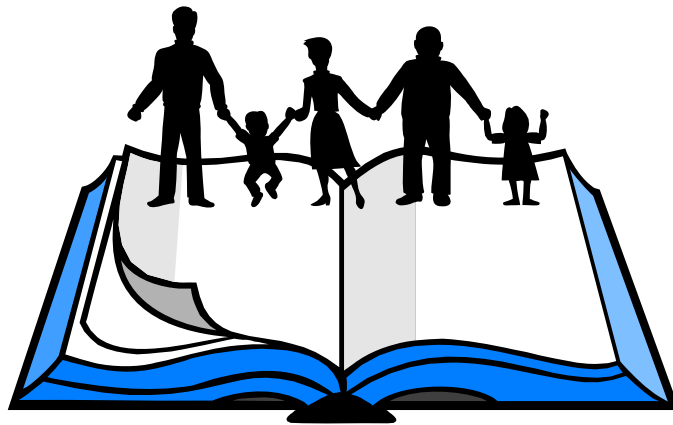


SUPPORTS AND SERVICES FOR PERSONS WITH A DUAL DIAGNOSIS

A Resource Manual for York Region Families



The **York Region Supports and Services Resource Handbook, 2003 Edition** was prepared under the direction of the Simcoe York Dual Diagnosis Education Committee.

This edition was updated in Fall 2009 by York Support Services Network staff

A Resource Handbook for Supports and Services for Persons
with a Dual Diagnosis in York Region

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This is a list of specific organizations and programs that provide supports and services for persons with a dual diagnosis. They are listed alphabetically and include a detailed description of each organization or service

Acknowledgments

We wish to extend our thanks to Mr. Jim Johnston and **Concerned Parents of Toronto** for giving permission to the Simcoe York Dual Diagnosis Education Committee to adapt their information booklet, A Resource Handbook for Supports and Services for Persons with a Dual Diagnosis in Toronto, 2002.

In turn, we pass on their acknowledgements that some of their material was obtained and/or adapted from the following sources:

- Community Resources Consultants of Toronto, Making Choices: A Consumer/ Survivor's Guide to Adult Mental Health Services and Supports in Toronto, 1999-2000.
- **MATCH** Project. Creating a Continuum of Supports and Services, a Resource Document, 1996.
- Lynn Eakin and Associates, Toronto. The Twelve Commandments for Successful Lobbying.

We sincerely appreciate and acknowledge that some material contained in this handbook was obtained and/or adapted from YORKLINK — A Community Services Directory, 2008, published by the Regional Municipality of York Community Services and Housing Department.

Our thanks as well to York Support Services Network staff for their assistance in the preparation and production of this manual.

Personal Health Information

Personal Health Information Protection Act (PHIPA) became law on November 1, 2004. PHIPA provides a common set of rules for collecting, using, disclosing, retaining and disposing of personal health information in the Ontario health system.

The act ensures protection of privacy, while facilitating effective health care and supporting well-being.

Personal health information is identifying information about an individual in oral, written or electronic form. It is broadly defined and includes information related to the physical, mental and social domains of an individual.

Given that personal health information is often required in order to provide service, many social service agencies have modified their privacy policies to comply with the requirements of the Act.

PHIPA compliant agencies have responsibilities such as:

- Ensuring that personal health information is protected at all times
- Obtaining consent from the individual according to regulations in the Act

Consumers of service have rights under PHIPA such as:

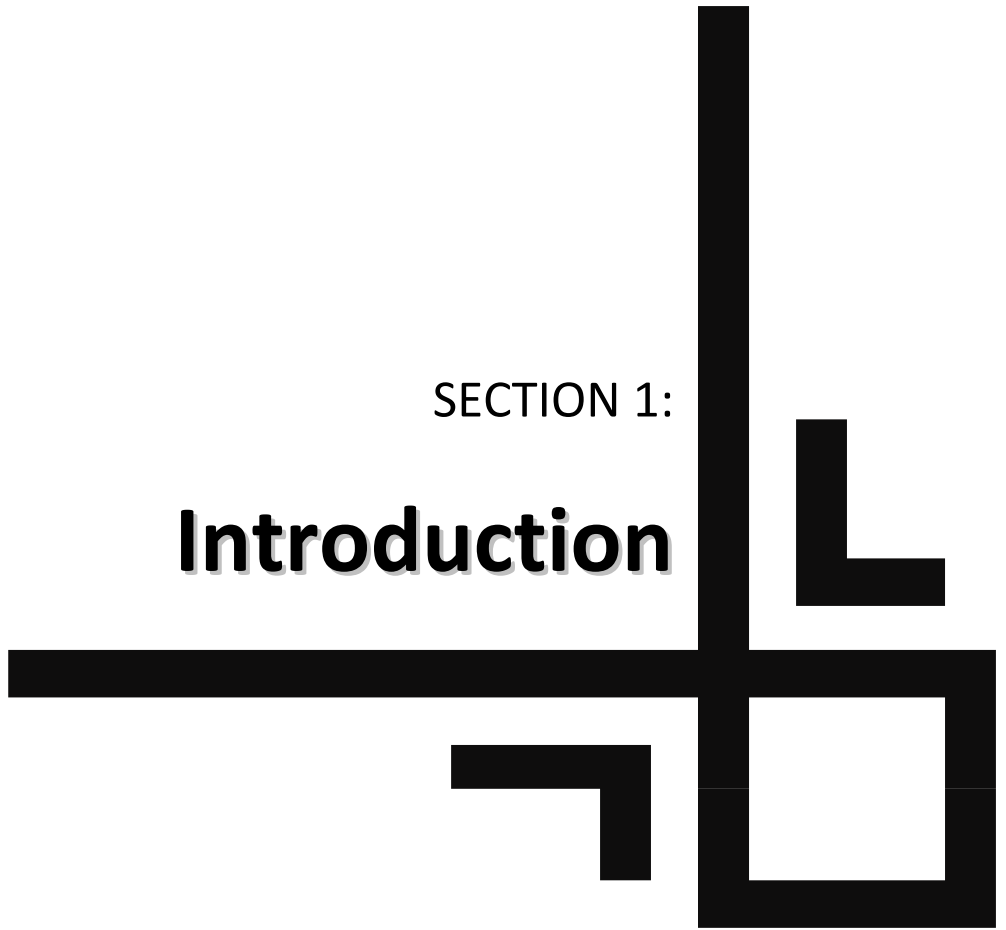
- The right to understand the purpose for collection of information
- The right to withdraw consent
- The right to complain about a breach in privacy

For additional information contact:

Information and Privacy Commissioner/Ontario
2 Bloor Street E, Suite 1400
Toronto, ON
M4W 1A8
1-800-387-0073
www.ipc.on.ca

SECTION 1:

Introduction



About York Region Dual Diagnosis Committee

In 1997, the Ministry of Health and Long-Term Care, the Ministry of Community and Social Services and the Ministry of Children and Youth Services recognized the need to work jointly on programming for persons with a developmental disability and mental health needs (dual diagnosis). They released joint provincial policy guidelines to plan for the provision of services for people with dual diagnosis. It was identified that no one agency or sector could adequately serve a person with a dual diagnosis and that services must be flexible, seamless and must eliminate jurisdictional barriers to create a continuum of supports.

In the fall of 1998, the Simcoe York District Health Council struck a York Region Dual Diagnosis Committee, made up of health and social service providers as well as consumer family members, to provide a forum for implementation of the new provincial guidelines at the local level. A plan was developed (March 2001) that included identification of strengths and gaps within a comprehensive system of required supports and services to meet the complex needs of people with a dual diagnosis.

The York Region Dual Diagnosis Committee continues to meet on a regular basis, to put the local plan into action and to advise the York Region Mental Health Committee and the York Region Community Planning Council on issues related to supporting people with a dual diagnosis.

About This Handbook

This is the sixth edition of the resource handbook for persons with an intellectual disability and mental health needs (dual diagnosis) in York Region. We hope it will be helpful to consumers, family, friends, advocates and service providers. It identifies key organizations in York Region and effective strategies to help you plan and get the supports and services you need. The focus is primarily adults but does include some services for youth as well.

The handbook is not intended to include all possible organizations but rather organizations that are geared to, or have shown a capacity to, serve individuals with a dual diagnosis. These include a range of supports and services in both the developmental and mental health sectors. For a full listing of all community organizations please see the Community Services Directory called YORKLINK 2008 in York Region. You can call them at (905) 830-4444 Ext. 2151 or toll-free at 1-877-GO-4-YORK (1-877-464-9675), Ext. 2151, or you can visit their web site at www.region.york.on.ca. It is important to remember that each organization provides services based on certain entrance criteria such as age, individual needs and whether they have any space in their program. The only way to find out if an organization is a good fit and/or can provide services to you is to contact the intake staff and discuss your particular situation. York Region Dual Diagnosis Committee cannot assess your situation and needs and, thus, we cannot recommend a specific agency.

This edition of the Handbook is divided into three sections.

- **Section 1** is an introduction
- **Section 2** describes the two sectors involved and provides information on how to navigate the sectors such as:
 - ~ how to get a case manager
 - ~ what to do in a crisis
 - ~ indicators of a dual diagnosis
 - ~ a supports and services guide to help you plan
 - ~ sample questions you might consider asking when calling an agency
 - ~ who to call to learn about government programs and policies
 - ~ other resources you might find helpful.
- **Section 3** has an index arranged by type of service and lists a number of key supports and services that you might consider contacting. We have listed the organizations alphabetically. There is also an important numbers at a glance page.

To help you find a particular type of service, go to the Index of Supports and Services (*see Section 3, Page 32*) that groups all the organizations under the different types of services they offer. For example, if you are looking for a case manager look in the index under Case Management Services and you will find a list of mental health and developmental service agencies that provide case management. It will tell you the page number to turn to for details about each agency.

Just a few words about the language and terms used in the handbook:

- We use the term *intellectual disability* to refer to cognitive limitations. (Other terms the reader might be familiar with are developmental handicap, developmental delay or mental retardation.)
- The sector that primarily provides service and support for persons with intellectual disabilities is called the *developmental sector*.
- The sector that provides service and support for persons with mental health needs is called the *mental health sector*.
- Individuals who are receiving services in either sector are referred to as the *consumer*.

The information in this handbook is available on the York Support Services Network website — www.yssn.ca.

We hope that you find the Directory useful. We welcome your comments, feedback and suggestions. Please contact the Communications Department at York Support Services Network 905-898-6455 ext. 2236.

Dual Diagnosis - An Overview

The term dual diagnosis refers to an individual who has an ***intellectual disability and mental health needs***. They may or may not have been formally diagnosed with an intellectual disability, a mental illness or both. Individuals with a dual diagnosis are a marginalized group in our society often exposed to prejudices, abuse and social isolation. They experience the same range of severe and prolonged mental health difficulties including depression, mood disorders and schizophrenia as the general population, but at much higher rates. Studies have shown that between .8 and 1% of the population has a developmental disability.

For York Region, this translates into 9,102 people. Of these, it is estimated that approximately 30% also have a mental illness, or about 2,731 people. As the population in York Region grows so will the population with a dual diagnosis. A conservative estimate is that by 2016, there will be close to 3,000 individuals with a dual diagnosis in York Region.

Unfortunately, many individuals are never properly identified and, as a result, do not receive the comprehensive treatment they need. While there have been recent improvements in how services are being provided, many gaps and barriers remain in the service system resulting in consumers not being able to access the range of services they need.

Many consumers are undiagnosed or receive a diagnosis in one aspect only. For some they were identified with an intellectual disability as children. However, they may never have had their mental health needs thoroughly identified or been reassessed as they age and experience stress at various life stages or events. One reason for this is that mental health issues often show up as behavioral problems. People then treat the behavior problem without identifying or treating the underlying mental health need. Other individuals have been diagnosed with a mental illness and no one has suspected that they also have an intellectual disability. Still others have been overlooked entirely and have never had their intellectual or mental health status evaluated, but are, in fact, dually diagnosed.

Several factors contribute to not properly identifying persons with a dual diagnosis and the many gaps and barriers to service in both the developmental and mental health sectors. Here are a few of the key issues:

- It can be quite complicated to understand how a person's intellectual disability and mental health interact together.
- When an individual with an intellectual disability has a mental illness the symptoms are usually less obvious and different from the general population.
- Individuals often present as higher functioning or they deny their cognitive difficulties. They use their strengths and splinter skills to mask their denial of their intellectual disability and/or their sadness. This is referred to as a cloak of competence. The cloak fools people. It sets up a chain reaction around denial of the intellectual disability and high expectations. These individuals may be struggling to cope in the community or living on the streets and many more are thought to be in the justice system.
- There are many service issues that act as barriers such as long waiting lists, requiring a diagnosis in order to get service and getting stuck in one sector when you need services from both sectors.

The result is that many still are undiagnosed and untreated.

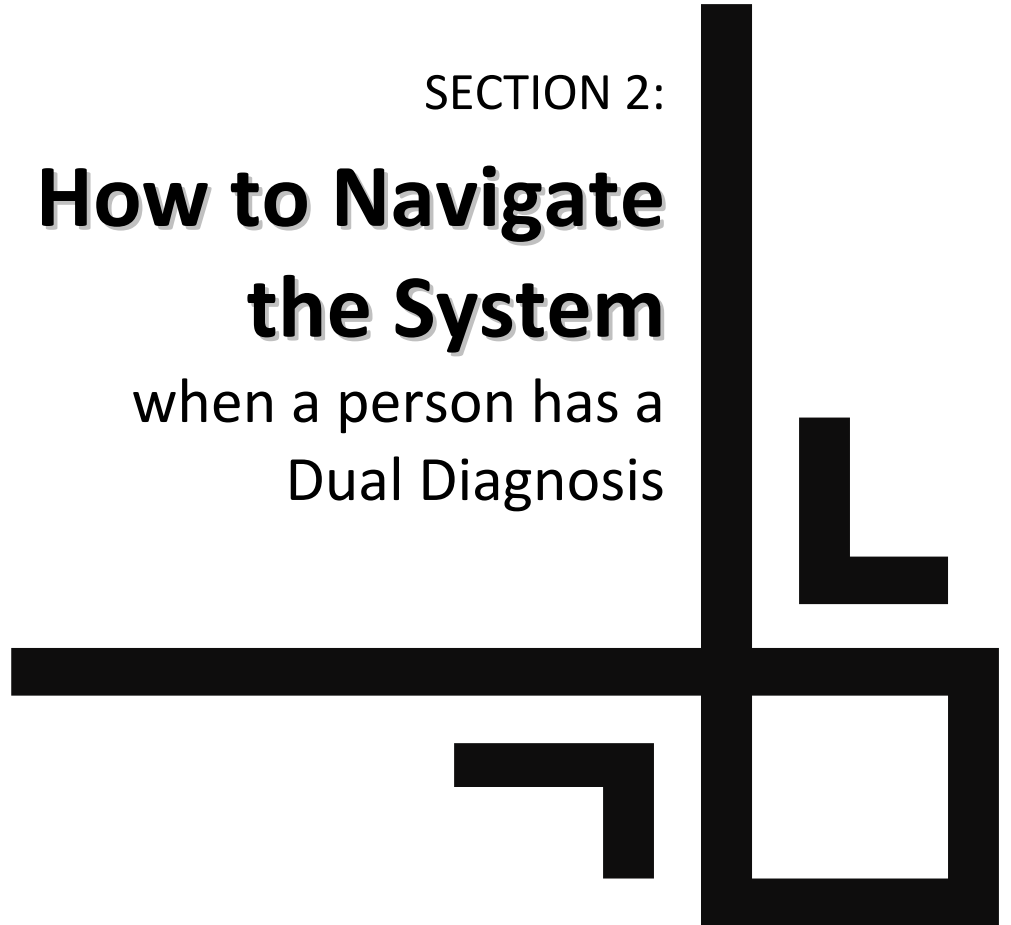
Persons with a dual diagnosis have been a greatly underserved group and remain very vulnerable and at risk. Unfortunately, there are not many professionals (e.g., psychiatrists, nurses and social workers) who are experienced and knowledgeable in assessing, diagnosing and treating individuals with a dual diagnosis. Treatment takes much longer for these consumers than for others. Unfortunately, they often fall through the cracks in our society and don't get the treatment they need. However with the right approach, a person with a dual diagnosis can certainly get help with their mental health needs. It can be confusing for everyone involved finding the right kind of help and support. There are a few key things to remember when helping plan services with a person with a dual diagnosis:

- Everyone involved needs to work together as a team;
- Several different types of services may need to be involved; and
- Sometimes specific changes in a program or activity will help improve the fit with the person's needs.

