client or family's individual circumstances, both from a mental illness perspective, and well as assisting with critical psychosocial issues related to successful community integration. Model of service is crisis intervention, solution-focused therapy (eg recovery, peer support, psychosocial, mobile and telephone).

Contact Information

Address: 88 Cornelia St West, Smiths Falls, ON K7A 5K9

Contact Person: Brian Merkley, Manager Elmgrove Service

Phone: (613) 345-1461 x2410 Fax: (613) 342-6914 Toll Free: (866) 281-2911

Email: bmerkley@rohcg.on.ca

SEXUAL ASSAULT CENTRE, KINGSTON

Types of Services Provided

- Program provides intake, assessment, crisis intervention services (24 hour crisis telephone line and short term crisis counselling), long term counselling, information and referrals to all women (including older adults) who have experienced sexual assault, sexual violence or sexual harassment. Short term counselling is from six weeks to six months. Long term counselling can extend up to two years. Services are free of charge.

Notes

- Serves clients from diverse populations including people of First Nations and those from the Gay, Lesbian, Bisexual and Trans-gendered community

Contact Information

• Address: P.O. Box 1461 Kingston, ON K7L 5C7

• Contact person: Kim Allen (Centre Coordinator)

• 24 hour crisis hotline - toll free 1-877-544-6424 or

• Phone: (613) 545-0762 ext. 101

- Email address kallen@cogeco.ca

CHAMPLAIN (LHIN REGION 11)

Champlain LHIN includes all of Renfrew County, the City of Ottawa, Prescott & Russell

COMMUNITY MENTAL HEALTH SERVICES OF RENFREW COUNTY

Types of Services Provided

- Provides a psycho-geriatric outreach program offering assessment, case management, crisis intervention, social/recreational support, and family services for people 45 years old and up needing mental health intervention. Services are provided free of charge.

Notes

- Agency follows a bio-psycho-social model. Serves clients from diverse populations including people of First Nations, and those from the Gay, Lesbian, Bisexual and Trans-gendered community.

Contact Information

- Address: Von Complex – Ground Floor 425 Cecelia Street Pembroke, ON K8A 1S7
- Phone (613) 732-3675 ext. 8003 Toll-free: 1-866-996-0991 Fax: (613) 735-8238
- Renfrew Address: 210 Lochiel St. South, Suite 202 Renfrew, ON K7V 1W7
- Phone: (613) 432-5835 Toll Free: 1-800-991-7711 Fax: (613) 432-3806
- Website: www.renfrewcountyhealth.ca/mental-health.htm
- **MENTAL HEALTH CRISIS LINE**
24 hrs/day - 7 days/week
Service in English or French
Toll Free 1-866-996-0991

GERIATRIC PSYCHIATRY COMMUNITY SERVICES OF OTTAWA

Types of Services Provided

- The Geriatric Psychiatry Clinic provides services for people over age 65 experiencing problems with mental health. Services include intake and assessment, diagnosis, treatment plan, and case management. The Alzheimer's and Related Disorders Unit focuses on the needs of older adults living with Alzheimer's, or moderate to severe dementia. Average length of stay varies depending on needs of client. Services are provided in English and French and are free of charge.

Notes

- Program serves clients from diverse populations including people of First Nations and those from the Gay, Lesbian, Bisexual and Transgendered community

Contact Information

- Address: 75 Bruyere Street, suite 106Y, Ottawa, ON K1N 5C7
- Main Contact person: Vickie Demers
- Phone: (613) 562-9777 ext. 239 General info: (613)653-0050
- Email: vdemers@scohs.on.ca
- website: <http://www.scohs.on.ca>

HOPITAL MONTFORT HOSPITAL – GERIATRIC MENTAL HEALTH PROGRAM

Types of Services Provided

- Provides a community based psycho-geriatric outreach program serving the mental health needs of people over the age of 60. Offers assessment, consultation and treatment to individuals and to family members/ spouse/caregivers of those in treatment. These services are provided in-home or in long term care and/or skilled nursing facilities. Average length of stay depends on needs of individual. Services are free of charge.

Notes

- Program follows a psycho-geriatric model of care. Program serves clients from diverse populations including people of First Nations and those from the Gay, Lesbian, Bisexual and Trans-gendered community.

Contact Information

- Address: 713 Montreal Road Ottawa, Ontario K1K 0T2
- Phone : (613) 746-4621 Fax : (613) 748-4914
- Prescott-Russell Mental Health
Community Centre (Rockland) (613) 446-5139
- Montfort Long Term Care Centre (613) 746-8602
- Website: hopitalmontfort.com

INNER CITY HEALTH PROJECT OF OTTAWA - MANAGED ALCOHOL PROGRAM

Types of Services Provided

- Program serves 20 men & women (average age: 45 years old), who are at extremely high risk for alcohol dependency. Participants are assessed prior to entry & must meet the criteria as determined by the Inner City Health Team and its partner Shepherds of Good Hope. Chronic alcoholics are encouraged to stay within the facility and are allowed to drink in a monitored setting out of the elements and dangers of the streets. Services are free of charge.

Notes

- Program follows a harm reduction model of care. Program serves clients from diverse populations including people of First Nations and those from the Gay, Lesbian, Bisexual and Transgendered community.

Contact Information

- Address: 500 Old St. Patrick St., Unit G, Ottawa, ON K1N 9G4
- Phone: (613) 562-4500
- Website: www.med.uottawa.ca/ichpsuo

LIFESTYLE ENRICHMENT FOR SENIOR ADULTS (LESA) – ADDICTION SERVICES FOR OLDER ADULTS

Types of Services Provided

- Provides in-home counselling and group support for older adults over the age of 55, with alcohol, drug and problem gambling addictions. Program offers group support, recreational therapy and serves lunch. Telephone counselling is also available. Services are provided in French and English and are confidential and free of charge.

Notes

- Agency follows a harm reduction and Stages of Change model and serves clients from diverse populations including people of First Nations and those from the Gay, Lesbian, Bisexual and Trans-gendered community.

Contact Information

- Address: 420 Cooper Street, Ottawa, ON K2P 2N6
- Contact person: Betty MacGregor
- Phone: (613) 233-5430 ext. 2183 Toll free 1-877-795-8442
- Email: bmacgregor@centretownchc.org
- Website: www.centretownchc.org

MARIANHILL - GERIATRIC MENTAL HEALTH OUTREACH PROGRAM

- Program provides comprehensive assessments, for persons over 65 years of age experiencing mental health problems, including behaviour problems/personality changes, depression, psychoses, anxiety, medication review, memory loss. This service is provided in partnership with Pembroke Regional Hospital and the Royal Ottawa Health Care Group.

