

Mental Health & Addictions Services in Grey & Bruce

ADDICTION SERVICES

CHOICES: Drug & Alcohol Counselling for Youth

Provides community based addiction services for youth with substance abuse problems, those at risk & those affected by someone else's substance abuse. Treatment services are similar of New Directions. Although services are targeted to youth aged 10-20 years, the program serves a significant number of youth under 16 years. It operates a full time office in Owen Sound and provides regular outreach to 11 high schools in 10 communities.

(519)371-5487 or 1-800-265-3133

Self-referral accepted

Community Addiction Treatment Services

Formerly known as the Addiction Day Treatment Program, provides assessment, day treatment, individual, family and group therapy, education, follow-up services, relapse prevention for individuals 16 years and over who had substance abuse related problems.

(519)376-3999

Referrals accepted from all sources

G&B House

A 15 bed, long term residential treatment facility for adult male substance abusers. We provide individual and group counselling as well as life skills coaching in a home-like atmosphere.

(519)376-9495

National Native Addiction, Drug & Alcohol Program

Provides assistance to Native people suffering from addictions through: assessments, counselling, referrals to treatment or healing facilities, and traditional approaches to treatment.

(519)534-3710 (519)534-0373

nadap@gbtel.ca

New Directions for Alcohol, Drug & Gambling Problems

Provides community based addiction services for adults with substance abuse and/or gambling problems, those with concurrent disorders and those effected by someone else's substance abuse and/or gambling problems. The program operates a full time office in Owen Sound and provides a regular outreach to 7 communities across Grey and Bruce. Community treatment services include: comprehensive assessment, treatment planning, referral, treatment, case management and follow-up. Addiction supportive housing, transitional subsidized housing (8 units), and outreach support/case management for adults in recovery. Addiction Court Support to expedite and facilitate access to addiction services for those charged with drug (or drug related) offenses, Methadone Case Management support of individuals receiving opiate substitution therapy. Pregnant and Parenting Mother Program.

(519)371-1232 or 1-800-265-3133

Self-referral accepted

Saugeen Native Drug & Alcohol Counselling Centre

Assists residents of the Saugeen First Nations to forego drinking and drug dependency by means of awareness/acceptance/treatment of alcoholism. Self-help groups, emergency transportation for detoxification purposed, referrals and youth worker available for teens on reserve.

(519)797-2882

Withdrawal Management Services

Provides a safe and supportive environment in which individuals who are intoxicated or in withdrawal can detoxify. Assessment, referral, motivation towards positive lifestyle change and group sessions are provided. Supportive housing can also be provided to clients attending the Community Addiction Treatment Services or waiting for residential treatment outside of Grey Bruce.

(519)376-5666

Self-referral & community services

MENTAL HEALTH SERVICES

Assertive Community Treatment Team

ACTT provides intensive community based services for persons with severe mental illness. Provides treatment, rehabilitation and support using a multi-disciplinary client centered approach. Purpose is to provide interventions and support to enable client to live in their community of choice.

(519)376-2121 ext 2386

Self-referral & community agencies

Community Mental Health Teams

These multi-agency teams are operated by Mental Health Grey Bruce, a partnership of three organizations. The teams serve adults (16 years and over) with serious mental illness or acute mental health problems and their families. Services include information and referral, mental health counselling, intensive case management, housing and outreach community support, social recreational activities and leisure access support services.

Central Grey Bruce Team (Hanover & area) 519-364-7788

Bruce Shoreline Team (Southampton & area) 519-797-2880

North Bruce Team (Wiarton & area) 519-534-4388

North Grey Team (Owen Sound & area) 519-371-8850

South Grey Team (Markdale & area) 519-986-3030

1-877-888-5855

Self-referral accepted.

Canadian Mental Health Association, Grey Bruce Branch

A charitable, not for profit agency which offer information on subjects dealing with mental health and mental illness. A variety of pamphlets and mental health education is available through Mental Health First Aid training, the Friends and Neighbors Club for Children, and the Let's Talk program for high school teens.