SECTION 2:

How to Navigate the System

when a person has a
Dual Diagnosis



Getting Started

Q. How do you know if a person might have an intellectual disability and/or mental health needs?

The following are some questions that can help you identify common indicators. Often family, friends and staff at agencies do not know what the signs are of a mental health need or an intellectual disability. These indicators will help you decide if you need to consult a professional for a more thorough assessment. Keep in mind that these are only suggested indicators and do not constitute a diagnosis.

Cognitive Indicators

- Does he/she communicate in short sentences and seem egocentric in his/her thinking?
- Does he/she seem on the surface to be able to do things he/she really can't?
- Does he/she have trouble generalizing?
- Does he/she seem to learn slowly?
- Does he/she have trouble with abstract thinking? (For example, recognizing how two things are similar.)
- Does he/she do better on concrete and structured tasks? (For example, when you are very specific and break things down into steps?)
- Does he/she have memory problems?
- Does he/she have a splinter skill that fools people but has been learned by rote?
- Is he/she a poor problem-solver? Does he/she show poor judgment?
- Does he/she have trouble understanding 'why' questions?
- Is he/she good at picking up non-verbal social cues?
- Do people disagree about whether this person is higher functioning or not?

Mental Health Needs Indicators

- Is he/she overly dependent for his/her capabilities?
- Is he/she overly independent for his/her capabilities?
- Is change really hard for him/her?
- Does he/she lack peers and friends?
- Is he/she impulsive?
- Is he/she withdrawn?
- Is he/she aggressive, verbally or physically?
- Does he/she have trouble with anger?
- Is he/she irritable?
- Has he/she been in trouble with the law?

- Does he/she have problems with inappropriate social or sexual behavior?
- Does he/she deny being intellectually disabled?
- Does he/she appear higher functioning than he/she is?
- Is there a diagnosed mental illness?
- Does he/she hurt himself/herself?
- Is he/she sleeping more or less?
- Has there been a change in his/her appetite?
- Does he/she seem overactive?
- Is he/she overly fearful?
- Is he/she extremely confused or disoriented?
- Does he/she hear voices that are not there? (This is not to be confused with talking to oneself for company or to reduce anxiety)
- Has there been difficulty in getting professionals to agree over the years about a diagnosis for both the range of cognitive functioning and their mental health?
- Are there family problems that interfere with his/her functioning?
- Is there a parent with an intellectual disability or a mental health problem?

Q. Do you need a diagnosis to get services?

Unfortunately this is not an easy question to answer. Some organizations require a diagnosis and some do not.

No matter which agency you contact, the consumer will need to meet certain criteria that the agency has decided is required for a person to receive their services. For example, a developmental service agency may require proof of an intellectual disability such as a psychological or psychiatric assessment of the person's level of functioning. However, they might also accept more informal information that indicates that the person is functioning in this range. Many mental health agencies require a psychiatric diagnosis in order to access mental health services. Some may accept more informal description of behavior that might indicate that there is a mental health concern.

What if the individual or person has one diagnosis and not the other? With one diagnosis you can usually access services in the sector that is associated with the diagnosis. For example, if you have a diagnosis of an intellectual disability you should be able to access a range of services in the developmental service sector. If you have a diagnosis of mental illness you should be able to access a range of services in the mental health sector. The difficulty here is that you may get stuck receiving services in only one sector when in fact you need some support from the other sector as well. If you have a diagnosis of both an intellectual disability and a mental illness, you can access a range of services specifically designed for persons with a dual diagnosis. Unfortunately, there is often a waiting list for many services in both sectors.

Sometimes agencies in the developmental service sector will be concerned about their ability to manage a mental health problem because they feel they don't have the knowledge and experience that is needed. Or, on the other hand, a mental health agency may worry they don't know how to help a person with an intellectual disability. There may be situations where this is true. They will need some help from the "other" sector in order to help the consumer. In these situations you may need to get one agency to start to work with your relative/friend with some back up support from the other sector. If the consumer already has services with one sector, you could advocate finding a partner service in the other sector to help provide more of what the individual needs. The added advantage of this is that you begin to develop a team approach that works very well with individuals with a dual diagnosis. You may still hear agencies use the term "primary diagnosis" and you may be asked if their intellectual disability or their mental illness is their "primary diagnosis". How you answer this question may determine whether you get service from this organization.

Q. Do you need an assessment?

It is always very important to have a good overall assessment or an accurate picture of the person and all their needs. Otherwise, you won't know how to put together the right services to really help the person and their mental health will likely get worse. A good assessment needs to include physical and mental health and an understanding of the nature of the person's intellectual disability. Important areas to consider for a comprehensive assessment include medical, psychiatry, psychology, communication, medication, vocational, behavioral, neurological, endocrinology, genetic, environmental, systems, family, social, cultural and sexuality. You can get an assessment at an agency that specializes in dual diagnosis or you may have to gather information and reports from different people such as a family doctor, community agency reports and/or a psychiatrist and put it all together. Even if the individual has had a thorough assessment in the past, they may require a new assessment as their situation changes.

Tips on Getting Started

- A person with an intellectual disability and mental health needs may want to contact an organization on their own. More often they will need some assistance from their natural supports (family / friends) or a staff person at an agency. For example, they may need some coaching about what to say; have you sit with them while they call or they may need you to be the person to speak on their behalf.

When calling on behalf of a family member/friend:

- Prepare yourself and be clear about what your relative/friend needs before you call. Make a list about what activities they like, what things they do well and what the problems are. Think clearly about what you want/need from the organization. For example, your family would like two hours of support each day or your family/friend needs a day program.
- Remember this is a chance for you to see if the organization feels like a good fit for your relative/friend and the organization is also trying to decide if your relative/friend would be a good fit in their program. Share important information and be sure to balance the information about both your relative/friend's strengths and areas of difficulty.
- Ask to speak to someone who is informed about what services are offered and that can answer your questions. Take the time to talk to staff so you can get a sense of how the organization works - its "culture". Or you may need to meet with a worker in the organization you are calling to discuss what your relative/friend needs.
- You may decide to get a case manager to help you with this whole process. A case manager can help you sort out what your relative/friend needs, what you as a family need and how to match that with the supports and services that are available. There are case managers in both the mental health and developmental sectors that can help. (For more information see *What can a Case Manager do for you and how to get one*; page 13).
- If you don't get a good response when you call an organization, what do you do? Call another agency or you can advocate for your relative/friend.
- Remember to record the worker's name, phone number, date and response.

Questions to Consider When Contacting Organizations

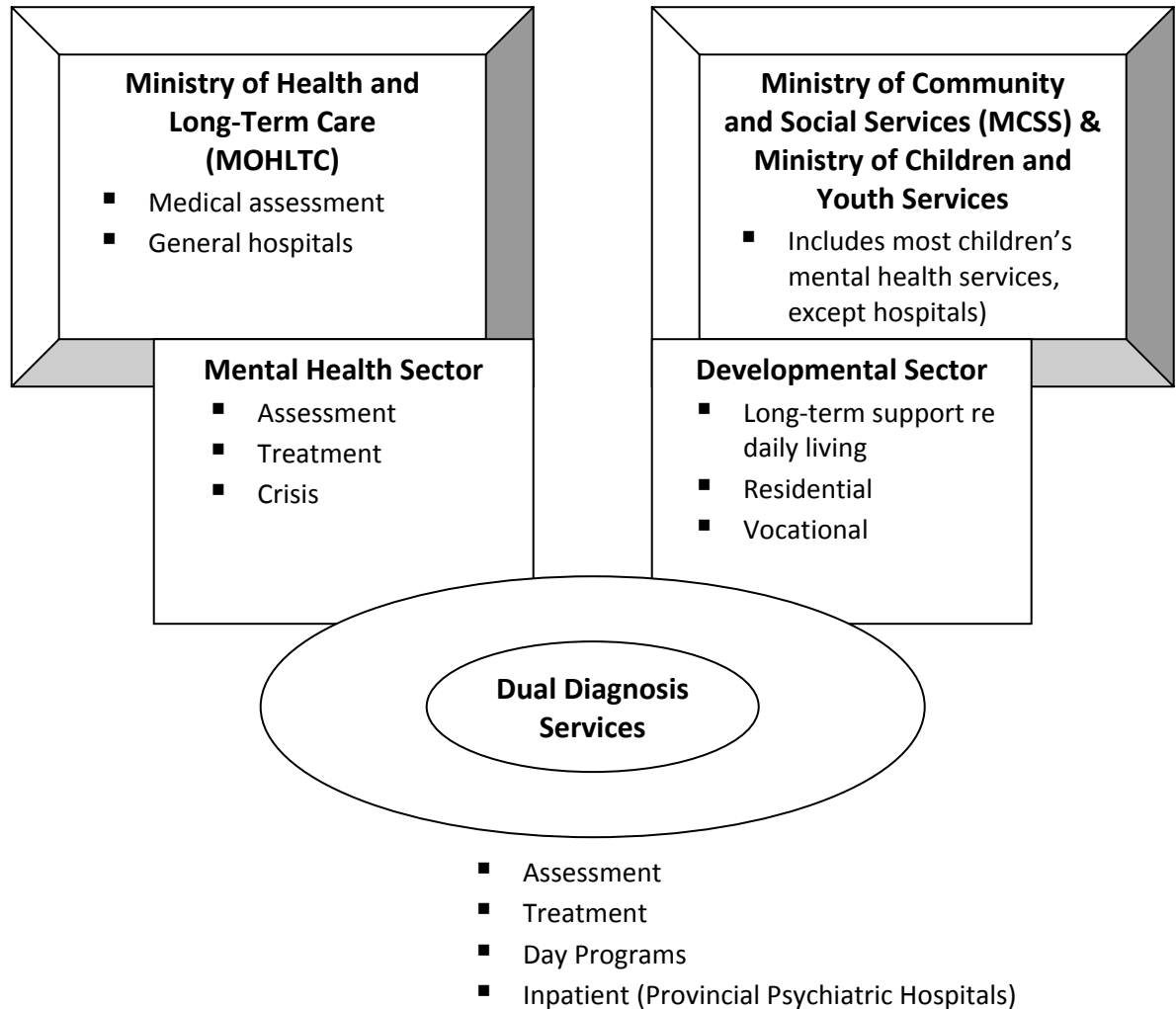
The following is a list of questions to review before you call an organization to ask about their services. You may already have some questions of your own. Have a look at this list and see if there are any other questions that you might like to ask.

- Are you the intake person and can you answer my questions about your organization?
- What is your name?
- What area do you serve?
- Can your program serve someone with a dual diagnosis?
- Can we come and visit?
- What choices do we have about which programs you offer? Can we choose ourselves or do you do an assessment and then assign?
- Can you do an assessment to help decide what is needed?

- Is your program flexible and can it be tailored to suit an individual?
- Is there a fee for any services?
- What age are most of the people in the program?
- What is the physical set up of the program?
- Do you offer job training or placement? How many people have you placed?
- What recreational or social programs do you have?
- What kind of activities do you do?
- Does this program operate five days a week?
- Do you have weekend or evening activities?
- Can you manage many different types of behavior?
- How do the medical and mental health needs of individuals get met?
- In what areas are your staff specially trained and what are their qualifications?
- What is the ratio of staff to clients?
- Do you have consultants to your program? For example, do you have a psychologist or psychiatrist on call?
- Is your agency accredited?
- How are you funded?
- What is the role of parents in your organization?
- What can I do if I have a complaint?
- If I can't get into your services, can I get in if I pay a fee for the program?
- Who don't you serve and why?

Navigating the Sectors

The Two Ministries Responsible for Funding and Policies Related to Dual Diagnosis



Dual Diagnosis Services

These specialized services can be:

- A specialized program for individuals with a dual diagnosis based in either the mental health or developmental service sector
- A group of agencies that are partnering to provide a range of services in both sectors

Q. What do you need to know about the system to get around?

There are two separate sectors that provide funding and policy direction for services for persons with a dual diagnosis. They are:

- the health sector (including mental health) funded by the **Ontario Ministry of Health and Long-Term Care** and
- the developmental sector funded by the **Ontario Ministry of Community and Social Services** and **Ministry of Children and Youth Services**

The fact that two ministries are involved can make it quite complicated to know how to get services and where to begin to look for them. Sometimes people get connected to one sector or the other, but usually not to both. When this happens they will not get the help they need because they are missing what is needed from the other sector. For example, if a person with an intellectual disability has a worker in the developmental sector they might not know the signs for depression and what to do to help. In another situation, a person, diagnosed with schizophrenia, might have a mental health worker from the health sector that is helping them cope with the symptoms of schizophrenia and making sure their medication is right but they might not know what to look for to know if the person also has an intellectual disability. It can be difficult and confusing for everyone involved finding the right kind of help and support. It really works best if there is a special combined approach with both the health and developmental sector and for everyone to work together as a team.

Each sector has areas of special knowledge that they can offer. For example, the developmental sector can help with future planning such as where to live and what supports the consumer needs in the community, while the health sector (mental health) can assist in areas such as mental illness and medication. Another important point is that many agencies do not include family members as part of the planning process. It works best if everyone is included.

In the last few years in York Region many people have been trying to provide better services for people with a dual diagnosis. There are still a lot of changes needed but some things are better. In 1994 the Ministry of Health changed its definition of who should be the first ones to get mental health services and they included individuals with a dual diagnosis in the definition of serious mental health problems that should be a priority. This change has led to many opportunities for mental health agencies to work together with agencies in the developmental sector.

There is a recent initiative within the Ministry of Community and Social Services and Ministry of Children and Youth Services that will be helpful to consumers and families. Now when you contact a *developmental sector agency*, that agency is obliged to stay connected to you. Either they will provide the service or they will find an alternate service to fit your needs. This initiative will help prevent the stress, frustration and disappointment of reaching out for help only to be told that that agency can't help you.

