

# Services & Activities

**HUB HOURS:** Monday, Thursday, Friday: 9:00a.m. - 5:00p.m.  
Tuesday & Wednesday: 9:00a.m. - 7:00p.m.

**For Youth  
Ages 12-25  
\*No Cost\***

## Service Providers Include:

- Canadian Mental Health Association
- St. Clair Child & Youth
- Bluewater Health
- Rebound
- County of Lambton - Ontario Works
- Family Counselling Centre

### Monday

Walk-in Services  
Ages 12-17 (SCCY)  
Ages 18-25 (CMHA)  
9:00a.m. - 4:30p.m.

### Tuesday

Walk-in Services  
Ages 12-17 (SCCY)  
Ages 18-25 (CMHA)  
9:00a.m. - 4:30p.m.

Rebound Drop-In  
Ages 16-25  
(3:00p.m. - 7:00p.m.)

Bluewater Health  
Addictions Services  
(3:00p.m. - 7:00p.m.)

### Wednesday

Walk-in Services  
Ages 12-17 (SCCY)  
Ages 18-25 (CMHA)  
9:00a.m. - 4:30p.m.

Rebound Drop-In  
Activities Ages 12-15  
(3:00p.m. - 7:00p.m.)

Bluewater Health  
Addiction Services  
(3:00p.m. - 7:00p.m.)

### Thursday

Walk-in Services  
Ages 12-17 (SCCY)  
Ages 18-25 (CMHA)  
9:00a.m. - 4:30p.m.

### Friday

Walk-in Services  
Ages 12-17 (SCCY)  
Ages 18-25 (CMHA)  
9:00a.m. - 4:30p.m.

**Located at 190 Front  
Street North, Sarnia,  
ON N7T 5S3**

**For more information  
contact us  
519-491-1466**



**Join our Youth  
Advisory  
Committee!**

# Summary of Services

Located at 190 Front Street North, Sarnia, ON N7T 5S3

For more information contact us 519-491-1466

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Ages 12-25  
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**Addiction Services:** Staff offer a team approach, and can work with clients by phone, one-on-one, or in home or community visits. Staff will support clients in slowing down or stopping drug/alcohol use, provide a safe and supportive environment, support clients where they are in their addiction in a non-judgmental way and plan treatment options. Staff will support clients in making choices, help them navigate the addiction system, provide resources and agency contacts they may benefit from.

**Clinical Case Management:** Bio-psychosocial Rehabilitation emphasizing client choice, empowerment, and individual strengths is provided on a one-to-one basis. Services include care planning, problem solving and education on health and medication. As well, advocacy in accessing financial benefits, housing, food, clothing and community health services is provided. Crisis prevention, consultation and coordination, monitoring, support and life skills are also important functions of the Case Management role. All Case Managers are trained to work with concurrent disorders (mental illness and addiction) and to provide support to individuals with a dual diagnosis (mental illness and a diagnosis of developmental delay). The Case Managers work with their families and other service providers to develop crisis prevention plans, facilitate community integration, and to coordinate developmental and mental health services.

**Early Detection and Intervention Services (EDIS):** Early intervention is key! EDIS provides early intervention services to individuals between the ages of 14-25 who are experiencing a first onset of Psychosis. Services include: screening, nursing assessment, comprehensive assessment, linkage with a psychiatrist and other community supports, individual treatment planning, reintegration support, family engagement, community awareness and education.

**Family Support Program:** The CMHA team recognizes that engaging family members is a crucial part of the treatment process. Engaging with family members improves the assessment process, provides the relative with positive supports, will promote a better recovery and decreases the occurrence of relapse. The Family Support Program provides individual family intervention to families of persons who have a loved one who may be struggling with a mental illness.

**Lambton Kent Mental Health First Response Team: Phone 519-336-3445 or 1-800-307-4319**

The Mental Health First Response Team is available to anyone in Lambton County who is experiencing mental health problems or crisis. Mental health professionals are available 24 hours a day, 7 days a week including weekends and holidays. Service includes: telephone crisis intervention, assessment, referrals, and family support. The Mental Health First Response Team is also available to health care providers seeking assistance navigating community resources.

**Mental Health Counselling:** Mental Health Counselling involves single session talk therapy. No topic off limits. Counselling may help you to improve relationships, deal with stress, depression, anxiety, cope with difficult emotions, and provide solutions to specific problems. (Ages 12-18)

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**Peer Support Program:** Peer Support is based on the recovery model of mental health. It focuses on supporting the individual in recovery and increasing quality of life. Peer support provides the chance to connect with other young people on their own journey of recovery. They are not doctors or counsellors; their expertise comes from life experience, which can help if you're feeling nervous or unsure about getting in touch with a service provider.

**Psychotherapy Program:** The purpose of this program is to provide a time limited, Cognitive Behavioural Therapy (CBT) approach to managing depression and anxiety. The underlying assumption of CBT is that negative patterns of thinking contribute to and maintain emotional distress and unhealthy behavioural patterns which are often characteristic of individuals suffering from depression and anxiety conditions. CBT helps the individual to increase their awareness of negative thought, feeling and behavior patterns through self-monitoring and psycho education. The focus of the service is on areas of illness education, symptom management and on wellness and relapse prevention planning. This program may include individual and/or group therapy. The Psychotherapy Program also offers a 14-week Dialectical Behavioural Therapy (DBT) Skills group. The DBT Skills group is for those who have self-harming behaviours and for those who struggle with managing their emotions. The group focuses on building skills within 4 areas: mindfulness, emotion regulation, interpersonal effectiveness, and distress tolerance.

**Rebound "The Hub" Drop-In Space:** A safe, open space for youth aged 12-25 to hangout in a supportive space. Programming will consist of cooking groups, life skills (ex. Budgeting, Personal Care, Safety) and fun activities! Come drop-in, grab a snack, and learn some new things. Rebound and Canadian Mental Health Association staff will be available to support and can assist in navigating the services at YWHO and within the community.

**Social Services Supports:** Staff from the County of Lambton's Social Services Division, support access to financial assistance and health benefits from Ontario Works, housing services and children's services. Individualized support to create a path to increased stability and independence including linking with other resources to support food security, health, education, employment needs and more.

**Vocational Program:** Individuals with mental illness are assisted to explore, secure and maintain educational, volunteer and employment related activities.

**Weir Active:** An activity-based program that promotes mental and physical wellness through movement. At WeirActive, the focus is not performance-based, as seen in traditional gyms; rather, they promote a holistic approach to activity and play. In addition to traditional equipment, you can find activities such as just-dance, corn-hole, minute-to-win-it challenges, and a chill corner. Our aim is to empower youth through play and movement. Drop-in hours are provided or you can visit their website: [www.weiractive.ca](http://www.weiractive.ca) to book in on demand for the activity of your creation or choosing.