

Our Mission

We are committed to supporting individual recovery and promoting mental wellness with families and communities.

Our Vision

An inclusive community that promotes emotional well being, human dignity and social justice where people are valued and opportunities in all aspects of life are available to everyone.

We Value

A person centered approach to recovery

Open and transparent communication

Respect for individual rights

The important role of individuals and families living with mental illness

A holistic approach to the Individual

A collaborative, multi disciplinary approach

Quality services that are founded on evidence based practices

The contributions of staff and volunteers

Innovation and creativity

SUPPORTING RECOVERY

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CMHA STRATEGIC PLAN 2011 - 2014

This winter, CMHA, Thunder Bay Branch, was engaged in the process of renewing its Strategic Plan. The plan will lead the organization's direction over the next three years.

Carl White of Superior Solutions, facilitated an extensive consultation process. He held five face-to-face focus groups with family members, program participants; CMHA employees; and community partners. In addition, he asked regional partners, unable to attend in person, to answer a written survey.

He tailored questions to each group. However, the focus was on major challenges in the community, gaps in service, perceptions and relationships about and with CMHA, communication and participant's view of good health.

The following is a snapshot of that feedback:


- Family members and program participants discussed the need for assistance to access primary care and psychiatry, and for education to manage chronic disease and life style issues;
- Community partners from the district stated that Thunder Bay services are hard to access;
- Local partners spoke to the need to be more culturally appropriate, and for mental health and addictions to improve integration with the broader health system;
- Employees asked for more effective communication from management, and expressed concern about increased bureaucracy.

Family and program participants told us that that staff was held in high regard and their work was appreciated. Our partners saw the organization and its programs as progressive. CMHA was seen as a leader in integration within the system.

CMHA Board reviewed the feedback and an analysis of opportunities and threats. Accordingly, they were able to identify key issues and set related strategic priorities. Following final Board's approval, those key strategic directions are now in the hands of senior staff whose job is to develop strategies, action plans, and an evaluation process.

For our Board, we want to extend our sincere thanks to all people who gave us their valuable advice.

CMHA will be developing a communication plan that will include electronic and print copies of our plan and will be sharing that information widely with our stakeholders.



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OCAN Implementation – “A Journey not a Destination”

CMHA, Thunder Bay entered the next phase of its OCAN journey and yes it has been a journey! Our implementation experience continues to progress well in spite of some expected and unexpected technological and work load challenges. From a technical point of view, we have now successfully uploaded eleven OCAN's into the IAR Portal. Our community partners involved with the Doorways Project can now have ready access to information associated with our shared clients. Congratulations go out to our staff for embracing this new assessment tool and for working with thirteen of our clients to complete their first OCAN's. With the spirit and intent of OCAN at the forefront of our minds, we will continue to progress in a positive light that supports the overall recovery goals of the people we serve.

Family Mental Health Recovery Series Pilot Project

Beginning, April 5, 2011, CMHA is piloting the Family Mental Health Recovery Series to families living in regional communities. Those families must have access to video conferencing technology to participate in the project. Through this venue, both regional communities and Thunder Bay families will experience the recovery approach to mental health. This eight-week education and support program gives participants skills to support their loved ones who have a lived experience of mental illness. The cost is \$50 per person. If needed, we can waive the fee upon request. Early registration is recommended as space is limited. For more information, contact Joanne Books, Manager of Education and Training, 807-683-4952.

CMHA Research Corner

We are pleased to announce that we have been awarded an evaluation grant by the Provincial Centre of Excellence in Children's Mental Health at CHEO. The research team, lead by Dr. Cheng, reflects a partnership between CMHA Thunder Bay, McMaster University, the Centre for Addiction and Mental Health (CAMH), and the University of Toronto. Researchers will be evaluating a training initiative delivered through our Early Psychosis Intervention Service. The training will target frontline workers in Ministry of Child and Youth (MCYS) funded agencies from across Northwestern Ontario. The study aims to improve capacity to provide early intervention by increasing workers' capacity to detect early psychosis symptoms and to implement early intervention treatment. An additional focus of the study will be the evaluation of videoconferencing as a training medium.

We also congratulate Dr. Cheng and her research partners on their latest publication from the Matryoshka Project. The article appears in Volume 5 of *Early Intervention in Psychiatry* Journal, and is available on the publisher's website.
