Session at a Time

Every Tuesday from 11:30 am to 5:30 pm

**Employee Monthly Newsletter**

November 2016



# Service Profile: Walk-In Counselling Service

# Strategic Plan 2015 – 2018 Update

This is a brief counselling service using a narrative approach that provides immediate access for children, youth, adults, couples and families on a first come, first served basis. People are provided with information about the service and meet with a trained counsellor and witness for a single confidential session, that can last between 1 – 1 ½ hours. Each session will address a concern, issue or problem as relayed by the person(s).

In its first year of providing services, over 556 sessions have been held and more than 406 individuals have been seen. The range of problems identified is widespread and has included mental health, relationships, daily living, addictions and more.

Partnership is essential to this service delivery method. Current partners now include Sault Area Hospital, Algoma Public Health, Algoma Family Services, John Howard Society and CMHA!

***VISION: Mentally Healthy People in a Healthy Society***

***MISSION: To Promote the Mental Health of all People***

**Advocacy** – leaders in advocacy and promotion of mental health and wellbeing in our communities

**Organization & Service Excellence** – building organizational capacity and ability to deliver responsive and effective services

**Partnerships & Relationships** – collaboration with community partners to facilitate and provide access to a holistic range of services and supports

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Pledge forms available in the administration offices

# Supports & Resources

The United Way is at the beginning of a 5 year process and have invited local charities to share their expertise and bring forward programs that will work on the root causes of poverty through strategies under these priority areas: ***Work Force Entry and Essential Services.***

In the last few years, CMHA has received funding in the amount of $110,000, but now in the new funding model will have to compete with all agencies for the resources that will be raised during this campaign year.

Please consider your ability to make a donation an assist in…

***Making a change... Making a choice... Fighting Poverty***

Changing our space – but not moving out!

After much research by the lease committee, it has been decided that we will be renewing our current lease. Under the new terms we have asked for some renovations to occur. Over the next several months you will see some changes in our space:

**Downstairs:**

1. New accessible front entrance into CMHA
2. Moving the hallway wall in the main floor corridor
3. 2 club worker offices joined to form group room
4. Overhaul kitchen area
5. Remove carpet from main club area
6. Update existing washroom fixtures
7. Remove existing shower

**3rd Floor Offices:**

1. YMHCW office removal of sink and upper cabinets
2. Remove and replace existing carpets

**Admin Offices:**

1. New wall closing off Donna’s office

# Organizational Update



# Upcoming Events

Clubhouse International Visit November 1

CMHA Campus Mental Health November 7 & 8

Remembrance Day November 11

Flu Clinic – 1st Floor November 18

ASIST Training November 24 & 25

PA Day (ADSB) November 25

United Way Pledges Due December 1

Client Christmas Dinner December 22