Contact Information

- Address: 600 Cecelia St., Pembroke, ON K8A 7Z3
- Phone: (613) 735-6500 Call toll free 1-877-260-0535
- Email: gmh@marianhill.ca
- Website: www.marianhill.ca

PRESCOTT AND RUSSELL PSYCHOGERIATRIC SERVICE/SERVICE DE PSYCHOGERONTOLOGIE DE PRESCOTT ET RUSSELL

Types of Services Provided

- Program offers counselling for those 65 years and older experiencing a mental health problem, such as anxiety, agitation, aggressiveness, wandering, depression, delirium, psychosis. Services are provided for individuals who are under the care of a physician, and are available to those living in long-term care facilities and in the community within Prescott and Russell counties (towns of Hawkesbury, Casselman, and Rockland).

Notes

- Serves clients from diverse populations including people of First Nations and those from the Gay, Lesbian, Bisexual and Trans-gendered community. Services are provided both in English and French and are free of charge.

Contact Information

- Address: 444 McGill Street, suite 01, Hawkesbury, ON K6A 1R2
- Contact person: Central Intake
- Call toll free 1-866-316-7750
- Office Phone: (613) 632-7763

ROYAL OTTAWA HEALTH CARE GROUP – GERIATRIC PSYCHIATRY

Types of Services Provided

- Outreach program (Ottawa and Brockville)– provides mental health team for older people living in long term facilities or in isolated rural areas. Service is free of charge, except for paid parking at hospital.
- Inpatient Services (Ottawa only) – for older people requiring stabilization due to acute mental health episode. Service is free of charge.
- Geriatric Day Hospital Program (Ottawa only) – provides crisis intervention, assessment and individual and/or group treatment for older adults with serious mental health problems who are able to live safely in community. Program fees include cost of transportation to hospital and \$50.00 monthly fee for lunch.
- Crisis Intervention Program (Brockville)– provides mental health crisis intervention for all ages including older adults.

Notes

- Program uses an interdisciplinary team approach. Serves clients from diverse populations including people of First Nations and those from the Gay, Lesbian, Bisexual and Trans-gendered community

Contact Information

- Ottawa address: 1145 Carling Avenue, Ottawa, ON K1Z 7K4
- Contact person: Lori Norris – Geriatric Services
- Phone (613) 722-6521 ext. 6012
- Email: lnorris@rohcg.on.ca
- Website: www.rohcg.on.ca
- Brockville address: 1804 Highway 2, Brockville, ON K6V 5W7
- Contact person: Brian Merkley - Crisis Intervention
- Phone (613) 345-1461 ext. 2410
- Email: bmerkley@rohcg.on.ca

SERENITY RENEWAL FOR FAMILIES

Types of Services Provided

- Program provides support group for individual older adults, couples and families experiencing alcohol, drug or gambling related problems. Average length of program is eight months. One day workshops are available several times a year. Services for support groups are free of charge. Workshops costs vary.

Notes

- Serves clients from diverse populations including people of First Nations and those from the Gay, Lesbian, Bisexual and Trans-gendered community.

Contact Information

- Address: 2810 Baycrest Drive, Ottawa, ON K1V 7P7
- Main Contact person: Alexa
- Phone: (613) 523-5143
- Email: serenity@cyberus.ca
- website: www.serenityrenewal.ca

TRI-COUNTY MENTAL HEALTH SERVICES (Cornwall Community Hospital)

Types of Services Provided

The Community Service Program : offers a multi-disciplinary team which provides assessment, direct service, case management, and follow-up to individuals 65 years of age and older who live in their homes or in domiciliary homes.

The Long Term Care Outreach Service: consists of 2 community mental health nurses and a consulting Geriatric Psychiatrist who provide service to the 11 long-term

care facilities in Stormont, Dundas and Glengarry. The team provides assessment and treatment, as well as support and education to families and long term care facilities staff. Services are offered to the three counties of Stormont, Dundas and Glengarry, each of which has a satellite office, in Winchester and Alexandria. Services in French and English, and are free of charge

Notes

Agency serves clients from diverse populations, including those from the First Nations and people from the Gay/Lesbian/Bisexual and Transgendered communities.

Contact Information

Address: 132 Second Street East, suite 104, Cornwall, ON K6H 1Y4

Phone: (613) 932-9940 Toll free: 1-800-465-8061

Contact person: Micheline Drapeau

Email: tcmhgen@cornwallhospital.ca

NORTH SIMCOE MUSKOKA (LHIN AREA 12)

North Simcoe Muskoka LHIN includes the municipalities of Muskoka, most of Simcoe County, and part of Grey County.

CHOICES COUNSELLING AND CONSULTING

Types of Services Provided

- Blending of Tradition and Holistic Therapy Approaches in the Assessment and Treatment of Alcohol/Other Drug/Gambling/Internet Addictions
- Anne Marie Ireland is experienced working in hospital and community based settings, as a member of Mental Health and Addiction Care Teams, Community Mental Health Crisis Intervention Team, and as an Employee Assistance Counsellor and Substance Abuse Professional

Notes

- Fee for service provider *Associate Counsellor with several Employee Assistance Program Companies and Services

Contact Information

- Address: 179 Letitia St, Barrie, ON L4N 1P4 (mailing) or 11 Collier St, Unit #302, Barrie, ON (counselling)
- Contact Person: Anne Marie Ireland, Certified Alcohol, Drug, Gambling Counsellor, Certified Substance Abuse Professional
- Phone: 705-794-3694 (24 hour)

COMMUNITY CARE ACCESS CENTRE/SIMCOE COUNTY – SERVICES FOR OLDER ADULTS

Types of Services Provided

- Provides home care services to those unable to access out-patient services, or require in-home assessment. Older adults are provided with specific case managers to assist with their particular needs. Average length of service provided is three months, but clients can be seen for up to one year. Services are free of charge.

Notes

- Services are provided to diverse communities, including people of First Nations, and those from the Gay/Lesbian/Bisexual/Trans-gendered community.

Contact Information

- Address: 15 Sperling Drive, Barrie, ON L4M 6K9
- Main Contact person: Pauline Therrien
- Phone: toll free 1-888-721-2222 (within Simcoe county only)
- Office Phone: 705-721-8010
- Email: Pauline.therrien@simcoe.ccac.ont.ca
- Website: <http://www.simcoe.ccac-ont.ca/>

COLLINGWOOD GENERAL AND MARINE HOSPITAL - COMMUNITY MENTAL HEALTH SERVICES

Types of Services Provided

- Provides assessment, consultation and support for persons ages 55 and over with mental illness and addiction issues, on an out-patient basis.