While these changes remove some barriers and there is a better range of services now, more joint work is still needed so that all the required services can be available.

There may be some confusion about which sector to turn to for long-term care services. Please note that (despite the name) the Ministry of Health and Long-Term Care is not the primary provider of long-term care for persons with an intellectual disability. **Most of the long-term care services are provided by the developmental sector** through the Ministry of Community and Social Services and Ministry of Children and Youth Services. However some individuals with an intellectual disability and serious mental health difficulties do receive long-term care services through the Ministry of Health and Long-Term Care, but relatively few. The Ministry of Health and Long-Term Care provides long-term care services for consumers with serious psychiatric disabilities and those who need nursing home care such as the elderly.

Please remember that the system is always changing. This describes the system at the time this handbook was written. There will undoubtedly be more changes in the future, some positive and some negative in regard to services for persons with a dual diagnosis. There may be new policies that have a direct impact or a new program that might be available. Check with someone who is aware of the system such as a case manager, agency staff or a representative of the Ministry to clarify the current policies and programs.

Q. What can a Case Manager do for you and how to get one?

It can be very confusing to sort out what services the consumer needs and if those services are available. You may find that you would like a Case Manager to help you decide who to contact and also to help you begin to get everyone working together.

Case management is a service provided by staff working at agencies. They are usually referred to as Case Managers. Although case management services may differ somewhat from agency to agency and within the mental health sector and the developmental sector, they serve as a central point to integrate all the stakeholders including consumers, families and service providers. There are some *common functions which all Case Managers fulfill*.

- **Assessment.** Usually case managers will help you assess the overall situation and pull together all the information from various sources. They may refer the consumer to someone else for a specific assessment, such as a psychiatrist or psychologist
- **Assistance with Service Planning.** They help an individual and/or family decide what kind of services and supports they currently require, as well as anticipate what the future needs might be. Using this information, the family and/or individual can prepare a plan that describes what supports and services to seek and when
- **Information.** They can be an excellent source of information about the services that are available, as well as providing educational materials related to your needs
- **Referrals.** They can refer the consumer to available resources with the prior approval of the family and/or individual. This may include making a phone call, assisting with the completion of application forms, or writing referral letters that describe the person's current needs and situation
- **Advocacy.** They can advocate on behalf of a person to assist him/her to obtain or create services and supports
- **Coordination.** They can assist the family and/or individual to coordinate the various services and supports being used, acting as the central point to ensure that services are being used in a way that best meets the person's needs and to promote a team approach
- **Counselling.** Some case managers provide individual and/or family counselling
- **Support.** They provide support and encouragement, plus they are good listeners!

Sometimes a family member or friend has the role of case manager. Case managers are available in both the developmental and mental health sectors. Unfortunately, there is sometimes a wait list for this service and some agencies require a diagnosis of either an intellectual disability or mental illness. For a range of **case management services** in both sectors check the listings in this handbook under the subject heading case management or look in the *York Link A Community Services Directory 2008* which lists services and supports used by the broader community. *York Link* may be seen at any public library branch and community agencies and hospitals. Information in *York Link* may also be obtained by phone by calling 905-830-4444, ext. 2151 or toll-free at 1-877-GO-4-YORK (1-877-464-9675), Ext. 2151 or visit their web site at www.region.york.on.ca

- If you are looking for case management in the *developmental sector* you can call **York Support Services Network** to access an Adult Support Services Worker or a Family Support Services Worker (see Section 3, *List of Supports and Services*).
- If you are looking for case management in the Mental Health sector call either **York Support Services Network** or the **Canadian Mental Health Association**, (see Section 3, *List of Supports and Services*).

- **Or if you don't know who to contact** to get the right help, you can call these numbers and they will give you information over the phone:
- York Support Services Network Access Service **1-888-695-0070** or **905-898-3721** or Behaviour Management Services of York and Simcoe **905-773-2362** (see Section 3, List of Supports and Services).

Once you (or the Case Manager) have pulled together all the assessment material or a specialized assessment has been completed, the next step is to match the needs of the consumer with the supports and services that are available in the community (See the chart *Supports and Services Guide, Page 19 and the Index to Supports and Services, Page 32*). Some people with a dual diagnosis require a lot of support in specialized programs where they live, work or go to daily activities, while others can live and work more independently in the community with much less support.

Q. What to do in a crisis?

Contact your relative's family doctor or psychiatrist for an assessment when your relative / friend is becoming very ill, and you are afraid that he or she may be a danger to himself/ herself or others if treatment is not in place.

When the situation gets critical, first call any available professional who knows the individual well. He or she may be able to assist in problem solving and in directing you to the most appropriate service under the circumstances. If you cannot reach someone, **DO NOT WAIT**.

- Contact the **crisis service specifically geared to persons with an intellectual disability or dual diagnosis** by calling YSSN's Community Crisis Response Service:

3 1 0 - C O P E (2 6 7 3)

Accessible toll-free from anywhere in York Region

Available 24 hours a day/7 days a week

No cost associated with services

- ~ Assists individuals and/or families in de-escalating crisis situations
 - ~ A team of professionals offers telephone and mobile intervention
 - ~ Refer and link people to appropriate services (e.g., 9-1-1, Mental Health Support Team)
 - ~ Mental Health Support Team offers a mobile response by a crisis worker and a York Region Police Officer
 - ~ Recommend and initiate follow-up
 - ~ Prompt translation services available.
- Or for any emergency or crisis situation **you can go to your local hospital emergency department.**

Q. How to access a Contract Worker?

One-to-one Contract Workers can provide an important type of individualized support to consumers, families and service providers in the home and community by offering: intermittent respite; opportunities for recreation or socialization; teaching life skills; providing additional supports to maintain the consumer in their current environment or at times of transition or to assist consumers in acquiring new skills. The funding program, *Special Services at Home*, supplies financial assistance to a family or individual to pay the expenses of hiring a "Contract Worker" (see Page 27 for more information about this program). Such Contract Workers are usually hired directly by the family and/or individual to carry out specific goals to improve the person's quality of life.

Tips on Hiring a Contract Worker

You can begin to look for a Contract Worker on your own. The following suggestions may help you in this process. Or you may decide you would like some assistance. There is a program called CHAP that is specifically geared to facilitating the connection of individuals with disabilities and support workers through a Family Registry and Worker Database. Call CHAP at 905-898-6455 Ext. 247, 1-866-257-9776 or visit the respite web site for more information on this program www.respiteservices.com

Places to Look or Advertise for a Contract Worker

- Developmental sector respite cluster web site: www.respiteservices.com. (This website is specifically geared to assist families in the process of getting a contract worker and maintains a list of potential workers.)
- Agencies that serve people with disabilities
- Local religious organizations such as churches and synagogues
- Community Centres
- Colleges, universities, and high schools
- Employment boards
- Libraries

Getting Started

1. Make a list of the duties the contract worker would fulfill.
2. Describe what essential qualifications/attributes you are looking for in a worker to carry out these duties. Some examples are previous experiences; first aid training; having a car; hours of availability; and attitude to persons with disabilities.
3. Screen over the phone by asking each caller questions related to these qualifications/attributes.

4. Conduct in-home interviews with candidates who have "passed" the phone screening. Have a prepared list of questions, including "what if," situations. Make sure that the candidate meets the person with special needs to observe how they interact.
5. When you have chosen a candidate, review carefully all issues related to financial arrangements, insurance coverage, and job obligations.
6. Provide adequate training and support to the worker, including specialized training regarding the needs of the individual.

Thinking About What is Needed

The Supports and Services Implementation Guide

The Supports and Services Implementation Guide is a tool to help you plan. The guide identifies an ideal range of supports and services that combine elements of both the mental health and developmental service sectors. Use this guide to help you think about what is needed or what is missing in the services you already have and then to match the consumer's needs appropriately with resources. It outlines six stages in the implementation of the assessment, intervention and treatment planning process. It should be noted that a consumer might enter this range of supports and services at any point depending on their needs and situation. The overall goal is to develop a comprehensive support network for each individual. This approach requires that all involved (family, friends, agency staff at various agencies, family doctor etc.) work together and communicate effectively. You may decide to take a central role in arranging services or you may want to find a case manager to help you with this process and with the ongoing communication between all involved.

SUPPORTS AND SERVICES IMPLEMENTATION GUIDE FOR PERSONS WITH A DUAL DIAGNOSIS

DS – Developmental

MH – Mental Health

Other – O

CASE MANAGEMENT

- Canadian Mental Health Assn York Region (MH)
- Crosslinks (MH)
- York Support Services Network (DS/MH)

CRISIS

- 310-COPE (MH)
- York Region Crisis Response Network (MH, DS, O)

DAY ACTIVITY

- Meta Centre (DS)
- Community Response Team (DS)
- Reconnect Mental Health Services (MH)
- Vita Community Living (DS)

EMERGENCY HOUSING/ RESIDENTIAL

- Community and Housing Dept YR (O)
- Community Response System (DS)
- Domiciliary Hostels (O)
- Housing and Residential Services Division (O)
- Housing Help Centre (O)
- Salvation Army (O)
- Sandgate Women’s Shelter (O)
- Transitional & Supportive Housing (O)
- Yellow Brick House (O)
- YR Crisis Support Network (O)

EMPLOYMENT SERVICES

- Career Solutions (O)
- Costi Employment Resource Centre (O)
- Future Abilities Creative Employment (O)
- Job Skills (O)
- Ministry of Community and Social Services and Ministry of Children and Youth Services (DS)
- Neighborhood Employment Resource Centre (O)
- Ontario Works (O)
- YMCA/Seneca College (O)

FINANCIAL

- Ministry of Community and Social Services & Ministry of Children and Youth Services (DS)
- Ministry of Health and Long-Term Care (MH)
- Ontario Disability Support Program (DS MH)
- Special Services at Home (DS)
- Ontario Works (O)

HOSPITALS

- Markham Stouffville Hospital (MH)
- Southlake Regional Health Centre (MH)
- Whitby Mental Health Centre – dual diagnosis service (MH)
- York Central Hospital (MH)

INFORMAL SUPPORT NETWORKS

- Autism Society (DS)
- CMHA Support Groups (MH)
- Down’s Syndrome Association of YR (O)
- Krasman Centre (MH)
- Neighbourhood Link (O)
- Regional Psycho-geriatric & Mental Health Consulting Service
- Schizophrenia Society (MH)
- York Region Crisis Support Network(O)

LEGAL

- Advocacy Resource Centre for the Handicapped (O)
- Canadian Mental Health Assn Court Division (MH)
- Community Legal Clinic of YR
- York Regional Police (O)

RECREATION/SOCIAL

- Community Living Newmarket/ Aurora District Assn (DS)
- Community Living Georgina (DS)
- New Directions (MH)
- Positive Connections (MH)
- Reena (DS)
- Vita Community Living (DS)
- Community Living York South (DS)

RESPIRE

- Community Living Newmarket/Aurora District (DS)
- Community Helpers for Active Participation (CHAP) (DS)
- Community Living Georgina (DS)
- Kerry’s Place Autism Services (DS)
- Kinark Child & Family Services
- Mary Centre (DS)
- Meta Centre
- Participation House (DS)
- Reena (DS)
- Safehaven
- Under the Banyon Tree
- Vita Community Living (DS)
- Community Living York South (DS)

TREATMENT

- Addiction Services for YR (O)
- Behaviour Management Services of York & Simcoe (DS)
- Canadian Mental Health Assn York Region (MH)
- Catholic Community Services of York Region (O)
- Community Care Access Centre (MH)
- Family Services York Region (O) (Georgina, Newmarket, Richmond Hill, Bradford, Markham/Stouffville)
- Jewish Family and Child Service YR
- Kinark Child & Family Services
- Markham Stouffville Hospital (DS/MH)
- Pineview (DS)
- Southlake Regional Health Centre (DS /MH)
- Thistletown Regional Centre (DS)
- Whitby Mental Health Centre – (DS/ MH)
- York Central Hospital (DS/MH)
- York Region Public Health – Sexuality for Persons with Disabilities

Key Access Points and Committees

Three Key Specialized Services

1. Behaviour Management Services of York and Simcoe

- Provides comprehensive behavioural assessment followed by positive-based teaching and programming assistance.
- Serves individuals who have a developmental delay, a significant cognitive delay of two years or more and a delay in at least two other areas (*see Section 3, List of Supports and Services*).
- Affiliated with Kinark Child and Family Services (*see Section 3, List of Supports and Services*).

2. York Support Services Network — Access

- **Access:** 905-898-3721 or 1-888-695-0070
- Provides case management services for people with developmental disabilities or serious mental illness.

3. Dual Diagnosis Resource Service

- Dual Diagnosis Resource Service (DDRS) offers a community based consultation and treatment team and resource, respite and safebed networking services.
- The Community team is operated by The Dual Diagnosis Program at the Whitby Mental Health Centre.
- You can call **416-535-8501 Ext 7800** if you need help and are not sure what to do.
- **Pineview Project — Central East Region** (Dual Diagnosis Resource)

This project has three key components:

- i. Transitional Residential Treatment Home
- ii. Mobile Resource Team
- iii. Developing Community Capacity

Manager of Clinical Services, Marnie McDermott (705) 543-1749 (*see Section 3, List of Supports and Services for description*)

Key Committees and Government Contacts

○ **The York Region Community Planning Council**

The Council (YRCPC) consists of service providers in the developmental services sector. It is mandated to develop strategic directions for developmental services in York Region to ensure implementation for a comprehensive, community-based range of services and supports. The Council acts as a forum for system accountability and as a link to other regional planning forums. It will provide recommendations to the Central East Region of the Ontario Ministry of Community and Social Services and Ministry of Children and Youth Services on the planning, co-ordination and management of developmental services in York Region.

○ **YRCPC Committee Structure**

The YRCPC receives information and recommendations through a standing committee and work group structure. These include:

- ~ Community Response Committee
- ~ Day Services Working Group Force (a work group of the Community Response Committee)
- ~ Respite Committee (including respiteservices.com-York Region)

As well, the YRCPC maintains linkages with the:

- ~ Dual Diagnosis Committee

○ **York Region Dual Diagnosis Committee**

This Committee, funded by the Ministries of Health & Long-Term Care, the Ministry of Community and Social Services, and the Ministry of Children and Youth Services, consists of family members, ministry staff, and agency staff including hospital representatives. The Committee oversees and provides leadership to the co-ordination of the dual diagnosis system design implementation process. It is focused on system and service delivery integration.

○ **Community Networks of Specialized Care (Central East Region)**

This Committee, funded by the Ministries of Health & Long-Term Care, the Ministry of Community and Social Services, and the Ministry of Children and Youth Services, consists of family members, ministry staff, and agency staff including hospital representatives. The Committee oversees and provides leadership to the co-ordination of the dual diagnosis system design implementation process. It is focused on system and service delivery integration.

Community Networks of Specialized Care are partnerships of community-based organizations that work together to address current gaps in the availability of community-based resources for individuals who have a developmental disability and mental health issues and/or challenging behaviours. Provincially, there are four Networks established. Community Living Huronia is the lead agency for the Central East Community Network of Specialized Care.

