

ADDICTION & MENTAL HEALTH

ONE-LINK

- HALTON HEALTH CARE
- CANADIAN MENTAL HEALTH ASSOCIATION (CMHA)
- HALTON ALCOHOL, DRUG, AND GAMBLING ASSESSMENT, PREVENTION AND INTERVENTION (ADAPT)
- TEACH, EMPOWER, ADVOCATE FOR COMMUNITY HEALTH (TEACH)

DRUG AND ALCOHOL REGISTRY OF TREATMENT (DART)

ALCOHOLICS ANONYMOUS

NARCOTICS ANONYMOUS

COUNSELLING

THRIVE COUNSELLING SERVICES

REACH OUT CENTER FOR KIDS (ROCK)

ADDICTION & MENTAL HEALTH

ONE-LINK

Serves as the central intake for 10 Mississauga-Halton Local Health Integration Network service providers for mental health and addictions issues in children, youth, adults, and seniors (and their loved ones). Anyone can make a referral by visiting one of the service providers, or over the phone or through the website.

Contact

- **1-844-216-7411**; www.one-link.ca

Services

- **Central Intake Program**
 - Information & Referral, Mental Health, Addictions, Counselling, Justice Services

One-Link Partners in Halton for Addiction & Mental Health services:

HALTON HEALTH CARE

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Peer Support Services: The Peer Mentor team at one-Link are able to offer a limited amount of individual support. Peer Mentors have lived experiences within the mental health system and can offer hope, comfort, support and guidance.

- Self-referrals or questions can be directed by phone to **905-338-4123** or via email at askapeer@haltonhealthcare.com

ONE-LINK: HALTON HEALTH CARE

Halton Health Care offers a wide variety of services including: psychiatric consultation and assessment, individual, group and family treatment, community outreach, emergency and crisis support, inpatient services, day programming, bridging support, and community education workshops.

PROGRAMS:

Outpatient Services for Adults:

Mental Health Day Program: The Mental Health Day Program is a 6-week intensive group program that serves as a step-down or alternative to inpatient admission; focus is on crisis management, symptom stabilization, education, group and individual counselling and the coordination of resources for follow-up after discharge.

Outpatient Psychotherapy Services: Individual and group therapy for individuals experiencing depression and anxiety disorders.

Concurrent Disorders Program: The Concurrent Disorders Program offers help (assessment and therapy) to individuals who have a concurrent addiction and mental health issue.

North Halton Mental Health Clinic(s) – Access now through Halton Health Care.

Other (Adult) Services:

- * Community Support Program
- * Community Treatment Order Program
- * Crisis Response Team
- * Eating Disorders Program
- * Older Adult Mental Health Clinic
- * Halton Geriatric Mental Health Outreach Program
- * Mental Health Urgent Care Clinic
- * Medication Clinic
- * Medication Review Clinic
- * Phoenix Program, Early Intervention in Psychosis
- * Mental Health Urgent Care Clinic

Outpatient services for Children and Adolescents:

- * CAPIS Day Hospital
- * Child and Youth Outpatient Services
- * Eating Disorders Program
- * Navigator Service
- * Phoenix Program, Early Intervention in Psychosis

NOTES:

Eligibility: *Referral from a family doctor is required through ONE-LINK:*

Eligibility and Additional Information on **Adult Outpatient Services:**

www.haltonhealthcare.on.ca/programs-and-services/mental-health/our-services/adult-services.html

Eligibility and Additional Information on **Child and Adolescent Outpatient Services:**

www.haltonhealthcare.on.ca/programs-and-services/mental-health/our-services/child-and-adolescent-services.html

Wait Time: Various - generally long (4+ months).

CONTACT:

Phone: (905) 338-4362

Website: www.haltonhealthcare.on.ca/programs-and-services/mental-health.html

Location Served: Halton

ONE-LINK: CANADIAN MENTAL HEALTH ASSOCIATION (CMHA)

Provides support, including case management, crisis support and walk-in counselling, to people who have mental health and/or addiction concerns.

PROGRAMS:

Walk-in Counselling: One-on-one, free counselling services. No appointment necessary; first come first served.

