Education in your Workplace and our Community

ASIST
The ASIST (Applied Suicide Intervention Training) workshop is for caregivers (professionals, volunteers, students and family members) who want to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide.

Participants will learn how to:
• Discuss suicide with a person at risk in a direct manner,
• Identify risk alerts and develop a safe plan related to them, and
• Demonstrate the skills required to intervene with a person at risk of suicide.

Facilitators certified by LivingWorks Education

Cost: $35 for 3.5 hour training

Mental Health First Aid (MHFA)
Individuals 18 yrs+ learn to:
• Recognize signs and symptoms
• Provide initial help
• Guide a person towards appropriate professional help.

Facilitators certified by Mental Health Commission of Canada

Cost: $175 for two days of training

Addressing Compassion Fatigue
This interactive workshop is suitable for helping professionals, first responders and caregivers. Topics include:
• Gaining an understanding of compassion fatigue, vicarious trauma and burnout
• Discovering symptoms of fatigue
• Personal and organizational practices that make you vulnerable to vicarious trauma and compassion fatigue

Participants will learn to:
• Identify signs and compassion fatigue
• Identify personal and organizational practices that make a helping professional vulnerable
• Develop early warning system
• Integrate strategies to promote resiliency and to mitigate effects of compassion fatigue

Facilitators certified by TEND Academy (formerly Compassion Fatigue Solutions Inc.)

CMHA Oxford Strategic Imperatives 2016-2019

• Create and implement a needs-based, recovery-focused, multifaceted service delivery framework to provide opportunities for timely access to a variety of services and programs
• Advocate for safe, affordable housing and develop a “housing first” approach within our services
• Strengthen community partnerships and establish innovative relationships to enhance our services and further our vision
• Establish a culture of continuous quality improvement that includes complete data collection, the results of which drive service delivery and demonstrate our impact
• Advocate for community and system resources to achieve financial stability
• Foster an environment that promotes staff & volunteer well-being and organizational health

Get Involved

Donate
Your donations help to create transformational impact. Together, we will reach our vision. Make a donation and invest in programs that make a difference to you.

For more information on making a donation, contact donate@cmhaoxford.on.ca.

Volunteer
Our volunteer program provides a unique opportunity for clients and the general public to enhance the services offered through CMHA.

For more information on becoming a volunteer, contact volunteer@cmhaoxford.on.ca.

For Immediate Support:

Reach Out
1-866-933-2023
mental health | addictions | crisis services
www.reachout247.ca

Ingersoll | Tillsonburg | Woodstock
519-539-8055 or 1-800-859-7248
www.cmhaoxford.on.ca
CMHA Oxford Services

Community Support & Recovery

Brief Case Management is a goal-oriented, client directed service, designed to assist individuals experiencing persistent mental health difficulties to reach a state of wellness and stability. In collaboration with a case manager, individuals develop their personal recovery plan and work on identified goals over a period of three to six months. Interventions are focused on stabilizing symptoms of mental illness and promoting growth and resilience on a client’s recovery journey.

Brief Case Management is open to residents of Oxford County who are 16 years of age and older. Referrals are accepted from the Walk-in Counselling program, family doctors, crisis and outreach team, in-patient treatment programs and community agencies. Self-referrals are also welcome.

Recovery Program

The Recovery Program is a stepped down support service for individuals who have previously received more intensive support service and have reached a state of wellness and mental health stability. The program offers periodic mental health supports. Individuals meet with their case manager three to four times per year or on an as needed basis and may supplement this support by attending therapeutic groups and/or peer support.

Crisis & Outreach Services

Crisis & Outreach Services provides 24-hour service for those living in or receiving services in Oxford County. Crisis and Outreach professional staff members respond by phone and/or mobile to individuals experiencing a sudden or unexpected event that places them in distress. Referrals to appropriate agencies and follow up services to ensure community support services are in place are also provided.

There are many reasons for reaching out. Yours may include:

- Crisis intervention including access to a mobile crisis team
- Emotional trauma, distress or relapse
- Thoughts of suicide or harming yourself or others
- Access to community supports and addictions treatment
- Substance use, gaming, internet disorder and problem gambling
- General information about mental health and addictions

Oxford County Walk-In Counselling

Walk-In Counselling clinics are the result of successful partnerships with a number of service agencies. These include Woodstock Hospital, Oxford Elgin Child & Youth Centre, Oxford County Community Health Centre and United Way Oxford. By coordinating with other service providers, CMHA Oxford and partners can now provide same-day counselling, as well as assistance with system navigation for referrals to, and connections with, other services. Follow-ups are provided when required.

How Do I Get Connected?

Call Reach Out at 1-866-933-2023 anytime (24/7) or walk into our Woodstock office at 522 Peel St. Monday through Friday between 9 a.m. and 4 p.m. 

What is Peer Support?

Peer Supporters are people who have a lived experience with a mental illness and are now in recovery. They understand a lot about mental health because they have been there themselves. They have taken specific training for the role in addition to their personal experience.

What is the Role of a Peer Supporter?

Peer Supporters assist in demonstrating hope and possibility of recovery through:

- Empowerment and self-determination through non-judgemental listening
- Support to work through difficult feelings and thoughts
- Connections to other agencies, system navigation and information on community resources.
- Support with personal issues such as shelter, housing, food, hygiene, and recreation.
- Assistance in increasing social connections
- Person-centered goal setting and/or problem solving
- Support to family members who would like to understand their loved one’s experience better

Oxford Self Help Drop-In

The Drop-In Centre provides:

- Social/Activity such as crafts, cards, and book club
- Support groups related to diagnosis such as Mood Disorders, PPMD and Schizophrenia Support
- Educational groups such as Anger Solutions, budgeting, self-care, photography
- Wellness groups such as mindfulness, meditation
- Psychosocial rehab groups around eating healthy/healthy lifestyle, and a grocery shopping program
- Geographical coverage as drop-in groups and support groups are available in Tillsonburg and Ingersoll

How Do I Get Connected?

Walk In: 522 Peel St. Woodstock, ON N4S 1K3 during the following hours:

- Monday 10 a.m. to 4 p.m.
- Tuesday 10 a.m. to 4 p.m.
- Wednesday Closed
- Thursday 10 a.m. to 4 p.m.
- Friday 10 a.m. to 4 p.m.
- Saturday 10 a.m. to 4 p.m.

A referral can be made by emailing peers@cmhaoxford.on.ca or by calling 1-800-859-7248. A peer will schedule an initial meeting with the individual where goals for peer support will be discussed.

Education in your Workplace and our Community

Presentations are available on a variety of topics including stress, mental health illnesses, myths of mental illness, suicide awareness and an overview of agency and community services.

Workshops include two-day applied suicide intervention skills training, stress management, suicide intervention skills update training and consumer/family education.

Community Development

Consultation is available to individuals, community groups and planning bodies interested in developing or improving current mental health services and supports within the Oxford County.

Information and Referral

Information&Referral@cmhaoxford.on.ca

CMHA Oxford Services