The Network partnering agencies provide professional services, consultation, education, training and research-related activities to the target population of adults with developmental disabilities and mental health issues and/or challenging behaviours. Their goals are to:

- ~ Ensure that specialized clinical services offered are in line/match level of need, allow support in the least restrictive environment and early identification of clinical needs
- ~ Develop a range of treatment options for people requiring specialized services
- ~ Increase the effective use of community resources throughout the Region
- ~ Identify priorities for services and/or supports for individuals with a dual diagnosis
- ~ Coordinate resources and planning with others in the Tri-Regional Network
- ~ Increase the capacity of staff from different disciplines that have enhanced skills and knowledge in assessing, planning and treating through evidence-based approaches
- ~ Assist individuals and families in navigating through the system

Contact: Pam Carter, Coordinator
705-526-0311 Ext 321 or pcarter@clhmidland.on.ca

- **Ontario Ministry of Community and Social Services and Ministry of Children and Youth Services**
 - ~ Call (905) 868-8900 or 1-877-669-6658
 - ~ Website: www.gov.on.ca
- **Ontario Ministry of Health and Long-Term Care — Mental Health Program**
 - ~ Call (905) 954-4700 or 1-800-486-4935
 - ~ Website: www.gov.on.ca

For Family and Friends

What supports do you need?

Persons with a dual diagnosis often need a lot of support from their natural supports including family and friends. While each person's needs may vary, providing care can be very challenging on a daily basis. Your caregiving may include providing basic needs such as housing, meals, transportation, assistance in life skills and scheduling activities and being an emotional support. If there is no case manager you may also be the lead person trying to help navigate the system, find the appropriate services and deal with crisis situations. Your role as caregiver is critical. Juggling all of these tasks and responsibilities in addition to looking after yourself and other demands such as family or work can be very stressful.

Repeated crises and the lack of an appropriate range of services can seriously affect families and friends. This often leads to stress, fatigue and burnout. Families often feel blamed and burdened by the systems and this leads to feelings of disillusionment and anger. Misdiagnoses, which occur frequently, lead to confusion for family members. The cloak of competence, combined with values around normalization, can lead to high expectations for the individual with a dual diagnosis. Many service providers, particularly in the adult system, do not include family members as part of the planning process. It is important to remember that gains for the individual will not be maintained if you are not involved in the planning process and you are not provided with the supports that you need.

It is very important for you to look after yourself too. As caregiver, for your family member or friend, you may want to take some time to think about what support you need in order to keep your energy and spirits up. Your role can be particularly challenging as you are often caught between meeting the needs of your family member or friend and your role in advocating in a system that is very difficult to understand with limited resources. There is support available that you might find brings some comfort and relief to your feelings of isolation and frustration. There are a number of mutual-aid/self-help support groups for caregivers and there are also community agencies that can provide necessary resources to you. A mutual-aid/self help support group gives you a chance to get some much needed support for yourself, share strategies and tips about which organizations are most helpful and what works and doesn't work when trying to get services. You might also be able to get some help in advocating for services if you haven't been successful on your own. You might like to try a support group. Information can be accessed through CMHA, York Region by calling **905-853-8477**. Community agencies can also be a source of support to families. Agencies in both the mental health and developmental sectors can provide information and/or referrals to a range of appropriate resources, and some offer counselling to families.

Respite

Respite services can provide care and family relief. There are both in-home and out-of-home respite services. In-home services include hiring contract workers to come to your home and provide intermittent relief, to teach life skills and/or during times of transition. Special Services at Home, an Ontario Government program, can supply funds for qualifying families to pay a contract worker (For more information on this program see page 55). If your family member / friend has a mental illness and requires support in the home, you may be able to access services through your local **Community Care Access Centre** (see Section 3, *List of Supports and Services*). They are responsible for home care services and depending on your situation may be able to offer some in-home respite services following a hospitalization or to assist with taking medication appropriately. There are times when caregivers need a break. You may need to attend to other demands related to work; family or you want to take a vacation. In these situations you can arrange for your family member to stay in a residential setting and be cared for in your absence. There is a web site you can go to learn more about respite services in York Region – www.respiteservices.com. This web site will lead you through a process that assists in identifying potential contract workers.

Government Programs and Policies

Government Structure

As of the date of publication of this Directory, two separate ministries of the Province of Ontario deliver services for persons with dual diagnosis. These two ministries are the Ministry of Community and Social Services & Ministry of Children and Youth Services, which administers services for persons with intellectual disabilities, and the Ministry of Health and Long-Term Care, which administers general health services and mental health services for adults.

In an effort to work collaboratively, a joint policy was developed in 1997 by both of these ministries regarding services for persons with a dual diagnosis and each made a commitment for funding.

For York Region, these two ministries may be contacted as follows:

**Ontario Ministry of Community and Social Services &
Ministry of Children and Youth Services**

Central East Region, 465 Davis Drive, 3rd Floor, Newmarket, ON L3Y 8T2
Call: 905-868-8900; 1-877-669-6658

Central Local Health Integration Network (MOHLTC)

140 Allstate Parkway, Suite 210, Markham, ON L3R 5Y8
Call: 905-948-1872; 1-866-392-5446

An up to date Government of Ontario Telephone Directory can be purchased from Publications Ontario at 416-326-5300. This lists all the government offices, locations, and phone numbers. For information about each ministry, specific laws and programs you can also go to the Government of Ontario Web site: www.gov.on.ca

**Please note that these addresses and phone numbers are correct as of the date of publication of this directory.*

Politicians

Since the responsibility for such services is provincial, all concerns or requests for political assistance should be directed towards your local Member of Provincial Parliament (MPP). To find out whom your MPP is you may consult the Blue Pages in your phone book under the listing of Ontario Government. This information is also listed in the [York Link A Community Services Directory 2008](#), which lists services and supports used by the broader community. *York Link* may be seen at any public library branch and community agencies and hospitals. Information in *York Link* may also be obtained by phone by calling 905-830-4444, ext. 2151 or toll-free at 1-877-GO-4-YORK (1-877-464-9675), Ext. 2151 or visit their web site at www.region.york.on.ca. As well, you can visit the Government of Ontario website and follow the links provided.

Legislation Regarding Mental Health, Alternate Decision-making, Consent to Treatment and Community Treatment Orders

As of the date of publication of this Directory, several important pieces of legislation were in effect regarding mental health, decision-making and adults with disabilities. It is recommended that readers determine the status of any legislation before using the information detailed below. To purchase copies of any legislation, contact Publications Ontario at 416-326-5300 or visit the Ontario Government web site www.gov.on.ca

For a good overview of the mental health process in Ontario including a description of the relevant laws and required forms regarding admission for psychiatric care in a hospital, visit the Simcoe County Mental Health web site at www.mhcva.on.ca (go to *Mental Health Process in Ontario*). Further information about legislation can be obtained from **ARCH: A Legal Resource Centre for Persons with Disabilities** - call 416-482-8255.

Four relevant laws in Ontario:

- **The Mental Health Act**

This Act governs the rules and regulations related to providing and receiving mental health care services in Ontario. It describes what is required in order to admit someone to a psychiatric hospital or a psychiatric ward of a general hospital. For example, before anyone can be admitted for a 72-hour period to a psychiatric facility, a physician or Justice of Peace is required to assess each individual to determine if they meet the criteria for admission which includes behaviour that is seen as violent towards others, or threatening, attempting, or causing harm to themselves, or if the person is unable to take proper care of themselves. This act also covers confidentiality of psychiatric records and the roles of the Boards of Review, providers of mental health services and others such as police, justices of the peace.

- **The Substitute Decision Act**

This Act describes the process by which individuals may make decisions over property or personal care on behalf of another adult who is deemed incapable of making such decisions. This can include Powers of Attorney and court appointed guardians.

- **Health Care Consent Act**

This Act describes the process by which an adult is deemed to be capable of consenting to his or her own treatments of a therapeutic, preventive, palliative, diagnostic, cosmetic or other health related nature. It also explains how a person may be deemed incapable of consent and the process for ensuring that appropriate alternate decision makers are appointed who will attempt to determine as best as they can what the wishes of the vulnerable person might be and act accordingly.

- **Community Treatment Orders**

Community Treatment Orders (CTOs) are focused on individuals with a serious mental illness who have difficulty maintaining stability in the community.

The individual must have two admissions, or an admission of over 30 days, in the past three years. Treatment orders last six months and are ordered by a psychiatrist. It is a voluntary process and the client helps develop the treatment plan. The focus of all treatment orders is to maintain the client's wellness in the community and, hopefully, to prevent re-hospitalization. It has been well received throughout Ontario in its third year of inception.

Financial Programs

As of the date of publication of this Directory, several important pieces of legislation were in effect regarding mental health, decision-making and adults with disabilities. It is recommended that readers determine the status of any legislation before using the information detailed below. To purchase copies of any legislation, contact Publications Ontario at 416-326-5300 or visit the Ontario Government web site www.gov.on.ca

- **Special Services at Home**

Special Services at Home (SSAH) is available through the Ontario Ministry of Community and Social Services and Ministry of Children and Youth Services. This program provides support to families caring for children and adults with an intellectual disability in their own homes. It is geared to fund in home support such as parent relief or teaching skills. Families hire their own contract worker.

You have to apply for this program and Ministry staff decides if your family is eligible. If you are approved for this program it does not cost you any money and is not based on family income. Families are expected to use community resources (where available) before they consider using this program. Call the **Ontario Ministry of Community and Social Services and Ministry of Children and Youth Services** at **905-868-8900; 1-877-669-6658, 416-325-0624** to inquire about this program (*see Section 3, List of Supports and Services*).

- **Ontario Disability Support Plan**

Ontario Disability Support Plan (ODSP) is available through the Ministry of Community and Social Services, an Ontario Government Service. This program can provide long-term financial assistance for people with disabilities, age 18 and over, who can't work permanently or for at least a year or more. There is a financial needs test and a disability application form when you apply.

Call **905-868-8900** or **1-877-669-6658** to inquire about this program and get the address and phone number of your local ODSP office. Local ODSP offices are also listed in the Blue pages of the telephone book. You will need to make an appointment and ask what type of information you need to take, such as bank statements, identification, official papers. It may take a while for ODSP to come through so apply as soon as possible. You might want to apply for this program six months before the 18th birthday (*see Section 3, List of Supports and Services for description*). For applicants with differences of opinion regarding Ministry decisions, there are provisions for appeal, and assistance available with the appeals process (e.g., the Community Legal Clinic of York Region - *see Section 3, List of Supports and Services for description*).

- **Ontario Works**

This is a short-term program to assist individuals in returning to the work force. To apply for **Ontario Works** in York Region call the Regional of York at **905-830-4444** and ask for the office nearest to you.

Information About and Assistance Getting Ontario Works or ODSP

The following services are available if you need information or have problems or questions with government assistance:

- ~ Client Services & Information Unit – Ontario Works **905-830-4444** Ext. 2902
- ~ Client Services & Information Unit – ODSP (**905**) **868-8900** or **1-877-272-8610**

Staff at these units act as go-betweens between clients, the general public and decision-makers. They can provide you with information if...

- ~ you don't know what services are offered
- ~ you don't know what the policy and regulations are
- ~ you don't understand how the regulations affect you

Abuse Policy

Agencies across the Central East Region have been working collectively on developing and promoting the implementation of a regional strategy on training staff and consumers on issues that constitute abuse and neglect, as well as consumer's rights and responsibilities.

Other Important Information

Wills and Trusts

Financial planning is important for all parents. It is even more crucial when parents have a son or a daughter with a disability.

There are many factors to be aware of when preparing a will when you are trying to arrange for the most financially secure situation for your child with special needs.

Many lawyers have experience and knowledge preparing wills that include a beneficiary with a disability.

To obtain specific information regarding wills and trusts, you may contact the following organization:

Ontario Association for Community Living

240 Duncan Mill Road, Suite 403

North York, ON M3B 1Z4

416-447-4348

LifeTRUST Planning

John Dowson, Executive Director

60 Harrison Drive

Newmarket, ON L3Y 4P4

www.life-trust.com / lifetrust@rogers.com

ARCH Disability Law Centre (non-profit community legal clinic)

425 Bloor Street E, Suite 110,

Toronto, ON M4W 3R5

416-482-8255 / TTY: 416-482-1254

www.archdisabilitylaw.ca

Newsletter

NADD NEWSLETTER (National Association for Dual Diagnosis) — to receive this newsletter send \$10.00 and your name and address to:

Habilitative Network

c/o Plaza 69 Postal Outlet

1935 Paris St., Box 21020

Sudbury, Ontario P3E 6G6

The 12 Commandments for Successful Lobbying

1. **Be Nice**

Respectable, reasonable, courteous, calm, but "concerned".

2. **Be Respectful**

Everyone likes to feel important and to be helpful. Enlist their sympathy and support.

3. **Be Clear**

Ask for exact dates, times and who will be involved, etc. Ask for things in writing. Ask for copies of correspondence. Write confirming minutes of meetings. Summarize and clarify.

4. **Be Informed**

Do your homework, check your facts, consult experts, brief your members.

5. **Seek Help**

Seek out mentors, consult experts, make alliances with agencies and other groups, hire a lobbyist if the task is very large.

6. **Know Your System**

Know how and where decisions get made; target key points of intervention.

7. **Know What You Want**

Governments do not solve problems — they adopt solutions. You must give them the problem and the solution.

8. **Show Strength**

Act as a group, stick together, act organized, act confident.

9. **Be Patient**

Constantly re-evaluate strategy and goals. Recognize small accomplishments. Moving governments takes time.

10. **Have Fun, Support Each Other**

Meet the needs of your members for personal support and friendship. Keep a sense of humour and keep each other in perspective.

11. **Be Tough**

Keep pushing from all directions. Be political. Use the media. Be creative.

12. **Be Strategic**

Carefully plan your strategy in scale with your resources. Seize opportunities. Be proactive.