- www.halton.cmha.ca/wp-content/uploads/2016/08/CMHA-HRB-Free-Walk-In-Counselling.pdf

Case Management: Helps people manage symptoms in positive ways, get the right care, find a place to live, make healthy choices, and connect to others who can help.

Community Support Program: Staff can meet with individuals in the community, in their home, or in the CMHA offices.

Community Concurrent Disorders Program: Provides special support to people who have both a mental health concern and an addiction concern through partnered agencies/ programs.

Dual Diagnosis Program: Provides special support for people who have both a mental health concern and a developmental and/or intellectual disability.

Justice Services: For people who have mental health and/or addiction concerns and are involved in the criminal justice system – assists in getting the services needed and connections with others who can help.

Transitional Services: Assists people who in a correctional facility reintegrate back into the community in a safe and supportive manner.

Court Support: Diversion programs for individuals accused of a criminal offense; if it is a more serious charge, assistance is offered for mental health and/or addictions support needed while in the midst of court proceedings, such as the community treatment court.

NOTES:

Eligibility: 16+; extensive eligibility, varies by program.

Fees: Free for case management/client support programs or information and referral services; some fees for educational courses (e.g., health promotion workshops, courses, trainings, etc.)

Wait Time: Varies by program.

CONTACT:

Phone: (905) 693-4270

Email: info@cmhahrb.ca

Website: www.halton.cmha.ca

Address: 1540 Cornwall Rd - Unit 102, Oakville, ON L6J 7W5

ONE-LINK: HALTON ALCOHOL, DRUG, AND GAMBLING ASSESSMENT, PREVENTION & INTERVENTION (ADAPT)

Programs include assessment, counselling (individual and group), and educational services with respect to alcohol, drug and gambling related issues. Families of those affected are welcome and additional branch offices are located in Oakville, Milton, Georgetown and Acton.

PROGRAMS:

Opioid Outreach and Treatment Services: Treatment and support for those with concerns related to opioid use.

Community Withdrawal Management Program: Offers an alternative to residential withdrawal management for individuals who can safely stop at least one mind or mood altering substance; drop-in group offered for additional support.

Days Ahead Youth Program: Assessment and counselling services for youths struggling with issues related to alcohol and/or drugs or affected by the drug/alcohol issues of someone else.

Parent Program: Support through individual sessions or 5-week Parent Education Group (youth need not be a client).

Problem Gambling: Assessment, outpatient treatment, counselling, and education sessions for those affected by the gambling.

Problem Gambling Day Treatment: Five-day treatment program helping clients to build a foundation for healthy, long-term lifestyle changes.

Family Counselling: Counselling support and monthly workshops to those affected by the drinking, drug use or problem gambling of a family member (that family member need not be a client).

Concurrent Disorders/Halton Homes: Individual and group counselling for individuals with concurrent disorders (affected by both substance-use or gambling plus a mental health issue).

First Episode Psychosis/ Phoenix Program: Addiction services to those experiencing early stages of psychosis (as part of clinical team).

Know The D.E.A.L. (Drugs, Education, Alcohol & the Law): Assessment, 4 session psycho-educational group, and follow up, to youth referred by school personnel or Halton Region Police Service Diversions Program.

Community Justice Programs: Assessment and counselling for youth experiencing issues related to drug and alcohol use and are on probation, involved in Extra-Judicial Sanctions or have a Community Service Order; also deals with Extra Judicial Sanctions and Community Service Orders for youth referred to ADAPT by the court.

Group Counselling: Ongoing support in weekly group sessions helping individuals to learn to live without drinking or using drugs; separate groups are available for spouses, family members and problem gamblers.

Addictions Supportive Housing (ASH): Support and services to clients in recovery who are homeless, at risk of homelessness, or inadequately housed; offers clinical/support services and a housing subsidy.

Transitional Aged Youth Outreach Program (TAYOP): Outreach support to assist young adults in overcoming homelessness, unemployment and limited education to address their substance use and/or mental health concerns.

Aftercare: Assistance in maintaining change and continuing client's progress.

Back on Track: Local service provider for Back-on Track, the remedial measures program for those convicted of impaired driving in Ontario.