Notes

- Program serves clients from diverse populations including people of First Nations and those from the Gay, Lesbian, Bisexual and Trans-gendered community.

Contact Information

- Address: 459 Hume Street, Collingwood, ON L9V 1W9
- Main Contact person: intake worker
- Phone: (705) 444-6600
- Website: www.cgmh.on.ca

MENTAL HEALTH CENTRE OF PENETANGUISHENE - GERIATRIC SERVICE PROGRAM

Types of Services Provided

- Provides assessment, treatment and evaluation of mental health issues in older adults living in the Penetanguishene area. Individual counselling, in-home care and inpatient assessment and treatment options are available. Average length of service provided is approximately three months. Services are free of charge.

Notes

- Agency follows an abstinence model. Services provided to diverse communities, including people of First Nations, and those from the Gay/Lesbian/Bisexual/Transgendered community. Services available in French.

Contact Information

- Address: 500 Church Street, Penetanguishene, ON L9M 1G3
- Contact person: Gail Saulnier, Program Coordinator
- Phone: (705) 549-3181 ext. 2760
- Email: gsaulnier@mhcp.on.ca

MUSKOKA PARRY SOUND COMMUNITY MENTAL HEALTH SERVICE – REGIONAL SENIOR’S MENTAL HEALTH CONSULTATION PROGRAM

Types of Services Provided

- Provides assessment, diagnosis, treatment, case management, and (limited) follow up for people 65 years of age and older living with mental illness complicated by age related medical conditions. Serves those under age 65 with early onset of mental or physical illness. Services are free of charge. Program operates jointly with North Bay Psychiatric Hospital.

Notes

- Program uses an interdisciplinary team approach. Serves diverse populations including First Nations and Gays/Lesbians/Bisexuals/Trans-gendered people.

Contact Information

- Address: 67 Main Street, suite 1, Huntsville, ON P1H 1W9
- Main Contact person: Joan Chipperfield
- Phone: (705) 789-8891 ext. 35
- Email: chipperfield@mpscmhs.on.ca
- website: www.mpscmhs.on.ca

SIMCOE OUTREACH SERVICES – CENTRE FOR ADDICTION

Types of Services Provided

- Provides assessment, referrals, outpatient counselling, individual, family and group therapy to people of all ages concerned about alcohol and drug abuse, or problem gambling. Services are free and by appointment only.

Notes

- Agency follows a harm reduction model. Services provided to diverse communities, including people of First Nations, and those from the Gay/Lesbian/Bisexual/Transgendered community

Contact Information

- Address: 61 Wellington Street West, Barrie, ON L4N 1K5
- Main Contact person: Greg Howse, Executive Director
- Phone: toll free 1-800-263-5060 Office phone: (705) 726-7062
- Email: ghowse@simcoeoutreach.org
- Website: <http://www.mhcva.on.ca/sosmain.htm>

WENDAT COMMUNITY PSYCHIATRIC SUPPORT PROGRAMS

Types of Services Provided

- Offers round-the-clock, intensive case management in the home for adults (including older adults) living with mental illness. Also offers crisis management for acute cases of mental illness, a housing registry to help those with serious mental illness find living quarters in the community, a social/recreational club, and peer support. Services are free of charge.

Notes

- Serves clients from diverse populations including people of First Nations and those from the Gay, Lesbian, Bisexual and Trans-gendered community

Contact Information

- Address: 237 Second Street, Midland, ON L4R 4P4
- Website: www.mhcva.on.ca/Wendat%202/wendathome.htm
- Contact person: Sherry Allen
- Phone (705) 526-1305 ext. 24
- Email: Sherry@wendatprograms.com

NORTH EAST (LHIN AREA 13)

North East LHIN includes the Districts of Nipissing, Parry Sound, Sudbury, Algoma, and Cochrane. Also includes the eastern portion of the District of Kenora, which it shares with the North West LHIN.

COMMUNITY COUNSELLING CENTER OF NIPISSING – ADDICTION SERVICES

Types of Services Provided

- Program provides assessment, referral and case management services to help individuals dealing with drug and alcohol dependency. Services available for all ages including older adults. Services are free of charge.

Notes

- Agency follows a harm reduction model. Serves clients from diverse populations, including people of First Nations, Francophones and those from the Gay/Lesbian/Bisexual/Trans-gendered community.

Contact Information

- Address: 362 McIntyre Street East, North Bay, ON P1B 1C9
- Main Contact person: Lisa McCool-Philbin
- Phone: (705) 472-6515 ext. 242
- Email: lmcool@cccnip.com
- Website: www.cccnip.com

COMMUNITY COUNSELLING CENTER OF NIPISSING PROBLEM GAMBLING COMMUNITY TREATMENT PROGRAM

Types of Services Provided

- Program provides assessment, individual counselling, relapse prevention and follow-up support for people experiencing problem gambling. Services available for all ages including older adults. Also provides support and counselling for family members of those being treated for problem gambling. Offers specialized treatment for people with developmental disabilities. Services are free of charge.

Notes

- Agency follows a harm reduction model. Serves clients from diverse populations, including people of First Nations, Francophones and those from the Gay/Lesbian/Bisexual/Trans-gendered community.

Contact Information

- Address: 362 McIntyre Street East, North Bay, ON P1B 1C9
- website: cccnip.com
- Main Contact person: Lisa McCool-Philbin
- Phone: (705) 472-6515 ext. 242
- Email: lmcool@cccnip.com

ELLIOT LAKE FAMILY LIFE CENTRE - ADDICTION AND MENTAL HEALTH SERVICES

Types of Services Provided

- Program provides assessment, support groups and on-site and in-home counselling services to older people with mental health and addiction problems. Also provides educational seminars for the public on mental health and addiction issues. Services are free of charge.

Notes

- Agency follows a harm reduction model. Serves clients from diverse populations, including Francophones

Contact Information

- Address: 9 Oakland Blvd, suite 9, Elliot Lake, ON P5A 2T1
- Contact person: Laureen Moore
- Phone: (705) 848-2585

HEARST, KAPUSKASING AND SMOOTH ROCK FALLS COUNSELLING SERVICES

Types of Services Provided

- Agency provides a wide range of bilingual (French / English) mental health and family violence services available to residents of the North Cochrane area. Offers Psycho-geriatric Program including mental health assessment, diagnosis, counselling, (limited) follow up and/or referrals for adults 65 years of age and up, living with mental illness. Programs are open to those under age 65 with age related illnesses. Clients can be seen in home or at the agency offices. Average length of program depends on needs of client. Services are free of charge.

Notes

- Agency follows a consultation and short-term follow up model. Program serves clients from diverse populations including people of First Nations and those from the Gay, Lesbian, Bisexual and Trans-gendered community.