*Lynn Eakin and Associates, Toronto
lynn@lynneakin.com*

*Tel 416-961-3924 Fax 416 968-6280
(approved for continued use, 2005)*

SECTION 3:

**Index and List
of Supports &
Services**



Important Numbers at a Glance

(These supports and services are described in further detail in this section)

BEHAVIOUR MANAGEMENT SERVICES OF YORK AND SIMCOE **905-773-2362**

Provides comprehensive behavioural assessment followed by positive-based teaching and programming assistance (*see Pages 38 & 68*)

CANADIAN MENTAL HEALTH ASSOCIATION **905-853-8477**

Support group for families, case management, court diversion, social/recreation (*see page 40*)

COMMUNITY INFORMATION YORK REGION **905-830-4444 X 2093**

(Community Services and Housing) York Link Directory of Community Services (*see page 70*)

CRISIS (YSSN)* **310-COPE (2673)**

Assist individuals and/or families in de-escalating crisis situations; 3rd party referrals (*see page 75*)

MOBILE CRISIS (YSSN)* (*see page 75*) **310-COPE (2673)**

SERVICE SYSTEM RESPONSE UNIT (YSSN)* **(Intake) 905-898-3721 / 1-888-695-0070**

The Service System Response Unit (SSRU) has been developed to ensure that there is a coordinated response to the needs of individuals and their families by the agencies that comprise the developmental service system in York Region. York Support Services Network provides the coordination role for this program (*see page 76*)

SPECIAL SERVICES AT HOME (SSAH) **905-868-8900 X 5450 / 1-877-669-6658 / 416-325-0624**

Ontario Ministry of Community and Social Services and Ministry of Children and Youth Services (*see page 56*)

YORK SUPPORT SERVICES NETWORK (YSSN) **(Access) 905-898-3721 / 1-888-695-0070**

Provides case management services for people with developmental disabilities or serious mental illness (*see page 73*)

****These programs are part of York Support Services Network (YSSN)***

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ARCH DISABILITY LAW CENTRE

Ivana Petricone, Executive Director

Address: 425 Bloor St E, Suite 110, Toronto, ON M4W 3R5

Contact: A team approach is used; client assigned to appropriate lawyer

Phone: 416-482-8255 / 1-866-482-2724
1-866-482-2728 (TTY/TDD)/416-482-1254 (TTY/TDD)

Fax: 416-482-2981 / 1-866-881-2723

Website: www.archdisabilitylaw.ca

Hours: Mon-Fri 9:00 am-5:00 pm

Service Area: All of Ontario

Languages: English

Accessibility: Barrier-free washroom, wheelchair accessible

A legal resource centre for persons with disabilities; provides summary advice and referral, public legal education, community development and law reform; Speakers' Bureau and electronic newsletter available; represents individuals with disabilities in precedent-setting cases; translation and interpretation can be arranged; reference library with two adaptive technology workstations for visitors with visual or motor disabilities, open Monday through Friday between 10am and 4pm.



AUTISM ONTARIO – YORK REGION CHAPTER

Address: 11181 Yonge St, Suites 303-305, Richmond Hill, ON L4S 1L2

Contact: Simone Hubers, President

Phone: 905-780-1590

E-mail: york@autismontario.com

Website: www.autismontario.com Chapter: www.autismontario.com/york

Hours: Run by volunteers, use voicemail and a volunteer parent of a child with ASD will respond

Service Area: York Region

Languages: English

Fees: \$50 annual fee for membership, \$500 lifetime membership; information and support is free

Accessibility: Barrier-free washroom, disability parking, elevators, tone elevator, wheelchair accessible

Volunteers: Yes

Information, education, advocacy, self-help support group; linkages to community agencies for services & supports for individuals living with Autism Spectrum Disorder; partially funded community-based leisure/recreation activities; people with ASD, their families, caregivers and professionals welcome; calendar of workshops and meetings posted to website; virtual community of parents, hosted chats and mentoring at www.bbbautism.com

'Realize Community Potential Program'

(905) 780-1590

Contact:	Alana Racicot, Coordinator
E-mail:	alana@autismontario.com
Website:	www.autismontario.com/rcp
Hours:	Contact office for appointment
User Fees:	Most services funded by Ministry of Children and Youth Services

Autism Ontario's Realize Community Potential (RCP) Program is an exciting program funded by the Ministry of Children and Youth Services to offer a variety of supports and resources to families living with Autism Spectrum Disorders (ASD). The RCP Program is currently operating in six communities in the province: Durham Region, London, Niagara Region, Ottawa, Thunder Bay & District and York Region.

The RCP Program will realize community potential by providing:

- **Professional Parent Support:** assisting parents in connecting to service providers and resources by locating a full-time RCP Coordinator in the community
- **Social Opportunities & Programming:** implementing ideas from parents to create more social opportunities for families and enhanced programming options for individuals with ASD in the community
- **Expertise on Autism Spectrum Disorders:** arranging speaker events in the local community presented by professionals with expertise in ASD to give parents and professionals greater access to ASD education
- **Knowledge & Resources:** developing a database of information and resources specific to the community, while sharing applicable information across the province

A-OK Camp

(905) 780-1590

Contact:	Paul Kalmykow, Coordinator
E-mail:	york@autismontario.com
Eligibility:	Assessment required
Application:	Application required and intake
User Fees:	Weekly subsidized fee
Volunteers:	Application and interview

Eight-week summer day camp program for children and youth (ages 4-21) living with Autism Spectrum Disorder; camp structured in junior and senior divisions; offers Life Skills, continuation of school and home programming, job training and community outings; for children and youth to age 21 with Autism Spectrum Disorders who require and would benefit from 1:1 or 2:1 support.

Summer Youth Program

(905) 780-1590

- Contact: Summer Youth Program Coordinator
- E-mail: york@autismontario.com
- Eligibility: Assessment required
- Application: Application required and intake
- User Fees: Weekly subsidized fee
- Volunteers: Application and interview

Eight-week summer program in partnership with Kerry’s Place Autism Services – Community Services Central East; for transitional aged youth 16 – 25 living with Asperser’s Syndrome or High Functioning Autism; program of life skills, social skills, transition to post secondary/vocational skills strengthened through accessing your community.



BEHAVIOUR MANAGEMENT SERVICES OF YORK AND SIMCOE

- Address: 13311 Yonge St, Suite 115, Richmond Hill, ON L4E 3L6
570 Bryne Dr, Unit H, Barrie, ON L4N 9P6
- Contact: Jim Hughes
- Phone: 905-773-2362 (York) 705-728-9143 (Simcoe)
- Fax: 905-773-8499 (York) 705-728-7456 (Simcoe)
- E-mail: behaviour.mgmt@bellnet.ca (York) behaviour.simcoe@bellnet.ca (Simcoe)
- Website: www.yorkcentral.on.ca
- Hours: Mon-Fri 9:00 am–5:00 pm
- Service Area: York Region and Simcoe Region
- Languages: English, Greek, Italian, Spanish
- Eligibility: Developmental delay of 2+ years with a significant cognitive delay
- Referral: Parent, doctor, teacher or self-referral
- Accessibility: Barrier-free washroom, disability parking, elevators, wheelchair accessible

On a mediator model, provides comprehensive behavioural assessment and positive-based teaching interventions for individuals with a developmental disability. Also offers, in affiliation with Kinark Child and Family Services, intensive behavioural intervention (IBI) to children who are diagnosed with moderate to severe Autism.



BLUE DOOR SHELTERS

	Patti Bell, Executive Director
Address:	18838 Highway 11, East Gwillimbury, ON L9N 0C5
Phone:	905-898-1015 / 905-898-1658
Fax:	905-898-6414
E-mail:	info@bluedoorshelters.ca
Hours:	24 hours a day/7 days a week
Service Area:	York Region
Eligibility:	Social Housing Reform Act, 2000 criteria; diagnosed are accepted through regular process of each home
Languages:	English
Volunteers:	No
Accessibility:	Wheelchair accessible

Provides supportive and emergency housing services to homeless people or to people at risk of becoming homeless; offers counseling and other supports to clients in order to resolve their immediate social, housing and/or financial crisis

Community Housing Support Program

This program helps individuals and families in the shelters to find, get and keep permanent housing in the community.

Leeder Place Family Shelter - Families

Support to families who need temporary emergency shelter to re-establish itself in appropriate community accommodation; length of stay is up to six weeks; serves families with children needing temporary emergency shelter.

Porter Place Men's Shelter – Men 27 – 99 years

Eligibility: Homeless male

A 30-bed men's emergency shelter; in addition to basic needs, provides informal counselling and life skills programs; length of stay is up to six weeks.

York Region Youth Shelter – Male Youth 16 – 22 years

905-830-0121

Provides shelter, supervision, counselling, life-skills and recreation programs for youth 16 to 22 years old; program is for male youth who require emergency housing and have no other housing options.



Community Education Programs

(905) 770-7040

Contact: Doug Loweth
Fax: 905-770-7064
E-mail: dloweth@ccsyr.org
User fees: Subsidies are available for those who are unable to pay.

Educational programs for adults and youths are held in a variety of languages; also available to offer consultation to the community and to develop programs for interested groups; programs currently being offered include: cultural adjustment groups, support groups, life-skills workshops, self-esteem groups, parenting workshops and groups, social/recreational groups, and cultural sensitivity training. Call for details.

Counselling Services

(905) 770-7040

Contact: Doug Loweth
Fax: 905-770-7064
E-mail: dloweth@ccsyr.org
User fees: Sliding scale based on client’s ability to pay

Individual, couple and family therapy available to enable clients to increase their awareness and find the resources within themselves to cope with their problems; all services are confidential.

Immigrant Services

(905) 770-7040

Contact: Stephen Lam
Fax: 905-770-7064
E-mail: slam@ccsyr.org
Volunteers: Yes

Provides counselling for immigrant individuals and families relating to adjust problems, information and referrals, advocacy and access, interpretation and translation, newcomer orientations, workshops, multicultural events, cultural sensitivity training, job search workshops and a HOST program; call for details.

Markham Address: 7170 Warden Ave, Unit 15, Markham, ON L3R 8V3

Markham Phone: 905-415-9537

Vaughan Address: 8108 Yonge St, Suite 203, Vaughan, ON L4J 1W4

Vaughan Phone: 905-709-8181



CENTRAL LOCAL HEALTH INTEGRATION NETWORK

Hy Eliasoph, CEO
Address: 140 Allstate Parkway, Suite 210, Markham, ON L3R 5Y8
Phone: 905-948-1872 / 1-866-392-LHIN (5446)
Fax: 905-948-8011
E-mail: central@lhins.on.ca
Website: www.centrallhin.on.ca
Service Area: Various Ontario communities encompassing the majority of York Region as well as north Toronto and south Simcoe
Languages: English

One of 14 Local Health Integration Networks that have been established by the government of Ontario, responsible for planning, integrating and funding health services at the local level, including hospitals, long-term care homes, community care access centres, community support services, community mental health and addictions services and community health centres.



CHRISTIAN HORIZONS

Address: 114A Main St E, Huntsville, ON P1H 1K6
Contact: Belinda Burston, Area Manager
Phone: 705-789-1725
Fax: 705-789-7042
E-mail: bburston@christian-horizons.org
Website: www.christian-horizons.org
Hours: Mon-Fri 8:30 am–4:30 pm
Service Area: York Region
Eligibility: Diagnosis of developmental disability
Languages: English
Referral: Referral Form Available
User Fees: Yes
Volunteers: Yes

Residential accommodation serves individuals with developmental delays and operates throughout the Province of Ontario; three programs offered in York Region.

Horizon House York 5

905-939-4635

Address: 203 Western Ave, Schomberg, ON L0G 1T0
Fax: 905-939-9174
E-mail: lgriffin@christian-horizons.org
Application: Yes

Supports four young adults with autism; limited respite care; advocacy; referrals; education

(Christian Horizons – Continued)

Horizon House York 6

905-939-4610

Address: 102 Western Ave, Schomberg, ON L0G 1A9
Fax: 905-939-0737
E-mail: sstewart@christian-horizons.org

Provides 24-hour residential support for four children with developmental disabilities/autism; in addition, provides a 24/7 in-house respite support program for up to two children

Horizon House York 7

905-737-9770

Address: 93 Yorkland St, Richmond Hill, ON L4C 5Z9
Fax: 905-737-3129
E-mail: mbencomo@christian-horizons.org

24-hour respite care for autistic youth and adults

York Apartment Program/York Stouffville Supported Independent Living Program

Address: 345 North St, Stouffville, ON L4A 4Z3
Phone: 905-640-5365 Fax: 905-640-6509
E-mail: lhetherington@christian-horizons.org
Application: Contact agency for application process
User Fees: Service funding varies with program

Six-bed supportive housing unit that provides assistance to people with developmental disabilities with daily activities to facilitate independent living; 24-hour support and supervision provided; limited respite care; Day Support between 4pm – 9pm; recreation



COMMUNITY LEGAL CLINIC OF YORK REGION

Dennis Bailey, Executive Director
Address: 21 Dunlop St, Suite 200, Richmond Hill, ON L4C 2M6
Contact: Call intake (reception) and case will be assigned to appropriate person
Phone: 905-508-5018 / 1-888-365-5226 Fax: 905-508-7539
E-mail: Recgeorg@lao.on.ca
Website: www.clcyr.on.ca
Hours: Mon-Fri 8:30 am-4:30 pm
Service Area: York Region
Eligibility: Financial eligibility test for client representation; no test for summary advice
Languages: Chinese (Cantonese), Chinese (Mandarin), English
Accessibility: Disability parking, Elevators, Wheelchair accessible

Provides legal services (advice/representation), public legal education and assistance to community groups with law reform and community development; Community Legal Clinic funded by Legal Aid Ontario; provides summary advice by telephone; produces and distributes free public legal education materials; speakers available; operates Duty Counsel Program for tenants appearing before the Ontario Rental Housing Tribunal; specializes in advising around ODSP related matters.

COMMUNITY LIVING GEORGINA

Address: 26943 Highway 48, PO Box 68, Sutton, ON L0E 1R0
Contact: Susan Rome, Executive Director
Phone: 905-722-8947
Fax: 905-722-9591
E-mail: info@communitylivinggeorgina.com
Website: www.communitylivinggeorgina.com
Hours: Mon-Fri 8:30 am-4:30 pm
Service Area: Georgina
Eligibility: Individuals with a developmental disability
Languages: English
Accessibility: Barrier-free washroom; wheelchair accessible

Services and support to ensure that all persons with developmental and related handicap have the right to live in a state of dignity and have the opportunity to participate and share in all elements of community living; services include residential, day and outreach supports; in addition to, respite care through our Family Care Program.



COMMUNITY LIVING NEWMARKET/AURORA DISTRICT

Address: 757 Bogart Ave, Newmarket, ON L3Y 2A7
Contact: Larry Palmer, Executive Director
Phone: 905-898-3000 / 905-773-6346
Fax: 905-898-6441
E-mail: clnad@clnad.com
Website: www.clnad.com
Hours: Mon-Fri 8:30 am-4:30 pm
Service Area: Aurora, East Gwillimbury, King, Newmarket, Whitchurch-Stouffville
Eligibility: Serves people with an intellectual disability
Languages: English
Accessibility: Yes

Provides services and support to people with an intellectual disability to promote their participation, friendship and citizenship in the community; services include living options, employment and alternative work options, respite and family support, and recreation opportunities



COMMUNITY LIVING YORK SOUTH

Address: 101 Edward Ave, Richmond Hill, ON L4C 5E5
Contact: Anita Leung, Cheri Evans, Cheryl Rennick or Ritu Bhasin
- Community Support Coordinators
Phone: 905-884-9110 / 905-889-5239 or 1-877-737-3475
Fax: 905-737-3284
E-mail: info@ysacl.on.ca
Website: www.ysacl.on.ca
Hours: Support Hours are individualized
Service Area: Southern York Region
Eligibility: People with developmental disabilities
Referral Process: Self referrals, family referrals, outside agency referrals
Languages: English and Cantonese
Accessibility: Most

Community operated day programs, residential programs, outreach programs, supported independent living and community options (employment, volunteering, etc.)