NOTES:

Fees: Free

Waiting Time:

- Long term counselling for people on the addiction spectrum: *2-4 weeks*
- Community Withdrawal Management Program: *1 weeks*
- Problem Gambling: *2 weeks*

Additional Locations:

Milton:

B1-245 Commercial Street,
Milton,
L9T 2J3

(905) 693-4250

Burlington:

777 Guelph Line,
Burlington,
L7R 3N2

(905) 639-6537

Acton:

25 Main Street North,
Acton,
L7J 1H2

(519) 853-8222

Halton Hills:

5-211 Guelph Street,
Georgetown,
L7G 5B5

(905) 873-2993

CONTACT:

Phone: (905) 639-6537 ext.0 (Intake desk)

Email: adapt@haltonadapt.org

Website: www.haltonadapt.org

Mailing Address: 165 Cross Ave - Suite 304, Oakville, ON L6J 0A9

ONE-LINK: TEACH, EMPOWER, ADVOCATE FOR COMMUNITY HEALTH (TEACH)

The purpose of TEACH is to provide community based, peer run support programs by those with lived experiences of addiction and/or the mental health system for individuals living with mental illness.

PROGRAMS:

Anxiety Management (Milton/ Burlington/ Mississauga): An education/support group for individuals who live with anxiety and/or panic attacks; topics cover what anxiety is, how it affects our lives, and strategies for dealing with anxiety and panic. *

Self-Esteem (Oakville/ Mississauga): Offers information and support to individuals dealing with issues of low self-esteem, low self-confidence, or poor self-image; topics include how self-esteem affects our daily lives, and strategies on how to improve our self-esteem. *

Wellness Recovery Action Plan (WRAP) (Georgetown/ Mississauga): Learn to develop wellness “tool boxes”, maintenance plans, identify triggers and early warning signs of distressful feelings/ behaviors. *

Check Point (All Locations): A weekly peer support drop-in group for individuals experiencing mental health and substance use issues facilitated by a trained TEACH volunteer.

* Registration Required

NOTES:

Fees: Free

Wait Time: Varies by workshop/ program schedule.

Additional Notes:

- Services offered in Burlington, Georgetown, Milton, and Oakville.
 - Locations/ Scheduling/ Registration openings: www.t-e-a-c-h.org/workshops.html
 - Peel (Mississauga) services also available.
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CONTACT:

Phone: (905) 693-8771 x 390

Email: teach@shhalton.org

Website: www.t-e-a-c-h.org

Mailing Address: 348 Bronte Street South - Unit 12, Milton, ON L9T5B6

The Drug and Alcohol Helpline maintains a comprehensive database of Drug and Alcohol treatment.

PROGRAMS:

Online Directory: The directory can be used to gain information of the various services offered in Ontario based on the type (day treatment, community treatment, residential, support within housing etc.) needed.

Phone & Webchat Services: The phone line and webchat services can provide information about treatment services and supports in the local community. They can listen, offer support and provide strategies to help you meet your goals, and they can provide basic education about drug and alcohol problems.

NOTES:

- Information & Referral Service
 - **For those who do not speak English:** If you call the main number above and identify your language, you will participate in a three-way call with a translator. They can offer service in over 170 languages, including Mandarin, Spanish, Portuguese, Italian, Vietnamese, Greek, Polish, Russian, and Serbian.
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CONTACT:

Phone: 1-800-565-8603

Webchat: www.livechat.connexontario.ca/ECCChat/DAHchat.html

Website: www.drugandalcoholhelpline.ca

ALCOHOLICS ANONYMOUS (AA HALTON)

Alcoholics Anonymous is an international fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere. There are no age or education requirements. Membership is open to anyone who wants to do something about his or her drinking problem.