Contact Information

- Address: 29 Byng Avenue, suite #1, Kapuskasing, ON P5N 1W6
- Contact Person: Lisette Parent
- Phone: (705) 335-8468
- Email: HKSCounselling_Lisette@on.link.net
- Website: www.psychiatry.med.uwo.ca/ecp/info/kapuskasing/HKSRFCS/index.htm

NORTHEAST MENTAL HEALTH CENTRE – SENIOR'S MENTAL HEALTH PROGRAM

Types of Services Provided

- Program is comprised of both inpatient and community services.
- In-patient services provide assessment, diagnosis, treatment, case management, and (limited) follow up for people 65 years of age and older living with mental illness complicated by age related medical conditions. Serves those under age 65 who have an early onset of mental or physical illness.
- Community Services provides assessment, intervention, and support to assist individuals with age-related mental health disorders to remain in the community (private home, long-term care facility). Program operates jointly with the Senior's Mental Health Consultation Program at North Bay Psychiatric Hospital. Services are free of charge.

Notes

- Program uses an interdisciplinary team approach. Serves clients from diverse populations including people of First Nations and those from the Gay, Lesbian, Bisexual and Transgendered community

Contact Information

- Address: North Bay Psychiatric Hospital, Highway 11 N, North Bay, ON P1B 8L1
- Contact person: William Butler
- Phone (705) 474-1205 ext. 7855
- Email: wbutler@nemhc.on.ca

SAULT AREA HOSPITAL - ADDICTIONS TREATMENT CLINIC

Types of Services Provided

- The program offers confidential community counselling services primarily to adults 55 years of age and older and their families experiencing difficulties related to gambling. Services include individual, couple, family and group counselling services, an in home and/or in office counselling option, presentations, education and awareness about problem gambling issues.

Notes

- Serves clients from diverse populations including people of First Nations and those from the Gay, Lesbian, Bisexual and Transgendered community. Services are provided both in English and French and are free of charge.

Contact Information

- Address: c/o Sault Area Hospital, 123 East Street, Sault Sainte Marie, ON P6A 3C7
- Website: www.pictographics.ca/sahas/communitytreatment.php
- Phone (705) 759-6684

SAULT AREA HOSPITAL - SENIORS' MENTAL HEALTH SERVICES

Types of Services Provided

- Provides non-emergency, mental health services to older adults, their families and service providers, in the community and/or long-term care facility settings. Assessments of mental health status can be done in the home or at long-term care facilities. Education is provided on older adult mental health issues for care-givers and professionals. Services are free of charge, and are offered to anyone 65 years or older within Sault Ste. Marie and the District of Algoma.

Notes

- Serves clients from diverse populations including people from First Nations and those from the Gay/Lesbian/Bisexual and Trans-gendered communities.

Contact Information

- Address: 390 Bay Street, 4th floor, Sault St. Marie, ON P6A 1X2
- Contact Person: Barb Forest
- Phone: (705) 759-9396
- Email: ForestB@sah.on.ca

SENIORS' MENTAL HEALTH COMMUNITY CONSULTATION SERVICE OF ELLIOT LAKE

Types of Services Provided

- Program serves elderly patients with mental health problems referred by their family physician. Program provides mental health assessment, diagnosis, treatment recommendations, limited follow-up and/or referral for elderly people with mental health problems. Patients are seen in office or in the community depending on their needs. Program is part of the Seniors' Mental Health Program of the North Bay Psychiatric Hospital. Services are free of charge.

Notes

- Team uses a patient-centred and/or consultee-centred approach. Services are provided to diverse communities, including people of First Nations, and those from the Gay/Lesbian/Bisexual/Transgendered community.

Contact Information

- Address: 11 Mary Walk, Elliot Lake, ON P5A 2A1
- Main contact person: Harold Clayton
- (705) 848-2800
- Email: nscss.seniors@on.aibn.com
- Website: www.nscss.com

SOUTH COCHRANE ADDICTION SERVICES

Types of Services Provided

- Community based program providing assessment, referrals, out patient treatment and case management for persons experiencing alcohol, drug related or gambling problems. Offers four one hour weekly information sessions for older adults on risks associated with prescription medications and alcohol, and on the physical and psychological effects of aging and substance abuse. Agency also provides short term brief counselling (2-4 sessions), relapse prevention, telephone counselling and group support. Average program length varies. Services are provided in French and English and are confidential and free of charge.

Notes

- Agency follows a harm reduction model and serves clients from diverse populations including people of First Nations, and those from the Gay, Lesbian, Bisexual and Trans-gendered community.

Contact Information

- Address: 85 Pine Street south, suite 2, Timmins, ON P4N 2K1
- Contact person: Yvonne McClinchey
- Phone: (705) 264-5202 (Timmins location)
- Phone (705) 232-4344 (Iroquois Falls location)
- Email: ymcclin@ntl.sympatico.ca

SUDBURY REGIONAL HOSPITAL- SENIOR MENTAL HEALTH OUTREACH PROGRAM/ PROGRAMME D'INTERVENTION EN SANTE MENTAL AUPRES DES PERSONNES AGEES

Types of Services Provided

- Program helps older adults (usually over age 65) living in the City of Greater Sudbury who are experiencing mental health related problems (depression, anxiety, memory deterioration, behavioural problems related to dementia), and/or alcohol and drug abuse. Persons 65 years and younger who have an age related illnesses (i.e. Alzheimer's) can also access services. Program provides support for caregivers of those in treatment. Services are provided where the individual lives, such as their own home, retirement residence or nursing home.

Notes

- Serves clients from diverse populations including people of First Nations and those from the Gay, Lesbian, Bisexual and Trans-gendered community. Services are provided both in English and French and are free of charge.

Contact Information

- Address: 41 Ramsey Lake Road, Sudbury, ON P3E 5J1
- Contact person: Central Intake
- Phone (705) 523-4988
- Email: welongarini@hrsrh.on.ca
- Website: www.hrsrh.on.ca/portal/desktopdefault2.aspx?tabIndex=137&tabid=175

TIMISKIMING HEALTH UNIT – MENTAL HEALTH SERVICES

Types of Services Provided

- Provides assessment and referral services for older adults with age-related mental health problems. Also offers intake, assessment and referral, case management, advocacy, counselling and crisis intervention for adults (including older adults) living with serious mental illness. Services are provided in conjunction with North Bay Psychiatric Hospital, and are free of charge.