COSTI IMMIGRANT SERVICES

Address: 7800 Jane St, Unit 1, Concord, ON L4K 4R6
Contact: Julie Darboh, General Manager
Phone: 905-669-5627
Fax: 905-669-1127
E-mail: vaughan@costi.org
Website: www.costi.org
Hours: Mon, Wed, Thu, Fri 8:30 am-4:30 pm
Resource Centre is open Tue, Wed, Thu until 7:00 pm
Service Area: York Region
Eligibility: Open to all job seekers who are legally eligible to work in Canada
Languages: Arabic, English, Italian, Polish, Portuguese, French, Amharic, Oromo, Assyrian, Russian, Spanish, German, Hebrew, Ga, Twi, Sign language
Accessibility: Open to all eligible job seekers. Wheelchair

Community-based agency assisting clients in meeting individual employment-related needs



HOUSING HELP CENTRE (Citizens for Affordable Housing)

Address: 10271 Yonge St, Richmond Hill, ON L4C 3B2
Contact: Mary Ann Proulx, Executive Director
Phone: 905-713-2696 / 416-410-6051 / 1-888-447-9602 (Georgina)
Fax: 905-508-1237
E-mail: info@housinghelpcentre.org
Website: www.housinghelpcentre.org
Hours: Mon-Fri 9:30 am-4:30 pm
Service Area: York Region
Languages: English
Volunteers: Yes
Accessibility: Unlimited

The committee is an action group of community residents, human service professionals, church groups, non-profit housing groups and public sector representatives.

Affordable Housing Advocacy

905-713-2696 / 905-508-1877

Fax: 905-508-1237
Volunteers: Yes

Identifies existing barriers; provides public education; provides an informed and organized voice on behalf of all those who require adequate and affordable housing.

Housing Help Centre

905-508-1877

Fax: 905-508-1237
E-mail: info@housinghelpcentre.org
Volunteers: Yes

Maintains a housing registry to assist individuals in securing affordable accommodation in the private rental market; operated by the Affordable Housing Committee of York Region, a non-profit advocacy group advocating for adequate and affordable housing in York Region since 1986.



JOB SKILLS

Nella Laschi, Executive Director

Address: 14 – 130 Davis Dr, Newmarket Plaza, Newmarket, ON L3Y 2N1
Contact: Linda Day
Phone: 905-898-5138 or 1-866-592-6278; TTY 905-898-4465
Fax: 905-898-4830
E-mail: admin@jobskills.org
Website: www.jobskills.org
Hours: Mon-Fri 8:30am-4:30 pm
Service Area: York Region
Languages: English
Accessibility: Disability Parking, Wheelchair accessible

Job Skills is a community based training agency that provides employment and business services and programs designated to meet clients' individual requirements.

Employment Assistance Services (EAS)

Eligibility: Unemployed
Application: Common Assessment (employability assessment)

Provides unemployed individuals with supports, information, assessment to develop a return to work action plan (RTWAP). One-on-one support/case management services.

Markham Office

905-948-9622

Address: 4855 - 14th Ave, Unit 3, Markham, ON L3S 3L6
Fax: 905-948-8737
E-mail: markham@jobskills.org
Hours: Mon, Wed, Fri 8:30 am-5:00 pm; Tue, Thu 8:30 am-8:00 pm

Keswick Office

905-476-8088

Address: 155 Riverglen Dr, Unit 7, Keswick, ON L4P 3M3
Fax: 905-476-5988
E-mail: admin@jobskills.org
Hours: Mon, Wed, Thurs, Fri 8:30 am-4:30 pm, Tues, 8:30 am-8 pm

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KERRY'S PLACE AUTISM SERVICES – CENTRAL EAST REGION

	Brenda Scott, Regional Executive Director
Address:	34 Berczy St, Suite 130, Aurora, ON L4G 1W9
Contact:	Candice Grant, Intake
Phone:	905-713-6808 / 905-841-6611
Fax:	905-841-1461
Web:	www.kerrysplace.com
Hours:	Mon-Fri 9:00 am-4:30 pm
Service Area:	York Region
Eligibility:	Eligibility based on doctor's diagnosis of Autism
Referral Process:	Parent
Languages:	English
Volunteers:	Yes
Accessibility:	Barrier-free washroom, disability parking, wheelchair accessible

Provides specialized innovative supports for children, adolescents and adults with autism to address individual social, educational, vocational and developmental needs; specialized residential services and community outreach program for adolescents and adults; provides support and consultation to children/adolescents with autism who live at home with their families by offering parent/mediator training program planning, and case management. Residential supports located in Newmarket and East Gwillimbury, Durham Region. York/Durham and Simcoe community supports include: consultation, social/rec groups and community awareness/training.



KINARK CHILD AND FAMILY SERVICES

	Christine Simmons-Physick, Program Director
Address:	24 Orchard Heights Blvd. Unit 101, Aurora, ON L4G 6T5
Phone:	1-888-454-6275 (Intake) / 905-898-4572 / 905-773-0375
Fax:	905-713-0045
E-mail:	christine.simmons-physick@kinark.on.ca
Website:	www.kinark.on.ca
Hours:	Mon-Thu 8:30 am-8:00 pm; Fri 8:30 am-5:00 pm
Service Area:	York Region
Eligibility:	Children ages 0-19 years old
Referral Process:	Parent
Languages:	English
Accessibility:	Wheelchair Accessible

Offers group counseling, professional assessments, youth crisis intervention, respite relief, and residential treatment. Contact main office for information on these centres. Mobile crisis response for children and youth. Early intervention services can be accessed to support children with special needs. Access Kinark Autism Program through Behaviour Management Services at 905-773-8499

**KRASMAN CENTRE FOR COMMUNITY MENTAL HEALTH
(LANCE KRASMAN MEMORIAL CENTRE)**

Address: 10121 Yonge St, Richmond Hill, ON L4C 1T7
Contact: Tanya Shute, Executive Director
Phone: 905-780-0491 / 1-888-780-0724
Fax: 905-780-1960
Email: postmaster@krasmancentre.com
Website: www.krasmancentre.com
Hours: Mon, Tue, Fri 11am-5pm, Wed 1pm-5pm, Thu 11am-9pm, Sat 12pm-4pm
Holidays Noon – 4pm
Service Area: York Region
Languages: English, Translators/interpreters by arrangement
Accessibility: Wheelchair accessible

Drop-in centre providing information, referral and support to people who have experience with mental health issues and their families and friends. It is the home of the Self-Help Network and provides opportunities for consumers, survivors and family members to have mutual support. Monday to Friday hours vary. Weekend hours also vary.

Warm Line

1-888-777-0979

A non-crisis telephone support line peer support line for individuals or family members. The support line is answered by psychiatric consumer/survivors and provides informal support and resource information in York Region. The line is currently open every night from 6:00 pm until midnight.



L'ARCHE DAYBREAK

Address: 11339 Yonge St, Richmond Hill, ON L4S 1L1
Contact: Ann Pavilonis, Homes Coordinator
Phone: 905-884-3454
Fax: 905-884-0580
E-mail: annp@larchedaybreak.com
Hours: Mon-Fri 8:30 am-4:30 pm
Service Area: York Region
Eligibility: 18 years of age and older and developmentally handicapped
Languages: English

Provides long-term residential care and vocational training for 36 ambulatory developmentally disabled adults



MARKHAM STOUFFVILLE HOSPITAL – Outpatient Adult Mental Health

Janet Bead, President and CEO

Address: 381 Church St, PO Box 1800, Markham, ON L3P 7P3
Phone: 905-472-7011
Fax: 905-472-7371
Website: www.msh.on.ca
Service Area: Southern York Region, Durham and Scarborough
Eligibility: 18+
Referral Process: Referral by family physician required
Languages: English
Accessibility: Disability parking, elevators, wheelchair accessible

An outpatient program providing individual and group therapy for adults experiencing acute or significant difficulties related to their psychiatric or psychological health. Program is staffed by an interdisciplinary team offering short-term goal minded treatment, assessment, diagnosis, psychiatric consultation and treatment on an outpatient basis.



MARY CENTRE OF THE ARCHDIOCESE OF TORONTO

Address: 530 Wilson Ave, Ste. 210, North York, ON M3H 5Y9
Contact: M. Patterson
Phone: 416-630-5533
Fax: 416-630-5702
E-mail: mpatterson@marycentre.com
Website: www.marycentre.com
Hours: Office Mon-Fri 9:00 am–5:00 pm
Service Area: City of Toronto and Peel Region – Respite Care Program – GTA
Eligibility: Adults 18 years and over with intellectual disabilities.
Referral Process: Intake Worker
Languages: English
Fees: Fee for respite care program only
Accessibility: yes

Five wheelchair accessible group homes in Scarborough and Brampton – community integration – promotes access to community activities for seniors with intellectual disabilities living in group homes or in the community – Respite Care Programs - caregiver relief for adults with an intellectual disability – Supported Independent Living Program – two respite beds – parish outreach program – non-denominational.



META CENTRE

Address: 401 Champagne Dr, North York, ON M3J 2C6
Contact: V. Tavernese
Phone: 416-736-0199
Fax: 416-736-9181
E-mail: vtavernese@metacentre.ca
Website: www.metacentre.ca
Hours: Office: Mon-Fri 9:00 am-4:30 pm; Programs: Mon-Fri 9:00 am-3:00 pm, Sat 10:00 am-4:00 pm
Service Area: GTA and Toronto, York Region, Vaughan, Scarborough
Fees: To be determined at intake assessment

Day Programs for adults 18 years and over with a primary diagnosis of intellectual disabilities; leisure programs; supported independent living program – assistance securing shared accommodation, supportive services to facilitate independent living; supported employment program; summer day camp for children and youth; group homes; Saturday programs (fee for service)



NEIGHBOURLINK, HEART OF YORK

Address: UCPO, PO Box 21534, Newmarket, ON L3Y 8J1
Contact: Calls answered by many volunteers
Phone: 905-895-0615
Website: www.heartofyork@bellnet.ca
Service Area: Aurora, Bradford, Newmarket
Eligibility: Dually diagnosed would receive the same service as anyone else
Languages: English
Volunteers: Yes

Network of local churches has involved capable and willing volunteers to respond to needs in their communities. It provides a forum for churches and local agencies to network and partner in joint community ventures.



**ONTARIO MINISTRY OF COMMUNITY AND SOCIAL SERVICES
MINISTRY OF CHILDREN & YOUTH SERVICES – Central East Region**

Address: 465 Davis Dr, 4th Floor, Newmarket, ON L3Y 8T2
Contact: Client Service Representatives
Phone: 905-868-8900 / 1-877-669-6658 / 905-715-7759 (TTY/TDD)
Fax: 905-895-4330
Website: www.gov.on.ca or www.mcscs.gov.on.ca
Hours: Mon-Fri 8:30 am-5:00 pm
Service Area: York Region and surrounding areas
Referral: Self referral through this office, Ontario Works referrals
Eligibility: Be financially in need as prescribed by our Act; be disabled as reviewed by the Disability Adjudication Unit
Languages: English
Accessibility: Barrier-free washroom, disability parking, elevators, wheelchair accessible

Income and employment supports and social and community services for adults, children and youth, people with physical and developmental disabilities and aboriginal people, who have financial eligibility and disability eligibility; assessment and planning for employment for disabled people who qualify.

Children’s Services

905-868-8900 x 5301

Fax: 905-895-6804

The Ministry funds temporary emergency shelters and counselling services for victims of domestic violence and their children, children’s mental health services, probation services and child welfare services.

Developmental Services

905-868-8900 x 5400

Fax: 905-895-6804

Provides services and supports to adults who have a developmental disability and their families, primarily through a network of community-based, board-operated, non-profit transfer payment agencies to improve the quality of their lives.

Ontario Disability Support Program (ODSP)

905-868-8900 or 1-877-669-6658

Fax: 905-715-7662
Eligibility: Disabled – unable to work
Application: Yes

The Ministry provides income support for disabled Ontario residents to live as independently as possible within the community. Contact the Regional office for more information.

Ontario Disability Support Program – Employment Supports

905-868-8900 or 1-877-669-6658

Fax: 905-715-7662

The Ministry provides employment support for disabled Ontario residents to live as independently as possible within the community. Support is provided through the Ontario Disability Support Program.

Ontario Works

905-868-8900 x 5501

Fax: 905-895-6804
Eligibility: Disabled – unable to work

Provides financial and employment assistance to single people, couples with and without children, and sole support parents.

CHILDREN'S SERVICES

Address: 465 Davis Dr, 3rd Floor, Newmarket, ON L3Y 8T2
Contact: Ann-Carol Hargreaves, Ext. 5406
Phone: 905-868-8900 / 1-877-669-6658
Fax: 905-715-7662
Website: www.gov.on.ca or www.ssah.ca
Hours: Mon-Fri 8:30 am–5:00 pm
Service Area: York Region
Languages: English, French
Accessibility: Disability parking, elevators, wheelchair accessible

Planning and development services under the Child and Family Services Act, including child welfare, child treatment, child and family interventions, community support, childcare and young offender service. Has provincial authority for supervising agencies providing these services, including children's aid societies.

Special Services at Home

905-868-8900 or 1-877-669-6658 x 5450

This is a program funded by the Ministry of Community and Social Services and Ministry of Children and Youth Services to assist families in providing for family members who have a disability within their own homes and communities.

The program is designed to assist families caring for a member who has a disability requiring support beyond the care normally provided by a family. When this is the case, the government has made a commitment to assist with costs and required support services, by supplying a range of family support services, which are not otherwise available in the community. It is not intended to duplicate existing services or fund services that are the responsibility of the education system.

SSAH is most commonly used by families to contract a respite/support worker to work with their special needs family member. The worker may help people with disabilities to develop new skills and join in community life. For example, a worker can be paid to teach someone social skills or how to perform daily living tasks independently. The worker may also be trained to implement recommendations from a behaviour, speech or infant development program.

SSAH also helps families by recognizing the added responsibilities of caring for a family member with a disability. A good example of this help is parent relief (or respite) so family members can have time for their own needs, or the needs of other people in the family.

People of all ages with a developmental disability and children under 18 with a physical disability are eligible for SSAH. To qualify, individuals must live in Ontario with their families, need help in daily living activities and require more support than families can usually offer.