PROGRAMS: WEEKLY MEETINGS

Oakville: www.aahalton.org/meeting-directory/oakville/
Burlington: www.aahalton.org/meeting-directory/burlington/
Milton: www.aahalton.org/meeting-directory/milton/

NOTES:

- Can be a valuable resource in case of waiting lists and in developing social supports.
- **Al-Anon Family Supports:** *An anonymous community resource providing support to anyone (adult or teen) affected by a relative or friend's drinking.*
 - www.al-anon.org, (416) 410-3809

CONTACT:

Phone: (905) 845-5900
Email: www.aahalton.org/contact-us
Website: www.aahalton.org

NARCOTICS ANONYMOUS (NA HALTON)

A world-wide fellowship of recovering addicts which offers addicts a Twelve-Step recovery program adapted from Alcoholics Anonymous. NA provides group meetings where recovering addicts meet regularly to help one another stay clean.

PROGRAMS: WEEKLY MEETINGS

Halton-Peel: www.haltonpeelna.org/meetings.php

NOTES:

- Can be a valuable resource in case of waiting lists and in developing social supports.
- **Nar-Anon Family Supports:** *A 12-step self-help, non-denominational, nonprofit group for family and friends of drug addicts.*
 - www.naranonontario.com, (416) 239-0096

CONTACT:

Phone: 1-888-811-3887
Email: www.haltonpeelna.org/contact.php
Website: www.haltonpeelna.org

COUNSELLING

THRIVE COUNSELLING SERVICES

A comprehensive counselling agency where professional counsellors and therapists offer individuals, couples and families hope, comfort and guidance when faced with the challenges of life.

PROGRAMS:

Counselling-Services:

Individual Counselling: For issues including, self-esteem, depression, anxiety, stress, loneliness, grief, job loss, sexual orientation, sexuality, chronic illness and sexual abuse.

Couple Counselling: For those who want to improve communication, problem solving, conflict management, and sexual issues.

Family Counselling: For dealing with the loss of a family member, conflict, effective discipline, substance abuse, school problems, parenting issues and concerns for aging parents.

Separation Counselling: For dealing with the emotional reaction when a relationship ends, which may include grief, loss, anger & strategies for resolving custody and access issues.

Blended Family Counselling: For helping couples let go of previous relationships, adjust to a new relationship, and define parenting roles.

Intimate Partner Abuse Program:

Counselling for Women: Individual and group counselling for women who have experienced abusive relationships. Focus may include understanding why abuse happens, defining abusive behaviours, developing safety plans, and making choices for the future. Counselling regarding the impact of abuse on children is also provided.

Safety Zone: Supportive group program for children and their moms who have experienced abuse. We will talk about the impact of their experiences, how to make safety plans, how to handle anger and loss. Most importantly, we talk about how to move forward and build a life without abuse.

Partner Abuse Response Program: An educational and counselling program for those who want to improve their intimate partner relationship skills. The program invites participants to develop healthy, non-violent relationships and to take responsibility for their use of abusive behaviours.

Caring Dads: This program helps men adopt attitudes, beliefs, and behaviours that support healthy father-child relationships, develop skills for interacting with children in healthy ways, and recognize the impact on children of controlling, intimidating, abusive and neglectful actions including witnessing domestic violence.

Supervised Access Program:

Family Visiting Centre: The Supervised Access Program offers separated families a setting where visits between children and their non-custodial parent can take place under the supervision of trained staff. Our location is child-friendly and the safety of all family members is a priority.

Halton Consumer Credit Counselling Service: Professional accredited counsellors can help create a personalized plan to address debt and financial stress with options and suggestions best suited to specific needs. Halton

Consumer Credit Counselling Service (HCCCS) counsellors can deal directly with creditors, putting an end to stressful collection agency calls and letters.

NOTES:

Fees: There is a fee based on family size and income (i.e., sliding scale) for individual, couple, family and group counselling. There is no fee for services to abused women and their children. Credit counselling has a separate fee structure, and fees vary with credit counselling services received.

Wait time: 8-10 weeks for all programs.

- All services are booked through the Oakville office.
- **Walk-in Counselling:** Offered at Burlington office; Thursdays from 1pm – 7:30pm
- **Caring Dads Program:** Fathers must have legal access to their children before participation in this program.
- **Supervised Access Program:** Referrals must be made from a court, mediation agreement, or in an agreement between both parents/ guardians.
 - Individual intake interviews for both parents/ guardians are required prior to arranging visits.
 - Offered at Burlington and Milton locations; open weekends and by appointment only.
- Partner Abuse Response Program (PAR):
 - Men’s groups offered in Burlington and Milton.
 - Women’s groups offered in Burlington.
 - For those in same sex relationships, individual service is provided rather than a group program.