Notes

- Serves clients from diverse populations including people of First Nations and those from the Gay, Lesbian, Bisexual and Trans-gendered community

Contact Information

- Address: 421 Shepherdson Road, New Liskeard, ON POJ 1P0
- Contact person: Dennis Grenier-Ducharme
- Phone (705) 647-4305 x338 fax: 705-647-5779
- Website: www.timiskaminghu.com

TIMMINS AND DISTRICT HOSPITAL - MENTAL HEALTH PROGRAM

Types of Services Provided

- Community Seniors Mental Health Program offers assessment, intervention, and support for older adults living with mental illness. Goal is to keep individuals in the community and prevent hospitalization. Program also provides support to caregivers and families of those clients in treatment.

Notes

- Program serves clients from diverse populations including people of First Nations and those from the Gay, Lesbian, Bisexual and Trans-gendered community.

Contact Information

- Address: 700 Ross Avenue East
- Contact Person: Natalie Carle
- Phone: (705) 267-2131 ext. 2184
- Email: ncarle@tadh.com
- website: www.tadh.com

THE CANADIAN HEARING SOCIETY

Types of Services Provided

- Range of service to deaf, deafened and hard of hearing older adults.
- Through CONNECT Counselling Services: Assessment and counselling for deaf, deafened and hard of hearing consumers who are concerned about their mental health and well being. Support will be provided to consumers concerned about mental health and illness, depression, abuse, family breakdown and addictions or substance abuse.
- Service coordination and case management for consumers with mental health concerns who need short or long-term support in order to live independently in the community.
- Outreach and education to consumers about mental health and wellness, the many services available in the community, and how to access them.

Contact Information

- Address: 130 Queen St. E, Sault Ste. Marie, ON P6A 5K9
- Website: www.chs.ca
- Contact Person: Linda Schraeder
- Phone: (705) 946-4320 Fax: (705) 256-7231
- Email: lschraeder@saultstemarie.chs.ca

TURNING POINT – COMMUNITY MENTAL HEALTH PROGRAM

Types of Services Provided

- Provides mental health counselling and in-home services to people of all ages including older adults, in the Chapleau and surrounding region. Average length and maximum length of services vary depending on needs of individual clients. Services are free of charge.

Notes

- Agency follows a harm reduction and abstinence model, depending on the circumstances and needs of the individual. Serves diverse populations including people from First Nations and those from the Gay, Lesbian, Bisexual and Transgendered community. Services also provide in French.

Contact Information

- Address: PO Box, 1605, 8 Lorne Street South, Chapleau, ON POM 1K0
- Contact person: Sylvie Sylvestre
- Phone: (705) 864-1919
- Email: ssylvestre@sschs.ca

NORTH WEST (LHIN AREA 14)

North West LHIN includes the Districts of Thunder Bay, Rainy River and most of Kenora.

ATIKOKAN COMMUNITY COUNSELLING SERVICES – PSYCHOGERIATRIC PROGRAM

Types of Services Provided

- Program for older adults living with mental illness, addiction and problem gambling issues. Provides group and individual counselling, psychiatric consults, referral services, and family member support/counselling. Psycho-geriatric assessments performed in cooperation with the Lakehead Psycho-geriatric Assessment Team Services. Programs are provided free of charge.

Notes

- Agency follows a client centred model and serves clients from diverse populations including people of First Nations and those from the Gay, Lesbian, Bisexual and Trans-gendered community.

Contact Information

- Address: 123 Marks Street, Atikokan, ON P0T 1C0
- Main Contact person: Bob Botham
- Phone: (807) 597-2724
- Email: communitycounselling@nwon.com
- website: www.nwon.com/communitycounselling

CANADIAN MENTAL HEALTH ASSOCIATION/FORT FRANCES – MENTAL HEALTH SERVICES FOR OLDER ADULTS

Types of Services Provided

- A variety of services are offered, including assessment and treatment related to dementia, early-onset dementia, Alzheimer's disease, serious depression, anxiety disorders, and substance abuse problems. Offers support and services to caregivers and care providers. Services are provided free of charge.

Notes

- Agency follows a client centred model and serves clients from diverse populations including people of First Nations and those from the Gay, Lesbian, Bisexual and Trans-gendered community.

Contact Information

- Address: PO Box 446, 612 Portage Avenue, Fort Frances, ON P9A 3M8
- Main Contact person: Sandy Skirten
- Phone: (807) 274-2347
- Email: sskirten@cmhaff.ca
- website: www.cmhaff.ca

COMMUNITY COUNSELING AND ADDICTIONS SERVICES - RED LAKE AND EAR FALLS

Types of Services Provided

- Provides crisis intervention and short term treatment to individuals, couples, and groups who are experiencing addition and/or mental health issues. Offer long-term care to those with more serious illness. Support groups, self-help programs, in-home care, and community education programs are available. All programs open to older adults. Services are free of charge.

Notes

- Agency follows a harm reduction model. Serves clients from diverse populations, including people of First Nations, and those from the Gay/Lesbian/Bisexual/Trans-gendered community.

Contact Information

- Address: 146 Howey Street, P.O. Box 1336, Red Lake, ON
- Main Contact person: Marcia Scarrow
- Phone: (807) 727-1100
- Email: ccas@goredlake.com
- Website: <http://www.redlakehospital.ca/CCAS.htm>

DISTRICT MENTAL HEALTH SERVICES: OLDER ADULTS PROGRAM (c/o Community Counselling & Addiction Services)

Types of Services Provided

- The program offers specialized community based psychogeriatric services throughout the Kenora/Rainy River District (Fort Frances, Sioux Lookout, Atikokan, Dryden, Kenora & Red Lake).
- Services offered include: assessment & screening, counselling, & therapy; care & treatment planning; referral and advocacy; monitoring; education & support to caregivers; access to Geriatric Psychiatry.

Notes

- Referrals are accepted from any source including family, physicians and service providers.
- Geriatric psychiatrist is available on a weekly rotating basis in each community for assessment, case consultation and education via telehealth. The program has the advantage of having access to a number of other specialists in the field of geriatrics.

Contact Information

- Address: Box 1336, Red Lake, ON P0V 2M0
- Contact Person: Ruth Londry
- Phone: 807-727-1100 Fax: 807-727-3979
- Email: rlondry@gorelake.com

FAMILY SERVICES OF THUNDER BAY - ADULT COMMUNITY TREATMENT PROGRAM

Types of Services Provided

- Provides both individual and group counselling for people with alcohol and drug addiction issues. Services are geared for all ages including older adults, and are free of charge.

Notes

- Agency follows a harm reduction model, and serves diverse populations including people from First Nations and those from the Gay, Lesbian, Bisexual and Trans-gendered community.

