

Community Catch-up



April 2025



Monthly Updates

Happy Spring,

As the season of things blooming and growing we've been introducing container gardening to our programs and the picture above is from a wonderful terrarium workshop delivered by the Bridge program.

We have a new integrated calendar available on the website and we are introducing some new programs; emotional management, which includes skills from CBT, DBT and mindfulness. We are starting an anxiety group which will run for 6 weeks and explore how to cope with anxiety. In the Bridge program as mentioned container gardening is a new addition as is games day where people can come for part or all of the day to take part in a variety of game based activities.

ICMHA TEAM

We've received some questions about how to send in a referral form. If you are **within Island Health** you can send it to paula.greene@islandhealth.ca or fax it to ICMHA at 250.389.1263.

For anyone else you can send it directly to the PSR Manager Krysten O'Coffey at krysten.ocoffey@icmha.ca.

We said goodbye to coach Ken Marchtaler and we welcomed two new coaches to the GROW team, Madison Davenport and Hiromi Domae. We are excited to have them as part of the team and look forward to working with them.

Paula Greene, Director of Programs has been visiting teams in the community and within Island Health to talk about PSR programs. If you would like her to come and talk to your team please email her at: paula.greene@icmha.ca

In this newsletter you can expect:

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Contacts

REFERRALS



To make a referral fill out a referral form and send it to paula.greene@islandhealth.ca or fax 250-389-1263 or contact Krysten.ocoffey@icmha.ca

Program Particulars



Grow

The Grow program provides Psychosocial Rehabilitation (or PSR) services designed to promote personal recovery, successful community integration, and maintenance of a satisfactory quality of life.



Seniors Support Network

This is an activity-based program for adults 60yrs +. The program focuses on decreasing social isolation, peer support, healthy living, and maintaining independence.



Bridge

The BRIDGE Centre is an activity-based program for adults aged 19 yrs + who live with cognitive and mental health conditions.

The program aims to enhance coping skills and community connection.



PEER Support

All our Peer Support Workers have first hand knowledge of the challenges of Mental Health. The Program offers a variety of low barrier services to connect with others.

Networks

Networks offers client-driven, individualized support for individuals recovering from mental illness to find and maintain paid employment or education of their choosing.

Program Spotlight

Across our programs we take a coach approach. This is useful for people to set their own achievable goals.

Whether it's working with an education/employment coach to find work or go back to school or working with staff in other programs to set recovery goals coaching can help support people on their road to wellness.

PSR Contacts

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Networks

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GROW

Mackenzie Gibson - OT
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Madison Davenport - Coach
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Hiromi Domae - Coach
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Luke Thornton - Coach
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PEER Support

Natalie Senik - Facilitator
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Amy Frank - Facilitator
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Aerin LeDrew - Facilitator
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Bridge/Seniors Support

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