THISTLETOWN REGIONAL CENTRE FOR CHILDREN & ADOLESCENTS

Address: 51 Panorama Ct, Etobicoke, ON M9V 4L8
Phone: 416-326-0600
Fax: 416-326-9078
Hours: Mon-Fri 8:30 am–5:00 pm
Service Area: York Region
Referral Process: Professional or self-referral
Languages: English
Accessibility: Barrier-free washroom, disability parking, elevators, wheelchair accessible

Initiates new service models, is a provincial teaching and research centre, provides consultation and promotes development and sharing of expertise. Includes Adolescent Services, INTERFACE, SAFE-T, and TRE-ADD

Adolescent Services

416-326-0735

Phone: 416-326-0874 (Intake)
Fax: 416-326-9078
Referral: Yes
Volunteers: Yes

Provides services for youth 13-19 years old with histories of conduct disorders, learning disabilities and a variety of psychiatric disturbances, and their families

INTERFACE

416-326-0750

Fax: 416-326-0936
Referral: Yes
Volunteers: Yes

Provides service for families with symptomatic children up to 14 years old, usually having some previous involvement with a mental health agency; offers assessment and consultation, live-in unit admitting entry families for assessment and treatment, assessment services for children with developmental delays, community services including ongoing family therapy, marital and individual day treatment and home support

SAFE-T (Sexual Abuse: Family Education and Treatment)

416-326-0647

Fax: 416-326-6581
Referral: Yes
Volunteers: Yes

Provides service for sexually abused and/or abusive children, adolescents and their families; offers family and individual assessment, treatment of sexual offenders and offending parents and a self-help component

TRE-ADD (Treatment, Research and Education for Autism & Devtl Disorders)

416-326-0608

Fax: 416-326-9078
Referral: Yes
Volunteers: Yes

Provides services for children and youth with Autism and developmental disorders; offers assessment and consultation, day treatment in community schools, in-home behaviour management training, parent relief for registered clients, group home treatment program, professional consultation, and training and research; direct service available in North York, Peel and Etobicoke



ONTARIO MINISTRY OF HEALTH & LONG-TERM CARE

Communication and Information Branch, INFOLINE

Address: Service Ontario Infoline M-1B114, Macdonald Block, 900 Bay St, Toronto, ON M7A 1N3
Phone: 1-800-532=2161 (Infoline) / 1-800-387-5559 (TTY/TDD)
Fax: 416-314-8721
E-mail: infoline@moh.gov.on.ca
Website: www.health.gov.on.ca
Hours: Mon-Fri 8:30 am–5:00 pm
Service Area: Ontario, including York Region
Languages: English, French and a variety of other languages

A multilingual telephone information and referral line for the Ministry of Health and Long-Term Care (MOHLTC). INFOLINE distributes Ministry publications and provides general information/referral on Ministry programs and services (i.e., Ontario Health Insurance Plan – OHIP, Ontario Drug Benefit Program – ODB, Mental Health, Assistive Devices Program – ADP, long-term care, etc.



PARTICIPATION HOUSE, MARKHAM

Frances DiCarlo, Acting Executive Director
Address: 9 Butternut Lane, Markham, ON L3P 3M1
Contact: Julie Donkersley RN, Manager Residential Care, Ext. 232
Phone: 905-294-0944
Fax: 905-294-7834
E-mail: Julie.donkersley@participationhouse.net
Hours: Mon-Fri 8:30 am-4:30 pm; voicemail system after hours
Service Area: York Region
Eligibility: Individuals with a developmental disability. Access to services through York Support Services Network (905-898-6455 X 574)
Languages: English
Fees: Daily fee applicable for respite care
Accessibility: Barrier-free washroom, disability parking, wheelchair accessible

Operates four community residences and three group homes with 24-hour support and supervision for physically disabled adults 18 years of age and older; special focus on Cerebral Palsy; offers independent living program, day support, respite care and recreation

Cedarcrest Manor (8-Bed Facility) **905-472-5261**

Address: 20 Water St, Unit 225, Markham, ON L3P 7P7
Fax: 905-472-2975

Cliffwood Manor (9-Bed Facility) **416-494-2648**

Address: 4000 Don Mills, Willowdale, ON M2H 3N2
Fax: 416-494-4406

Farintosh House

Address: 7811 Kennedy Rd, Markham, ON L3R 1H1 **905-477-9925**
Fax: 905-477-5350

Hagerman Corners (8-Bed Facility) **905-947-0547**

Address: 4460 – 14th Ave, Markham, ON L3R 1H1
Fax: 905-947-0536

Henderson House (6-Bed Group House) **905-881-5155**

Address: 113 Henderson Ave, Thornhill, ON L3T 2L3
Fax: 905-881-5158

Participation House Residence (48-Bed Residence Group Home) **905-294-0944**

Address: 9 Butternut Lane, Markham, ON L3P 3M1
Fax: 905-294-7834

St. Luke's (20-Bed Facility) **905-731-0792**

Address: 49 Green Lane, Thornhill, ON L3T 7M9
Fax: 905-731-2160

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PINEVIEW (COMMUNITY LIVING HURONIA)

Contact:	Marnie McDermott, Manager of Clinical Services
Phone:	705-543-1749
Fax:	705-526-8299
E-mail:	mmcdermott@clhmidland.on.ca
Service Area:	Central East Region
Eligibility:	Individuals with a developmental disability, mental health needs and/or challenging behaviours

Pineview has three key components:

Transitional Treatment Home

Pineview is a treatment home for five individuals, located in Penetanguishene on the grounds of the Mental Health Centre. The home is fully accessible. Operated by Community Living Huronia, the home provides short-term (up to 1 year) treatment. During the treatment, a multi-disciplinary team with expertise in developmental disabilities, mental health issues and challenging behaviours, provides assessment and development and implementation of a treatment plan based on a person's individual support needs. Upon completion of the program, individuals will return to their home community with supports to continue the treatment recommendations. Discharge planning with the referring agency begins upon admission to the treatment home. The referring agency will maintain case management for the individual unless an alternate case manager has been assigned. The receiving agency will be actively engaged in the individual's treatment plan. Training for agency staff and the family is part of the process.

Mobile Resource Team

The Mobile Resource Team (MRT) consists of both local and regional specialized supports that review the individual using the bio-psychosocial model. Team members include behaviour therapists, a psychiatric nurse, case manager, person-centered planner and the transition home manager. Assessments are completed in the individual's home community by appropriate members of the team. The MRT makes recommendations and/or offers supports to agencies, case managers and/or families to better support individuals with challenging behaviour and/or dual diagnosis to allow them to remain in their own home if possible. The MRT will review applications for admission to a treatment home and make recommendations to the Network Coordinator. The recommendations may be: (a) remain in the community, with additional supports as required; (b) enter a treatment home; or (c) be hospitalized. Key partners include: York Central Hospital's Simcoe Behaviour management Services, Catulpa Community Services and the Mental Health Centre, Penetanguishene. Other organizations from Central East Region supply resources and expertise as required.

Developing Community Capacity

There is an emphasis on building community capacity across Central East Region. This will include an emphasis of staff training. Staff training will be done at the transition home for those staff working with individuals in residence, and in the home community. To ensure co-ordination and continuum of service, it is expected that the home community will be actively involved in the ongoing planning and training activities. This will include follow-up actions upon discharge of the person back to their home community.



REENA: THE TOBY AND HENRY BATTLE DEVELOPMENTAL CENTRE

Address: 927 Clark Ave W, Thornhill, ON L4J 4P8
Contact: Intake Department
Phone: 905-889-6484 (Reception); 905-889-2690 Ext. 2051 / 2057 (Direct)
Fax: 905-889-3827
E-mail: rspekkens@reena.org or egoldbach@reena.org
Website: www.reena.org
Service Area: Toronto GTA, Central East
Eligibility: Diagnosis of developmental disability
Referral Process: Call Intake Department
Languages: English
Fees: Depending on Program
Accessibility: Battle Centre and some group home locations

REENA provides residential, day and outreach respite programs.



SALVATION ARMY NORTHRIDGE COMMUNITY CHURCH

Community & Family Services and Help Centre

Majors Brian and Glenda Bishop
Address: 415 Pickering Crescent, Newmarket, ON L3Y 4X7
Phone: 905-895-0577
Fax: 905-830-0343
E-mail: mail@northridgecommunitychurch.com
Website: www.northridgecommunitychurch.com
Hours: Mon-Fri 8:30 am–4:30 pm
Area Served: Northern York Region – above Bloomington
Language: English
Eligibility: Identification Required, Dually diagnosed person would be treated as anyone else.
Accessibility: Barrier-free washroom, disability parking, wheelchair accessible

Provides a range of services to families and individuals, including spiritual development, food and clothing; provides emergency food to residents of York Region (north of Bloomington Rd); residents may use our services monthly, including Christmas; at Christmas, provides large hamper and toys. Food bank hours of operation: Mon or Thu 9:30 am-11:30 am (appointment required). Also coordinates of York Region Homelessness Prevention Program.



SCHIZOPHRENIA SOCIETY OF ONTARIO — YORK REGION

E-mail: info@schizophrenia.on.ca
Website: www.schizophrenia.on.ca
Volunteers: Yes

Provides information, advocacy and support on issues related to schizophrenia.



SOUTHLAKE REGIONAL HEALTH CENTRE

Daniel P. Carriere, President
Address: 596 Davis Drive, Newmarket, ON L3Y 2P9
Phone: 905-895-4521
Fax: 905-830-5818
Website: www.southlakeregional.org
Hours: 24 hours a day/7 days a week
Service Area: York Region
Languages: English
Accessibility: Barrier-free washroom, disability parking, elevators, wheelchair accessible

Provides a range of inpatient/outpatient services to residents of Newmarket, the northern part of York Region, the southern part of Simcoe County, Bradford and surrounding area; service priorities include emergency care, cancer care, cardiac care, child/adolescent mental health, adult mental health and family-centered maternal/child care.

Adult Brief Therapy Clinic

905-895-4521 x 2339

Provides assessment, short- and medium-term counselling to individuals, groups, families; focus on major psychiatric diagnoses

Child and Adolescent Crisis Program (CAPC)

905-853-2227

Provides assessment and crisis intervention for children up to, but not including, age 18; referrals to other agencies where appropriate; direct referrals and those from agencies go through 310-COPE.

Eating Disorder Program

905-895-4521 x 2322

Provides out-patient and day treatment programs for adolescents aged 13-18 with an eating disorder; consultation, assessment, therapeutic groups, family support and psycho-educational group programs for adolescents and parents. Five days/week program for eight patients

Geriatric Outreach

905-895-4521 x 2447

Provides assessment of senior citizens in own homes or long-term care facilities; makes recommendations for treatment and care to long-term care facilities and family physicians; provides education and follow up

Mental Health Program

905-895-4521 x 2514

Provides support to children, adults and families needing group or individual psychiatric assessment/treatment. Services include Adult Brief Therapy Clinic, Crisis Program, Child and Family Clinic, Inpatient and Outpatient Mental Health, Geriatric Outreach and an Eating Disorder Program



ASSERTIVE COMMUNITY TREATMENT TEAM (A.C.T.T.)

- Address: 183 Simcoe Ave, Keswick, ON L4P 2H6
- Contact: Ellen McGregor, Team Leader
- Phone: 905-476-1800; 905-853-2216 (After Hours)
- Fax: 905-476-8668
- E-mail: emcgregor@southlakeregional.org
- Website: www.southlakeregional.org
- Hours: Mon-Fri 8:30 am–4:30 pm; 24-hour on-call service
- Service Area: Georgina/Newmarket area
- Eligibility: Severe, persistent mental illness, primarily schizophrenia or bipolar disorder
- Languages: English
- Accessibility: Disability parking; wheelchair accessible, washroom is not accessible.

Assertive Community Treatment Teams are a multi-disciplinary teams that provides treatment, rehabilitation and support for people with severe mental illness to help them remain in the community and to reduce hospitalization. Seventy-five percent of services are delivered in the client’s choice of environment. Staff is available 24-hours a day, 7 days a week, including holidays.



VITA COMMUNITY LIVING SERVICES

- Manuela Dalla-Nora, Executive Director
- Address: 4301 Weston Rd, Weston, ON M9L 2Y3
- Contact: Franca Molinaro Ext. 215
- Phone: 416-749-6234
- Fax: 416-749-1456
- E-mail: mdallanora@vitacls.org
- Hours: Mon-Fri 9:00 am-5:00 pm
- Service Area: Aurora, Markham, Richmond Hill, Vaughan
- Languages: English, Italian
- Accessibility: Disability parking, elevators, tone elevator, wheelchair accessible

A non-profit organization providing residential, day programs and respite services to adults and youth with a developmental disability

WHITBY MENTAL HEALTH CENTRE

Address: 700 Gordon St, Whitby, ON L1N 5S9
Contact: Dan Roy, Clinical Services Co-ordinator, Dual Diagnosis Ext. 6685
Phone: 905-668-5881 Ext. 6054 / 416-314-2862 / 1-800-263-2679 (Crisis)
After Hrs Phone: 905-668-5881 Fax: 905-430-4032
Website: www.whitbymentalhealthcentre.ca
Hours: 24 hours a day/7 days a week (in-patient)
Service Area: York Region
Eligibility: Persons with serious mental illness or emotional difficulties, adolescent services for youth 12-18 years. Psychiatric services for 18 years and older
Referral Process: Yes
Languages: English
Accessibility: Disability parking, tone elevator, wheelchair accessible

A provincial psychiatric hospital offering a number of specialized programs including: Inpatient Units, Skills Training, Seniors Community Services, Neuropsychiatry Unit, Dual Diagnosis Services, Psychiatric Rehabilitation, Forensic Assessment Unit, Forensic Transitional Unit and Forensic Rehabilitation Unit, Assessment and Stabilization Unit, occupational, vocational, and recreational services, consultation, education, assessment and crisis intervention.

Special Populations Program (SPP)

Phone: 905-668-5881 Ext. 6642 (Admitting)
Contact: Dan Roy, CSC
Eligibility: 18-65 years. Reside within the Whitby Mental Health Center catchment area; be medically stable; have a diagnosis of mental retardation; have indication of mental health or behavioural difficulty.
Application: Yes
Referral: Intake Social Worker - 905-668-5881 Ext. 6683

Three clinical units that provide specialized services to discrete sub-populations of the severely mentally ill; services include: Dual Diagnosis Service which combines expertise in developmental disability with that of psychiatry; Neuropsychiatry Unit serves individuals whose psychiatric problems result from disease or injury to the brain; Psychotherapy Unit services to adults with complex personality problems resulting in repeated psychiatric hospitalizations and frequent involvement with multiple mental health services.

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YELLOW BRICK HOUSE

	Lorris Herenda, Executive Director
Address:	P.O. Box 278, Aurora, ON L4G 3H4
Phone:	905-727-0930/1-800-263-2231 (after hrs)
Fax:	905-727-7316
E-mail:	info@yellowbrickhouse.org
Website:	www.yellowbrickhouse.org
Hours:	24 hours a day/7days a week
Service Area:	York Region
Languages:	English, Chinese, Italian, French, Spanish, Ukrainian, Farsi, Turkish, Dari, Russian, Romanian, Dutch
Eligibility:	Dually diagnosed persons are provided services the same way as everyone else
Accessibility:	Wheelchair accessible
Volunteers:	Yes

Provide a variety of services to women in abusive situations; operates three main programs. Services include: parenting children's program and a follow-up program. Public education provided to the community on issues of violence against women. Support groups and individual counseling available. Call for details.

Reta's Place – Second Stage Housing

Referral:	Yellow Brick House shelter staff
User Fees:	Rent geared-to-income

Provides housing to abused women who require further support after their shelter stay; serves abused women who have been residents of Yellow Brick House; information about application and process available through Yellow Brick House Emergency Shelter.



YMCA SENECA ASSESSMENT CENTRE

Address:	10610 Bayview Ave, Unit 12, Richmond Hill, ON L4C 3N8	
Phone:	905-780-9622	Fax: 905-780-8299
E-mail:	ann.labombard@ymcagta.org	
Website:	www.workforceready.ca or www.ymca.ca	
Hours:	Mon-Wed, Fri 8:30 am–5:00 pm; Thu 8:30 am-8:00 pm	
Service Area:	Markham, Thornhill, Richmond Hill, Newmarket	
Eligibility:	Individuals who are unemployed or underemployed	

Provides career consultation, education information and training for people over the age of 18 years; call or walk-in

Job Connect – Markham

905-201-8662

Address: 6061 Highway 7 E, Unit G, Markham, ON L3P 3B2
E-mail: martin.tame@senecac.on.ca
Eligibility: Youth 16 to 24 out of school, out of work

Services for youth who are job searching or identifying educational and vocational goals; call for an appointment.