Contact Information

- Address: 544 Winnipeg Avenue, Thunder Bay, ON P7B 3S7
- Main Contact person: Abi Sparks
- Phone: (807) 684-1880
- Email: support@fstb.net
- Website: www.fstb.net

INTEGRATED SYSTEM FOR OLDER ADULTS/THUNDER BAY – ADDICTION SERVICES

Types of Services Provided

- The Integrated System for Older Adults Addiction Services is comprised of three service agencies that work together to provide drug, alcohol and problem gambling programs for older adults and their families. These service agencies include:

- 1) Balmoral Withdrawal Management Centre - provides non-medical withdrawal services. Attention is paid to the specialized physical and cognitive needs of older adults as they withdraw from alcohol and other substances.
- 2) Sister Margaret Smith Centre – provides two programs for older adults (55 and over).
 - A) Problem Gambling Program for older adults (age 55 and over), Program includes case management, assessment, counselling, group treatment and educational sessions. Support also provided for family members. Services can be adapted to the individual's needs.
 - B) Substance Use Program offers a range of services, including individual drug and alcohol assessment, case management, individual counselling, outreach services, community treatment and a brief intensive 10-day residential treatment program. Services are provided to families in need of support and information regarding substance misuse.
- 3) Alcohol and Other Drugs Assessment Program – provided by Family Services of Thunder Bay

Notes

- Serves clients from diverse populations including people of First Nations and those from the Gay, Lesbian, Bisexual and Transgendered community

Contact Information

- Balmoral Withdrawal Management Centre (807) 623-6515
- Sister Margaret Smith Centre (807) 343-2425
- Family Services of Thunder Bay (807) 683-4701

ST. JOSEPH'S CARE GROUP – GERIATRIC PSYCHIATRY

Types of Services Provided

- Provides a range of programs including;
- The Community Geriatric Psychiatry Program (CGPP) identifies and treats mental illness and prevents psychiatric hospitalization through psychiatric assessment, treatment, follow up and consultation in community settings.
- The Day Treatment Program helps clients achieve and maintain wellness and reduce hospitalization through a variety of therapeutic, rehabilitative and community integration processes.
- The Community Outreach Team -Older Adult Mental Health (COT) works with clients and caregivers to assess needs and develop strategies that reduce behavioural symptoms and support healthy living through case management, advocacy and education.

Notes

- Program serves clients from diverse populations including people of First Nations and those from the Gay, Lesbian, Bisexual and Transgendered community.

Contact Information

- Address: 580 Algoma Street N, Thunder Bay, ON P7B 5G4
- website: www.mha.sjcg.net
- Contact Person: Program manager – Geriatric Psychiatry
- Phone: (807)343-4300 ext. 4335

WESWAY

Types of Services Provided

- Provides respite support for families taking care of individuals with Alzheimer's or other related diseases. Respite options include both in-home and away from home services. Length of respite care can range from several hours to several days. Services are free of charge.

Contact Information

- Address: 122 Cumberland Street South, Thunder Bay, ON P7B 5R8
- Website: www.wesway.com
- Contact person: Dana MacMillan
- Phone (807) 625-6687
- Email: dmacmillan@wesway.com

II. RESOURCES

1. PROVINCIAL ORGANIZATIONS SERVING OLDER ADULTS AT RISK OF OR COPING WITH MENTAL HEALTH AND ADDICTIONS

Anxiety Disorders Centre of Ontario

The Anxiety Disorders Association of Ontario is a registered charity and non-profit corporation, dedicated to promoting public and professional sensitization and awareness, as well as assisting the community with early identification, prevention and finding treatment for persistent anxiety conditions.

797 Somerset St. West, suite14
Ottawa, ON K1R 6R3
Call toll free in Ontario 1 -877- 308-3843
Or locally (613) 729-6761
Website: www.anxietyontario.com

Canadian Mental Health Association (CMHA)

The Canadian Mental Health Association is a nationwide organization that promotes mental health for all, and supports the recovery of people living with mental illness. The association has chapters across Ontario. To locate a chapter near you, contact the provincial office:

2301-180 Dundas Street West
Toronto, ON M5G 1Z8
(416) 977-5580
fax: (416) 977-2813
Email: info@ontario.cmha.ca
Website: www.ontario.cmha.ca

CONNEX Ontario

ConnexOntario Health Services Information is a provincially funded corporation dedicated to improving access to alcohol and drug, gambling and mental health services for the people of Ontario. If you, are someone you know, needs information and/or referrals concerning

drug/alcohol abuse, problem gambling, or mental health, call one of the toll free numbers below.

Drug and Alcohol helpline: toll free in Ontario 1-800-565-8603
Problem Gambling helpline: toll free in Ontario 1-888-235-3505
Mental Health helpline: toll free in Ontario 1-866-531-2600

ConnexOntario is funded by the Ontario Ministry of Health and Long-Term Care.

Mood Disorders Association of Ontario (MDAO)

The Mood Disorders Association of Ontario is a non profit organization working to improve the quality of life for all people affected by mood disorders. MDAO has branches located across Ontario.

40 Orchard View Blvd., Suite 222
Toronto, ON M4R 1B9
Call toll free in Ontario 1-888-486-8236
Or locally (416)486-8046
Fax: (416)486-8127
Email: info@mooddorders.on.ca
Website: www.mooddorders.on.ca

Native Canadian Centre of Toronto

Community-based non-profit organization which provides a gathering place to deliver programs and services for Native people while striving to reflect the traditional Native cultural perspective. Offers support and programming for older persons of First Nations.

16 Spadina Road
Toronto, ON M5R 2S7
(416) 964.9087 ext. 340
Fax (416) 964.2111
Email: ruth_cyr@ncct.on.ca
Website: www.ncct.on.ca

Older Persons' Mental Health and Addictions Network of Ontario (OPMHAN)

The Older Persons' Mental Health and Addictions Network is a province-wide non profit organization dedicated to improving Ontario's system of care for older persons in the community who are at risk of or are coping with mental illness and addictions. OPMHAN also supports those who care for and about older persons living with mental illness and addictions through various programs, workshops and conferences.

Address: 180 Dundas St. West, Suite 2301
Toronto, ON M7A 1R3

Phone: (416) 593-4094

Email: opmhan@sympatico.ca

Website: www.opmhan.ca

Ontario Pharmacist's Association

In association with the Ontario Senior's Secretariat, the Ontario Pharmacist's Association has initiated a campaign to promote the safe use of medication among seniors. Seminars are provided across the province, which include a presentation by a community pharmacist and a question-and-answer period emphasizing the steps seniors' should be taking for safe use of medications.