Additional Locations:

Milton:

207-Main Street East, Milton
L9T 4X5

Burlington:

207-777 Guelph Line, Burlington
L7R 3N2

North Halton:

33-360 Guelph Street, Georgetown
L7G 4B5

CONTACT:

Phone: (905) 845-3811

Email: info@thrivecounselling.org

Website: www.thrivecounselling.org

Address: 200-465 Morden Road, Oakville, L6K 3R9

A regional non-profit children's mental health centre serving children aged 0-18 years experiencing emotional, behavioural, developmental, learning and/or social difficulties, and their families in the Halton Region.

PROGRAMS:

*** Walk-in Counselling:** This program provides immediate outreach for children infant to 18 years of age, their caregivers, and community members.

Brief Therapy: Offers 2-3 sessions of therapeutic support.

Individual/ Family Therapy: Assists individuals and families in making desired changes in their lives; can lead to an overall improvement as they find ways to manage current problems, immediate crises, or long-term difficulties.

Intensive Treatment services: An in-home and/or community counselling and support program for children, youth and their families where there is risk of family breakdown, harm, or loss of school placement

Parent Infant/Child Assessment & Therapy: Therapeutic service for families who are experiencing, or at risk for, serious difficulties.

Psychology Services: Psychological assessments/consultations are considered for children and youth when there is a concern about learning, developmental, cognitive and/or social emotional functioning.

Early On and Early Years: Offers a variety of programs and services to families with children ages 0-6 years.

Crisis Services: See CRISIS.

Positive Space Network: Various programs for LGBTQ+ youth and their families. See: www.positivespacenetwork.ca

NOTES:

***ROCK Walk-in Counselling** services act as 'first-door' access to all programs at ROCK for children age 6 and up. For parents with children under the age of 6, a community service referral is required.

Georgetown - 318 Guelph Street East, Unit 9

Mondays 12 – 8 p.m. | Last session at 6:30 p.m.

Milton - 400 Bronte Street South, Suite 101

Mondays 12 – 8 p.m. | Last session at 6:30 p.m.

Acton - 415 Queen Street East

Tuesdays 4:15 – 8 p.m. | Last session at 6:30 p.m.

Oakville - 504 Iroquois Shore Road, Unit 12A

Tuesdays 12 – 8 p.m. | Last session at 6:30 p.m.

Burlington - 471 Pearl Street

Wednesdays 12 – 8 p.m. | Last session at 6:30 p.m.

Please bring the following documents to your first appointment:

- **Informed Consent for Services (Family):** www.rockonline.ca/wp-content/uploads/2018/05/Consent-for-Service-Family-Apr-2018-1.pdf
- **Informed Consent for Services (Individual):** www.rockonline.ca/wp-content/uploads/2018/05/Consent-for-Service-Family-Apr-2018-1.pdf

- Form for Child/ Youth: www.rockonline.ca/wp-content/uploads/2015/05/Walk-in-Youth-questionnaire-2014-09.pdf
- Form for Parent/ Guardian: www.rockonline.ca/wp-content/uploads/2015/06/Walk-in-Parent-questionnaire-2015-06.pdf
- Form for Parent/ Guardian (Oakville): www.rockonline.ca/wp-content/uploads/2015/06/Walk-in-Parent-questionnaire-OAK-2015-06.pdf
- Form for Separated Parent/ Guardian: www.rockonline.ca/wp-content/uploads/2014/11/ROCKLetterofConsent.pdf

Age Requirement: 17 years old and under; admission for service is prior to the youth's 18th birthday.

Wait Time:

- Brief Therapy: 1 month
- Counseling & Therapy Services: 4-6 months
- Specialized Consultation & Assessment: 1-2.5 years

Many other satellite offices located throughout Halton; some programs/ services may be offered at these locations.

CONTACT:

Phone (Intake): (905) 634-2347 x 1439

Website: www.rockonline.ca

Email: www.rockonline.ca/contact-us