(519)371-3641

Self-referral accepted

MENTAL HEALTH SERVICES CONT'D

Community Connections: Housing & Support

Provides housing & support for adults with serious mental illness. Housing includes: supported accommodation for up to twenty-six adults in three residential settings; Apartment Program: seventy-five rent subsidies and outreach support; Safe Beds: two apartments that provided time limited emergency housing, outreach support services, counselling, case management, skills training and assistance with activities of daily living. Group Services: life skills training and social/rec/rehabilitation activities. Green House: program provides social rec, education, peer support.

(519) 371-2390

Referral from mental health & addiction agencies

Community Mental Health Services Coordinator

Provides information and education to health care professionals, community services, consumers and family members regarding Community Treatment Orders, the Mental Health Act and the Health Care Consent Act (1996)

(519)371-2121 ext2480

Community Network Support Team

Provides education information and community development services to enhance mental health knowledge and resources in Grey Bruce and promote effective communication and coordination amongst system stakeholders. Offers workshops, host a system website, produces brochures.

(519)371-4551 mhagb.org

Consumer/Survivor Development Program

Increases support and education available to those experiencing serious mental illness. Provides self-help activities, which offer Consumers opportunities for networking, information exchange, collaborative education and support. Provides individual and group support for a peer perspective, as well as information and educational support programs; such as Wellness Recovery Action Planning (WRAP) and Coping with Mental Illness.

(519)371-4582

Self-referrals accepted

Family Support Initiative

Provides education, consultation and community development to foster self-help, peer support and networking among family members of those with mental illness.

(519) 371-4802

Referrals accepted from all sources

Grey Bruce Mental Health Court Support Services

For persons 16 and older who have a mental illness and have involvement in the criminal justice system because of a criminal charge. Services include court diversion, case management, court support and consultation.

(519)370-0030 (519)371-3642 (Grey) 519-396-4532 (Bruce)

Referral accepted from all sources

Intensive Case Management

Canadian Mental Health Association, Grey Bruce Branch in partnership with GBHS, the Intensive Case Management program provides outreach services for adults (16 years of age and older), who have complex needs related to severe and persistent mental illness. Key services provided are direct assistance (food, shelter, self-care, and finances), medication services, skills training, family education and support. The team operates throughout Grey and Bruce Counties.

(519)371-3642

Leisure Links Program

These four sites offer social and leisure activities for adults with serious mental illness. Activities include: drop in activities (during specific, posted hours depending on location) and planned social recreation activities (based on participants' interest).

The Coach House (Markdale and area) (519)986-7491

The Dory (Kincardine and area) (519)396-5609

Union Place (Owen Sound and area) (519-371-3642

The Loft (Hanover and area) (519)364-0184

Mental Health Crisis Line of Grey Bruce

24 hours a day, 7 days a week, 365 days a year. A helpline is available for people experiencing distress of crisis. Trained volunteers, supervised by professionals, provide caring and non-judgmental support and work to empower callers to seek solutions to the challenges they face. The helpline reduces the risk of suicide and assists callers to access other services in conjunction with the Owen Sound Hospital's Crisis Intervention Team. Provides assessment, consultation and referral for psychological and psychiatric emergencies.

1-877-470-5200

Sexual Assault & Partner Abuse Care Centre

24/7 care by specially education nurses for women, children, men, any age, that have been recently sexually assaulted by a partner. Just go to your closest emergency department or the Owen Sound Emergency Department. Counselling is available for anyone aged 12 years and older. We provide respectful, comprehensive care and help you make the choices that meet your needs.

(519)376-2121 ext 2458

Urgent Response Team

The Urgent Response Team provides mobile crisis support throughout Grey Bruce seven days per week, 9am-9pm. The mandate of the team is to reduce unnecessary emergency room visit or re-visits by providing immediate support in the community.

Referrals from health professionals.