For more information on Safe Medication Use seminars and a schedule of upcoming dates, contact the Ontario Pharmacist's Association

Address: 23 Lesmill Road, Suite 301, Don Mills, ON M3B 3P6

Toll Free: 1-877-341-0788

Office Phone: (416) 441-0788
e-mail: mail@opatoday.com

Website: www.opatoday.com

Ontario Seniors Secretariat (OSS)

The Ontario Seniors' Secretariat is a section of the Ontario Ministry of Citizenship and Immigration. It advocates within the provincial government on behalf of the needs and concerns of Ontario's older adults. The Secretariat influences and supports policies that directly affect 1.5 million older adults in the province. The Secretariat also responds to a large volume of requests for information for seniors on a wide range of topics.

Address: 777 Bay Street, Suite 601C
Toronto, ON M7A 2J4

Toll-free: 1-888-910-1999
TTY: 1-800-387-5559

Email: info@mci.gov.on.ca

website: www.citizenship.gov.on.ca/seniors

Schizophrenia Society of Ontario

A national, charitable organization whose mission is to “alleviate the suffering caused by schizophrenia and related mental disorders. Supports programs across the province.

Schizophrenia Society of Ontario
130 Spadina Avenue, suite 302
Toronto, ON M5V 2L4
Call toll free in Ontario 1-800-449-6367
Or locally (416) 449-6830
Fax: (416) 449-8434
Email: sso@schizophrenia.ca
Website: www.schizophrenia.on.ca

2. NATIONAL ORGANIZATIONS SERVING OLDER ADULTS AT RISK OF OR COPING WITH MENTAL HEALTH AND ADDICTIONS

Canadian Coalition for Seniors Mental Health (CCSMH)

The Canadian Coalition for Seniors Mental Health is a national advocacy organization that raises awareness of mental health issues in older adults and promotes the need for greater education, research and training in this area. It is made up of over 850 individual members and 85 organizational members from across Canada, representing mental health providers, consumers, caregivers and policy makers.

The Canadian Coalition for Seniors Mental Health
c/o Baycrest Centre for Geriatric Care
3560 Bathurst St. Rm311 Old Hospital
Toronto, ON M6A 2E1
(416) 785-2500 ext. 6331
Email: fmalach@baycrest.org
Website: www.ccsmh.ca

2) Seniors' Mental Health Research and Knowledge Exchange Network
<http://researchnetwork.ccsmh.ca>

3. ELDERLY PERSONS' CENTRES AND PROGRAMS IN ONTARIO

*NOTE: This is only a partial list of centres across the province. The following list represents those elderly persons' centres that responded to the OPMHAN survey. For a more complete list, visit the website of Older Adults Centre Association of Ontario (OACAO) at www.oacao.org

ERIE ST CLAIR LHIN (REGION 1)

CENTRES FOR SENIORS - WINDSOR

- Address: 635 McEwan Avenue, Windsor, ON N9B 2E9
- Contact Person: Ellen Hope
- Phone: (519) 254-1108
- Email: info@centresforseniors.org

ESSEX RETIREES SOCIAL CLUB

- Address: 32 Russell Street, Essex, ON
- Contact Person: Bettylou Frith
- Phone: (519) 776-6689
- Email: bettyloufrith@hotmail.com

SOUTH WEST LHIN (REGION 2)

ST. THOMAS SENIORS CENTRE

- Address: 225 Chesnut Street, St. Thomas, ON N5R 2B5
- Contact Person: Karen Pyatt
- Phone: (519) 633-2850
- Email: seniors_centre@hotmail.com

WATERLOO WELLINGTON LHIN (REGION 3)

WOOLRICH SENIORS ASSOCIATION

- Address: 24 Snyder Avenue south, Elmira, ON N3B 1Y9
- Contact Person: Marion Vandembroucke
- Email: marron@porchlight.ca

HAMILTON-NIAGARA-HALDIMAND-BRANT LHIN (REGION 4)

CAYUGA SENIORS

- Address: P.O. Box 36, Cayuga, ON NOA 1E0
- Contact Person: Lois Kimball
- Phone: (905) 772-3709

TORONTO CENTRAL LHIN (REGION 7)

FER DA GIRLZ

- Address: 661 Dufferin Street, suite 809, Toronto, ON M6K 2B3
- Contact Person: Heather-Ann Brown
- Phone: (416) 516-5050
- Email: haby@rogers.com
- Website: <http://ca.geocities.com@ferdagirlz>

ISLINGTON CENTRE – ETOBICOKE SENIOR CITIZENS

- Address: 4968 Dundas Street West, Toronto, ON M9A 1B7
- Contact Person: Debbie Morgan
- Phone: (416) 231-3431
- Email: islingtonseniors@bellnet.ca

WEST SCARBOROUGH NEIGHOURHOOD COMMUNITY CENTRE

- Address: 313 Pharmacy Avenue, Scarborough, ON M1L 3E7
- Contact Person: Cynthia DuMont
- Phone: (416) 755-9215
- Email: wsncc@wsncc.on.ca

CENTRAL LHIN (REGION 8)

MCCONAGHY SENIOR CENTRE – TOWN OF RICHMOND HILL

- Address: 10100 Yonge Street, Richmond Hill, ON
- Contact Person: Gary Shropshire
- Phone: (905) 508-2012 ext. 224
- Email: Shropshire@richmondhill.ca

TOWN OF MARKHAM – SENIORS ACTIVITY

- Address: 22 Water Street, Markham, ON L3P 3P7
- Contact Person: Len Manuel
- Phone: (905) 294-0764
- Email: lmanuel@markham.ca

CENTRAL EAST LHIN (REGION 9)

CITY OF PICKERING – SENIOR SERVICES

- Address: One The Esplanade, Pickering, ON L1V 6K7
- Contact Person: Kim Kranc
- Phone: (905) 420-4620
- Email: culture&recreation@city.pickering.on.ca

TOWN OF WHITBY SENIOR SERVICES

- Address: 801 Brock Street South, Whitby, ON L1N 4L4
- Contact Person: Debbie Wilson
- Phone: (905) 668-1424
- Email: wilsond@whitby.ca

CHAMPLAIN LHIN (REGION 11)

SEAWAY SENIOR CITIZENS CENTRE

- Address: 205 Amelia Street, Cornwall, ON K6H 3P3
- Contact Person: Els Cordell
- Phone: (613) 932-4964

NORTH SIMCOE MUSKOKA LHIN (REGION 12)

OLDER ADULT CENTRE - SUDBURY

- Address: 140 Durham St., Sudbury, ON P3E 3M7
- Contact Person: Tina Pilon
- Phone: (705) 673-6227
- Email: tina.pilon@city.greatersudbury.on.ca

NORTHWEST LHIN (REGION 14)

RURAL 60 PLUS

- Address: Hwy 17 RR #5, Thunder Bay, ON, P7C 5M9
- Phone: (807) 475-5779
- Email: rural60@tbaytel.net

SIoux AREA SENIORS ACTIVITY CENTRE

- Address: P.O. Box 551, Sioux Lookout, ON P8T 1A8
- Contact Person: Lydia Carlbom
- Phone: 807-737-3822
- Email: sczinkota@nwconx.net

4. PUBLICATIONS/ARTICLES

(I) *Public Health Agency of Canada*: "How you can help seniors use medication safely"

It is the updated version of "Medication Matters: How you can help seniors use medication safely."

