

# Mental Health and Addictions Service Coordination Council

A community approach for better care  
for the residents of York Region

Newsletter  
August | 2016



To learn more about LGBTQ  
events in York Region and nearby  
click here:  
<http://gayorkregion.com/event/index.phtml>



*Service to others is the rent  
you pay for your room here on  
earth.*

- Muhammad Ali



## The Service Coordination Council (SCC) Update

### **Community Engagement Plan**

We are in the process of developing a community engagement plan for our key priority areas of: Supportive Housing, Transitional Aged Youth, and Transitions from Hospital.

We will launch notices and our engagements in the Fall. The process will be to facilitate discussion relating to these priority areas, report on the comments and ideas that are shared, identify recommendations, and present them to the SCC for review, consideration, and auctioning. An implementation plan will follow for adopted recommendations.

Details about the Plans will be available in the next Newsletter.

### **Your ideas and suggestions**

Do you have ideas or suggestions relating to the mandate and work of the Service Coordination Council for future Newsletters? If you do, contact Jim Cressos. Also, your feedback is also welcome.

## Introducing the One Stop Shop Directory

### **Introduction and Background**

Through community consultations and discussions, we have heard there is interest and demand in a One Stop Shop Directory for mental health, addictions and housing services for York Region.

Following consultation with service providers, community partners, and people with lived experience, we have developed a Directory.

### **Forms of the Directory**

The Directory will be available online, in pamphlet form and in card form.

We hope several community partners will publish the online Directory and distribute the pamphlet and cards. The online directory is found here: [www.onestopdirectory-yr.on.ca](http://www.onestopdirectory-yr.on.ca)

### **What does the Directory do?**

There are several services and supports available for the community. The Directory will help ensure anybody looking to access services, whether it is for themselves or another person, will be able to find where those services can be found.

### **Where can I find the Directory?**

Our goal is the Directory in all its forms will be available from various community partners. To begin, SCC members are expected to make the material available. We will also seek distribution through our partners in the broader community.

If you would like to access some pamphlets or cards, or would like to introduce community partners who may wish to distribute the Directory, please contact Jim Cressos.

### **Thank You**

We would like to thank all contributors to the design of the Directory including people from the Krasman Centre, Southlake Regional Health Centre, York Support Services Network, York Regional Police, Social Services Network and CMHA.

If you have any questions about the Directory, please contact Jim Cressos at 905-841-3977 x 2223 or [jcressos@cmha-yr.on.ca](mailto:jcressos@cmha-yr.on.ca)



*"A wise therapist taught me that anger is the emotion we snatch up to avoid less comfortable feelings - confusion, fear, sadness."*  
 Jill Herzig



## SCC Co-Chair News

With a change in portfolio responsibilities, Nancy Lum-Wilson will no longer be directly responsible for the mental health and addictions portfolio at the Central LHIN. That responsibility is now with Sandra Cella. Sandra is now the SCC Co-Chair representing the Central LHIN.

We would like to thank Nancy for her various contributions to the SCC and for her role in helping develop the SCC itself.

Sandra comes to the SCC with lots of energy and many years of home and community care experience within the Central LHIN.

## Community Partner Profile

In **York Region Police's** (YRP) Mental Health Resources Unit, members work to increase awareness in the community about mental health issues and support people with mental health challenges with the hope of decreasing hospitalization and apprehension. YRP provides front line crisis response in cooperation with York Support Services Network (YSSN) to assist in calls for service related to mental health and addictions to:

- support resolution or de-escalation strategies;
- develop crisis management plans;
- provide resources and supports for the person and/or their family;
- facilitate subsequent follow-ups if required with community resources, and
- assist at hospitals if an apprehension is made.

To learn more about YRP's programs such as Project Lifesaver and their community services and commitments, visit [yrp.ca](http://yrp.ca)

## Rapid Response Table Update

### What is the Rapid Response Table?

The Rapid Response Table has been set up to bring community partners together in a new effort to coordinate efforts and resources to more effectively help connect people in crisis with mental health and addictions services in York Region.

The key goal of the Table is to help people move from high risk behaviours into a journey of reduced risk and harm, towards recovery. Currently, some people who are engaging in high risk behaviours such as harm to themselves or others are using the emergency services of the police, paramedics and hospitals and not being sufficiently connected to mental health and addictions service supports.

### How have we done?

Since March 8, 2016, the Table has reviewed approximately 70 situations. Over 73% of situations have been presented by York Region Police and Paramedic Services. Over 97% of situations are responded to by community based mental health and addictions agencies – reflecting the goal of connecting people to services. Over 73% of people have seen their risk lowered. We have more work to do but are pleased with the early results.



*"When I pushed people away it was actually when I needed people the most."*  
 Cindie Anne

