

North East LHIN Supports Opportunity for Northerners to Learn New Skills

September 22, 2017 – We all need meaningful work, relationships, and recreation to stay healthy and well. But for people living with a serious mental illness, these can be hard to come by.

With support from the North East Local Health Integration Network (NE LHIN), the Canadian Mental Health Association (CMHA) Sault Ste. Marie Branch provides both social recreation and work for people living with mental illness at Hope House – Club 84, a clubhouse program that runs seven days a week.

At Hope House – Club 84, weekends are principally for socializing, while weekdays offer members access to educational resources and a work-ordered day in which each member's talents and abilities are recognized and utilized. Clubhouses are organized as a support system and inclusion is at the very heart of the Clubhouse way of working.

As a member of the clubhouse, Kyle Borrelli said he enjoys learning to cook and preparing meals for members. He also sometimes helps with newsletters, meal planning, and running the tuck shop.

There are about 200 members in the Club 84 program, with an average of 40 participants taking part in activities each day.

The CMHA Sault Ste. Marie Branch is one of 44 community mental health and addictions service providers who are supported by the North East LHIN. A few years ago, the North East LHIN helped Hope House increase its hours daily as well as open up on weekends. Now Hope House is open to members from 8 a.m. to 8 p.m. on weekdays and from 10 a.m. to 4 p.m. on weekends.



Club 84 member Kyle Borrelli (left) and Jordan Sgouraditis (right), a CMHA employee, work together to prepare a weekday lunch at the CMHA's Queen Street location.

“Clients wanted a place to go on the weekends and weeknights, as well,” said Kate Fyfe, Interim CEO of the North East LHIN. “We are working as a LHIN to find ways to increase access to services to mental health and addiction programs in community, where clients say they are needed most.”

For more information on the programs and services of the Canadian Mental Health Association’s Sault Ste. Marie Branch, please visit: <http://ssm-algoma.cmha.ca/>

For more information on how the North East LHIN is working to improve access to mental health and addictions services, please visit: <http://nelhin.on.ca/mentalhealth>

For more information, please contact Mike Ward, Communications Officer with the NE LHIN, at Michael.Ward@lhins.on.ca or 705-256-3002.