A new resource from the Public Health Agency of Canada to help health care workers communicate better with patients with low literacy skills

http://www.phac-aspc.gc.ca/seniors-aines/pubs/med_matters/intro_e.htm

(II) another article on this topic is from the *Baycrest Geriatric Health Care System* – Prescribing Drugs for Seniors with mental health disorders

http://www.baycrest.org/News_and_Media/News_Releases_2005/default_8830.asp

(III) *National Advisory Council on Aging* - Expressions Publication 13- 3 - Healthy Mind, Healthy Aging at: <http://www.naca-ccnta.ca/expression/13-3/exptoce.htm>

and their Writings in Gerontology - Mental Health and Aging (18);

(IV) *Canadian Mental Health Association (CMHA), National Office*- brochure on Growing Older at:

www.marketingisland.com/CMHA/pages/product.asp?id=2676

(V) *CMHA Ontario branch* - cites a number of sources and offers a range of fact sheets on seniors and mental health, including demographic and prevalence Statistics; and Seniors and Depression; and Seniors and Addictions. See:

www.ontario.cmha.ca/content/about_mental_illness/seniors.asp

(VI) *Report on Mental Health: "Out of the Shadows at Last" (Kirby Report)*

http://www.parl.gc.ca/common/Committee_SenRep.asp?Language=E&Parl=39&Ses=1&comm_id=47

For Full Version of Report: click "PDF: PART 1, and then scroll down to Chapter 7 – SENIORS

For Executive Summary of the Mental Health Report: "Highlights and Recommendations": click "HTML, and then scroll down to Chapter 7 - SENIORS

(VII) *Canadian Medical Association Journal*

The study of the effects of a Managed Alcohol Program on the health of 17 men is reported in the Canadian Medical Association Journal. See : <http://www.cmaj.ca/cgi/content/full/174/1/45>

There is also a commentary at : <http://www.cmaj.ca/cgi/content/full/174/1/50>

5. BEST PRACTICE GUIDELINES:

A) Best Practices -Alcohol and other substance use withdrawal

<http://www.agingincanada.ca/best%20practice%207.htm>

B) Best Practices - Working with long term users of mood altering substances

http://www.agingincanada.ca/best%20practice_%20special%20topic.htm

C) Registered Nurses Association of Ontario - Best Practice Guidelines for the Care of Institutionalized Elders with Dementia. In partnership with Expert Clinicians in Long Term Care

http://www.rnao.org/Page.asp?PageID=122&ContentID=984?SEE_RNAO

D)RNAO Caregiving Strategies for Older Adults with Delirium, Dementia and Depression

<http://www.rnao.org/Page.asp?PageID=828&ContentID=797>

E) Screening for Delirium, Dementia and Depression in the Older Adult

<http://www.rnao.org/Page.asp?PageID=828&ContentID=818>

6)National Guidelines for Seniors Mental Health

(guidelines on Depression, Delirium, Suicide, [Longterm Care](#) to be published in the spring of 2006)

Refer to: <http://www.ccsmh.ca>

6. BOOKS ON AGING AND DEPRESSION

Being There – When Mental Illness Strikes Someone Near You

Printed by The Canadian Mental Health Association, 2005

Available through your local chapter of the Canadian Mental Health Association

Contact CMHA at www.cmah.ca

Beating the Senior Blues – How to Feel Better and Enjoy Life Again

by Leslie Eckford, RN, LCSW and Amanda Lambert, MS

New Harbinger Publications, Oakland California, 2002

How to Care for Aging Parents

by Virginia Morris

Workman Publishing, New York NY, 2004

Living Longer Depression Free – A Family Guide to Recognizing, Treating and Preventing Depression in Later Life

By Mark D. Miller, MD, and Charles F. Reynolds III, MD

Johns Hopkins University Press, Baltimore MD, 2002

The Merck Manual of Health and Aging

by Mark H. Beers, MD – editor in chief, and Thomas V. Jones, MD, MPH – editor

Merck Research Laboratories, Whitehouse Station, NJ, 2004

7. WEBSITES OF INTEREST

Alcohol and Seniors: www.agingincanada.ca

Canadian Coalition for Seniors Mental Health: www.ccsmh.ca

Canadian Gerontology Association: <http://www.cagacg.ca>

Canadian Harm Reduction Network: www.canadianharmreduction.com

Canadian Health Network: www.canadian-health-network.ca

Canadian Pain Society: www.canadianpainsociety.ca

Centre for Substance Abuse Prevention - Prevention Pathways - Online Courses:
http://pathwayscourses.samhsa.gov/samhsa_pathways/courses/index.htm

Council on Aging of Ottawa: www.coaottawa.ca/

Dietitians of Canada - Bringing Nutrition Screening to Seniors:
<http://dietitians.ca/seniors/>

Health Canada - Division of Aging and Seniors: www.hc-sc.gc.ca/seniors-aines

Lesbian/Gay/Bisexual/Transgendered (LGBT) Seniors Resource Centre -
www.the519.org

Ministry of Citizenship - Ontario Seniors' Secretariat:
www.citizenship.gov.on.ca/seniors

Murray Alzheimer Research and Education Program: www.marep.uwaterloo.ca

National Asian Pacific Centre on Aging: www.napca.org

National Indian Council on Aging: www.nicoa.org

National Institute on Alcohol Abuse and Alcoholism:
www.niaaa.nih.gov/publications/arh26-4/308-315.htm

Ontario Gerontology Association: <http://www.ontgerontology.on.ca>

Older Persons and Alcohol List: <http://lists.mun.ca/archives/opaal.html>

Older Persons' Mental Health and Addictions Network of Ontario:
<http://www.opmhan.ca>

Regional Geriatric Assessment Program of Ontario www.rgps.on.ca

Responsible Gambling Council: www.responsiblegambling.org

University of Toronto - Improving Seniors Quality of Life:
www.utoronto.ca/seniors/finalReports.htm

Health Services in South West Ontario

http://www.thehealthline.ca/list1.asp?region=huron_perth&pathid=301

FINAL NOTE:

We welcome your input into this second edition. If you have any suggestion or ideas how to improve the next edition of this directory, please feel free to contact us at OPMHAN

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