

Lanark County Mental Health



Listening to Understand

Lanark County Mental Health

- ▶ Support individuals with moderate to severe mental health difficulties.
- ▶ Team includes nurses, social workers, case managers and doctors.
- ▶ Main office is in Smiths Falls with locations in Carleton Place, Almonte and Perth.



Access Our Services

- ▶ Anyone can call us anytime at our main office 613-283-2170 or stop in at 88 Cornelia Street in Smiths Falls or 5 Bates Drive in Carleton Place, this office is open weekdays 8am-4pm.
- ▶ Crisis workers are available daily from 8am to 8pm Monday to Thursday and Friday's 8am to 4pm and will respond to the four hospitals we support if clients present to the Emergency Department.
- ▶ One of our staff members are on call after hours to provide phone consultation to the hospitals and can respond in person if needed.
- ▶ Individuals that present to the Emergency Department with mental illness are usually referred to us for assessment.



What Happens at LCMH

- ▶ First we schedule an intake appointment with one of our nurses or social workers, this happens within a week or two.
- ▶ This appointment will take about one hour, clients will be asked many questions about how they are feeling today and get some information about their past.
- ▶ Together **WE** come up with a plan designed to help the **CLIENT**.



Types of Care Plans

- ▶ This is very individual, depending on what the client is struggling with.
- ▶ We may suggest services within our agency or another more suitable agency.
- ▶ We may see the client for crisis support if they are really struggling at that time.
- ▶ Some of our services have waitlists, we are sure to let them know when our services will begin.



LCMH Services

- ▶ Crisis Support
- ▶ Anxiety and Depression Management Groups
- ▶ Individual counseling
- ▶ Counseling on past abuse
- ▶ Case Management and Mental Health Nursing
- ▶ Psychiatric Consultation
- ▶ Social Recreation Groups



Transitional Aged Youth

- ▶ In collaboration with YoutHab and Open Doors we facilitate a bi-monthly Youth Group Tuesday evenings at The Link in Smiths Falls.
- ▶ Our focus is to provide a safe place for people aged 17-25 to learn about mental health and life skills.
- ▶ We try to make it a welcoming, fun environment with food and prizes and a 'participate as much or as little as you want' attitude.
- ▶ We always have two facilitators that let the group's current needs guide the themes of the discussions.



Parents and Family Members

- ▶ Crisis workers welcome parents and family members to contact us and ask any question they may have about mental illness. We often recommend the family attend a session with the client as long as they consent.
- ▶ IDEAS Family Support is a group which meets monthly at The Link in Smiths Falls.
- ▶ Strengthening Families Together is a four session educational program for family members also held at The Link.
- ▶ Lanark Leads and Grenville Addictions and Mental Health have a parent educator available to meet with family for counseling.
- ▶ Parents' Lifelines is a call service for parents looking for help to understand services for youth and children.



Health Teaching about Mental Illness

- ▶ Difficulties with your mood
- ▶ Anxiety
- ▶ Depression
- ▶ Behavior challenges
- ▶ Changes in perceptions
- ▶ Psychosis
- ▶ Substance Use Disorders



Health Teaching for Mental Wellness

- ▶ Ask for help, see your health care provider, call us.
- ▶ Get enough sleep every day.
- ▶ Eat healthy food regularly.
- ▶ Spend time with your family or friends, especially the ones that make you feel good about yourself.
- ▶ Find something you love to do.
- ▶ Make long and short term goals.
- ▶ Avoid alcohol and drugs.
- ▶ Get exercise, get outside daily.



Lanark County Mental Health

- ▶ Questions
- ▶ Comments



- ▶ Thank you so much, Morgan Crew RN and Justin Kerr, Emergency Room Diversion Case Manager