Job Connect – Newmarket

905-898-6199

Address: 16655 Yonge St, Newmarket, ON L3X 1V6

Services for youth who are job searching or identifying educational and vocational goals

Job Connect – Richmond Hill

905-780-9622

Address: 10610 Bayview Ave, Unit 12, Richmond Hill L4C 3K8
Eligibility: Youth 16 to 24, out of school, out of work
Referral: Call or drop in.

The Alternative Learning Lab / Business Office Skills

905-898-6199 x 320

Fax: 905-898-0057
Application: Interview with coordinator and pre-entrance test
User Fees: Weekly fee, lab fee

This program provides training to update computer skills, individual program plans developed; continuous intake -- start any Monday.



YORK CENTRAL HOSPITAL

Address: 10 Trench St, Richmond Hill, ON L4C 4Z3
Phone: 905-883-1212
Website: www.yorkcentral.on.ca
Hours: 24 hours a day/7 days a week
Service Area: Aurora, King, Richmond Hill, Vaughan
Languages: English
Accessibility: Barrier-free washroom, Braille elevator, disability parking, elevators, tone elevator, wheelchair accessible.

Acute care facility that provides diverse inpatient and outpatient services to residents of Southwest York Region. Services include: emergency services, day surgery, day treatment, diagnostic imaging, mental health and occupational therapy programs; support for sexual assault victims, long-term care services and services to persons with brain injuries. Call general hospital info line (24/7) for further details or patient location enquiries (from 7:00 am-9:30pm).

Continuing Care Program

Provides adult day care service (aphasia, acquired brain injury and cognitively impaired); complex continuing care (includes medically complex rehabilitation), Geriatric Consultation (inpatient and outpatient), palliative care, rehabilitation services (for strokes and orthopedics), respite care and skin management. Call for information.

Mental Health Program

905-832-1406

Offers adult outpatient services, after-care medication clinic, child and family services, crisis team, day hospital, inpatient services, psycho-geriatric assessment and outreach clinic, Simcoe County autism services (children’s early intervention), Simcoe County Behaviour Management Services, urgent clinic, Behaviour Management Services of York and Simcoe (dual diagnosis), York Region Community Outreach services (education and prevention), York Simcoe brain injury services, York Region Autism Services (children’s early intervention). Call for information.



YORK REGION COMMUNITY SERVICES – Housing & Long-Term Care

- Address: 194 Eagle St, Newmarket, ON L3Y 1J6
- Phone: 1-866-967-5582 or Health Connection 1-800-361-5653
- Website: www.york.ca
- Service Area: York Region
- Costs: Costs for all programs are subsidized/geared to income
- Languages: English, Language and culturally-sensitive services are available

The Housing Long-Term Care Branch provides a range of programs and services to individuals 18 years of age and older which promote client health, well-being, safety and independence.

The Region operates two **Long-Term Care Centres** — The Newmarket Health Centre and the Maple Health Centre. The programs provided at the Centres place special emphasis on meeting the needs of difficult to serve/hard to place clients with heavy, complex physical and/or cognitive/behavioural care requirements. The Centres also provide short stay beds for respite and convalescent care.

The **Convalescent Care Program** offers intensive rehabilitation services, at the Newmarket & Maple Health Centres, to people who need additional time to recover strength, functioning and independence following illness or injury.

The **Alternative Community Program** provides housing, support services and essential homemaking to frail, at risk seniors so that they can stay in the community and remain independent. At most sites, staff and support are available 24 hours a day, 7 days a week. Short stay respite is also available.

The **LTC Adult Day Programs** provide supervised activities, support services and care that serve and assist individuals with cognitive impairments, physical disabilities, acquired brain injuries and communication disorders.

(Housing & Long-Term Care – Continued)

The **Client Intervention and Support Services** offer social work services, advocacy and support to older at risk adults in the privacy of their own home.

The **Personal Emergency Response Program** provides a financial subsidy for the purchase or rental of a personal emergency response system.

The **Regional Psycho-geriatric & Mental Health Consulting Service** provides education and support to frontline staff of LTC homes and community agencies who serve clients with difficult and challenging behaviours.

The **Integrated Psycho-geriatric Outreach Program** provides integrated mental health services that include assessment, treatment planning, education and referral for adults with mental health needs living in the community.



YORK REGION COMMUNITY SERVICES AND HOUSING

Sylvia Patterson, Director

Address: 17250 Yonge St, 3rd Floor, Newmarket, ON L3Y 6Z1

Phone: 905-830-4444 Ext. 2093 / 1-877-464-9675

Fax: 905-895-2189

Website: www.york.on.ca

Hours: Mon-Fri 8:30 am-4:30 pm

Service Area: York Region

Eligibility: The dually diagnosed person would be processed as anyone else

Languages: English

Accessibility: Disability parking, elevators, wheelchair accessible

Administers social housing, domiciliary hostels, emergency shelters and homemakers and nursing services through agreements with community agencies and housing providers; develops and implements strategies to reduce homelessness in the Region; provides property management services to over 1700 social housing units.

Domiciliary Hostels

905-830-4444 x 2460

Contact: Carmela Ciappa 905-893-8377

Application: Yes

Domiciliary hostels provide long-term, housing to vulnerable, (mental health) special needs adults requiring supervision of their daily living activities. Applicants are referred directly to the Hostel and the Hostel Operator will assess the individual’s appropriateness for residency and make an appointment with the Domiciliary Hostel Worker to determine if the individual is eligible for financial assistance (per diem and personal needs allow)

Emergency Shelters

905-830-4444 x2960

Contact: Jo-Anne Richardson
Phone: TTY 905-762-0401
Fax: 905-895-3267
Application: Yes
User Fees: In certain circumstances

Emergency hostels and transitional homes provide temporary shelter for individuals and families fleeing dangerous situations, or for those requiring a temporary place to stay. The Employment and Financial Support Branch (formerly the Social Assistance Division) does not operate emergency shelters, but does administer the shelter program. Applicants may be referred to the appropriate shelter location and eligible residents will be provided with board and lodging in the shelter. When a resident has located permanent housing in the community, financial assistance may be provided to secure the accommodation.

Homemakers and Nurses Services Subsidy

905-830-4444 x2960

Contact: Jo-Anne Richardson
Fax: 905-895-3267
Application: Yes

A subsidy program to help cover the cost of in-home homemakers and/or nurses services for members of the community who are temporarily ill, or who have a permanent illness or disability; applicants are income tested to assess eligibility for the program.

Social Housing Access

905-830-4444 x 2499

Email: helen.aston@york.ca
Application: Yes
User Fees: Rent geared to income

Rent geared to income housing for those with affordability issues and for those wanting market rental units. Call 905-830-4444 for central access to subsidized units. Application and wait list information available.

Social Housing Program Administration

905-830-4444

Email: kerry.hobbs@york.ca
Application: Yes

Provincially-legislated programs that provide suitable, affordable rental housing for people where financial, social or health needs prevent them from finding adequate housing in the private market. Rental housing provided for moderate- to low-income families, seniors and singles/couples. Programs are administered by York Region.

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YORK REGION HEALTH SERVICES - Public Health Branch

Address: 17250 Yonge St, Box 147, Newmarket, ON L3Y 6Z1
Phone: 905-895-4511 / 1-877-464-9675 After Hours Phone: 905-955-0198
Fax: 905-895-3166
Website: www.region.york.on.ca
Hours: Mon-Fri 8:30 am-4:30 pm
Service Area: York Region
Languages: English
Accessibility: Wheelchair accessible

Offers the following services:

- Prevention and control of tuberculosis
- Provision of school and community-based immunization clinics
- School immunization review
- Travel consultation
- Prevention and control of infectious diseases
- Promotion of healthy sexuality and sexual health clinic services
- Prevention and control of sexually transmitted diseases



YORK REGIONAL POLICE

Address: 17250 Yonge St, Newmarket, ON L3Y 4W5
Phone: 905 773-1222
Contact: Detective Sergeant Lynn Rooney
Fax: 905-895-2177
Hours: Mon-Fri 8:00 am-4:00 pm
Languages: English
Accessibility: Yes



YORK SUPPORT SERVICES NETWORK

Address: 102 Main St S, Unit 3, Newmarket, ON L3Y 3Y7
Phone: 905-898-6455 / 1-866-257-9776
Fax: 905-898-1171
Contact: Developmental Services Access @ Ext. 574
Mental Health Access @ Ext. 278
E-mail: yssnwm@yssn.ca
Website: www.yssn.ca
Hours: Mon-Fri 8:30 am–4:30 pm for case management
Service Area: York Region
Eligibility: Developmental disability and/or serious mental illness based on agency assessment or supporting documentation
Referral Process: Access, as above
Languages: Chinese (Cantonese), English, French, Italian
Accessibility: Wheelchair accessible

Provides case management services for people with developmental disabilities and/or serious mental illness to help them achieve personal goals for living, working and learning in their chosen environments. Also administers 310-COPE, which is a community crisis response program. A mobile outreach team of professionals in York Region experienced in handling mental health crises. Crisis workers will provide telephone support to a person in crisis and their family.

Newmarket Satellite

905-895-9775

Address: 460 Oak St, Newmarket, ON L3Y 3X6
Hours: Mon-Fri 8:30 am-4:30 pm
Fax: 905-895-7874

Markham

905-305-7440 or 1-800-887-3679

Address: 50 McIntosh Dr, Suite 239, Markham, ON L3R 9T3
Hours: Mon-Fri 8:30 am-4:30 pm
Fax: 905-305-7442

Sutton

905-722-6484

Address: 106 High St, PO Box 689, Sutton, ON L0E 1R0
Hours: Mon-Fri 8:30 am-4:30 pm
Fax: 905-722-9101

Adult Support Services – Developmental Disability

Eligibility: Based on supporting documentation
Application: Through Developmental Services Access Department, Ext. 574

Helps individuals live in the community as independently as possible by ensuring they receive appropriate and necessary community services and encouraging community involvement; serves adults with a developmental handicap living independently or with family.

Adult Support Services – Mental Health

Eligibility: 16 or older, based on agency assessment or supporting documentation
Application: Through Mental Health Access Department, Ext. 278
Volunteers: Must be 16 or older

CHAP: Community Helpers for Active Participation Program

905-898-6455 x 247

Contact: Karen DeLong
E-mail: kdelong@yssn.ca
Website: www.respiteservices.com
Hours: Mon-Fri 8:30 am-4:30 pm
Service Area: York Region
Eligibility: Children, adolescents and adults with developmental disabilities, physical disabilities and/or autism/PDD
Fees: No fee to register. Families hire and pay their CHAP worker directly
Languages: English

Respite workers registered on the CHAP Worker database are connected with families looking for support.

Children’s Case Coordination for York Region

905-830-0228

Contact: Vicky Merrilees
Eligibility: Children, youth and families who reside in York Region, and the child or youth is between 0 and 19 years of age and has complex multiple needs that are beyond the service capacity
Application: In most situations, community organizations will make the referral, with the written consent of the family. In exceptional situations, the family may refer directly. Upon referral, direct contact is made.

Children, youth and families are effectively supported through a range of supports and services in York Region. However, some children’s needs are so complex, that traditional services have been exhausted and creative service planning is required. In these situations, a referral may be made to Children’s Case Coordination Services. Children’s Case Coordination Services provides: information, consultation and community case conferencing, when all other services have been exhausted.

Community Crisis Response Service (310-COPE)

E-mail: crisis@yssn.ca
Eligibility: Adults, children and their families experiencing mental health crisis
Referral: 1-800-848-6838 for second party referrals, 24-hour voicemail

Mental Health Crisis Support provided with an array of responses including: telephone intervention, mobile visits and brief stay community crisis beds. 310-COPE also operates the Mental Health Support Team in partnership with York Region Police to serve individuals who ‘have’ or are ‘at risk’ of coming into contact with law enforcement. 310-COPE partners with Kinark Child and Family Services and Southlake Regional Health Centre’s Child and Adolescent Crisis Program for crisis services to children and families.

Community Crisis Response Network

905-898-6455 or 1-866-257-9776

Contact: Susan Van Elswyk / Scott Belisle
Fax: 905-898-1171
Hours: Mon-Fri – 8:30 am-4:30 pm
Service Area: York Region
Eligibility: 16 years of age and over who are experiencing a psycho-social crisis and who have:

- a serious mental illness
- a dual diagnosis of a developmental disability/mental health needs and/or challenging behaviours
- an acquired brain injury

Justice Case Management: 16 years of age and over who have a developmental disability and mental health problems and/or challenging behaviours who are involved or at risk of involvement with the criminal justice system

Referral Process: Referrals can be made by the individual, family, caregiver or from service providers who have obtained consent through 310-2673 (COPE) or 1-866-257-9776

The program provides timely, flexible and appropriate crisis response services to individuals, their families or caregivers experiencing a psychological or situational crisis through early intervention and the provision of urgent supports to stabilize the person or situation and to avoid the need for more intensive intervention.

The Crisis Response Network is a group of agencies who agree to partner through written memorandums of understanding to offer short-term access to their service while the crisis situation stabilizes or resolves. Partnering agencies offer such things as quick access to a time-limited residential bed within their service (up to 30 days), a temporary community day program, case management, consultation and resources (e.g., behavioural consult, psychiatric assessment).

Family Support Services (Developmental Services)

- Eligibility: Ages 6-21, children with a developmental challenge based on agency assessment or supporting documentation
- Application: Through Developmental Services Access Department, Ext. 574

Workers offer individualized support by meeting with a child who has a developmental disability and their parents to assess the needs of the child and family, and together develop a service plan to meet these needs.

Service System Response Unit (SSRU)

905-898-6455 x 230

- Contact: Julie Graham-Thirgood
- E-mail: jgraham@yssn.ca
- Hours: Mon-Fri 8:30 am-4:30 pm (appointments with individuals/families can be scheduled outside of these hours)
- Service Area: York Region
- Eligibility: Children and adults who have a developmental disability
- Application: Through the Community Response System or Developmental Service agency in York Region
- Languages: English, translation services available in most languages
- Fees: No
- Accessibility: Yes

The Service System Response Unit (SSRU) functions as the access mechanism for developmental services in York Region. Our primary goal is to ensure that there is a coordinated /collaborative response to the needs of individuals and their families by the agencies that comprise the developmental service system in York Region. York Support Services Network provides the coordination role for this program.

Collection of data identifies and prioritizes individuals with a developmental disability and/or dual diagnosis who are in need of residential and/or day supports. The unit supports the planning work of the York Region Community Planning Council. It also supports the York Region Respite Committees Vacancy Management process, the Case Resolution process and acts as the Passport to Community Living delivery agent for York Region, as well as providing a case resolution function for adults who have developmental disabilities.

The staff of the SSRU also support families to access respite services through the Respite Access Facilitator, and sponsors the CHAP (Community Helpers for Active Participation) services, a matching service for families and mediators. (Please see CHAP entry in this booklet. Please go to www.respiteservices.com for further details)

