Mental Health Workshop

Rotary Club of Norfolk Sunrise

April 16 2024

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Rotary International President Gordon R. McInally

- **RI President Gordon McInally's 2**-minute message:
- https://youtu.be/WlbfVi7k4y4?si=CJePCBeDeb9nChYN

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Agenda

- Mental health and wellness services available in Norfolk
- How well is it working?
- How is our club responding?
- What more might we do?

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Mental Health Services in our community – a partial list

Key Service Providers

1. Primary health care providers
2. HN R.E.A.C.H.
3. Abel Enterprises
4. CMHA of BHN
5. CAMHS-HN
6. NGH – ER and Holmes House
5. Salvation Army Simcoe
6. Indwell Dogwood Suites
7. Private Counselling Services
8. Several other organizations

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Mental Health Services in our community

Programs for Children, Youth & Families

HN REACH

- Mental Health services (0-18 yrs)
  - Therapy – various forms including clinical & in-home therapy
  - Crisis Services – phone hotline for children, youth & families
  - Counselling for caregivers, children & youth
- Youth Justice Services

PRIVATE SECTOR THERAPISTS

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Mental Health Services in our community

Adult Programs

- Peer Support Programs
  - Wellness & Recovery Centre (CAMHS)
- Vocational Rehabilitation/Therapy – Abel
- Employment Assistance
  - Abel (AIM workgroup, social enterprises building furniture, etc.)
  - Fanshawe

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Mental Health Services in our community

Adult Programs (continued)

- Community Support Services
  - Case management support to people with serious & persistent mental illness (CMHA)
  - Skill building support for adults & youth 15+ to manage symptoms of depression and anxiety (CMHA)
  - Anger Management workshops (Salvation Army)

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Mental Health Services in our community

Adult Programs (continued)

- Counselling & Clinical Therapy
  - community-based services for people age 16+ who have mental health or concurrent (mental health and addictions) concern (CAMHS)
  - Private sector therapists

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Mental Health Services in our community

Adult Programs (continued)

- Specialized Geriatric Services
  - non-emergency clinical assessment, consultation, treatment and education to older adults, their families and service providers (CAMHS)
- Telemedicine Services
  - non-emergency community-based service to adults 16+ experiencing mental health and/or addiction issues (CAMHS)

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Mental Health Services in our community

Adult Programs (continued)

- Crisis Assessment and Support
  - 24-hour mental health crisis hotline for adults 16+ (CAMHS)
  - Suicide Crisis Helpline 9-8-8 – referral to other service providers (CMHA national program)

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Mental Health Services in our community

Adult Programs (continued)

- Addiction Services
  - **Addiction Mobile Outreach Team** - support to individuals living with substance use concerns, problem gambling or concurrent disorders. (CAMHS)
  - **Holmes House** – withdrawal management services and residential treatment programming for individuals looking to make changes to their alcohol or substance use.

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Summing Up

- Several tens of millions of provincial dollars are allocated to Norfolk agencies annually for mental health and addictions programs & services – these are no cost to users, but waiting lists are often long and growing.
- Some private sector clinical services are available, but are likely to also have waiting lists and are expensive unless insurance is available.
- The needs seem endless, and money alone cannot solve our society's mental health and addictions challenges.
- Prevention and early diagnosis & treatment are paramount and much more cost-effective than treatment later.

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How is Rotary International addressing the issue?

- The RI Theme for 2023-24 is "*Create Hope in the World*" – with a focus on mental health challenges

- RI President Gordon R McInally encourages us to speak with each other differently, and express a genuine interest in others' wellbeing. …

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How are you – really?

Richie Derwald's 2-minute Mental Health Moment message:

https://www.youtube.com/watch?v=5HsQbiaJJlk

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Who is Rotarian Richie Derwald?

- Entertainer, radio announcer, mental health advocate
- Presenter at upcoming District Conference

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How is the Rotary Club of Norfolk Sunrise Responding?

- Chris Kindy and other club members are designing a support group and program for young men aged 18-25.
- Chelsea Addison Memorial Scholarship
- Hosted Jean Montgomery as a speaker in February
- Upcoming speaker Lisa Crowder
- Other initiatives??

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Discussion groups

- What else might RCNS do to make a difference in the mental wellness in our club and community?
- What can you personally do, as a member of this club, to make a difference?

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Table Discussion Groups

1. People with memory issues
2. Youth who struggle with anxiety & other challenges with mental wellness
3. People who are impacted by the effects of substance use
4. Communities at risk outside of our area, within Canada or internationally
5. People who are socially isolated
6. Virtual attendees – the broad questions

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